

Introduction to ReCAST Minneapolis

The Resilience in Communities After Stress & Trauma (ReCAST) Minneapolis Program is funded through a multi-year grant from the Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA). ReCAST Minneapolis, a program of the Division of Race and Equity, will be the catalyst to create more equitable policies and reflect a trauma-informed lens for the City of Minneapolis. The work that is done through ReCAST is informed by communities across the City.

Program Values

- **Greater trust and understanding:** Establish, improve and increase cross-cultural relationships to humanize one another and provide opportunity for City staff to serve community better.
- **Community capacity and health:** multi-faceted, multi-layered authentic community response to trauma.
- **Shared decision-making:** Get the work done in a way that reflects real power, buy-in and leadership from community.

By healing individuals and community as well as City staff, ReCAST can create systems change and advance the City's commitment to racial equity. To do this, as an enterprise Minneapolis must acknowledge its past, reckon with its present and hold the responsibility to reverse the harm and eliminate disparities, the root cause of trauma. If done effectively, the City will learn to be create equitable, trauma informed policies and practices.

Four Buckets of Work

- **Healing and Training:** Increase City staff and residents' capacity to understand trauma and promote resilience throughout community.
- **Shared Decision Making:** Bring City staff and residents along in a shared decision making process to ready, respond, and recover from stress and trauma as a result of structural, institutional and communal crisis.
- **Trauma Healing Services:** Expand community residents access to mental and behavioral health services, and culturally-specific forms of healing.
- **Youth Leadership Development:** Harness the leadership capacity of youth to shape solutions that promote resilience in their communities.

Northside

Folwell
Harrison
Hawthorne
Jordan
McKinley
Near North
Sumner-Glenwood
Webber-Camden
Willard Hay

Why these neighborhoods?

- Large population of people of color
- High unemployment rate
- Cost burdened households
- Less than \$35K per year
- Low homeownership rates

Southside

Bryant
Cedar Riverside
Central
Corcoran
East Phillips
Elliot Park
Longfellow
Midtown Phillips
Phillips West
Powderhorn
Ventura Village

More information:

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Facebook: www.facebook.com/ReCAST-Minneapolis-2059094537713500/

ReCAST Minneapolis' Approach

Healing and Training

Internal: Increase trauma awareness and healing for first point of contact City staff.

External: Increase the capacity of faith based leaders, community cultural leaders and healers and youth and their families to respond to stress and trauma daily as well as during stressful events. This includes special projects to collect the history of racism and trauma in the City of Minneapolis.

Shared Decision Making

Increase efficacy for community to respond to crisis and trauma. Community and City staff will design a protocol to meet the needs of those who live and work in Minneapolis after traumatic events or experiences.

Trauma Healing Services

Deepen capacity for community organizations and institutions to provide trauma informed services to community. Maintain a network of community cultural healers and mental health providers in neighborhoods across the City of Minneapolis.

Youth Leadership

Youth increase their self-efficacy to promote change in their community and increase tools to navigate systems. A youth committee will bring new ideas and solutions to the table on how best to involve youth in ReCAST's ongoing work.