

## BE WELL MEETS WITH LOCAL CONCESSION STANDS

Be Well Buffalo County has begun meetings with local schools to discuss adding nutritious options to their concessions stand menus. The collaborative has been gathering information on local concession stands over the last year.

Be Well has learned that zero high schools in Buffalo County include foods on their regular concession stand menus that meet the USDA's "Smart Snack" guidelines.

The USDA guidelines are those used by schools during school hours. Any food served in the cafeteria or sold on school property during the school day must meet the "Smart Snack" guidelines.

Be Well has met with two local high schools to begin conversations about adding healthier snacks to their menus. The collaborative aims not to restrict or remove anything currently being sold at concessions stands. Rather, they hope to help schools find healthy additions that will still be enjoyable for event attendees and profitable for school organizations.

If you or your school are interested in beginning work toward healthier concessions stands, please contact Kendra Hansen, wellness coordinator at Community Partners, at [Wellness@BCCHP.org](mailto:Wellness@BCCHP.org).



Concession stand menus from Shelton High School (above), and Pleasanton High School (below).



## SUICIDE PREVENTION TASK FORCE PLANS GATHERING FOR THE FAITH COMMUNITY

The Suicide Prevention Taskforce has begun plans to host a community gathering specifically for faith community leaders this spring. This taskforce is the same group that brought the Community Gathering to the World Theatre last spring.

The Suicide Prevention Coalition was approached by First United Methodist Church (FUMC) earlier this year to discuss plans for an event that would help faith leaders become a stronger resource for parishioners dealing with mental health issues.

The event will be hosted at FUMC on April 15th. It will be open to the public with an emphasis on the role of the faith leaders in our community's response to suicide and mental health. There will be a keynote speaker, a panel forum of local leaders, and an opportunity to learn about the professional mental health resources available in our community.

Save the date for this event focused on the faith community's response to suicide and mental health here in Buffalo County. Keep an eye out for more details to come, and reach out to Tana Miller, behavioral health coordinator, with any questions.



### Buffalo County Community Partners Contact Information

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## TWELVE YOUTH TRAINED IN MENTAL HEALTH FIRST AID

Twelve youth from the Buffalo County Youth Advisory Board (YAB) were trained in Youth Mental Health First Aid over two weekends in December.

The training provides youth with the basic skills to identify the warning signs and help someone who is experiencing a mental health challenge or crisis.

"It was great to see our youth ask questions and engage in a topic that's usually surrounded by a lot of stigma," said Josh Arias, youth coordinator for Buffalo County Community Partners.

The youth completed the eight-hour training in two, four-hour sessions on December 3 and 10 at Buffalo County Community Partners. Region 2 and Region 3 Behavioral Health Services collaborated to provide the training. Region 2 provided the training staff, while Region 3 provided the training materials.

**"It was great to see our youth ask questions."**

If you are interested in scheduling a Youth Mental Health First Aid training at your organization, reach out to Region 3 Behavioral Health Services.

If you have questions or need assistance in setting up a training, please contact Josh Arias, youth coordinator, at (308) 865-2290.

## YOUTH TRAINED

Maria Klingelhofer

Emma Keaschall

Samantha Phillips

Samantha Homan

Evan Palmer

Saige Keim

Nicole Messbarger

Matt Smiley

Brooke Anderson

Cassie Roberts

Mason Casper

Brooklyn Fiddelke



YAB members attend the training.



Brenda Petersen of Region 2 trains YAB members.



YAB members working in a small group session.

## ANNUAL FUND CAMPAIGN GOAL REACHED

In December of 2017, Buffalo County Community Partners met their 2017 Annual Fund Campaign goal of \$130,000. A total of \$138,426—106% of the campaign goal—was donated or granted to the organization to support mental and physical wellness in Buffalo County.

In 2017, Community Partners took a strategic approach to improving mental and physical wellness. The eleven workgroups housed under the organization continued to assess local data, strengthen community partnerships and promote better health at a community level.

"Our community change process starts with assessment so we can ensure we're making the biggest impact possible in the areas with the most need," said Denise Zwiener, executive director of Buffalo County Community Partners. "We couldn't do that without the community's support financially, but also in the form of the time and expertise our volunteers bring to the table."

Community Partners' collaborations, coalitions and workgroups are supported by local, state and federal grant funding which requires local community match. Every dollar donated to Community Partners, is matched by \$6 in grant funds. Donations can be made online at [bcchp.org/donate](http://bcchp.org/donate) or by check mailed to Community Partners at PO Box 1466, Kearney, NE 68848.



## PARENTS TAKE A STAND BEGINS NEW CAMPAIGN

Positive Pressure has begun planning for a new launch of their Parents Take a Stand communication campaign. The campaign will help decrease underage substance use by empowering parents to take a stand for the health and safety of their children.

# Parents, take a stand

The campaign is focused on providing tools and resources to parents that will guide them in talking with their kids about drugs and alcohol. It will include traditional media like billboards, radio and television ads. They will also be sharing the information on social media and with interested community organizations for use in their own communication materials.

The Parents Take a Stand campaign will focus on the risks and consequences of using alcohol and marijuana. It will also address apparent misconceptions between teens and adults about perceptions of drug and alcohol use.

If you or your organization would like to be involved with sharing any of the Parents Take a Stand messaging planned for the launch of their upcoming communication campaign, please reach out to Wanda Fedorchik, substance abuse prevention coordinator.

## NEW BOARD MEMBERS JOIN THE BUFFALO COUNTY COMMUNITY PARTNERS TEAM



Nadia Saadi

Four new board members have joined the Buffalo County Community Partners family. They underwent their orientation in December, and are ready to begin their work with the Board of Directors in January.



Lauren Brandt

### NEW BOARD MEMBERS

**Nadia Saadi**

Director of the Arram Family Foundation  
and Manager of Arram Equities, Inc.

**Lauren Brandt**

City Clerk for the City of Kearney

**Amanda Shoemaker**

Royal Neighbors and  
Talent Acquisition Global Group (TAGG)

**Adam Wegner**

Director of Marketing for  
the Nebraska Beef Council



Adam Wegner



Amanda Shoemaker

Saadi and Shoemaker fill positions on the Board's Business and Industry sector. Brandt fills the seat reserved for a representative from the City of Kearney. As past chair, Wegner fills the seat reserved for the United Way of the Kearney area. Saadi, Shoemaker and Wegner will serve through 2018, while Brandt's term is finished in 2020.

The board's role is to advise, govern, oversee policy and direction, and assist with the leadership and general promotion of Buffalo County Community Partners so as to support the organization's mission, vision and goals. Our mission is to assess, strengthen, and promote the health of Buffalo County. Review the entire board of directors at [BCCHP.org/Board](http://BCCHP.org/Board).

New board members  
Nadia Saadi, Lauren  
Brandt and Amanda  
Shoemaker attend the  
annual board retreat.





**PO Box 1466  
Kearney, NE 68848**

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

## A SPECIAL THANKS TO DECEMBER'S DONORS!

Dale Chandler	Brenda Dunkel
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Rich Peters	Kelly Bartling
Kevin & Tami Lockhorn	Scott & Crystal Winfield
Dorothy Obermeier	Scott & Nikki Gausman
Dr. Scott & Dr. Michelle Howe	Buffalo County Board of Commissioners
Bill & Frances DeLaet	

If you would like to partner with us through a financial donation, you can:

Visit [BCCHP.org/Donate](http://BCCHP.org/Donate)

## CALLING ALL DIFFERENCE-MAKERS!

Are you wanting to get more involved in your community?

Was one of your New Year's Resolutions to really make a difference in 2018?

Are you searching to make a valuable impact in the lives of others?

Do you want to meet like-minded community leaders?

## WE WANT YOU

to volunteer at Buffalo County Community Partners.

Go to [BCCHP.org/Volunteer](http://BCCHP.org/Volunteer) or give us a call at (308) 865-2284 to learn how you can get involved.

Connect with Us!



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