## 2025-29 Action Plan

## Priority: Healthy infants, families, and communities

Improve the wellbeing of families with pregnant people and infants through culturally responsive, community-based supports and services.

#### Strategies:

- Amplify culturally responsive resources, services, and supports to address community needs and foster the health and wellbeing of families with pregnant people
- Collaborate with trusted community organizations and partners to maximize resources to promote the health and wellbeing of pregnant people and infants.
- Promote and strengthen development and diversity in the workforce supporting infant health and perinatal



• Enhance and integrate knowledge of the impact of parental mental health and intergenerational trauma on perinatal/infant health.

## Priority: Child mental health and wellbeing

Equitably increase the number of children who are screened for and connected with trauma-responsive, culturally appropriate mental, behavior, and wellbeing resources and services.



#### Strategies:

- · Amplify culturally- and trauma-responsive resources, screening, training, services, and supports to address the needs of children and their community.
- · Ensuring children from all populations/ geographic areas have access to mental health and wellbeing promotion, screening, and resources.
- · Provide resources and support for school-based health centers and school nurses to address mental health and wellbeing for children in schools.
- · Increase capacity of the child health workforce to provide wellbeing and mental health support across the state.

## Priority: Adolescent mental health and wellbeing

Increase adolescent-centered mental health and wellbeing resources and upstream-focused universal supports.

#### Strategies:

- Amplify culturally responsive resources, services, and supports for adolescents most impacted who identify as queer, person of color, and/ or rural.
- Build community capacity to support and increase access to adolescent-centered physical and mental health.
- Nourish transformation of systems, environments, and norms that support adolescents in self and community care.



 Shift cultural and social norms by addressing stigma, prejudice, and discrimination of mental health and illness in adolescents.

## Priority: Comprehensive perinatal systems of care

Ensure perinatal people have access to comprehensive systems of care and care navigation that are culturally responsive, trauma-informed, and highquality.

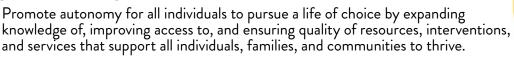
#### Strategies:

- Enhance culturally responsive Improve quality and resources, services, and supports to improve birth experiences and reduce disparities for Black and American Indian perinatal people.
  - availability of family-centered mental health and substance use disorder services and resources for perinatal people.
- Strengthen health literacy and system navigation by providing accessible, locally and linguistically relevant, resources on services and supports.



· Broaden virtual and inperson services for perinatal people.

# Priority: Equitable access and pathways for children and youth with special health needs and disabilities





#### Strategies:

- Strengthen culturally responsive, evidence-based family support, services, and resources.
- Collaborate across systems to remove and reduce barriers to simplify family navigation and improve access to resources and supports
- Engage families and caregivers as partners in all stages of work.
- Strengthen local capacity to deliver support where families feel most comfortable.

### Priority: Social determinants of health

Address factors that influence the impact of social determinants of health on Minnesota's families and communities.

#### Strategies:

- Amplify culturally responsive resources, services, and supports to address community needs and support the health and wellbeing for all.
- Strengthen the capacity of public health professionals and community leaders to effectively address social determinants of health using a public health lens.
- Apply a health equity lens to Title V activities to address social determinants of health and reduce disparities that impact the health of all people who live in Minnesota, across the life course.



reports produced by Title V describe relevant disparities and discuss potential root causes, implications, and recommendations for moving towards equity and improved maternal and child health outcomes.

## Priority: Equitable systems and policies

Support transformation of systems and policies to be equitable in their impacts on the most systemically disadvantaged people living in Minnesota.

#### Strategies:

- Advocate for culturally responsive resources, services, and supports to address the needs of communities most systemically disadvantaged.
- Develop and mobilize strong interagency, multisector, and community partnerships to address maternal and child health disparities.
- Build public health workforce
  and partner capacity to
  promote health equity, antiableism, anti-racism, and
  social justice.
- Engage partners and communities to promote family engagement, relationship building, and shared power across all

sectors.



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