



# “Public Health Matters” Policy Forum Series

## **Mythbusters: What’s tried and true; what’s new?**

### **...Midyears**

Friday, March 22 2024, 7:30 am – 9:30 am CDT

New Brighton Community Center, 400 10th St NW, New Brighton, MN 55112

The theme for this year’s breakfast forum series is all about changing views in public health and health care. There are tried and true recommendations that have stood the test of time. There are also recommendations that are no longer considered the best thing to do. Our four forums will bring together thought-leaders and public health advocates working to address what has withstood the test of time and what has changed.

#### **March 22, 2024...Midyears**

Changing views about immunizations?...about early socialization and development?...about the impact of video gaming and social media on the development of sound mental health? These questions and more will be explored in this forum.

## **Agenda**

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[Thank you!](#)

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# Schedule

- 7:30 am, Check in and Breakfast
- 8:00 am, Welcome  
[Dr. Antonia Apolinario-Wilcoxon](#), President
- 8:05 am, Moderator Remarks and Introduction of Panelists  
[Paul Terry](#), Past President
- 8:15 am, Opening Commentary
- 8:30 am, Panelist Discussion  
[Kris Haugen](#), [Caleb Schultz](#), [Mandy Wannarka](#)
- 8:45 am, Table Discussion
- 9:00 am, Discussion Table Questions
- 9:20 am, Summary Remarks  
[Paul Terry](#)
- 9:25 am, Closing Remarks  
[Antonia Apolinario-Wilcoxon](#)

## Ancestral Land Statement

We ask that you take a moment to honor and acknowledge that we are on the ancestral homelands of the Dakota and Anishinaabe. Indigenous people have a long-standing history and connection to the land since time immemorial, and are the original stewards of lands and waters. Many American Indians were forcibly exiled from their lands because of aggressive and persistent settler colonialism and U.S. Governmental policies, but they persevered. We make this acknowledgement to honor the Dakota and Anishinaabe people, ancestors and descendants, as well as the land itself.

## Presenter Bios

### Moderator: Paul Terry

Paul Terry is a Senior Fellow at HERO ([Health Enhancement Research Organization](#)) where he collaborates with HERO members and national experts in planning learning events and supports the HERO team in organizing the annual forum, think tanks and webinars.

Before HERO, Terry was president and CEO at StayWell Health Management and before StayWell, Paul served as president and



CEO at The Park Nicollet Institute. He earned his Ph.D. from the University of Minnesota and his Masters from Minnesota State University at Mankato where he was honored with the Distinguished Alumni Humanitarian Award.

Terry is a Past President of the Minnesota Public Health Association. He serves on advisory councils for The National Academy of Sciences, the American Heart Association, the Harvard T.H. Chan School of Public Health and the University of North Carolina, Gillings School of Global Public Health. Prevention programs that Terry developed won the C. Everett Koop National Health Award. Alongside his wife Gail and his children Anna and Will, Paul loves rowing, windsurfing, sailing, kayaking, camping, hiking, biking and x-country skiing.

## Panelists:



**Kris Haugen**, Workplace and Well-being Specialist | Office of Statewide Health Improvement, Minnesota Department of Health

Kris Haugen has a passion for workplace wellness, and has worked in a variety of settings as a program manager of large multi-site organizations, within a hospital system, manufacturing environments, and currently in supporting local public health in advising small to medium employers at the Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP). She has helped start the community well-being strategy within SHIP to assist communities in becoming more resilient. She has worked in both the public and private sector, served as a health coach, and has also worked on the vendor side of the industry. For her own self care, Kris loves to be outdoors as much as possible by biking, gardening, and kayaking. She is also a potter and glass fuser, and deeply enjoys indulging in creative energy in her spare time.

**Caleb Schultz, M.D., M.P.H.** received his Bachelor of Science from Duke University, M.D. and M.P.H. from the University of Minnesota, and completed residency in Anesthesiology at the Mayo Clinic in Rochester. He serves on the MPHA Governing Council and Policy and Advocacy Committee and Minnesota Medical Association Board of Directors. Dr. Schultz is the MPHA Liaison to the Minnesotans for a SmokeFree Generation Coalition.



He recently completed service on the Protect Minnesota Board of Directors which sprang from his desire to engage in upstream policy efforts to curb gun violence after his all too frequent clinical experience of trying to save the lives of gunshot victims when practicing at HCMC. Dr. Schultz lives in Minnetonka with his pediatrician wife and three elementary age children who are enrolled in the public school Chinese immersion program. Dr. Schultz enjoys Sci-Fi, especially Star Wars and has presented

at regional Sci-Fi Conventions on “Medicine and Public Health in Star Wars” to the delight of many fellow nerds.



**Mandy Wannarka** is a licensed independent clinical social worker and Certified Perinatal Mental Health specialist (PMH-C) practicing as a psychotherapist in Coon Rapids, MN. She is an Approved Consultant for the international organization for EMDR and certified in EMDR (a trauma informed treatment modality that leverages the brain’s inherent capacity for healing with empirically validated studies to resolve trauma). She specializes in life transitions of all kinds, but in particular the area of perinatal mental health with a focus on reproductive health traumas including birth trauma, complex health conditions, NICU stays and perinatal loss.

She received her undergraduate degree in Psychology from the University of Minnesota and her Masters in Social Work from the University of St Thomas/St Catherine University. She volunteered with the nonprofit Pregnancy and Postpartum Support Minnesota (PPSM) from 2018 through 2023, working to ensure the emotional wellbeing of families during the perinatal period. Prior to private practice she spent five years practicing hospital social work with an emphasis on supporting families experiencing expected and unexpected hospitalizations. Her group practice, Mindful Wellbeing, focuses on providing individual and family outpatient mental health therapy and is continuing to expand into the holistic health and wellness arena by partnering with holistic health professionals to offer a multitude of services directly from their clinic.

## Thank you!

### Policy Forum Committee

Dr. Angeline Carlson, Chair; Lindsey Fabian; Lia Burg; Kathleen Norlien

### MPHA “Friends of the Forum”

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*As of March 21, 2024*

A “Friends of the Forum” \$50 sponsorship ensures the continuation of this yearly series. Sponsorship includes your participation in all four of the forums. Register at [mpha.net/Events](https://mpha.net/Events), or, make a donation indicating “Friend of the Forum”. Thank you for your support!

Thank you to all of our MPHA members! **If you are not a current member, please consider [joining us at mpha.net](https://mpha.net).**

## Event Sponsors: Policy Forum Series



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## Save the Date

- Policy Forum May 17, 2024...**older generations**



- **MPHA 2024 Annual Conference**  
April 25 - 26, 2024 at St. Catherine University, St. Paul, MN  
[Early bird registration ends March 22!](https://mpha.net)

Check out upcoming MPHA event details, become a Member, and more at [mpha.net](https://mpha.net)!