

2022 VIRTUAL PEER SUPPORT NETWORK

Monica L. Yeadon, MSW, CPS, LGSW

Operations & Communications Coordinator

Wellness in the Woods



Wellness
in the **Woods**

TRANSFORMING WELLNESS INTO REALITY

Table of Contents



JUST THE FACTS

High Level Overview of 2022
Numbers

DEEPER DIVE

An Analytical Look at the
Data and Trends Identified

WHAT NEXT?

How Could WitW Use
Additional Funds to Increase
the Impact of VPSN Across
the State?

JUST THE FACTS



3,537*

Interactions on VPSN in 2022

- Averaged 10 Interactions per Day

968

Interactions on VPSN so far in 2023

- Averaging 13 Interactions per Day

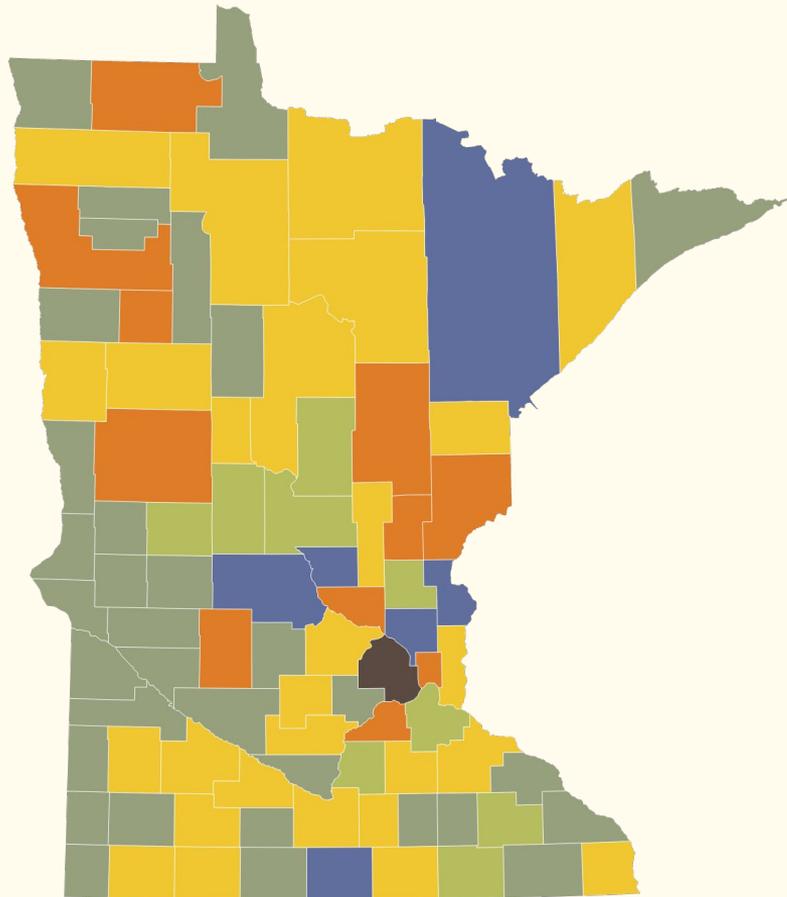
VPSN Attendance



2022 VPSN Attendance by County

This map shows the attendance numbers for each Minnesota county for the entire year of 2022.

■ 0 ■ 1-10 ■ 10-49 ■ 50-99 ■ 100-250 ■ 250+



Where are VPSN Attendees From?

Data not pictured in map:

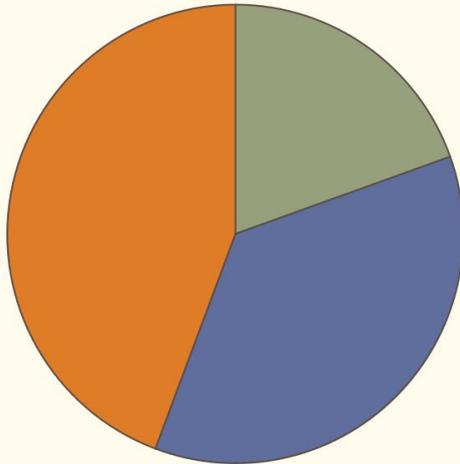
- 14 Attendees from Mille Lacs Reservation
- 2 Attendees from White Earth Reservation
- 15 Attendees from Out of State
- 41 Attendees for Whom We Did Not Have County Information

What Brings VPSN Attendees In?

2022 VPSN Attendee Purpose for Joining*

This data was only collected August-December.

- Programming
- Chatting
- Both



Top Three Most Popular Programming Topics:

- 1) Games for Gift Cards
- 2) DBT Skills
- 3) Journaling

DEEPER DIVE

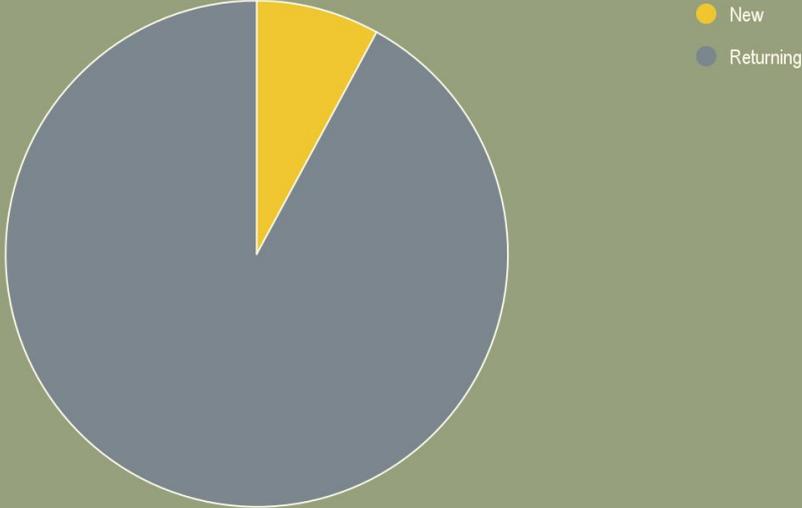


Returning Attendees

— — —

92.1% of VPSN Interactions are with individuals who return for services.

2022 VPSN New vs. Returning Attendees



VPSN Participant Testimonials

“For nearly five years, I’ve spent my days and nights being physically and mentally isolated from the outside world. Through finding Wellness in the Woods VPSN program a few months ago I am able to connect with people/peers on a daily basis which has dramatically improved my quality of life.”

-Nichol from Hennepin County

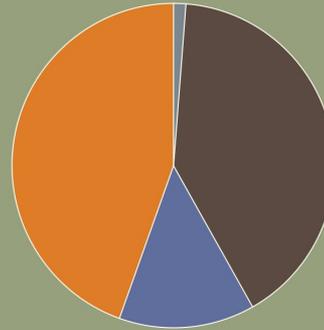
“I am so thankful to have found Wellness in the Woods-they have been a great help to me. I've felt very supported and encouraged by the caring peers there. I've also learned some very helpful WRAP and DBT skills that help me deal with my depression. I can't say enough, so grateful for this group.”

-Michelle from Hennepin County

Demographic Data

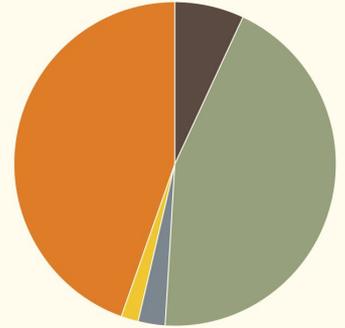
Currently, the majority of VPSN Participants identify as White Women aged 40-59.

January 2023 Identified Race of VPSN Participants



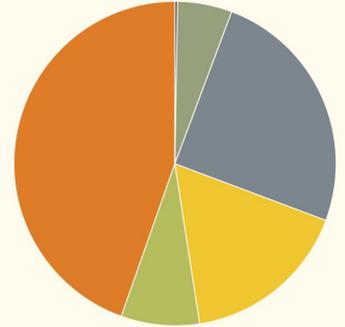
January 2023 Identified Gender of VPSN Participants

- Man
- Woman
- Non-Binary
- Prefer Not to Disclose
- No Data



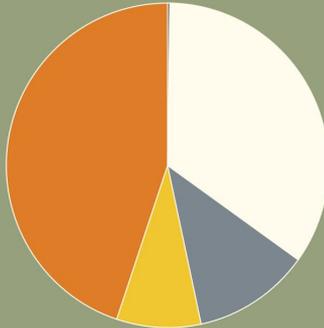
January 2023 Identified Age of VPSN Participants

- 18-29
- 30-39
- 40-49
- 50-59
- Prefer Not to Disclose
- No Data



January 2023 Identified Housing Status of VPSN Participants

- Experiencing Homelessness
- Ind. Private Residence
- Dep. Private Residence
- Prefer Not to Disclose
- No Data

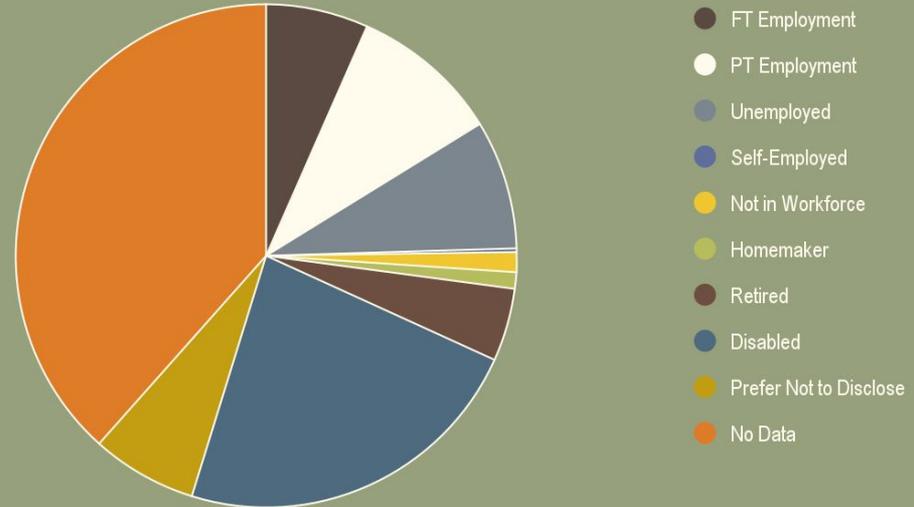


Demographic Data

VPSN is actively serving individuals who identify with a wide variety of employment statuses.

January 2023 Identified Employment Status of VPSN Participants

Participants are allowed to select more than one option on employment status.



WHAT NEXT?





How Would This Grant Help VPSN?

- 1) Outreach
 - a) 42 Counties had no presence on VPSN in 2022
 - b) Supporting more diverse identities
- 2) Diversity
 - a) Enable us to examine our programs from a DEI perspective

Outreach Requires Continual Efforts

2022 SW18 AMHI Attendance Data



In 2022, we were able to focus more outreach efforts in SW18 twice due to an influx of funds.

However, without being able to rely on these outreach funds, we are not able to reach every community that could benefit from our support.

Growth

Average VPSN Interactions per Day Over Last 6 Months



We are continually serving more and more people every day.

This funding would allow us to be creative and flexible in our provision of services as we continue to grow.



www.mnwitw.org

info@mnwitw.org

monica@mnwitw.org

© Copyright 2021 Wellness in the Woods. All Rights Reserved.