



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

Denise Zwiener,
Executive Director
*Buffalo County
Community Partners*
www.bcchp.org
(308) 865-2284
info@bcchp.org

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



Denise Zwiener
Executive Director



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Executive Assistant



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Behavioral Health Coordinator



Wanda Fedorchik
Substance Abuse Prevention Coordinator



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Wellness Intern



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Youth Coordinator



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Behavioral Health Coordinator Assistant



Emily Baughma
Data Coordinator



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.

BE CONNECTED >> BE COMMUNITY FOR A FOUNDATION OF MENTAL HEALTH

Partners

Buffalo County Attorney's Office
Region 3 Behavioral Health Services
SAFE Center

UniNet-Kearney
Richard Young Hospital
University of Nebraska at Kearney

Kearney Public Schools
Education Service Unit 10
Families CARE



HEALTHY MINDS

CONNECTING THE COMMUNITY

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

SECOND STEP PROGRAM

CONNECTING THE COMMUNITY

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

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

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

CONNECTING THE COMMUNITY

Creating awareness for social emotional development throughout Buffalo County

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

ROOTED IN RELATIONSHIPS

>> 77%

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%.

BE CONNECTED >> BE COMMUNITY FOR IMPROVED COPING SKILLS



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
Center for Psychological Services
Rae of Hope Foundation
World Theatre
Buffalo County Parents

13%

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.

24%

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.

MISSION:
Reduce suicide in Buffalo County with a focus on education, prevention, intervention, and mental wellness promotion

CONNECTING COMMUNITY

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



Partners

CHI Health Good Samaritan
University of Nebraska-Kearney
Buffalo County Attorney's Office
Friends Program
Kearney Police Department
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

CONNECTING 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

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

GOALS:

Increase community collaboration

Reduce youth and adult substance use (alcohol, marijuana, prescription drugs)

70%

Youth in Buffalo County who report binge drinking regularly has decreased by 70% since 2000.

60%

Youth in Buffalo County who report alcohol use in the past 30 days has decreased by 60% since 2000.

35%

In 2018, of those adults who used alcohol in the past 30 days, 35% reported binge drinking (5 or more drinks for men, 4 or more for women).

BE CONNECTED >> BE COMMUNITY FOR EASIER HEALTHY CHOICES



Partners

Cash-Wa Distributing
CHI Health Good
Samaritan Hospital
City of Kearney
Monsanto
Hy-Vee
Kearney Public Schools
Kearney Family YMCA
Kearney Area Chamber of Commerce
Community Action Partnership
of Mid-Nebraska
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

62%

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

29%

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



CONNECTING 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 resident's with a BMI of 25 or higher



CONNECTING COMMUNITY

Engaging local businesses in networking for better wellness programs

Encouraging healthy choices by showcasing local resources, events and wellness information

GOAL:

Promote community wellness by engaging our local workforces



Partners

Two Rivers Public Health Department
Schrock Chiropractic
University of Nebraska at Kearney
Buffalo County Extension
Cash-Wa Distributing
Kearney Parks and Recreation
TEAM Physical Therapy
Kearney Family YMCA
Region 3 Behavioral Health Services
Sweet Success Health Coaching
The Buckle
Hy-Vee

900

In 2018, over 900 people from 50 local businesses participated in Walk Out On Your Job

20

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

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

BE CONNECTED >> BE COMMUNITY TO SUPPORT CHRONIC CONDITIONS



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

51%

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

90%

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

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

CONNECTING COMMUNITY

Supporting medical providers through academic detailing strategies that provide information on local resources to assist patients with diabetes and prediabetes

Updating the community on local diabetes resources by displaying them all in one place online

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.

MISSION:
Increase the communities' knowledge of dementia including Alzheimer's Disease by building partnerships, increasing education and heightened awareness.

CONNECTING COMMUNITY

Supporting local healthcare providers through academic detailing strategies that provide information on effective screening and local resources for Alzheimer's management

Empowering those dealing with Alzheimer's (patients and caregivers alike) to seek local, evidence-based resources

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.

33,000

33,000 Nebraska residents aged 65 and older live with Alzheimer's Disease.



Partners

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

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 Public 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 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.

BE CONNECTED » BE COMMUNITY **TO YOUTH**

PhotoVoice

Powered by
Buffalo County
COMMUNITY PARTNERS

MISSION:

help area youth develop
a means of creative self-
expression and constructive
communication through
photography

Partners

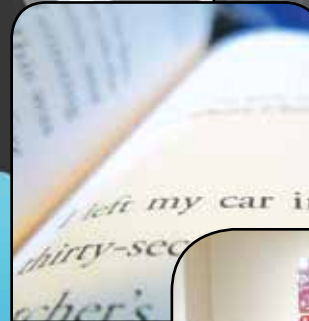
Buffalo County schools
Buffalo County school counselors
Buffalo County Juvenile
Diversion Program
Kearney Elks Lodge #984
Buffalo County Probation Office
Compass
Families CARE
Lexington Speech Coach, Daniel Arias
CHI Health Good Samaritan Hospital
Local Mental Health Therapists
Geist Photography

CONNECTING 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



2,021

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



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Vice Chair
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SAFE Center

2018 COMMUNITY PARTNERS BOARD OF DIRECTORS

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

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Kearney Eye Institute
Kearney Orthopedic
and Sports Medicine
Kearney Pediatric Dentistry
Kearney Physical Therapy
Kearney Public Schools
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Barney Building and Land
Buffalo County Sheriff's Office
Central Community College
Charter Communications
CHI Health Good Samaritan
City of Kearney
City of Kearney Police Department
ESPN Radio
Family Practice Associates
First National Bank
Good Samaritan Medical Group
Heartland Hosting
HelpCare Clinic
Holy Cross Lutheran
Hy-Vee
Internet Solutions Digital Network
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
KGFV
Merryman Performing Arts Center
Nebraska Appleseed
Nebraska Children and Families

Foundation
NRG Media
Platte River Radio
Platte Valley Medical Group
Region 3 Behavioral Health Services
Richard Young Hospital
S.A.F.E. Center
Schools in Buffalo County
Two Rivers Public Health
UniNet
University of Nebraska Medical Center-
Kearney
University of Nebraska at Kearney
Kearney Regional Medical Center
Merryman Performing Arts Center
Nebraska Appleseed
NRG Media
Platte River Radio
Platte Valley Medical Group
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 >> 2018 Annual Fund Campaign

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

Name _____ Business Name _____

Address _____

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
PO Box 1466, Kearney NE 68847

I wish to donate by credit card:

2.9% plus .35 credit card fee assessed.

☐ VISA ☐ MASTERCARD ☐ DISCOVER

Name on card _____

Signature _____ Date _____

Expiration ____/____ Security code ____-____-____

Card number _____

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



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

Buffalo County Community Partners
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