

ACADEMIC DETAILING OFF TO A GREAT START

Two coalitions have begun work in Academic Detailing this spring. Both the Diabetes Referral Network (DRN), and the Alzheimer's and Dementia Coalition have sent trained Academic Detailers to meet with local physicians already this year.

Academic Detailing is the physician outreach process used to support local medical providers in delivering evidence-based care to their patients. Through one-on-one meetings, the best clinical evidence is shared with clinicians in an engaging format. Clinicians can then use information acquired through the academic detailing process to continue screen, educate, and treat their patients using local resources.

Trained Academic Detailers have the knowledge and skills to listen effectively and assess the needs of a provider or practice. They can then offer evidence-based suggestions for treating patients and connecting providers with the many great resources available locally.

Volunteers from the Alzheimer's and Dementia coalition have already met with at least five physicians. The Diabetes Referral Network has met with two physicians individually, as well as a separate panel of four physicians.

Each coalition has identified key messages and specific resources to bring to their physician meetings, making the conversations as brief and meaningful as possible. Meetings can be with local physicians, nurses, medical office managers, or anyone else involved in the care of patients with either diabetes or dementia. Follow up is built in to the process ensure medical providers have the continued support they need in utilizing local resources. For more information on Academic Detailing at Community Partners, contact Ashleigh Galles at WellnessIntern@BCCHP.org.



DRN members Laura Aden and Shellie Berry practice their Academic Detailing training.

BE WELL VISITS WITH LOCAL FARMERS MARKET BOARD OF DIRECTORS

Representatives from Be Well Buffalo County met with the Board of Directors of the Kearney Area Farmers Market on Wednesday, February 21st. This meeting was the first step toward a potential partnership to help maximize the role the market already plays in our community.

Potential areas for partnership include:

- Helping to increase awareness of the farmers market as a fresh and local grocery option
- Providing education materials and opportunities to farmers market patrons
- Promote the use of the senior farmers market voucher program



Ultimately, Be Well hopes to help Buffalo County residents choose the most nutritious options available by considering all of their grocery options—especially the farmers market when it's in season.

The Board of Directors provided great feedback to the collaborative so they have a better idea of how they might meet the market's needs. Kendra Hansen and Ashleigh Galles, wellness coordinator and intern, respectively, attended the meeting along with Be Well volunteer and Community Partners board member Amanda Shoemaker.

Be Well will continue to discuss how they can support local food vendors in the upcoming months. The Kearney Area Farmers Markets will continue to meet with their vendors to be ready for the open of market season this spring.

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YOUTH SERVICES REVIEW JUVENILE JUSTICE PLAN

Stakeholders met last month to review the Buffalo County Juvenile Justice Plan. The three-year plan is designed to serve the county from 2015 through 2018. The 19 meeting attendees included representatives from youth-serving organizations including education, mentoring, mental and behavioral health services, probation and diversion.

The current Juvenile Justice Plan includes four priority areas:

1. Increase school engagement.
2. Effectively utilize and expand a continuum of graduated sanctions/detention alternatives for youth.
3. Identify appropriate behavioral health and substance abuse prevention programs and services for youth in Buffalo County.
4. Improve system operation and coordination.



The group discussed the outcomes of the plan currently being implemented. They also identified the priority areas they'd like to extend into the plan serving the county from 2018 through 2021, and discussed the next steps for the development of that plan.

Many of the priority areas will remain the same for the next three years. The Buffalo County Board of Commissioners approved the 2015-2018 plan in spring of 2015

The Buffalo County Attorney's Office invited Buffalo County Community Partners to facilitate the meeting. It was held at Region 3 Behavioral Health Services and facilitated by executive director for Community Partners, Denise Zwiener. Community Partners' data coordinator, Emily Baughman, is also working closely with the County Attorney's office to collect data and draft objectives based on community input for the 2018-2022 Juvenile Justice Plan.

COALITIONS REVIEW SELF-ASSESSMENT RESULTS

Since the beginning of the year, coalitions have been reviewing their self-assessments to identify priority work areas for 2018. The self-assessments were administered in December. All coalition members had the opportunity to complete the assessment answering questions about their experience as a volunteer with Community Partners.

At coalition meetings over the last couple of months, volunteers have been asked to review their self-assessment results. As a group, each coalition then identified one or two priority areas for improvement for their work together in 2018.

They also took some time to analyze the strengths identified by their assessment results. Each coalition set one or two goals for 2018 utilizing their primary strengths to overcome the areas in which they can improve.

"This type of strengths-based self-assessment can be really productive for coalitions," said Emily Baughman, data coordinator for Community Partners. "It allows them to tackle challenges and improve weaknesses in a positive manner."

The Board of Directors reviewed assessment results for all coalitions combined. Some of the strengths identified included:

- Leadership utilizes skills of individual members
- Leaders are skillful at building positive relationships

In 2018, the organization will aim to use those strengths to improve in the following areas:

- Keeping the community updated and aware of activities, as well as our mission, vision and goals
- Being knowledgeable of other organizations and ensuring they're knowledgeable of our work

Seventy-seven volunteers responded to the self-assessment. For more questions about the assessment, please contact Emily Baughman, data coordinator for Community Partners.

THANKS FOR YOUR POSITIVE COMMENTS

"Membership has been well thought out to include a well-rounded coalition that can address community behavioral health needs."

"The YAB adult leaders are amazing. They are extremely involved and supportive, as well as great mentors to the youth."

"Actionable and accountable are two words associated with this group."

"One of the many positive aspects of the HealthyMINDS committee and Buffalo County Community Partners as a whole, is its commitment to positive collaboration with other organizations and agencies that have a role in impacting the community's behavioral and physical health and wellness."

"This has been a wonderfully respectful and insightful group to work with!"

"BCCP has a long-standing record of building community leaders, supporting youth to step into leadership roles and values the voice of the community. This is one of contributing factors of its long-term effectiveness, success and sustainability. I am proud to be a part of its work."

COMMUNITY UNITES FOR HOPE, HEALING AND SUICIDE PREVENTION

As a community, Buffalo County has decided to take a stand against the stigma surrounding mental health. Our community's response chooses hope and healing as the means to recovery. Hope and healing empower connectedness and support at a community level to reduce suicide and promote mental wellness for everyone in Buffalo County.

Many local organizations have partnered to bring a series of suicide prevention events to Buffalo County in the coming months. These events all center on the idea that hope and healing are the best response to suicide and mental health stigma.

Organizations involved include Community Partner's Suicide Prevention Coalition, the Central Nebraska LOSS Team, McKenna's Rae of Hope Foundation, the Health Ministry Network and Faith United Methodist Church. The events include speakers, resources and films. They are designed for a variety of different audiences throughout the community.

Many of the upcoming Hope and Healing events require pre-registration. To learn more about these events and to get registered, visit BCCHP.org/HopeAndHealing.



The Ripple Effect March 22, 7:30 p.m. | The World Theater

The World Theater, the Central Nebraska LOSS Team, the Rae of Hope Foundation and the Suicide Prevention Coalition have come together to bring a showing of Kevin Hines' "The Ripple Effect" to Buffalo County. Join us at the World Theater for a showing of the documentary.

Hope, Healing and Wellness with Kevin Hines April 6th, 7 p.m. | Merryman Performing Arts Center

The Central Nebraska LOSS Team and the Rae of Hope Foundation are bringing Kevin Hines to Buffalo County. Hines will present "A Night of Hope, Healing and Wellness." In 2000, Hines survived his Golden Gate Bridge suicide attempt. He shares his story of hope, living with mental illness and overcoming his difficult life circumstances.

LOSS Conference April 7th, 9 a.m. | Kearney Public Library

The Central Nebraska LOSS Team is hosting their annual conference. Open to all LOSS volunteers and those interested in becoming involved, the conference is designed for local LOSS teams to come together and support one another in their suicide prevention efforts.

Faith Community Gathering April 15th, 3 p.m. | First United Methodist Church, Kearney

First United Methodist Church and the Suicide Prevention Coalition are bringing resources directly to those in the faith community. The faith community has a unique role to play in walking alongside those struggling with mental health. Learn the role of the faith community, and how you can become a local resource for parishioners struggling with mental health and thoughts of suicide.

If you or someone you know are having thoughts of suicide, don't be afraid to seek help. You are not alone. Someone is always available to listen. Hope is just a call or text away.

Suicide Prevention Lifeline | Call 1-800-273-TALK (8255)

Crisis Textline | Text 741-741



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We would like to thank CHI Health Good Samaritan for providing mailing services for our newsletter.

WE NEED YOUR INPUT!

The Adult Behavioral Risk Survey is now live! We need your help in collecting responses. Please take the survey at the link below. It should take about ten minutes to complete.

The data collected from this survey will be used to continue to drive the work you do as part of Buffalo County Community Partners.



2018 Adult Survey

Now available to
Buffalo County
residents, 19 years
and older at:

[BCCHP.org/Survey](https://www.bcchp.org/survey)

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