

Redleaf Center for Family Healing

The mission of the Redleaf Center for Family Healing is to save and improve lives.

The Redleaf Center will serve pregnant and postpartum mothers, fathers, and families through multi-generational mental health and parenting support, and mind-body-spirit approaches to healing.

We aim to help families thrive by supporting the well-being of adult caregivers while also expanding their capacity to nurture, protect, and delight in young children in ways that support long-term development.

Why is the Redleaf Center for Family Healing important?

Babies can't wait. Neuroscience has shown the brains of babies and young children are shaped by the everyday experiences with parents and caregivers. *Shonkoff JP, Phillips DA, editors. "From Neurons to Neighborhoods: The Science of Early Childhood Development. National Research Council (US) and Institute of Medicine(US)Committee on Integrating the Science of Early Childhood Development; Washington (DC) National Academies Press (US) 2000.*

- **Research shows that they need emotionally stable and responsive caregivers for healthy brain development.**
- Many pregnant and postpartum parents (mothers and fathers) struggle with depression, mental illness, and/or substance use, which make it hard for them to provide this consistent care that child(ren) need:



- 1 in 7 mothers suffer from postpartum depression and anxiety *Postpartum Depression Affects 1 in 7 Mothers: Bipolar Rate Striking High, Study Finds." National Alliance on Mental Illness, March 18, 2013.*
- 1 in 10 fathers suffer from postpartum depression and anxiety

The Redleaf Center believes one of the best investments for children is investing in the emotional health of their parents. By improving the emotional well-being and parenting capacity of adults, we are making a long-term investment in the health of babies and young children.

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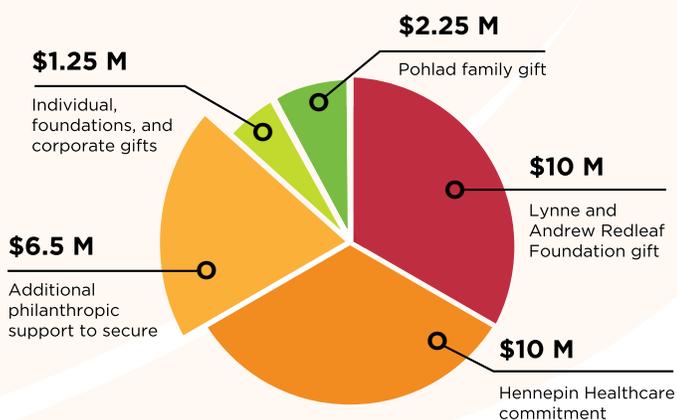
Funding

The overall campaign goal for the Redleaf Center is \$30 million.

Of this total, already-secured funds include:

- \$10 million gift from Lynne and Andrew Redleaf Foundation
- \$10 million commitment from Hennepin Healthcare
- \$2.25 million gift from the Pohlad family
- \$1.25 million in gifts from individuals, foundations, and corporations

Redleaf Campaign Goal



Redleaf Programs and Services

Clinical Services

Expansion of the Mother-Baby Program's mental health and parenting services

Kitchen Table

A gathering place to learn to cook healthy meals, eat together, and create lasting family routines that support family resilience through the power of food

Integrative Health Services

Mind-body-spirit healing services for families expecting a baby or parenting young children

Onsite Childcare Services

Developmentally appropriate, onsite childcare

Innovation and Collaboration Hub

To prototype and share multi-generation, integrative, trauma-informed healthcare approaches

Training and Research

To study and disseminate two-generation, integrative, trauma-healing practices, which will contribute to the best practice literature and training for the next generation of providers

Questions? Contact Marlys Weyandt, Senior Development Officer, at 612-873-9158 or marlys.weyandt@hcmcd.org.

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Timeline

2013 - Dr. Helen Kim and social worker Jesse Kuendig launch a mental health program at Hennepin Healthcare to serve pregnant and postpartum women and their babies

2017 - Patient population continues to grow consistently year-over-year

November 2019
A ceremonial groundbreaking is held to initiate construction of the Redleaf Center for Family Healing

Early 2021 Grand opening of the new Redleaf Center for Family Healing

2014 - 2016 - Dr. Kim's program expands by providing additional mental health programming for mothers

2018 - The Lynne and Andrew Redleaf Foundation makes a \$10 million gift to create the new Redleaf Center for Family Healing

April 2020 Construction on the Redleaf Center for Family Healing formally begins