



Phase 1

Expanding the Workforce

Along with its national partners, the Miller-Dwan Foundation has put the first phase of HopeX in motion with a program developed and tested by the World Health Organization. The program is called PM+ (Problem Management Plus).

PM+ is a short-term intervention provided by non-specialists, lay people or paraprofessionals who are trained to deliver critically needed mental health and psychosocial support.

Developed by the World Health Organization, this program is more than peer support. It is a true, evidence-informed psychological intervention supervised by a licensed mental health clinician and designed to address both psychological and practical problems.

Provided by trusted members within their own community, PM+ is specifically adapted and modified to reflect each community's needs and cultural values. This adaptation ensures those cared for feel seen and understood.

As lay people build skills and proficiency they will train more people to do what they do and so on—building community connections people can turn to before they're in a mental health emergency.

Nine area stakeholder organizations are playing key roles in selecting lay people from identified communities and integrating PM+ throughout the Twin Ports. Stakeholder organizations include City of Duluth Human Rights Commission, St. Louis County Public Health and Human Services, TransNorthland, Transgenda, YMCA, PAVSA, AICHO, Polinsky Medical Rehabilitation Center and indiGO. Many of these organizations serve marginalized and underserved populations—those most affected by the mental health impacts of the COVID-19 pandemic.



“The implications of waiting any amount of time for behavioral health care can compromise one’s functioning and quality of life.”

—Katie Onofreychuk,
Essentia Health Operations Manager, Psychiatry

Meet Our Partners

Through the Miller-Dwan Foundation’s partnership with The New School for Social Research and George Washington University, the Twin Ports is joining New York City as one of only two places in the United States implementing a comprehensive PM+ program. Countries successfully implementing PM+ include: Pakistan, Kenya, Nepal, Syria, Turkey and Colombia.

The New School for Social Research remains true to the idea of a school of free inquiry for students and faculty who are willing to take the intellectual and political risks necessary to improve social conditions.

George Washington University is a global, comprehensive research institution that partners with community-based organizations, city leaders, industry and other academic peers in the U.S. and around the world to investigate some of the world’s most complex challenges.

Zak Williams is a mental health advocate, entrepreneur and son of actor and comedian Robin Williams. He has been extensively involved in championing the improvement of mental health care.

[Learn more at WeAreHopeX.org](http://WeAreHopeX.org)

Miller-Dwan Foundation is an independent public charity working to create a healthy, resilient region free from mental health crisis. We are advocates, facilitators and mobilizers working in partnership with innovators, providers and donors. Our goal—be a catalyst for change and provide the resources we all must have to live empowered and dignified lives. Join us.



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