



**Northern Cass Community
Health & Wellness Center**



**A campaign by the
Northern Cass Community
Health & Wellness Center**



Northern Cass School

In 1997, the Northern Cass School District emerged from the union of six rural communities. The PreK-12 district draws learners from over 400 square miles and has 35% open enrollment. The small school in a cornfield is leading in innovation as both a personalized learning district and a full-service community school.



WHO WE SERVE

Communities in the district:

Argusville, Arthur, Erie, Gardner, Grandin, and Hunter,

Communities outside of the district (open-enrolled):

Amenia, Fargo, Galesburg, Harwood, Hillsboro, Page, Reiles Acres, and West Fargo

WHO WE ARE

OUR WHY

We believe every learner can change the world; therefore, we will provide a world class education.

Northern Cass Collective Commitments:

We are dedicated and passionate about relationships, teaching and learning, self-reflection, acknowledging greatness, and support of the Northern Cass community.

We are driven towards continuous improvement.

VALUES

Northern Cass will commit to purposefully build trust, develop authentic relationships, and engage in innovative practices which will empower learners to be choice ready.



Dr. Cory Steiner, Superintendent - Northern Cass School District #97



Northern Cass School District takes pride in providing big school opportunities in a small school environment. In the past five years, Northern Cass has been engaging in a transformation to a Personalized Competency-Based Learning (PCBL) system. PCBL has become a foundation for a system which values every learner as an individual while focusing on the whole learner. The system values learning above all else and continues to evolve to meet the changing needs of our learning community.

Northern Cass is a Full-Service Community School (FSCS) and is part of the state-wide NDFSC Consortium which focuses on extending the capacity of the school to help children and families overcome barriers to learning. This strategy involves determining unmet needs and partnering with organizations to bring supports and services into the school to meet those needs so learners are ready to learn when they step inside the classroom. This is a whole-child, whole-family approach to education.

Northern Cass has developed multiple partnerships which have enhanced course offerings, including the Cass County Career and Technical Education Center (CCCTEC), Next Generation Learning, North Dakota State University (NDSU), The Village Family Service Center, Essentia Health and Athletic Trainer services, KnowledgeWorks, Transcend Education, Valley City State University (VCSU), University of Jamestown (UJ), the Burgum Foundation, Mastery Transcript Consortium (MTC) and the United Way. The district was one of the recipients of the Comprehensive Literacy State Development (CLSD) grant which focuses on increasing literacy skills across all levels. Since the fall of 2018, we have led a major state grant focusing on awareness and the understanding of dyslexia characteristics. The district was a recent recipient of the Yass Prize where they received \$500,000 and were named a finalist in the area of 'transformation'.

The future is bright for the Northern Cass Public School District. We believe learners thrive in a school where they are the number one priority and supported by a community. The Northern Cass community is invited to join us as we prepare learners to change the world through a learner-centered approach.

"The Village Family Service Center and Northern Cass Schools are two like-minded organizations working together to make an impact for the future of kids and families. Embedding mental health services in the school setting created an innovative way to provide barrier-free services. This service integration allows kids to focus on education while addressing mental health issues seamlessly."

- Kelly Olson, President and CEO, The Village Family Service Center



Commitment

Before COVID, world class education was only about the academic experience. When learners returned to the building during COVID, world class education became about meeting the needs of the whole learner, their family, and their communities.

Like many rural areas, a myriad of barriers such as hunger, conditions related to poverty, wellness, behavioral health challenges and lack of exposure to learning during early childhood prevent some learners from coming to school ready to learn. Northern Cass understands a child will not learn at their full capacity when their basic needs are not met. We have an obligation to provide the services. Education is all encompassing and we recognize

the lack of equity in our families being able to receive high quality services.

Northern Cass is committed to serving as a neighborhood hub where comprehensive supports are coordinated and provided for learners and families through an integrated approach. The work is done in partnership with service partners and providers to address learner outcomes by leveraging innovative partnerships with resources and proven strategies for success. Ultimately, the Full-Service Community Schools (FSCS) model is the vehicle to align our initiatives to provide supports for learners to be ready to own their learning and to change the world.



PRELIMINARY FLOOR PLAN & PROGRAM

NORTHERN CASS - COMMUNITY HEALTH & WELLNESS CENTER

"We are excited to collaborate with the Northern Cass School District on the creation of the Northern Cass Health and Wellness Center. This center has the potential to provide on-site and convenient services to a rural area including primary care, behavioral health support, telehealth services and more. Every student is important to us. Our kids are our future, and by ensuring their health and happiness, we are also ensuring the health of our communities."

- Kasi Eisenzimmer, Essentia Health



About the Project



The Northern Cass Community Health and Wellness Center concept was created in 2022 through a partnership with Essentia Health. The center will be dedicated to improving the health and well-being of the members of the Northern Cass communities through the promotion of health, education, workforce training, and connection through the operation of a community health and wellness center.

The Mission of the Northern Cass Community Health and Wellness Center

Ensuring people of all ages can stay healthy and well is a priority in our communities. We know people want to be able to “age-in-place” at their own homes, parents want access to services to enhance the lives of their children, and people want to access services closer to their homes.

OPPORTUNITY

Through a unique collaboration with Essentia Health and other partners, we have the opportunity to develop the Northern Cass Community Health and Wellness Center. This privately funded initiative will support developing a center that will be home to multiple services and opportunities serving people of all ages. The building will be physically located on the Northern Cass School campus operating in close partnership with the district and service providers.



Inspiration

To address the challenges exacerbated by the Pandemic, we chose to become a Full-Service Community School to meet the health and wellness needs in our community.

The next step was the creation of a Community Health and Wellness Center Advisory Committee, composed of leaders in each community and Essentia Health. The committee worked with Creating Community Consulting. Using a community-centered approach, we identified and rated the needs for services in our community and held six community listening sessions to gather feedback. The end result is the building of a community health and wellness center on the Northern Cass campus.

The North Dakota school-based health and community center will serve learners, families, staff and the surrounding communities.

Through this center, we plan to provide access to:

- **Medical**
- **Dental**
- **Vision**
- **Behavioral Health**
- **Occupational Therapy/Physical Therapy**
- **Indoor Walking Track**
- **Preventative Car**
- **Food and Personal Care Pantry**
- **Healthcare and Workforce Training**
- **Childcare for Educators**
- **Indoor Playground**
- **Physical Activity Space**
- **Community Education**
- **Business Incubation**
- **Room for Creativity and Play**



Northern Cass believes that if families cannot easily access resources, we will bring the resources to them!

This center will represent the best parts of our communities by making a collective dream of vibrant and thriving communities we call home a reality. We envision the Northern Cass Health and Wellness Center as a place of welcoming where all community members have easy access to healthcare, learning and a sense of community.



Vision



At the heart of our vision is a thriving and united community, where individuals of all ages have the power to lead healthy, fulfilled lives on their own terms. We envision a future where staying well and embracing wellness is not only a priority but an accessible reality for everyone. Through the combined efforts of compassionate donors, dedicated partners, and engaged community members, we are on a journey to bring this vision to life.

1. **Empower Wellness** - nurturing the physical, mental, and emotional well-being of every member of our community. From infants to seniors, we are committed to providing comprehensive resources and services that empower individuals to thrive in all aspects of their lives.
2. **Cultivate Aging in Place** - ensuring that our seniors can gracefully age in the comfort of their own homes and within the embrace of the community.
3. **Enrich Childhood Experiences** - parents deserve a supportive environment that enhances the lives of their children. With your generosity, we'll create a nurturing space where children can learn, grow, and play.
4. **Transform Local Access** - bringing essential services closer to home, through collaborative partnerships, we'll bridge the gap between communities and resources, making life-enhancing services conveniently accessible to everyone.
5. **Foster Lifelong Learning and Creativity** - regardless of age, we aspire to foster a culture of continuous learning and personal growth. We will be a hub of creativity and innovation, offering spaces that encourage exploration, skill development, and the pursuit of passions.
6. **Strengthen Bonds** - we envision the Northern Cass Community Health and Wellness Center as more than just a physical space; it will be the heart of our communities. Through shared experiences, events, and gatherings, we will strengthen the bonds that unite us, forging friendships and connections that enrich our lives.
7. **Lead by Example** - by rallying behind this endeavor, we will set an example for how collaboration can spark positive change. This space will stand as a testament to what a united community can achieve when we work together to create something truly transformative. Our vision will be replicable in other rural communities throughout the United States.
8. **Elevate Quality of Life** - our vision is one where the quality of life for all residents is elevated. With your contributions, we will build a legacy of well-being and inclusivity that resonates for generations to come.

Join us in this inspiring journey to bring the Northern Cass Community Health and Wellness Center to life. Your donations, partnerships, and shared commitment will shape a future where wellness knows no boundaries, and everyone has the opportunity to flourish. Together, we can make a lasting impact that echoes far beyond the walls of our center, touching lives, and shaping a healthier, happier community for all.



Health Center



Medical Healthcare

- On site and telehealth access
- Preventative care, chronic illness management
- Vaccination clinics



Dental

- Screening, sealants, preventative care, referrals



Vision

- Screening, eyeglasses, referrals



Physical Therapy / Occupational Therapy



Mental Health

- One-on-one counseling
- Group and family counseling services



Career Technical Education pathway for health sciences



X-Ray



Lab

"Community of Care sees great potential with the Northern Cass Community Health and Wellness Center. As an organization, we provide services to assist older adults who wish to remain in their rural Cass County homes as long as safely possible. The opportunity for appointments with a provider at the health and wellness center will ease the transportation challenges for our clients living in Northern Cass. Facilitation of virtual visits at the center will provide options for older adults who are not comfortable with technology. We also envision our Faith Community Nurse being able to participate in some medical appointments with clients, either in-person or virtually. We anticipate utilizing the meeting space for presentations and classes for older adults."

-Myrna Hanson, Executive Director, Community of Care



Wellness Pantry



Open to learners, families, and the community

Refrigeration/freezer space for fresh fruits, vegetables, and dairy

Shelf-stable groceries, personal care items, clothing/winter gear, and basic household supplies

FCCLA (learner organization linked to Family and Consumer Science courses) club prepares frozen meals for reheating at home.

Meal Repack (unused lunches repacked by kitchen staff)

Secure, electronic 24/7 outside access

Community Learning Space

Community Event & Meeting Space

- CPR/First Aid, Group Counseling, Health Education, and Hunter's Safety & Education.
- Career development including adult education
- Classes for senior citizens

Community Activity/Club Space

Welcoming Family Space

Community Education and Retraining

Free Internet Access

Business Incubator Space

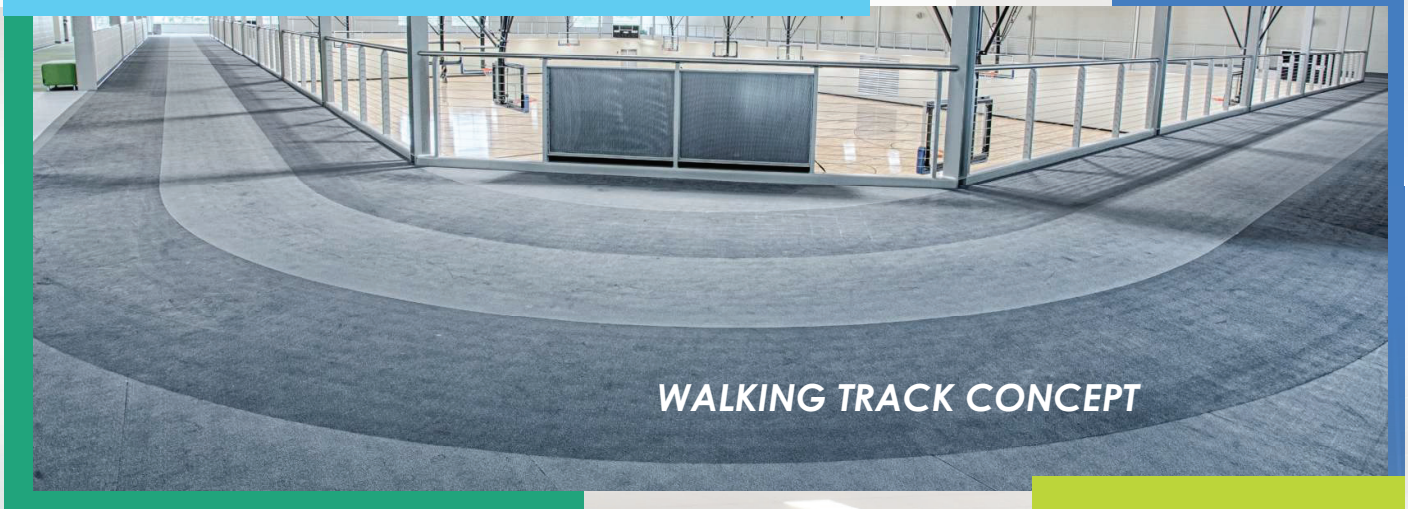
Community Rental Space for Personal Gatherings.



Wellness

Wellness & Fitness Center

- Free weights and machine weights
- Cardio equipment
- Indoor walking track
- Community fitness classes for all ages
- Showers, lockers, and changing areas
- Recreation space (i.e.--pickleball)
- Sliding-scale membership to ensure affordability





INDOOR PLAYGROUND CONCEPT

Playground

- Adaptive playground equipment
- Indoor playground for children

Childcare & Sensory Area

- Childcare for educators/staff *(and others if available)*
- Increased early childhood learning
- Help with recruitment and retention of educators for Northern Cass
- Meets a need for the region due to a lack of providers
- Training for high school learners to work with children

Sensory Area

- Calming sensory environment



CHILDCARE/SENSORY AREA CONCEPT

OUR TEAM

Northern Cass Community Health & Wellness Center

Board Members

- Susie Carlson (*President*)
- Chris Murch (*Vice President*)
- Kelly Yanke Deltener (*Secretary/Treasurer*)
- Brad Bjerke
- Kasi Eisenzimmer
- Shane Husar
- Amber Lockhart
- Ben Olson
- Parker Vander Wal
- Dr. Cory Steiner (*non-voting member*)
- Paige Carlson (*non-voting member*)

Executive Committee (Fundraising)

- Paige Carlson
- Susie Carlson
- Shane Husar
- Amber Lockhart
- Chris Murch
- Ben Olson
- Todd Olson
- Dr. Cory Steiner
- Kelly Yanke Deltener

Questions may be addressed to:

Dr. Cory Steiner - Superintendent

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