BE CONNECTED ➞ BE COMMUNITY

Be Connected with our Communities’ Mental & Physical Wellness

2018 ANNUAL REPORT TO THE COMMUNITY

www.bcchp.org
Dear Buffalo County Residents

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Buffalo County Community Partners presents to you a story of a community connecting for improved mental and physical wellness in 2018. This year has been a year of partnerships, relationships and progress focused on wellness for all people in all areas of their lives.

Over 3,664 residents and 833 businesses connected this past year to help build a healthier Buffalo County. This annual report shows how you have empowered our community for healthier choices, stronger families, and community-wide hope and healing.

This report is divided into three focus areas of the work we do:

MENTAL WELLNESS • PHYSICAL WELLNESS • YOUTH EMPOWERMENT

The work you support falls into these primary areas in our community. These focus areas help our community make strides toward Buffalo County’s 2020 Vision.

We invite you to be connected in your community by striving to make a difference. Join any of the coalitions mentioned in this report, take part in our many activities or events, or simply be community with your friends and neighbors throughout Buffalo County.

Building a healthier Buffalo County means continuing to improve mental and physical wellness for all of our residents. Your support has empowered that improvement in 2018.

Be Connected. Be Community. Be Buffalo County.

Buffalo County Community Partners Staff

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Wellness includes both physical and mental health. That’s why we’re connecting the community to improve physical and mental wellness in Buffalo County.

- **65%**
  - In 2016, 65% of adults in Buffalo County reported utilizing a local paved or dirt trail for walking, hiking, or biking at least monthly—with 11% reporting daily use.

- **34%**
  - In 2016, 34% of adults in Buffalo County had a healthy BMI.

- **80%**
  - In 2016, 80% of adults in Buffalo County reported feeling very healthy and full of energy 10 or more days during the past 30 days.

- **69%**
  - In 2018, 69% of adults reported always or usually receiving the emotional support they need.

- **88%**
  - In 2016, 88% of high school students reported being physically active for at least 60 minutes on at least one day during the last week.

- **82%**
  - In 2016, 82% of high school students reported never having tried marijuana.

Wellness includes both physical and mental health.
**Healthy Minds**

**Connecting the Community**

Creating a more connected behavioral health system that better serves those using it

**Mission:**
Children, youth and families have access to a unified behavioral health system to enhance overall wellness.

**Goals:**
To coordinate behavioral health systems to better serve youth and families in Buffalo County

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**Second Step Program**

**Connecting the Community**

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

**Creating awareness for social emotional development throughout Buffalo County**

**Offering Pyramid Model coaches to home and center-based childcare providers**

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**In the 2016-2017 school year, through the utilization of the Second Step Early Learning Program, children in Buffalo County, showed significant improvements in the following areas:**

- 46% increase in children demonstrating good listening skills often or very often
- 53% increase in children being able to focus their attention and follow directions often or very often
- 49% increase in children using problem solving skills to find the best solution to problems often or very often
- 31% increase in children making and keeping friends often or very often

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In 2014, 77% of children in Buffalo County under the age of six have both parents in the workforce. That's higher than the state average of 73%.
**Mission:**
Reduce suicide in Buffalo County with a focus on education, prevention, intervention, and mental wellness promotion.

**GOALS:**
Increase community collaboration

**Partners**
Compass
Buffalo County High Schools
Region 3 Behavioral Health Services
Family Resources of Greater Nebraska
Department of Health and Human Services
Kearney eFree Church
Families CARE
S.A.F.E. Center
Kearney Area Community Foundation
Kearney Public Schools
University of Nebraska at Kearney
CHI Health Good Samaritan
Richard Young Hospital
Asera Care
Bethlehem Lutheran Church
Central Nebraska LOSS Team
Monty Shultz Counseling
Kearney Police Department
Grief Share
Buffalo County Attorney's Office
Friends Program
Kearney Physical Therapy
Region 3 Behavioral Health Services
Buffalo County Sheriff’s Office
Nebraska Liquor Control Commission
Two Rivers Public Health Department
Buffalo County Youth Advisory Board
Kearney Elks Lodge #984
Retailers

**Researching and implementing evidence-based programs to decrease suicide attempts**

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

**Connecting local resources to make the biggest impact possible in reducing the stigma associated with mental health**

**Connecting the Community**
Educating youth, parents, adults, businesses and the general community on how to address substance abuse at the community level.

Providing resources to parents to talk with their teens about drugs and alcohol

Connecting with the community to empower safer events like Cruise Nite

**In 2016, 13% of Buffalo County adults reported that their mental health was not good on 10 or more days of the past 30 days.**

**In 2016, 24% of Buffalo County youth report feeling so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.**

**13%**

**24%**

**SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255) • CRISIS TEXTLINE: 741-741**
MISSION: Advocate for a healthy community culture through infrastructure, education, and programs to support and encourage healthy choices.

MISSION: Create awareness, advocacy, and excitement about wellness and the importance of designing our community for active and healthy lifestyles.

Connecting the Community
Making nutritious food options more accessible by helping promote local farmer's markets and working with schools on enhancing healthy concessions options.
Helping schools and businesses find helpful resources for creating healthy community cultures.

GOALS:
- Increase residents’ physical activity
- Increase consumption of fruits and vegetables
- Decrease the percentage of residents with a BMI of 25 or higher

GOAL:
Promote community wellness by engaging our local workforces

In 2018, 62% of adults in Buffalo County had a BMI classifying them as overweight or obese.

In 2016, 29% of Buffalo County adults felt worried or stressed about having enough money to buy nutritious food.

Activate Buffalo County Worksite Wellness Members
Buffalo County Community Partners
Region 3 Behavioral Health Services
City of Kearney
Parker Hannifin
HelpCare Clinic Inc.
Buckle, Inc.
Eaton Corporation
Cash-Wa Distributing
University of Nebraska at Kearney
Brown Transfer
Buffalo County (Commissioners)
Center for Psychological Services

Over 20 businesses are engaged in a community-wide worksite wellness membership program.

In 2018, over 900 people from 50 local businesses participated in Walk Out On Your Job
**FOR EASIER HEALTHY CHOICES**

**Partners**
- CHI Health Good Samaritan
- Community Action Partnership of Mid-Nebraska
- Department of Health and Human Services
- Family Practice Associates
- Good Samaritan Medical Group
- HelpCare Clinic
- Hy-Vee
- Kearney Clinic
- Kearney Regional Medical Center
- Kearney YMCA
- Platte Valley Medical Group
- South Central Nebraska Area Agency on Aging
- TEAM Physical Therapy
- Two Rivers Public Health Department
- UniNet
- UNK Student Health Center

**Mission:**
- Improve access to resources through the development, use and awareness of a diabetes resource referral system in Central Nebraska.

**GOALS:**
- Increase the number of primary care provider referrals to local resource programs.
- Increase the number of community members aware of the local resources available in the community.

**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.

**GOALS:**
- Increase the communities’ knowledge of dementia including Alzheimer’s Disease by building partnerships, increasing education and heightened awareness.

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**51%**

In 2016, only 51% of Buffalo County adults had been tested for high blood sugar or diabetes within the past three years.

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**90%**

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

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**33,000**

33,000 Nebraska residents aged 65 and older live with Alzheimer’s Disease.
FOR IMPROVED COPING SKILLS
BE CONNECTED > BE COMMUNITY TO 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
Gibbon Publics Schools
SEM Public Schools
Shelton Public Schools
Elm Creek Public Schools
Ravenna Public Schools
Kearney Catholic School
Kearney Public Schools
Pleasanton Public Schools
Team Concepts
Region 3 Behavioral Health Services

CONNECTING THE COMMUNITY
Organizing Mindfulness and Youth Mental Health First Aid trainings in local high schools provided by Region 3
Promoting resources available online on YAB’s “The Movement” website
Supporting the Healthy Body, Healthy Mind youth mental health summit where local high schoolers learned how they can impact mental health in their schools from counselors, mental health experts and adult advocates

GOALS:
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

70%
In 2016, 70% of youth report getting less than 8 hours of sleep.

16%
In 2016, 16% of youth reported being electronically bullied during the last 12 months.
MISSION: help area youth develop a means of creative self-expression and constructive communication through photography

Partners
- Buffalo County schools
- Buffalo County school counselors
- Buffalo County Juvenile Diversion Program
- Kearney Elks Lodge #984
- Buffalo County Probation Office
- Compass
- Families CARE
- Lexington Speech Coach, Daniel Arias
- CHI Health Good Samaritan Hospital
- Local Mental Health Therapists
- Geist Photography

Connecting the Community
- Encouraging healthy, artistic expression for teens
- Giving youth a safe space to learn a new skill and interact with their peers
- Empowering youth to focus on self-care and self-expression

In the 2017-18 school year, 16 PhotoVoice participants took 2,021 photos.
A Message From our Board

Our mission is to assess, promote and strengthen the health of Buffalo County. We connect with the community to engage and empower the voices of local youth, education, government, healthcare, human services, faith communities, businesses and parents to empower solutions for problems that impact you.

We invite you to be community by joining our goal of building a healthier Buffalo County. You can empower change in your daily life by:

- Connecting your workplace, faith community or school with policies and procedures for wellness
- Connecting any of the local wellness resources available to those in need
- Connecting your friends and family with messages of hope and healing
- Connecting your community with the great work already being done

We invite you to consider a donation of time or financial support to make a difference in your community by empowering the activities outlined in this Annual Report. Every dollar donated to Buffalo County Community Partners is matched by $6 in local, state and federal grants. Your support remains in your community to make a difference for youth, parents, workplaces, schools, and all Buffalo County Residents.

Be connected with your community by taking action, making a donation or starting a conversation today about improving the mental and physical wellness of Buffalo County.

bcchp.org/give

BUFFALO COUNTY COMMUNITY PARTNERS

BOARD OF DIRECTORS

BOARD MEMBERS

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Lauren Brandt – City Clerk, City of Kearney
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Kathy Gifford – School Board Member, Kearney Public Schools
Kathy Gosch – Facilitator, Buffalo County Healthy Ministry Network
Janelle Grabowski – Retired Teacher
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Sarah Yendra – Owner and Therapist, Insight Counseling and Recovery

KIDS, FAMILIES & SCHOOLS
HEALTHCARE
LOCAL GOVERNMENT
FAITH & CHURCHES
LOCAL BUSINESSES
YOU!
Buffalo County Community Partners would like to thank our donors for their support in building a healthier Buffalo County.

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City of Kearney  
City of Kearney Police Department  
ESPN Radio  
Family Practice Associates  
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Kearney Area Chamber of Commerce  
Kearney Clinic  
Kearney Elks Lodge  
Kearney Family YMCA  
Kearney Hub  
Kearney Library  
Kearney Park and Rec  
Kearney Public Schools  
Kearney Regional Medical Center  
KGFW  
Merryman Performing Arts Center  
Nebraska Appleseed

YES! I want to build a healthier Buffalo County » 2018 Annual Fund Campaign

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

Name_________________________ Business Name ______________________

Address ____________________________________________ State _____________ Zip____________

City _____________________________________State _____________Zip____________

Telephone ______________________________

Email (to receive our e-newsletter) __________________________

☐ I (We) wish to remain anonymous

☐ My (our) gift is in memory of ______________________________

☐ $1,000  ☐ $750  ☐ $500  ☐ $250

☐ $100  ☐ $50  ☐ $_____

Make donations payable to: Buffalo County Community Partners

I wish to donate by credit card: 2.9% plus .35 percent credit card fee assessed.

☐ VISA  ☐ MASTERCARD  ☐ DISCOVER

Name on card ____________________________ Date _________________

Expiration ______/_______ Security code_________  
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Card number ____________________________

This document was prepared by the Buffalo County Community Partners as a 2018 report to the community. For more information regarding this document and to learn how to donate, please contact the staff at the Partner office at 308-865-2284 or info@bcchp.org. Data report was gathered from Buffalo County Adult and Youth Risk Factor Survey.
you're invited
ANNUAL
BUFFALO COUNTY
BLOCK PARTY

Sunday, June 24 • 3:00-5:00pm • South Harmon Park

COME CONNECT WITH YOUR COMMUNITY TO IMPROVE THE PHYSICAL & MENTAL WELLNESS OF BUFFALO COUNTY.

ENJOY FREE KIDS ACTIVITIES & GAMES, DECORATE YOUR OWN PUZZLE PIECE AND WELCOME CORNHUSKER STATE GAMES TORCH TO OUR COMMUNITY

Buffalo County Community Partners
BUILDING A HEALTHIER COMMUNITY

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