

# EPILEPSY FOUNDATION OF MINNESOTA

# PROGRAMS & SERVICES

The Epilepsy Foundation of Minnesota (EFMN) provides support, connection, and education to families as they overcome the challenges of living with epilepsy.

## COMMUNITY PROGRAMS & SERVICES

### Camp Programs

Camp Programs provide a safe, supportive and fun camp experience for youth with epilepsy. Program opportunities include a one week, overnight traditional camp experience for youth ages 9-17 as well as a one-day day camp for youth ages 8-12 to help prepare them for overnight camp. We also offer an adaptable family camp for those with additional physical, social, or emotional needs.

### Connect Groups

A space to meet others on a similar epilepsy journey. Connect Groups are available to youth, teens, adults, and parents/caregivers. They're designed for people to offer peer-to-peer support, share experiences, and ask questions. At Connect Groups, individuals impacted by epilepsy engage with others, share experiences, and learn of new resources in a safe and supportive environment.

### Education Services

Education services includes seizure smart trainings and live webinars. Seizure smart trainings are customized to best fit with the varying audiences we train such as schools, workplaces, social service organizations, government agencies, health care facilities, etc. Webinars are developed annually and cover relevant topics and resources related to living with and managing epilepsy.

### Information Services

Information Services provides individuals, caregivers, and professionals information and resources on a wide variety of epilepsy related topics through free, one-to-one customized support. EFMN staff use phone, email, virtual meetings, and the postal service to support requests. From diagnosis through treatment, we support people by providing information regarding healthcare, medications, transportation, EFMN events and programs, and more. We also provide a 90 day follow up program for newly diagnosed individuals and families to provide support and resources during this time.



### Shining Star Program

The Shining Star program welcomes all youth under the age of 18 with epilepsy. Program components include connection opportunities for youth, support resources for parents, and awareness opportunities for families and communities. Shining Stars and their families have the opportunity to attend family and teen events, bring epilepsy awareness to their local communities, help recognize their school in their Excellence in Epilepsy, and connect with other youth and families impacted by epilepsy.

### Financial Support

The Bridge to Independence Fund provides funding to individuals and families impacted by epilepsy during a time of crisis or unanticipated expenses. Like a bridge, the financial support is intended to provide a path from one situation to the next. Individuals impacted by epilepsy apply by sharing their need, cost, and why they need support. Award amounts depend on type of need and availability of funding. This fund is a one-time gift for those who receive it.



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### ADVOCACY

The advocacy and public policy department leads our efforts to shape policy at the local and state levels. With the goal of making Minnesota a better place for those living with epilepsy, the advocacy and public policy department identifies policy priorities and leverages grassroots and direct relationships to make meaningful changes to law that benefit the communities we serve.

#### Public Policy Priorities

We identify and pursue 3-4 public policy priorities annually that reflect the barriers and challenges faced by the epilepsy community in MN. EFMN acts as the primary lead on at least one of these priorities and partners with other organizers to support their efforts for the remaining priorities.

#### Advocacy Day at the Capitol

EFMN's annual day at the capitol is an opportunity for advocates, staff, and board members to meet with legislators, share their story, and influence policy. The day includes seizure recognition and response training for lawmakers, a program of speakers, and a full day of legislative meetings.

#### Epilepsy Advocacy Network

We support an active advocate network to connect participants with many backgrounds, experiences, and interests with policy opportunities relevant to them. The network provides advocates with the training they need to be effective advocates and engaging opportunities to practice those skills.

#### Coalition Partnerships

EFMN plays an active role in building community connections and relationships through coalitions and collaborative legislative work. We participate in advocacy groups focused on patient access, disability rights, voter engagement, and mental health.

### COMMUNITY OUTREACH

Annually the mission outcomes division along with the board of directors' ad hoc diversity, equity, and inclusion committee sets a plan for concerted community outreach with individuals and communities identified as being traditionally underserved and/or underrepresented in EFMN's work. Community outreach projects are completed annually and include individual conversations, community conversations, assessment of collected qualitative data, and a subsequent multiphase plan for increased community engagement.

