

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 and infants.
- 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 health.
- 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 high-quality.

Strategies:

- Enhance culturally responsive resources, services, and supports to improve birth experiences and reduce disparities for Black and American Indian perinatal people.
- Improve quality and 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 in-person services for perinatal people.



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

Promote autonomy for all individuals to pursue a life of choice by expanding knowledge of, improving access to, and ensuring quality of resources, interventions, and services that support all individuals, families, and communities to thrive.



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.
- Ensure data analysis and 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, anti-ableism, anti-racism, and social justice.
- Engage partners and communities to promote family engagement, relationship building, and shared power across all sectors.