

The Democracy Center and Change Inc.

Change Inc. Programs

mission

Change Inc. utilizes the power of relationships and community to create educational, training, and healing opportunities for children, youth, young adults, and families so they can achieve their highest ambition.



- Alternative High School
- Adult Basic Education
- YouthBuild



- School Based Mental Health Services
- Outpatient Mental Health Clinic
- Community Based Services
- Mentoring



- Mental Health Workforce Development
- Systems Change Work
- Innovation Incubator



Cultural Wellness Center

The mission of the Cultural Wellness Center is to unleash the power of people to heal themselves and build community.



Cultural Wellness Center
Health · Heritage · Harmony

Cultural Wellness Center (CWC) was founded as a community-initiated learning organization focused on self-health, healing, and Cultural reconnection within diverse communities, especially among people of African descent.

Cultural Wellness is a field of study. The model of has been operation for 30 years in partnership with institutions like Allina Health and Ramsey County to be better community partners to African Americans and mentoring and developing Black leaders.

The model includes culturally informed curriculum, certification, leadership transformation.



Cultural Wellness Center in Action



Cultural Wellness Center
Health · Heritage · Harmony

2008

The Allina Backyard Initiative launched in partnership with the Cultural Wellness Center to improve key health indicators. A Survey of participants demonstrated:

95% increased Social Cohesion

93% increased Social Support

90% received and gave Health Education that helped them and others.

86% improved Health Empowerment skills to better advocate for themselves.



Cultural Wellness Center in Action



Cultural Wellness Center
Health · Heritage · Harmony

2019

The Community Health Hub was launched to build on the learnings and success of the Backyard Initiative – continuing to build and strengthen cultural connections and community wellness.

2023

The Cultural Wellness Center model is recognized by the Robert Wood Johnson Foundation (RWJF) with the Culture of Health Award in partnership with Ramsey County and was selected as the national office for RWJF's Community Solutions for Health Equity (CHSE) program – which is based on learnings from the Allina Backyard Initiative.



The Phoenix

A Workforce Development Center for Opportunity Youth



Our Goal:

To create an innovative community-driven space in South Minneapolis that leads to healing through culture and builds on youth strengths and assets.

Primary Objectives:

- Support Opportunity Youth to complete a High School Diploma
- Prepare Opportunity Youth to pursue post-secondary education or training or find full-time employment with a family-sustaining wage
- Provide Opportunity Youth with support to explore small business and entrepreneurial endeavors
- Build community through volunteer opportunities and neighborhood internships
- Promote community cohesion and healing through the use of the community space for activities and events



Programs at The Phoenix

Programs will be grounded in the YouthBuild Model:

- High School Credit Earning and Diploma Attainment
- Career Pathways:
 - Culinary with Social Enterprise
 - Youth Development
- YouthBuild Enrollment
- Entrepreneurism Workshops and Coaching
- Career Exploration
- Community Engagement



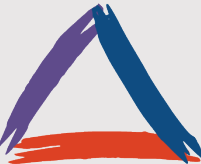
Vision for Space Usage

- Reception
- Large gather space that can be divided into smaller classrooms
- Commercial Kitchen
- Three small rooms for one-to-one meetings and coaching
- Up to five offices for program staff



Community Benefit

- Increasing available skilled work ready candidates in the culinary workforce and building maintenance industries.
- Implementing proven skills development approaches in chosen fields of study on a pathway to imminent success for opportunity youth in communities.
- Creating welcoming accessible space with measurable support for community gatherings.
- Incubating a small business (catering) to bring vitality to the neighborhood
- Connecting community young adults to pro-social endeavors
- Offering a commercial kitchen for community use



Questions?



