

## 2025 Copic Humanitarian Award—North Dakota: **Dr. Julie Blehm**

**Copic and the North Dakota Medical Association (NDMA) are proud to announce that Dr. Julie Blehm is the 2025 recipient of the Copic Humanitarian Award. Dr. Blehm is an internal medicine physician based in Fargo.**

This year's recipient, Dr. Julie Blehm, served the people of North Dakota for over 30 years as an internal medicine physician. Her career is marked not only by clinical excellence but by a profound commitment to volunteerism and community leadership.

Dr. Blehm has been a tireless advocate for mental health and suicide prevention. Following the loss of her physician husband to suicide, she became deeply involved in efforts to reduce stigma and promote education around mental health. She was heavily involved in the formation of the North Dakota Professional Health Program (NDPHP), which supports healthcare professionals facing physical or mental health challenges.

Additionally, for over 20 years, she has been actively involved with Special Olympics North Dakota, serving on the board of directors and representing Special Olympics USA as a medical team member at multiple World Games.

Her daughter Amy, a Special Olympics athlete, inspired Dr. Blehm's involvement. She has witnessed firsthand

the transformative power of sports for individuals with intellectual disabilities and has

worked tirelessly to support their health and confidence.

This year at a state soccer and bocce tournament, Dr. Blehm jumped into action during two simultaneous medical emergencies—demonstrating her compassion and readiness to serve, even while attending as a parent.

Dr. Blehm has selected the American Foundation for Suicide Prevention—North Dakota Chapter to receive the \$10,000 donation. This organization works to prevent suicide through education, advocacy, and support for those affected by suicide.

Dr. Blehm's life is a testament to the power of service. Her work has touched lives across North Dakota and around the world. She is a healer, a leader, and a beacon of hope.



To learn more about the Copic Humanitarian Award or to nominate a physician,  
visit our website: [www.copic.com/about-copic/copic-humanitarian-award](http://www.copic.com/about-copic/copic-humanitarian-award)  
or email Laura Wadleigh at [lwadleigh@copic.com](mailto:lwadleigh@copic.com).