

## ROOTED IN RELATIONSHIPS PILOTS QUALITY CHILDCARE CHECKLIST

Rooted in Relationships has been working on developing a tool to assist parents in seeking out high-quality childcare in Buffalo County. In March, they approved a 'checklist' to first be piloted with a small group of local parents and childcare providers.

The coalition has identified five key elements of high-quality childcare. The checklist explains those elements to parents in an easy way, giving them an indication of what to ask for when selecting childcare for their children.

The checklist provides excellent guidance in illustrating what evidence-based high-quality childcare looks like. It's a starting point to support parents in selecting a childcare provider that is best for their families.

Elements of high-quality childcare include stimulating environments, social emotional curriculum, caregiver relationships, respect of the child and a loving and responsive attitude. After ensuring the checklist is a valuable tool, the coalition will seek to share it with parents throughout Buffalo County.

To learn more about each of these elements, or to utilize the checklist after the pilot period, please contact Tana Miller at [HealthyMINDS@BCCHP.org](mailto:HealthyMINDS@BCCHP.org).



## PHOTOVOICE BEGINS SPRING SESSION

The spring session of PhotoVoice began last month. Eight youth ranging in age from sixth to eleventh grades will partake in the class this spring.

The course began at Community Partners with a session designed to allow the kids to get to know one another and the camera equipment they'll be working with. The spring course will be led once again by youth coordinator, Josh Arias, and wellness intern, Ashleigh Galles.

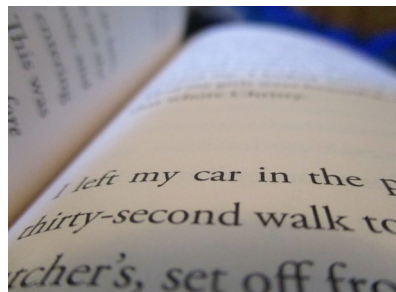
PhotoVoice is a program that teaches youth how to express themselves through creative means, such as photography. The students have the opportunity to learn a new skill, take pictures throughout town and caption those pictures in a meaningful way. At the end of each session, youth are invited to keep their cameras and continue this new hobby.

Photos from the spring PhotoVoice session will be included in the collective book for all classes from the 2017-18 school year. Their photos will also be displayed in the Gallery Walkway at CHI Health Good Samaritan this fall.

PhotoVoice is funded in part by the Buffalo County Juvenile Justice grant funding program.



Focus  
on the  
beauty in  
things.



Fall  
into a  
different  
world.

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## YAB HOSTS MENTAL HEALTH SUMMIT

Last month, the Youth Advisory Board (YAB) joined over 70 Buffalo County high school students for the Healthy Body, Healthy Mind summit. Organized and led by YAB, the summit helped local students break down the stigma surrounding youth mental health, as well as link to the resources available for them and their peers.

"The whole premise of the summit was to encourage youth to care for their minds and bodies in similar ways," said Josh Arias, youth coordinator for Buffalo County Community Partners. "Wellness includes both physical and mental health, and we wanted to create an opportunity for youth to learn about mental health and ask questions without any stigma attached."

Summit attendees had the opportunity to learn from a variety of experts in mental wellness. They started the day with a lesson on mindfulness and yoga, heard about the importance of having a trusted adult to turn to, had questions answered by a panelist of mental health counselors and therapists, and spent some time with local therapy dogs.

At the end of the summit youth gathered with others from their school and discussed what they could bring back to start a healthy conversation about mental wellness with their classmates and peers. Many of the youth attended the summit accompanied by guidance counselors from their schools.

The summit was held on Tuesday, March 13 at the Buffalo County Fairgrounds here in Kearney. Youth attended from 8 a.m. until 2:30 p.m. Over seventy youth from six of our county's schools attended the event: Elm Creek, Ravenna, Amherst, Kearney Catholic, Kearney High School and Pleasanton.

The Healthy Body, Healthy Mind summit was put on in part by grant funding awarded to the Youth Advisory Board by the Baldwin Family Foundation and the CHI Health Mission and Ministry Fund.



Attendees of the Healthy Body, Healthy Mind summit posed with a mental health painting done by Impact Art.



Ravenna students discuss next steps to bring back to their school.



Kearney Catholic students partake in a mindfulness exercise with Sangha yoga.



Students spending time with the therapy dogs brought by Good Samaritan Hospital.



YAB members sharing their experiences with attendees of the summit.

### A SPECIAL THANKS TO...

Jason Sharp  
Jessica at Sangha Yoga  
Ryan Smith Counseling  
Brandon Frerichs  
Families Care  
Impact Art  
verify.  
UNK Counseling  
Good Samaritan Hospital,  
Animal-Assisted Therapy  
The S.A.F.E. Center  
The Baldwin  
Family Foundation  
CHI Health  
Center for  
Psychological Services



## ADULT SURVEY REACHES HALFWAY MILESTONE

The 2018 Adult Behavioral Risk Factor survey reached 500 responses in March. The goal for this 2018 adult survey is to collect at least 1,000 responses that accurately reflect the demographic make-up of the community.

Community Partners' Planning and Measurement Committee has contracted with the Department of Political Science at UNK to help create the survey, collect responses and analyze the data. The committee chose questions based on the Center for Disease Control and Prevention's (CDC) Behavioral Risk Factor Surveillance System.

The data collected in the adult survey is used to drive the work of Buffalo County Community Partners. The organization and its partners have utilized these survey data over time to create a clear picture of the changes in physical and behavioral health in Buffalo County. They also use the data to measure the success of their coalitions, as well as to determine emerging issues and apply for grant funding.

The survey has been shared widely on social media and post cards have been distributed at various agencies throughout Buffalo County. UNK has also sent students to community events with iPads, allowing people to take the survey and ask questions.

Respondents can take the survey in either English or Spanish at [BCCHP.org/Survey](http://BCCHP.org/Survey). If you'd like to share the survey with your contacts or organization, please let us know! We have sample language to make the process simple and seamless for you.

### *Your Community Needs Your Input*

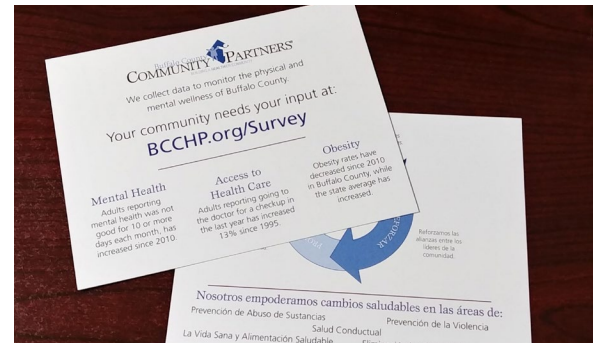
The 2018 Adult Behavioral Risk Survey is now live! We need your help in collecting responses. Please take the survey at the link below. It should take about ten minutes to complete. The data collected from this survey will be used to continue to drive the work we do here at Buffalo County Community Partners.

[Start Survey](#)

### *Su Comunidad Necesita Su Contribución*

La Encuesta de Riesgo Conductual para adultos 2018 ya está en vivo! Necesitamos su ayuda para recolectar respuestas. Por favor, tome la encuesta en el siguiente enlace. Participación en este estudio requerirá aproximadamente 10-15 minutos de su tiempo. La información recopilada de esta encuesta será utilizada para continuar el trabajo que hacemos aquí en Buffalo County Community Partners.

(above) Screenshot of the online survey platform available in both English and Spanish.  
(below) Promotional postcards in both English and Spanish.



## OVER 300 COMMUNITY MEMBERS ATTEND SUICIDE: THE RIPPLE EFFECT SCREENING

On Thursday, March 22, the Suicide Prevention Coalition partnered with the Central Nebraska LOSS Team and McKenna's Rae of Hope Foundation to bring a special screening of Suicide: The Ripple Effect to the World Theatre in Kearney. Over 300 community members attended the event.

With strong endorsements from some of the world's leading suicide prevention experts, the film started special screenings around the world on March 13. The film chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge.

Since then Kevin has been on a mission to use his story to help others find recovery and stay alive, and has become the world's most prominent suicide prevention speaker and advocate. His message of hope and healing aligns with the response our community has chosen to reduce mental health stigma and support those in crisis.

Suicide: The Ripple Effect used the Gathr Films Theatrical on Demand model for US distribution, which allows suicide prevention advocates to bring people together to view this film and discuss the topic.

The special screening was the first of a series of community events designed to spread hope and healing. To learn more about those events, visit [BCCHP.org/HopeAndHealing](http://BCCHP.org/HopeAndHealing).



YAB students volunteering to tell the community about Community Partners.



Todd Schirmer and Todd Gottula of McKenna's Rae of Hope Foundation sell tickets at the event.



Tana Miller, behavioral health coordinator, and Shelly Hansen of Richard Young at the screening.



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

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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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