

Buffalo County
**COMMUNITY
PARTNERS**
BUILDING A HEALTHIER COMMUNITY
www.bcchp.org



CONNECT. COLLABORATE. CELEBRATE.

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



info@bcchp.org • bcchp.org
facebook.com/bcchp
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DEAR BUFFALO COUNTY RESIDENTS

Where is the access to resources in Buffalo County? This is the driving question for our organization in 2019. Our board of directors have begun a quest to discover individuals and organizations in our community who have a passion for creating connections. The 2019 Annual Report to the community will focus on ways our community Connects-Collaborates-Celebrates our successes to reveal informal and formal access points.

CONNECT.

We are purposefully driven to facilitate community conversations to discuss emerging issues.

COLLABORATE.

We are dedicated to bringing stakeholders together to solve emerging issues.

CELEBRATE.

We are successful when we achieve outcomes and recognize the contributions of others.

To be good stewards of our community resources, our organization researches best practices and is committed to aligning resources to connect and collaborate. In order to celebrate, our volunteers set benchmarks in which to measure their collective impact.

I invite you to consider donating your time and voice as a volunteer to support our communities vision for building a healthier community. You might also consider adopting policies and or programs in your workplace, faith community or schools that emphasize healthy behaviors. Start a conversation with your family and peers about health issues that are important to you.



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



CONNECT. COLLABORATE. CELEBRATE.

Buffalo County Community Partners is a non-profit organization whose mission is to assess, promote and strengthen the health of Buffalo County.

The board formed in 1996, by a group of 25 community stakeholders interested in Building a Healthier Community.

In 1995, the first county wide assessments were launched to construct a list of community health indicators in which to align community partnerships. Collaboration continued to flourish over past 24 years leading this county to be recognized nationally for their teamwork.

In the last year, Buffalo County Community Partners conducted **TEN** community surveys, asking **OVER 300 QUESTIONS** of residents to better understand community issues and why these problems exist in your community. **OVER 4000 VOLUNTEERS** communicate annually and **DONATE 104,120 HOURS** to this pursuit of building a healthier community. An annual **BUDGET OF \$750,000 SUPPORTS 12 COALITIONS/COLLABORATIVES WHERE EVERY DOLLAR DONATED IS MATCHED SIX TIMES OVER.**

Success in your community is defined when

- a need is identified
- community members partner to solve the problem
- aligning local resources
- measuring our success.

Read more about our communities' current work in the HealthyMINDS collaborative, Be Well Collaborative, and Youth Board in this 2019 Annual Report to the Community.

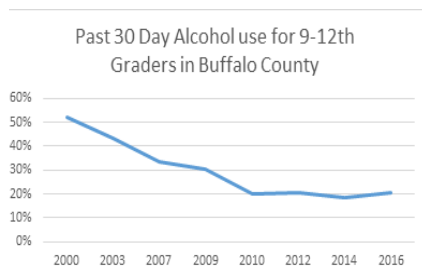
Our story has a rich history of success in reducing youth alcohol use and reducing obesity. A testament to the structure and purpose of this organization lies in successes of the Buffalo County 2020 Vision. We celebrate a year of success by thanking our founders for their vision of a Healthier Community.

BUFFALO COUNTY 2020 VISION... in 2010 the following indicators were adopted by the community to set our targets on building strategies to improved health status of Buffalo County residents.

IMPROVE MENTAL WELLNESS BY,

- Increasing Access to Mental Health Resources
- Reducing Substance Abuse
- Reducing Suicide

CELEBRATE: IMPROVED Mental Wellness



Youth in Buffalo County who report binge drinking regularly has decreased by 60% since 2000. In 2016, 12% of youth reported binge drinking in the past 30 days.

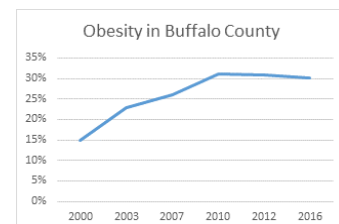
IMPROVE PHYSICAL WELLNESS BY,

- Reducing Obesity
- Increasing Fruit and Vegetable Consumption
- Increasing Physical Activity

CELEBRATE: IMPROVED Physical Wellness

Adults in Buffalo County who report a Body Mass Index of 30 or higher has increased to epidemic proportions, similar to state and nation, until 2016, when trends began to trend downwards. Buffalo County was one of the first communities in Nebraska and the nation to begin to bend this trend.

2000.....15%	2010.....31.1%
2003.....23%	2012.....30.8%
2007.....26%	2016.....30.1%



IMPROVE ACCESS TO PRIMARY HEALTH CARE BY, Decreasing Health Disparities

CELEBRATE: IMPROVED Access to Primary Health Care



HelpCare Clinic a non-profit clinic for uninsured and underinsured residents formed in response to a group of physicians who approached Buffalo County Community Partners to assess the need for this type of clinic in our community. HelpCare Clinic opened its doors to patients in May of 2015. The clinic has served over 1,000 unique patients providing care two mornings and one evening each week with a large number of medical volunteers. HelpCare is powered by over 200 volunteers who've collectively contributed over 6,500 hours of their time to uninsured, impoverished patients in Buffalo and Kearney counties. The clinic is led by a board of directors including fifteen community leaders, as well as three paid staff.

For more info: Helpcareclinic.org

IMPROVE SUSTAINABLE COMMUNITIES BY, Building job skills to increase earnings

CELEBRATE: IMPROVED Sustainable Communities



Kearney Works, Inc., a not-for-profit corporation formed when Buffalo County Community Partners assembled a group of economic development partners to apply and win funding in the Frontier Communications America's Best Communities competition in 2015. Kearney Works opened its doors in 2016 to provide workforce development services in Kearney, Nebraska, and surrounding areas. They serve unemployed and underemployed workers who need to improve labor skills in order to be qualified to fill available jobs and increase their earning potential.

For more info: Kearneyworks.org

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MENTAL WELLNESS



HealthyMINDS is a community collaborative CONNECTING 377 volunteers in 77,172 COLLABORATIVE hours of conversation to support our children, youth and families' social, emotional and mental wellness.

COMMON COMMUNITY NEEDS DRIVING THIS WORK

1. Access to mental health resources
2. Social emotional support needed from birth to adulthood
3. Community perceptions lead to stigma
4. Teachers need tools to support students with behavioral health needs
5. Youth and adults are choosing to use unhealthy coping strategies

COMMON SOLUTIONS TO COMMUNITY NEEDS

1. Training
2. Education
3. Resources
4. Coaching

CELEBRATIONS:

- Two Behavioral Health Coaches in Emerson and Kenwood Schools to support teachers.
 - Reduced behaviors leading to out of classroom placement
 - Implemented in 30 classrooms
- 2nd Step Social Emotional Curriculum in all Buffalo County Schools
203 Second Step kits being utilized throughout Buffalo County schools and early childcare homes and centers.
 - Implemented in every Buffalo County School
- Crisis (persons in distress) planning
 - Inviting community stakeholders to a conversation about barriers to accessing behavioral health resources and assessing gaps in services.

IMPACT OF PREVENTION IN THE COMMUNITY

276,433 media impressions

\$1.9 million dollar investment in volunteer time (in-kind)

\$515,212 in cash donated and granted

\$ 2.9 million dollar impact in the community *

*New Report: Investment in Disease Prevention Could Save America More than \$16 Billion in Five Years, Robert Wood Johnson, July 17, 2008.

THANK YOU FOR YOUR SUPPORT!

Buffalo County Attorney Office • Nebraska Crime Commission • CHI Health Good Samaritan • Kearney Dancing With The Stars 3 – Kearney Rotarians • Nebraska Children and Family Foundation • Region 3 Behavioral Health Services
• Substance Abuse and Mental Health Administration Drug Free Communities • State Target Opioid Response



The Suicide Prevention Coalition promotes mental wellness by offering messages of hope and healing, learning of local resources and advocating for community to start positive conversations on mental health.

Help us deal with loss, stress, and all those experiences that make life tough.

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

"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."

CELEBRATIONS:

- 182 Youth Trained in Youth Mental Health First Aid Trainings
 - 96 at Kearney Public Schools (KPS)
 - 55 at Kearney Catholic School
 - 10 at Pleasanton Public School
 - 8 at Ravenna Public School
 - 13 at Buffalo County Youth Advisory Board meeting
- 600 KPS Teachers Trained in QPR (Question, Persuade, and Refer)
- 300 Attendees to the "Suicide the Ripple Effect" documentary released by Kevin Hines, a suicide prevention and mental health advocate, who shares his suicide survivor story.
- 100 Attendees joined a Faith Community Gathering at First United Methodist Church to bring hope and healing and resources in the faith community.
- Neighbor-to-Neighbor agri-business partners gathered together to bring resources and information to identify warning signs of suicide to other local agri-businesses.

MORE AT BCCHP.ORG/N-2-N

- **TRAINING** - Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The 8 hour course and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Contact Region 3 Behavioral Health to set up a training: tgressley@region3.net

- **TRAINING** – QPR Gatekeeper Training for Suicide Prevention - QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. People training in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR is a two hour training. Contact Region 3 Behavioral Health to set up a training: jsschlegelmilch@region3.net

FOR MORE INFORMATION: BCCHP.ORG/HOPEANDHEALING

- **EDUCATION** – For information on hosting an educational forum on identifying the warning signs and share suicide prevention resources contact Tana Miller with Buffalo County Community Partners.

RESOURCES

- Suicide Prevention Lifeline: 1-800-273-TALK (8255) OR Text "hello" to 741-741
- Nebraska Family Helpline: (888)866-8660
- Crisis Mobilization Unit – (308)237-5951 (South Central Behavioral Health Services) sponsored by Region 3 Behavioral Health connects caller to a 24/7 licensed therapist with the ability to meet on-site, in home, law enforcement center, or other locations. <http://www.region3.net/Services-Programs/24-7-Crisis-Response-Therapists>

DATA:

- Adult---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.
- Youth--- 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.

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MENTAL WELLNESS



Rooted In Relationships

Buffalo County Rooted In Relationships ensures all Buffalo County children have strong social emotional development by ensuring high quality childcare, and creating public awareness of and community engagement in the social emotional development of our young children.

Help new moms and dads navigate those first precious years.

Linda Woodside, Director and Lead Teacher of Hand-N-Hand Preschool: "Having implemented the Pyramid Model training since the fall of 2017, I have been amazed with how it has changed the atmosphere of my classroom and the positive changes it has made with students struggling with challenging behaviors."

CELEBRATIONS:

- 37 prevention programs from eight partnering agencies built the foundation for the community's MTSS - Multi-Tiered System of Support model. It is a framework to ensure successful outcomes for all youth by using a data-based problem-solving process to provide, and evaluate the effectiveness of multiple tiers of integrated academic, behavior and social-emotional instruction/intervention supports matched to youth needs.
- 19 teachers and 13 child care providers trained in early childhood development pyramid model
- Three (3) pyramid model coaches spent 270 hours supporting 13 child care providers and directors.
 - 316 families served directly
 - 322 children served directly
 - 75% of child care providers have seen improvements in their centers and feel more respected as a professional.
- Five (5) guidelines to support parents when searching for quality child care providers
- 18 scholarships provided to parents to participate in Circle of Security Parenting. Results yielded meaningful change about parent stress, relationship with child and confidence in parenting skills.

• **TRAINING** – Early Childhood Pyramid Coaching is an interactive process based on a collaborative relationship between coach and child care provider. It is intentionally designed to promote sustainable growth in attitudes, skills and knowledge to effectively implement best practices for the optimal development of young children and their families. Through observation, discussion, and reflection the coach promotes the other person's ability to grow toward identified goals.

• **EDUCATION** – Buffalo County Multi Tiered System of Support framework supports schools in Buffalo County. Staff is currently looking for school systems interested in learning or expanding this framework to support children and families. Grant funds are available for faculty, administration and school board members to learn more about this framework. Thirty seven community based prevention programs have been identified by HealthyMINDS to support tier one of the MTSS framework.

FOR MORE INFO: BCCHP.ORG/ROOTED



Positive Pressure

Positive Pressure identifies emerging drug trends to reduce youth and adult substance use by encouraging community and parent interaction, addressing high-risk events and populations, and providing training and education on the effects of substance abuse, including alcohol, opioids, and marijuana, and other illegal drugs.

CELEBRATIONS:

- 75 community members gathered to learn about Youth Drug trends in Buffalo County from local law enforcement and county attorney.
- Be Safe Be Smart Task Force: Stakeholders and concerned citizens stepped up to reduce after Cruise Nite risk taking behaviors, and by working together, they have made positive change to keep our community safe. The Task Force continues to implement strategies and policies to support law enforcement and property owners.
- New funding secured to add substance abuse prevention programs into the Buffalo County MTSS framework.
- 4,912.5 lbs. of prescription medication has been collected and properly disposed of at Prescription Takeback events since 2011.
- Opioid Task Force has worked to create informational videos for the community. To view the videos, visit BCCHP.ORG/OPIOID

Help keep us safe from substance abuse.

Doug Kramer, Juvenile Services Administrator, Buffalo County Attorney's Office and Secretary, Elks Lodge #984: "The Positive Pressure Coalition has been working within Buffalo County for 23 years.

Their work and collaboration with numerous programs and fraternal organizations continues to improve the health and lives of many young people throughout our county."

• **TRAINING** – Nebraska Prescription Drug Monitoring Program (PDMP) training is available to all Buffalo County health care providers and pharmacists. PDMP is unique statewide tool that collects dispensed prescription medication information and is housed on the Health Information Exchange (HIE) platform. The Nebraska PDMP is a public health model focusing on patient safety. Starting January 1, 2018, all dispensed prescriptions are reported to the PDMP. The PDMP stores this information in a secure database and makes it available to healthcare professionals as authorized by law.

• **EDUCATION** – YEAR ROUND PRESCRIPTION TAKEBACK LOCATIONS

Hy-Vee – Kearney	Family Fresh – Kearney
Medicap – Kearney	Valley (Kearney Clinic) – Kearney
ABC Drug – Kearney	Haeberle's (Apple Market) – Kearney
Walgreens – Kearney	Svanda Pharmacy – Ravenna
CVS (Target) – Kearney	Lambert's Family Pharmacy – Gibbon

• **RESOURCES**

- Nebraska Family Helpline: (888)866-8660
- Bcchp.org/opioid

DATA:

- 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).
- One if four youth report that is easy to access prescription medications not prescribed to them.

FOR MORE INFO: BCCHP.ORG/POSITIVEPRESSURE

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Be Well is a community collaborative CONNECTING 416 volunteers in 15,120 hours of conversations to improve healthy lifestyles and create a healthier community by empowering schools and businesses in their wellness efforts, and improving accessibility to nutritious foods.

COMMON COMMUNITY NEEDS DRIVING THIS WORK

1. Access to healthy food
2. Access to physical activity at work
3. Affordable fruits and vegetables
4. Policies that support healthy eating
5. Build environment that supports physical activity

COMMON SOLUTIONS TO COMMUNITY NEEDS

1. Senior residents access to farmer market produce
2. Community support to stock food pantries with fresh fruit and vegetables
3. Building infrastructure and routine for Walk Out On Your Job (walking breaks) in workplace
4. Increase availability of farmer's market vendors
5. Healthy items in School Concession Stands
6. School and workplace wellness policies

CELEBRATIONS:

- 24 Farmer Market Vendors accepting promotional materials to promote acceptance of senior vouchers for fresh fruit and vegetables.
- Worked closely with the Local Farmers Markets to promote vendors to be certified to accept Senior Farmers Market Nutrition Program and Women Infants and Children (WIC) vouchers
- Social media promotions on Farmer's Market vendors
- Supported Farmer Market vendors by securing segments on NTV's the Good Life
- NTV segments cooking seasonal Farmer Market produce
- Surveyed food pantries to learn of opportunities to increase gifts of fruit and vegetables
- Assisted in the promotion of mobile food pantries in communities
- Three (3) Buffalo County schools offering one or more health options during event concession stands

IMPACT OF PREVENTION IN THE COMMUNITY

134,070 media impressions

\$378,000 dollar investment in volunteer time (in-kind)

\$100,000 in cash donated and granted

\$560,000 dollar impact in the community *

*New Report: Investment in Disease Prevention Could Save America More than \$16 Billion in Five Years, Robert Wood Johnson, July 17, 2008.

DATA:

- In 2016, 28.5% of Buffalo County adults reported they felt worried or stressed about having enough money to buy nutritious food.

FOR MORE INFORMATION: BCCHP.ORG/BEWELL

PHYSICAL WELLNESS



Activate Buffalo County Coalition promotes community wellness by engaging our local workforce by organizing wellness events in which businesses can participate, connecting local businesses to share ideas and best-practices, and support employers who prioritize a healthy workforce

CELEBRATIONS:

- 54 businesses and 900 employees participated in 29th annual Walk Out On Your Job at their workplace or with others at University of Nebraska at Kearney.
- 9 (nine) days filled with 14 different family-friendly events to get families out and active in their community during Healthy Families Weekend in April.
- 9 (nine) active businesses joined Activate Buffalo County (ABC) to encourage wellness in the workplace reaching up to 8,750 employees, 46% of employed workforce.
- 12 businesses offering wellness perks provided by organizations to ABC members

Help keep us healthy by being active and eating right.

Jade Brown, Kearney Parks and Rec: "The Positive Pressure Coalition has been working within Buffalo County for 23 years. Their work and collaboration with numerous programs and fraternal organizations continues to improve the health and lives of many young people throughout our county."

• RESOURCES

- Become a Member - Join Activate Buffalo County by investing in a membership for your workplace today. Contact Ashleigh Galles at wellness@bcchp.org for more information on how to become a member.

ACTIVATEBUFFALOCOUNTY.ORG/MEMBERSHIP

- Offer a Perk to Activate Buffalo County Members – Offer a wellness perk to over 6,750 member employees.
- Create a Walking Path at our Workplace – Join 54 businesses in Buffalo County who support employees who walk out on their jobs during breaks to support physical activity.

ACTIVATEBUFFALOCOUNTY.COM/WALKING-TOOLKIT

- Workplace Support Groups – Looking for peer advocates willing to host chronic disease support groups in the workplace.
- Safe Routes to School – Promote safe routes to schools in your community and advocate for change in your communities' physical environment to support walking and biking to school.

ACTIVATEBUFFALOCOUNTY.ORG/SAFEROUTES

THANK YOU FOR YOUR SUPPORT!

CHI Health Good Samaritan



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PHYSICAL WELLNESS



Diabetes Referral Network promotes healthy lifestyles by forming a collaboration of local resources to empower community members to control and maintain their diabetes and pre-diabetes.

Help us connect to resources.

Shellie Berry RN, CDE "Diabetes Education is ever so important to help our patients become more 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 diabetic educators is to help fill that gap. Nursing is the #1 profession that patients trust. The Buffalo County Community Health Partners have been instrumental in the ongoing support of Diabetes educators and providers in our community! It has been an exciting year in 2018-2019 with reaching out to local employers and providing screening fairs and education for their employees to bring awareness of pre-diabetes and diabetes!"



CELEBRATIONS:

- 245 individuals screened for diabetes and pre-diabetes in workplaces and faith communities. Diabetes Referral Network recognizes that Type II Diabetes is preventable, and those aged 40-65 are at the highest risk for developing pre-diabetes or diabetes. This is why DRN offers a unique program by offering On-Site Diabetes Screening Fairs for businesses in our community. This year the Coalition has hosted four screening fairs at Buffalo County Board of Commissioners, Bethany Lutheran Church, St. James Catholic Church and Kearney Public Schools.
- 20% of those individuals at risk for diabetes are immediately connected to a diabetes educator and local resources to support their lifestyle goals. Those at risk are connected to a local primary care physician to further discuss their lifestyle goals.
- University of Nebraska Medical Center nursing students and Central Community College, and parish nurses work to follow up with 20% of those at risk for Diabetes within a few weeks of screening.

RESOURCES

- Take the Test: Answer seven short questions to learn about your health and risk factors for pre-diabetes [CDC.GOV/PREDIABETES/TAKETHETEST/](https://www.cdc.gov/prediabetes/takethetest/)
- Host a Diabetes Screening and Referral Fair in your faith community or workplace by contacting Ashleigh Galles at wellness@bcccp.org.
- Research local Diabetes Resources listed at [BCCHP.ORG/DRNRESOURCES](https://www.bcccp.org/drnresources) for change in your communities' physical environment to support walking and biking to school. [ACTIVATEBUFFALOCOUNTY.ORG/SAFEROUTES](https://www.activatebuffalocounty.org/saferoutes)

DATA:

- In 2016, only 51.2% of Buffalo County adults had been tested for high blood sugar or diabetes within the past three years.
- Nationally, 1 in every 3 adults has prediabetes; yet 90% do not know they have it.



Alzheimer's & Dementia Coalition

A GOAL WORK GROUP OF BUFFALO COUNTY COMMUNITY PARTNERS®

Alzheimer's & Dementia Coalition increases the community's awareness of dementia-related diseases by connecting with healthcare providers, promoting support groups, and providing resources to families.

CELEBRATIONS:

- 25 family members attended Holiday Tips training for family members interested in enhancing care for their loved one with Alzheimer's. Attendees receive education on the behaviors of those with Alzheimer's or other dementias, tips on gift-giving during the holidays, and financial and legal topics to take care of with loved ones.
- Six (6) physicians received Academic Detailing Session with a trained coalition member doubling the referrals to the Alzheimer's Association. Over last year the coalition developed key messages, benefits and feature on screening patients for Alzheimer's Disease and other dementias. The session includes resources for the health care team to connect individuals to local resources saving care teams the time it takes to research local resources.
- Two (2) main resources were defined by the coalition as 'starter' resources when you or your family is faced with questions about Alzheimer's Disease.

Help support those of us who can't remember.

Dorann Bartels, CHI Health Good Samaritan Senior Services Coordinator and Lifeline program manager:

"The Alzheimer's and Dementia Coalition continues to work with resource partners to increase awareness about the disease through innovative educational presentations, establishment of connections with health care providers, and providing supportive information to those who are living with dementia and their caregivers."

RESOURCES

- Primary Access Points for Services: There are many resources available to the community and the Alzheimer's Disease and Dementia Coalition has named two primary access points for community members seeking assistance and resources. They encourage residents to start with these two organizations to learn of the many community resources.
- South Central Area Agency on Aging - (308) 234-1851
- Alzheimer's Association - (800) 272-3900

DATA:

- Doubled the number of physicians' referrals to the Alzheimer's Association
- 33,000 Nebraska residents aged 65 and older live with Alzheimer's Disease

FOR MORE INFORMATION: [BCCHP.ORG/ALZ](https://www.bcccp.org/alz)



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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.

Buffalo County Youth Advisory Board empowers youth voices in our community by increasing self-care to reduce stress and providing a safe place to share diversity without judgements.

Help give teens a voice on issues affecting their lives.

Emma Keaschall, Pleasanton High School Graduate, former Buffalo County Youth Advisory Board Member: "I got involved with mental health through the Buffalo County Youth Advisory board. Youth Mental Health First Aid was a program that we were trained on and I knew instantly that I would like to take it back to my community. Just like learning CPR I knew that being trained in mental health is something that everyone needs to do. My goal is to help break the stigma around mental health."



CELEBRATIONS:

- 52 Buffalo County youth attended Healthy Youth Summit in March 2019. Weather caused challenges for this year's event, however, Buffalo County Youth Advisory Board members were persistent in bringing basic mental health knowledge that would empower other youth to take care of their mind in the same way they take care of their body.
- 52 youth learned the risks associated with electronic cigarette use to take on a prevention role in their community to stop the epidemic of 'Juuling' among peers.
- 182 youth trained in Youth Mental Health First Aid
- 30 Buffalo County youth from all Buffalo County communities meet monthly to discuss the role they can play in creating healthier communities. In past year, Buffalo County Youth Advisory Board members have focused their time in prevention of teen substance use, improving mental wellness and prevention of suicide.

BUFFALO COUNTY YOUTH MEMBERS 2018-2019

- **Kearney Catholic** - Mason Casper, Samantha Homan, Nicole Messbarger, Ben Homan
- **Kearney High** - Matt Smiley, Gabi Salinas, Lainey Schmeits, Brooke Anderson, Mercedes Phillips
- **Elm Creek** - Kara Stone, Allison Bauer, Whitney Bauer
- **Ravenna** - Dezere Woodson
- **Pleasanton** - Samantha Phillips, Saige Keim
- **Shelton** - Jose Montanez, Kathleen Juhl

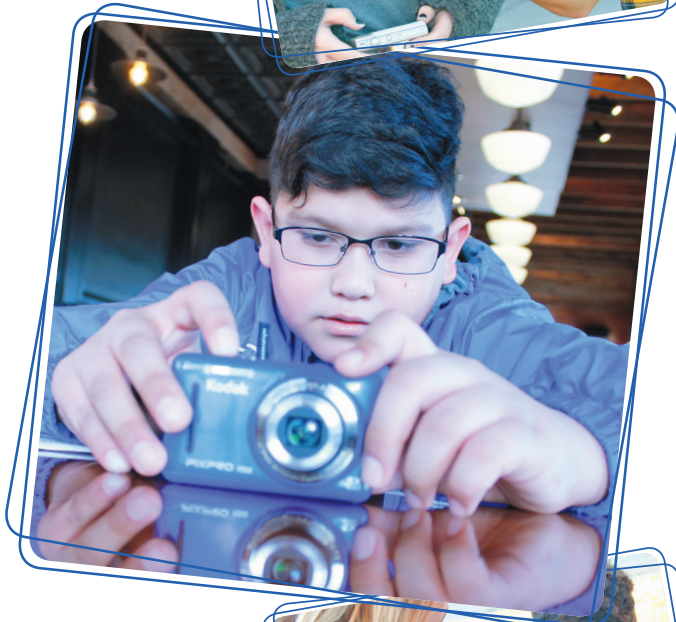


Help give teens a voice on issues affecting their lives.

Matt Smiley, Current YAB member and PhotoVoice graduate: "I believe that the Buffalo County Youth Advisory Board has helped shape my teenage years in an extremely positive way. I have not only found a way to make sure my voice is heard in the community, but also an incredible support system consisting of the coordinators and other members. I truly feel like I am making a difference."



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PhotoVoice

Powered by
Buffalo County
COMMUNITY PARTNERS

PhotoVoice helps area youth develop a means of creative self-expression and constructive communication by providing them with the equipment and training necessary to express themselves through photography and other creative hobbies.

CELEBRATIONS:

- 14 PhotoVoice youth participants took 1545 photos in past year. Three classes of eight week sessions were held. Classes work together to set a theme to their work. These themes have emerged in their work of the past year.

WHAT YOUTH WOULD LIKE YOU TO KNOW...

- Fall 2018 Theme- Capturing Pieces of Mankind in Nature- For the Fall 2018 class, youth chose to show how humanity has made a drastic impact on nature. Everywhere you look there are pieces of humankind scattered through our world. Through their photos they showed how difficult it is to go out into nature and take a picture without any influence from mankind in it.
- Winter 2019 Theme- Finding Beauty in Unexpected Places- The Winter 2019 class focused on the idea of being able to find beautiful shots in places we normally would not think to look. It could be a beautiful flower growing behind a garbage can or a great shot of butterfly in a random parking lot. A camera allows one to find this beauty and capture it for others to see.
- Spring 2019 Theme- Make The Circle Bigger Until it Includes Everyone- The Spring 2019 PhotoVoice class focused on inclusion in our world and community. We must accept one another and show kindness to each other. We are all in this world together so we should unite and work together towards a better world.
- PhotoVoice receives funding from Humanities Nebraska, CHI Health Good Samaritan, Region 3 Behavioral Health Services and Nebraska Crime Commission.



Help give teens a voice on issues affecting their lives

Matt Smiley, Current YAB member and PhotoVoice graduate: "I believe that the Buffalo County Youth Advisory Board has helped shape my teenage years in an extremely positive way. I have not only found a way to make sure my voice is heard in the community, but also an incredible support system consisting of the coordinators and other members. I truly feel like I am making a difference."



A MESSAGE FROM THE 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 invest in your community by donating to support this work...

\$1000 - Help new moms and dads navigate those first precious years.

\$500 - Help give teens a voice on issues affecting their lives.

\$250 - Help us deal with loss, stress, and all those experiences that make life tough.

\$150 - Help children express themselves in positive ways.

\$100 - Help support those of us who can't always remember.

\$30 - Help keep us healthy by being active and eating right.

\$20 - Help keep us safe from substance abuse.

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.

Sincerely,
Buffalo County Community Partners Executive Committee

2019 COMMUNITY PARTNERS BOARD OF DIRECTORS



Michael Tye
Chair
Tye & Rowling
PC LLO



Leslie Martin
Vice Chair
Pleasanton
Community
Member



Lauren Brandt
Secretary
City of Kearney



Megan Loomis
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Crystal Winfield
Past Chairman
CHI Health
Partners

2019 COMMUNITY PARTNERS BOARD OF DIRECTORS

BOARD MEMBERS

Kelly Bartling – Assistant Vice Chancellor, Communications and Community Relations, University of Nebraska at Kearney
Ron Dobesh – Retired physician
Nikki Gausman – Executive Director, S.A.F.E. Center
Kathy Gifford – School Board Member, Kearney Public Schools
Kathy Gosch – Facilitator, Buffalo County Healthy Ministry Network
Janelle Grabowski – Ravenna Community Member
Kelli John – Buffalo County Register of Deeds
Peggy O'Dea – Kearney Community Member
Monique Pohlman – Kearney Community Member
Andrea Rabe – Women's Health Nurse Practitioner, CHI Health - Kearney Clinic
Carol Renner – Director of Student Services, Kearney Public Schools
Derek Rusher – President and CEO, Kearney Area Chamber of Commerce
Nadia Saadi – Director, Arram Family Foundation and Manager, Arram Equities, Inc.
Mike Schnieders – President, CHI Health Good Samaritan Hospital
Judy Schultz – WIC Director, Community Action Partnership of Mid-Nebraska
Carol Schwarz – Extension Educator, Buffalo County Extension Service
Ken Shaffer – Medical Director, CHI Health Partners, Kearney Chapter
Amanda Shoemaker – Royal Neighbors and Talent Acquisition Global Group
Sarah Yendra – Owner and Therapist, Insight Counseling and Recovery
Faith Community Representative - Open seat

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Heather Gentert Marketing Coordinator
Matt Morris Data Coordinator
Ashleigh Galles Wellness Coordinator
Ana Miller Behavioral Health Coordinator
Linda Fedorchik Substance Abuse Coordinator
Josh Arias Youth Coordinator
Jasmine Thompson Social Marketing Assistant
Maggie Lesiak Coordinator Assistant
Neli Morales Coordinator Assistant Intern
Adrian Gomez Youth Intern



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

WHAT WE DO

MENTAL WELLNESS

Healthy MINDS Collaborative

advocates for mental health awareness and collaborative behavioral health systems. You can help connect resources and maximize local mental health tools. Meeting - 2nd Tuesday at 8:00 a.m. | Buffalo County Community Partners

Rooted in Relationships

Committee focuses on early childhood behavioral health and social emotional learning for youth ages 0-8. You can help promote quality childcare and early learning. Meeting - Last Wednesday at 12:00 p.m. | Buffalo County Community Partners

Suicide Prevention Coalition works with the community to build a strong comprehensive suicide prevention plan for Buffalo County. You can help reduce the stigma around mental health and suicide. Meeting - 2nd Wednesday at 2:30 p.m. | Buffalo County Community Partners

HealthyMINDS Collaborative Team

Tana Miller, Behavioral Health Coordinator, (308)865-2278, healthyminds@bcchp.org
Maggie Lesiak, Behavioral Health Coordinator Assistant, (308)865-2288, assistant@bcchp.org
Neli Morales-Garcia, Behavioral Health Coordinator Assistant, (308)865-2288, intern@bcchp.org

This team is multi-disciplinary. They have taken coalition work to a new level of community systems change. Facilitating meetings, connecting community patterns, empowering unheard voices and weaving a network of support to ultimately improve services for adult and youth in Buffalo County.

SUBSTANCE ABUSE PREVENTION

Positive Pressure Coalition

decreases substance abuse among youth. You can assist in providing resources to parents, empowering youth voices, mentoring, responsible beverage service, and community wide policy planning. Meeting - 1st Tuesday at 12:00 p.m. | Buffalo County Community Partners

BeSafe, BeSmart task force

reduces unwanted and unsafe after-Cruise Nite activities. You can be part of the solution to reduce youth substance abuse. Seasonal Meetings

Opioid Task Force task force

works on strategies to reduce access to opioids, hosting prescription take back events and promoting permanent take back locations.

Substance Abuse Prevention

Team meeting Contact Wanda Fedorchik, Substance Abuse Prevention Coordinator, (308)865-2283, positivepressure@bcchp.org

This team is the longest operating coalition in the partnership. Monitoring for emerging youth drug trends and working to bend those trends is their goal.

PHYSICAL WELLNESS

BeWell Buffalo County

Collaborative advocates for a healthy community culture through infrastructure, education, and programs to support healthy living. Your voice will tackle barriers to healthy lifestyles in Buffalo County. Meeting - 4th Monday at 12:00 p.m. | Buffalo County Community Partners

Activate Buffalo County (ABC)

encourages healthy eating and active lifestyles beginning with engaged workplaces. You can provide incentives or join as a worksite wellness member in Buffalo County. Meeting - 4th Thursday (every other month) at 11:00 a.m. | Buffalo County Community Partners

Alzheimer's & Dementia Coalition

increases the community's knowledge of dementia, including Alzheimer's disease, through partnerships, increased education and heightened awareness. You can provide resources to local physicians. Meeting - 3rd Thursday at 12:00 p.m. | Buffalo County Community Partners

Diabetes Referral Network

increases the number of referrals to local diabetes resources and education. You can host a diabetes screening fair at your worksite or connect with physicians about referral to local resources. 2nd Thursday at 12:00 p.m. | Buffalo County Community Partners
Ashleigh Galles, Wellness Coordinator, wellness@bcchp.org

The Be Well collaborative team is building capacity for leadership in the community. They are tackling major community issues one action at a time keeping their eye on the overall goal to increase physical wellness of residents.

ENGAGING YOUTH

Buffalo County Youth

Advisory Board trains and engages youth in policy decisions that affect their future. You can help them get their messages out to other youth and parents in Buffalo County. 3rd Sunday at 3:00 p.m. | Locations TBD

Youth Team

Josh Arias, Youth Coordinator, (308) 865-2290, youth@bcchp.org
Adrian Gomez, Youth Intern, youthintern@bcchp.org

Our youth staff team empowers youth to solve local youth issues. They lead small groups of grade school students as well as high school graduates. Youth have so much to offer our community and this team works to empower youth voices.

KEY ACCESS POINTS IN YOUR COMMUNITY

Interagency Collaboration

Councils are routine meetings of agencies to discuss new programs, answer questions, promote existing programs, discuss gaps in service and network to support community members looking to access programs and services.

Aging Services Coalition shares resources to support aging adults. For meeting times and location contact South Central Area Agency on Aging.

Community Connections shares near homelessness and low income resources among agencies and other organizations to increase case management support for families and individuals in need. 1st Thursday at 12:00 p.m. / Salvation Army

Buffalo County Health Ministry Network shares resources with faith communities and increases use of parish nurses. You can provide ideas for programs they can present to their parishioners. 2nd Thursday at 12:00 p.m. | First United Methodist Church

Buffalo County Youth Services Committee develops and coordinates the Buffalo County Juvenile Justice three-year plan to ensure community resources are targeting intended outcomes for youth. 3rd Thursday at 2:00 p.m. / Region 3 Behavioral Health Services Planning Region 10 Early Childhood Network - The purpose of the Planning Region Team is to assist in collaborative planning and development of a family-centered, inter-agency, community-based system for all children, with emphasis on children with disabilities, birth to age five. For meeting locations and times contact Educational Services Unit 10