



refreshing

OUR
COMMUNITIES'
MENTAL &
PHYSICAL
WELLNESS

www.bcchp.org



Dear Buffalo County Residents

Celebrating wellness in 2017, Buffalo County Community Partners presents to you a story of our work in this annual report. This year has been an inspirational year offering messages of hope and healing focused on building mental health and physical wellness.

Over 3,299 residents and 843 businesses have been working together this past year to Build A Healthier Community. This annual report illustrates the many ways we refresh our health and work together to build a resilient community.

This report is divided into three priority areas;
Active Living and Healthy Eating
High Impact Prevention
Injury Free Living

These three areas prioritize the work of the partnership by focusing our community in working toward Buffalo County 2020 Vision. Previous to 2017, the partnership prioritized a fourth area, access to care and worked to establish a clinic for uninsured and underinsured, the HelpCare Clinic. The 2020 Vision's fifth area of focus, sustainable communities launched Kearney Works providing workforce development for those unemployed or underemployed.

We invite you to join one of the many activities or coalitions to refresh yourself and your community in 2017. Join this partnership to refresh your community and to Build a Healthier Buffalo County.



Denise Zwiener,
Executive Director

Buffalo County Community Partners
www.bcchp.org
(308) 865-2284
info@bcchp.org



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Wellness Coordinator



Ashleigh Galles
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Josh Arias
Youth Coordinator



Maggie Lesiak
Behavioral Health Intern



Catiana Urrutia
Positive Pressure Intern

A message from our board

Community Partner's mission is to assess, promote and strengthen the health of Buffalo County. Our partnership works to engage and empower the voices of youth, education, government, health care, human services, faith, business and parents to collaborative to develop innovative ways to solve local issues.

We invite you to join our call to action to Build a Healthier Buffalo County. Please consider adopting policies or programs in your workplace, faith community or schools that emphasize healthy behaviors. Start a conversation with your family or peers about health issues of importance to you.

Additionally, we invite you to consider making a donation of time or financial gifts to support the efforts outlined in this annual report. Every dollar donated to Buffalo County Community Partners is match by \$6 in local, state and federal grants to support your community. Donations remain in your community to support local youth, parents, worksites, schools and many other residents.

Join our family of partners by taking action, making a donation or starting a conversation today to Build a Healthier Buffalo County.

Buffalo County Community Partners Executive Committee



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Chair
UniNet



Peggy O'Dea
Vice Chair
Retired Teacher



Andrea Rabe
Secretary
Kearney Clinic



Megan Loomis
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refresh YOUTH



MISSION

YAB IS A YOUTH-BASED AND YOUTH-DRIVEN BOARD THAT WORKS HAND-IN-HAND WITH AREA YOUTH AND ADULT POLICY MAKERS TO HELP ALLEVIATE COMMUNITY PROBLEMS AND IMPROVE THE QUALITY OF LIFE FOR EVERYONE.

PARTNERS

- Amherst Public Schools
- Elm Creek Public Schools
- Gibbon Public Schools
- Kearney Catholic Schools
- Kearney Public Schools
- Pleasanton Public Schools
- Ravenna Public Schools
- Region 3 Behavioral Health Services
- SEM Public Schools
- Shelton Public Schools
- Team Concepts

KEY ACTIVITIES

- Mindfulness training by Region 3 Behavioral Health Services
- Creation of “The Movement” resource website
- Implementation of school spirit competition in Buffalo County schools

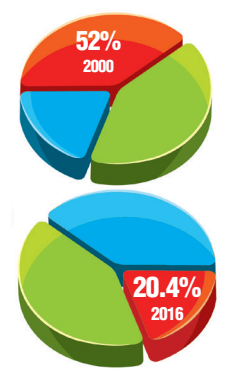
School Spirit: Constructive Use of Time

In 2016, 48% of youth report they are not involved in creative things such as, music, theater, or art.
In 2016, 46% of youth report they do not serve others in their community.

Substance Use: Alcohol and Marijuana Use Buffalo County youth report drinking alcohol in the past 30 days

YOUTH ALCOHOL USE

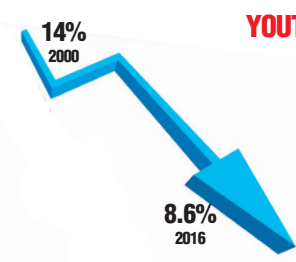
- 2000: 52%
- 2003: 43.5%
- 2007: 33.5%
- 2009: 30.5%
- 2010: 20%
- 2012: 20.5%
- 2014: 18.5%
- 2016: 20.4%



Buffalo County youth report smoking marijuana in the past 30 days

YOUTH MARIJUANA USE

- 2000: 14%
- 2003: 13.5%
- 2007: 10.5%
- 2009: 10.5%
- 2010: 10%
- 2012: 11%
- 2014: 10%
- 2016: 8.6%



Stress Management

In 2016, 24.1% of Buffalo County youth report feeling sad or hopeless every day for two weeks or more in a row that they stopped doing usual activities during the past 12 months

GOALS

- Increase Student attendance at all school events
- Reduce stress and create awareness of self-care and stress relieving activities
- Spread a unified message across the school systems by providing resources to youth



I gained a network of driven students from the Youth Advisory Board. I made connections with student leaders from all over the area. I loved working in our subgroup meetings. It prepared me for working in teams with people and learning the steps it takes to start and finish a project. These skills I will use for the rest of my life.

*-Claire Homan, 2017 Graduate
Kearney Catholic High School*

bcyab.org

refresh

Be Well

BUFFALO COUNTY

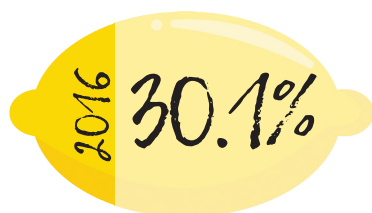
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Buffalo County
COMMUNITY PARTNERS®
BUILDING A HEALTHIER COMMUNITY

community Wellness

MISSION

ADVOCATE FOR A HEALTHY COMMUNITY CULTURE THROUGH INFRASTRUCTURE, EDUCATION, AND PROGRAMS TO SUPPORT HEALTHY CHOICES.

Obesity Rates
have decreased since 2010 in Buffalo County. They went from 31.1% to 30.1% in 2016. The state average is increasing.



PARTNERS

Cash-Wa Distributing
CHI Health Good Samaritan
City of Kearney
Community Action Partnership of Mid NE
Hy-Vee
Kearney Area Chamber of Commerce
Kearney Public Schools
Kearney Family YMCA
Monsanto
Nebraska Public Power District
New West Sports Medicine & Orthopedic
Region 3 Behavioral Health Services
Two Rivers Public Health Department
Uninet
University of Nebraska Extension
University of Nebraska at Kearney
University of Nebraska Foundation
Wellcare Health Plans
West Pharmaceutical

bcchp.org/be-well

KEY ACTIVITIES

Showing businesses how worksite wellness can be a return-on-investment strategy

Encouraging families, schools, and communities to promote biking/walking to school and work as a mode of safe and effective transportation



I know something about being well myself. I have not had much luck sharing that knowledge with others in a way that was useful to THEM. Community Partners is an incredible resource for bringing the gift of wellness to the community in a measurably positive way. They really create awareness in the community in a way the community understands.

-Clint Jones, MD Family Medicine

GOALS

Increase residents' physical activity

Increase consumption of fruits and vegetables

Decrease the percentage of resident's with a BMI of 25 or higher

refresh community Wellness

MISSION

Central Nebraska
Diabetes Referral Network

Powered by
Buffalo County
COMMUNITY PARTNERS

TO IMPROVE ACCESS TO RESOURCES THROUGH THE DEVELOPMENT, USE AND AWARENESS OF A DIABETES RESOURCE REFERRAL SYSTEM IN CENTRAL NEBRASKA.

ACTIVATE! Buffalo County



20 businesses are engaged in worksite wellness membership

In 2016, 1200 people and 51 businesses walked out on their job

GOALS

Engage businesses to grow worksite wellness leading to overall community wellness.



Activate Buffalo County has been a cornerstone of wellness for over 20 years in the community. People like to participate in things together and our organization has a great opportunity to be a leader in promoting wellness activities to the community.

-Jade Brown,
Kearney Parks & Recreation

51.7%

In 2012, only 51.7% of Buffalo County adults had been tested for high blood sugar or diabetes within the past three years.

"Diabetes education helps patients become empowered to manage their own healthcare. I am so excited to be a part of the Diabetes Referral Network and bring the available resources to the attention of patients and our local health care providers. The providers are limited in the time they can spend with their diabetic patients. Our role as diabetes educators can help fill that gap. The Buffalo County Community Partners has been instrumental in the ongoing support of Diabetes educators and providers in our community."

- Shellie Berry RN, CDE



90%

1 in every 3 adults has prediabetes; yet 90% do not know they have it.

GOALS

Increase the number of primary care provider referrals to local resource programs, such as, the YMCA Diabetes Prevention Program and Living Well

Increase the number of community members aware of the local resources available in the community through the bcchp.org/drn, marketing promotions, and worksite fairs

activatebuffalocounty.com

refresh behavioral Health

PARTNERS

All Buffalo County Schools
 Buffalo County Attorney's Office
 Buffalo County Sheriff
 CHI Health Good Samaritan
 Center for Psychological Services
 Community Action Partnership of Mid-NE
 Compass Nebraska
 Early Development Network
 Education Service Unit 10
 Families Care
 Family Practice
 Good Samaritan Foundation
 HelpCare Clinic
 Kearney Area Community Foundation
 Kearney Children's Museum
 Kearney Clinic
 Kearney Family YMCA
 Kearney Physical Therapy
 Kearney Police Department
 Kearney Public Schools
 LOSS-Local Outreach to Suicide Survivors
 Monty Shultz Counseling & Neurofeedback
 Multiple Child Care Centers & Pre-schools
 Nebraska Children and Families Foundation
 Region 3 Behavioral Health Services
 Richard Young Hospital
 Ryan Smith Counseling Center, LLC
 SAFE Center
 SOS Support Group
 South Central Behavioral Services
 Spectrum Reach
 St. James Catholic Church
 UniNet-Kearney
 University of Nebraska at Kearney



"Our work with Community Partners continues to strategically develop ways to inform our community, behavioral health, and medical health providers in our community about best practices in mental health. We are also practicing an integrated, multi-disciplinary approach to understanding community needs and assisting individuals with awareness of and means of accessing services related to mental health concerns."

Krista K. Fritson, Psy.D., Psychology Professor, UNK
 Licensed Clinical Psychologist, Loss Team

bcchp.org/healthy-minds

26%

In 2016, 26% of teachers in NE report they have been trained on emotional and mental health, but 73% report wanting more training.

School Mental Health Program

KEY ACTIVITIES

Kearney Public Schools is a pilot to hire behavioral health coaches to support teachers in reducing problem classroom behaviors.

77%

In 2014, 77% of children in Buffalo County under the age of 6 have both parents in the workforce. Higher than the state average of 73%

Rooted In Relationships

KEY ACTIVITIES

Creating Awareness for social emotional development for ages 0-8 in all Buffalo County Communities

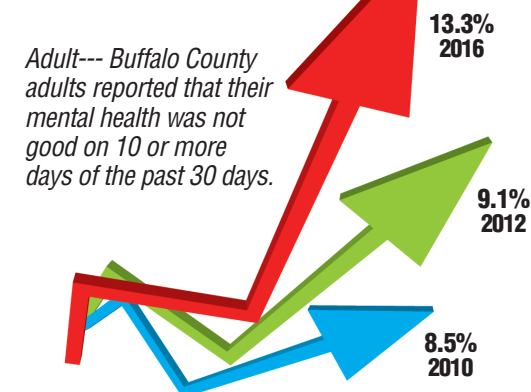
Offering pyramid coaches to home and center based child care providers

Suicide Prevention Coalition

KEY ACTIVITY

Researching and implementing evidence based programs to reduce suicide attempts

Offering messages of hope and healing to the community to prevent suicide



Youth: In 2016, 24.1% of Buffalo County youth report feeling sad or hopeless every day for two weeks or more in a row that they stopped doing usual activities during the past 12 months

If you are struggling with thoughts of suicide...
Text "START" to 741741
or Call 1-800-273-TALK (8255)

Crisis Center Planning

KEY ACTIVITY

Collaborate with community stakeholders to develop a crisis stabilization plan

Between 2012 and 2014, the number one emergency room diagnosis was behavioral health (13%), includes substance abuse, depression and other mental health diagnosis.



hope & healing
LIFE INTERVENTION PROJECT



Second Step Program

KEY ACTIVITY

Providing social emotional tools for early learning centers, schools, and child care providers

In the 2015-2016 school year, through the utilization of Second Step Early Learning Program, children in Buffalo County, showed significant improvements in the following areas.

- 48%** INCREASE in the number of children who demonstrated using good **LISTENING SKILLS**
- 54%** INCREASE in the number of children who were able to focus attention and **FOLLOW DIRECTIONS**
- 40%** INCREASE in the number of children who were able to understand and calm down his/her own **STRONG FEELINGS**
- 38%** INCREASE in the number of children who were able to make and **KEEP FRIENDS**

refresh

Alzheimer's caregivers

MISSION

TO INCREASE THE COMMUNITIES' KNOWLEDGE OF DEMENTIA INCLUDING ALZHEIMER'S DISEASE. THIS WILL BE ACHIEVED BY BUILDING PARTNERSHIPS, INCREASING EDUCATION, AND HEIGHTENED AWARENESS.



83%

of Buffalo County adults feel it is important have plans for future healthcare in the form of a living will or advance directive, BUT only 1/2 have reported creating one.

PARTNERS

Alzheimer's Association
Asera Care
Community Action Partnership of Mid Nebraska
CHI Health Good Samaritan
Country House Residence
Family Practice Associates
Homestead House
Mount Carmel
Platte River Radio
Prairie View Gardens
South Central Area Agency on Aging
UniNet
University of Nebraska at Kearney



Alzheimer's
& Dementia
Coalition

A GOAL WORK GROUP OF BUFFALO COUNTY COMMUNITY PARTNERS®

bcchp.org/alz

KEY ACTIVITIES

Host lunch and learn sessions, for providers of Alzheimer's care, and give them key information to take away from the presentations



Through innovative and creative partnerships, the Alzheimer's and Dementia Coalition is able to provide on-going educational opportunities for those living with the disease and their caregivers.

Toni Hill, Ph.D.
Associate Professor, Family Studies
University of Nebraska at Kearney

GOALS

Increase education and awareness of Alzheimer's and Dementia related diseases across the county.

Increase engagement on all levels of our community by building partnerships in all areas of our community.

refresh

MISSION

parents & youth on substance abuse

Aid communities in the coordination and integration of resources, and the use of evidence-based practices to reduce substance abuse.



"In prior years the Cruise Nite event was an alcohol fuel free for all in which many crimes took place. Now, with the assistance of Buffalo County Community Partners we have been able to enlist the help of the local citizens and businesses to make Cruise Night a family friendly evening for everyone to enjoy. The Be Safe Be Smart task force has united partners in the community to advocate for family friendly activities and make Kearney a healthier place to live."

Captain Mike Kirkwood
Kearney Police Department

PARTNERS

Buffalo County Attorney's Office
Buffalo County Youth Advisory Board
CHI Health Good Samaritan Friends Program
Kearney Physical Therapy
Kearney Police Department
Local on and off site liquor retailers
Nebraska Liquor Control Commission
Region 3 Behavioral Health Services
Two Rivers Public Health Department
University of Nebraska-Kearney

KEY ACTIVITIES

- Advocate with youth, parents, older adults, business, and government institutions that create policies and influence attitudes and behaviors. They use TIPS: Training for Intervention Procedures, Parents Take a Stand media campaign, and the Be Safe Be Smart Taskforce to influence and educate the community



GOALS

Increase Community Collaboration

Reduce Youth and Adult Substance Use including Alcohol, Marijuana, Prescription Drugs



Youth in Buffalo County who report binge drinking regularly has

DECREASED BY 70%
since 2000

2017 COMMUNITY PARTNERS BOARD OF DIRECTORS

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Wyatt Hubbard.....Elm Creek High School
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Kathleen Juhl.....Shelton High School
Jose Benjamin Montanez.....Shelton High School
Remington Wright.....Shelton High School

Annual Fund Campaign Co Chair, Matt Mims, and Denise Zwiener, executive director, accept \$1000 donation from Runza at UNL Volleyball Spring Game, to promote messages of Hope and Healing to prevent suicide and reduce stigma of mental health.



Gama Phi Beta chose Community Partners to revive the funds from their pancake feed, one of their philanthropy events. The girls raised \$3,055.



Kellie O'Brien, Union Pacific Railroad Foundation, presents grant check to Dawn Holbien, executive assistant Community Partners. The funds will be going to our suicide prevention group. The group is working to promote messages of hope and healing to the community.

working to raise
\$130,000
FOR OUR ANNUAL CAMPAIGN!

Buffalo County Community Partners would like to thank our donors for their support in building a healthier Buffalo County

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Robert & Jacquelyn Rosenlof
B.M. and Bev Stevenson

VISIONARIES

Buffalo County Juvenile Justice
CHI Health Good Samaritan
Nebraska Children & Family Foundation
Sherwood Foundation
Region 3 Behavioral Health Services
Union Pacific Railroad

MASONS

Dale Chandler *in Memory of Elnida Chandler*
City of Kearney
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Gamma Phi Beta
Give Where you Live--
Kearney Area Community Foundation
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Medicine
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Hy-Vee
Internet Solutions Digital Network
Kearney Area Chamber of Commerce
Kearney Clinic
Kearney Elks Lodge
Kearney Family YMCA
Kearney Hub
Kearney Park and Rec
Kearney Public Schools
Kearney Regional Medical Center
Merrymen Performing Arts Center
Nebraska Appleseed
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Region 3 Behavioral Health Services
Richard Young Hospital
S.A.F.E. Center
Schools in Buffalo County
Two Rivers Public Health Dept.
UniNet
University of Nebraska Medical
Center-Kearney
University of Nebraska at Kearney

We would like to thank our anonymous donors. Our donors are the foundation of our work, we value the gifts they share with our community to support Building a Healthier Buffalo County. We take pride in recognizing your support, if you notice an error please bring it to our attention.

YES! I want to build a healthier Buffalo County 2017 ANNUAL FUND CAMPAIGN

Please complete the following information as you wish to be listed in donor recognition.

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City _____ State _____ Zip _____
Telephone _____
Email (to receive our e-newsletter) _____
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- ☐ \$100
- ☐ \$50
- ☐ \$ _____



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Signature _____ Date _____
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Buffalo County Community Partners is a non-profit 501 (c)3

Buffalo County
COMMUNITY PARTNERS

BUILDING A **HEALTHIER** COMMUNITY

Buy a
lemonade to
refresh your
community's
Mental Health
& Physical
Wellness



SUNDAY • JUNE 25 • 2017 • 3:00-5:00pm

SOUTH HARMON PARK

bcchp.org/lemonade

Buffalo County Community Partners
PO Box 1466 • Kearney, Nebraska, 68848
308-865-2284



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