

# MAKING A CHANGE PILOT PROGRAM



**Probation Officer**  
Coordination of Participants



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Nutrition for Recovery



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**Public Health Nurse**  
Financial Capability



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## SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION GRANT

The purpose of the Substance Abuse and Mental Health Services Administration (SAMHSA) grant is to develop and disseminate training for rural communities to address opioid and substance issues affecting communities like Aitkin County. Aitkin County has received funding from the SAMHSA grant and is collaborating with University of Minnesota Extension to strengthen community resources to prevent opioid and substance misuse.

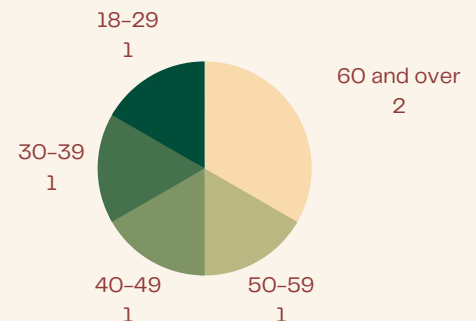
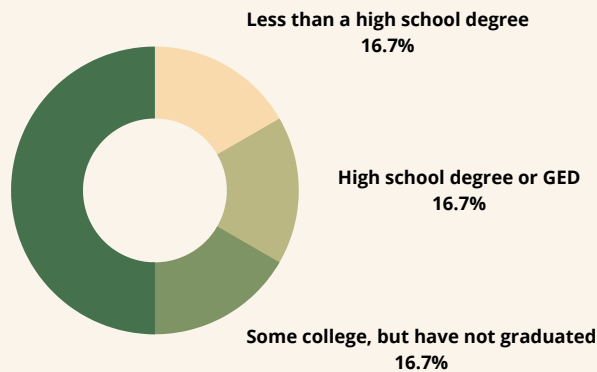
## DEMOGRAPHICS



6 Participants

3 Male & 3 Female

100% White



WHAT WE LEARNED

# Nutrition for Recovery

When a person has a serious addiction, the primary focus is breaking the addiction cycle, and many times basic quality-of-life issues like proper nutrition are pushed to the back burner.

### New things participants learned during Nutrition for Recovery

- "I didn't know how much fiber we should have daily."
- "Learned about different spices and which foods have more sodium."
- "Nutrition at convenient stores."
- "How to make on the go meals healthier."
- "Reminding me to really look at deals. Today I bought 1 pack of chicken breasts and divided them up into suitable amounts to freeze. Saved by not just buying 2 or 3 in a package."
- "Using fresh basil and parsley is a lot better then using dried."

"All of the participants thought this course was helpful for Sobriety Court participants during their recovery journey!"

100%



### How has this course affected your life?

- "I pay more attention to my shopping & what items I need or have on hand."
- "It brought the family closer every Wednesday."
- "Eating Better"
- "For me it was just being with other people learning the skills and facts of cooking & nutrition."

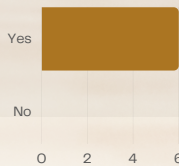
### Recipes prepared from class at home



Chili  
Enchiladas  
Sloppy Joes with Apple Slaw



All of the participants will share things learned in this course with family & friends



WHAT WE LEARNED

# Financial Capability

Learning how to better manage money can help a person feel successful in recovery and life.

### New things participants learned during Financial Capability

- "My passwords were really weak. Now I know how to create strong passwords to protect myself from identity theft."
- "I learned new strategies to pay off my credit cards."
- "There are easy ways to invest money, even if you don't have a lot like the ladder method with CD's or the Round Up App."
- "I have my own personal balance sheet and know what my net worth is."

All of the participants would recommend both courses to other sobriety course participants.

100%



### How has this course affected your life?

- "I am better at budgeting and knowing where my money goes."
- "Now I know where to go for financial help."
- "I am saving more now than before the class."
- "I spend too much money on tobacco, I am ready to quit."

## PARTNERSHIPS

Mary Jo Katras, University of Minnesota Extension  
Amanda Vanyo, RD, University of Minnesota Extension  
Carolyn McQueen, University of Minnesota Extension  
Jodi Nordlund, University of Minnesota Extension



Paulbeck's County Market  
Ukura's Big Dollar Food Market

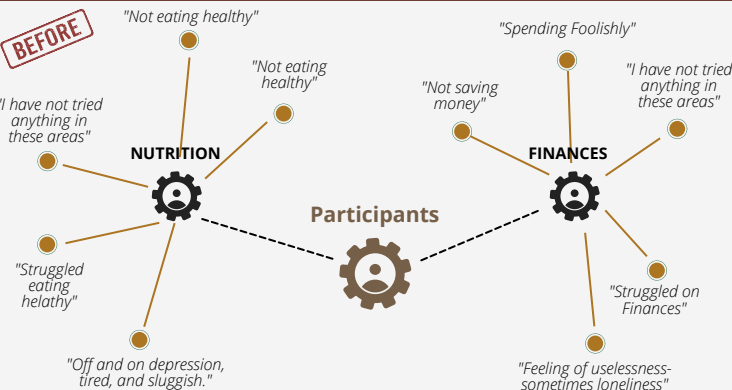


Lakes & Pines CAC, Inc.

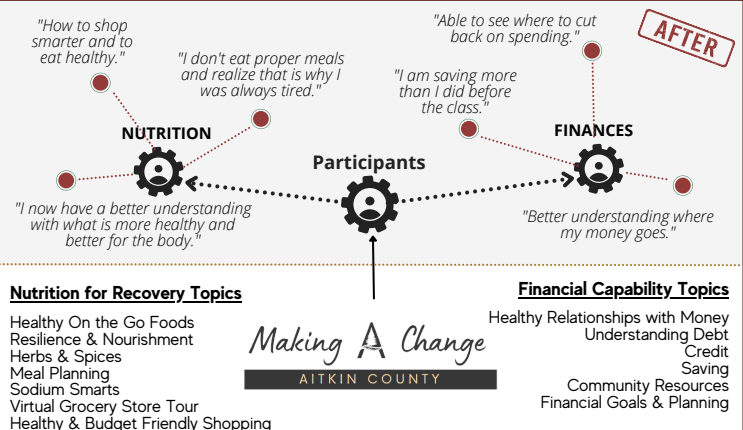


Susan Schmidt, Vice President  
PayPal/Revolving Credit

BEFORE



AFTER



### Nutrition for Recovery Topics

- Healthy On the Go Foods
- Resilience & Nourishment
- Herbs & Spices
- Meal Planning
- Sodium Smarts
- Virtual Grocery Store Tour
- Healthy & Budget Friendly Shopping

### Financial Capability Topics

- Healthy Relationships with Money
- Understanding Debt
- Credit
- Saving
- Community Resources
- Financial Goals & Planning

Making A Change  
AITKIN COUNTY