



# MENTAL HEALTH

TASK FORCE OF POLK COUNTY

## COMMUNITY IMPACT REPORT

Creating spaces for connection, prevention, and hope.



# *A Message from* **OUR EXECUTIVE DIRECTOR**

In the last year, community members across Polk County came together to learn, connect, and support one another's mental health.

Because of your generosity, we expanded prevention efforts, launched new programs, strengthened partnerships, and created welcoming spaces where individuals and families could find hope and belonging. As you look through these pages, you'll see what your support made possible in 2025.

Thank you for investing in mental health in our community.



*Lisa Murphy*

Executive Director

With continued community support, we will keep expanding programs that strengthen mental wellbeing and ensure no one has to struggle alone.

Samantha Hazen, Inpatient Discharge Planner/Case Manager, Amery Hospital and Clinic Behavioral Health

Rachael Anderson, School Social Worker, Unity School District

Brent Waak, Polk County Sheriff

Dr. Becky Styles, Superintendent, Osceola School District

Lisa Laverseur, Director, Polk County Behavioral Health

Betsy Byker, Manager, United Way Valleys Diaper Bank

Amanda Downing, Therapist/Owner, Peace Tree Counseling

Misty Charlier, Chief People Officer, Osceola Medical Center

## *Board of Directors*

Lisa Bents (President),  
Community Representative

Mike Rust (Vice President),  
Chief Operating Officer, ABC for Rural Health

Danelle (Dani) Mortenson (Secretary),  
Clinical Director, Aanji-Bimaadiziwin Healing Center/St. Croix Ojibwe

Jon Platson (Treasurer),  
Therapist/Owner, Inner Peak Counseling and Consulting

Save the Date

2026 Polk County Suicide Awareness Walk  
September 19, 2026

# POLK COUNTY SUICIDE AWARENESS WALK

Together, we make a difference

More than 400 community members gathered in Balsam Lake during Suicide Prevention and Awareness Month to honor loved ones, support survivors, and strengthen hope. Together, the community raised over \$33,000 to fund youth and adult suicide prevention programs and suicide bereavement support for families.

## 400+ PARTICIPANTS

## \$33,000 RAISED



**EXPERIENCE THE WALK**  
Scan to see the event and hear from participants.



*"I think it's really important for people to be able to come together and for them to not feel alone."*

*-Walk Participant*



# THRIVING: A COMMUNITY MENTAL WELLNESS SERIES

Learning. Practicing. Connecting.

This year, we piloted the Thriving program, a hands-on mental wellness series offering tools for resilience and connection through interactive workshops. Offered in partnership with The Acreage at Osceola and co-facilitated by licensed therapist Kim Henningsgard, sessions explored evidence-informed strategies and everyday practices that support mental wellbeing.

## 150+ PARTICIPANT VISITS



*"I can't articulate how much I enjoyed and looked forward to these sessions each month. I do believe the community and connection I experienced helped ease my symptoms of seasonal depression. Thank you, thank you, thank you."  
-Thriving Participant*



**MENTALHEALTH**  
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# RECOVERING TOGETHER CAFÉS

Connection Creates Recovery



*"I have a wonderful experience each time I come. This helps my recovery journey."*

*-Café Participant*

Recovering Together Cafés provide welcoming spaces for conversation, reflection, and peer support. These monthly gatherings reduce isolation and strengthen belonging across our community.



**10 CAFÉS HOSTED  
NEARLY 200 PARTICIPANTS**

# TRAINING & EDUCATION

## Equipping Our Community

Throughout 2025, the Task Force provided evidence-based education and resilience-focused training across schools, healthcare systems, nonprofits, and community organizations.

### *Highlights included:*

Mental Health First Aid certification trainings

Make It OK stigma-reduction training

Youth mental health self-care workshop

Trauma awareness and resilience training for educators & helping professionals

**225+**  
**INDIVIDUALS**  
**TRAINED**  
**IN 2025**



Save the Date

A Summer Night  
August 13, 2026

# THANK YOU!

We are deeply  
*thankful* for every  
donor, volunteer, partner, &  
advocate who supports this work!



*The Power of 100 Women - Osceola River Valley selected the  
Mental Health Task Force  
of Polk County as the recipient of its 2025 Impact Award.*

### Explore Our New Website!

We invite you to visit our newly updated website to learn more about the Mental Health Task Force of Polk County, explore upcoming programs and events, and view our financial statements and annual impact.

*Take a look!*  
[www.mentalhealthpolk.org](http://www.mentalhealthpolk.org)