

# Project REACH

## Rural Experts Advancing Community Health

An initiative of the University of Minnesota Rural Health Program



Project REACH is a year-long development program that empowers diverse community leaders in rural Minnesota with health policy and leadership training. Participants receive training, access to an expert network through the University, and a \$1200 stipend to help them advocate to improve health in their communities.

### Goals for Program Participants

- Identify a local challenge related to health and well-being, and develop policy analysis and communication skills to address it
- Build leadership skills in equity, diversity, and inclusion to improve health equity
- Connect with issue- or skills-specific mentors, experts at the University of Minnesota, and other partners in Minnesota related to the local problem of focus for each participant
- Engage in effective problem framing and policy communication related to a health problem in a local community by developing a policy proposal and sharing it with relevant decision-makers

### Who Should Apply?

- Individuals (ages 18 and older) working or living in rural Minnesota
  - *For some guidance, we define rural communities to include smaller towns (for example, fewer than 50,000 people) and more remote, less-populated areas of the state*
- Those who want to improve health in their community by effectively communicating with policymakers
- Those who are committed to racial equity and social justice in rural Minnesota communities

To learn more, visit [ctsi.umn.edu/education-and-training/project-reach](https://ctsi.umn.edu/education-and-training/project-reach).

**Questions?** Contact Katie Rydberg at [reedx472@umn.edu](mailto:reedx472@umn.edu)

Complete an interest form by **February 20**: [z.umn.edu/projectREACHinterest](https://z.umn.edu/projectREACHinterest)



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