



### C4 Team Ground Rules

- Understand that the Strategic Plan developed in 2019 is the starting point and foundation for our work. It will not be revised but will be augmented with the implementation plans developed by the C4 teams.
- Listen with respect
  - Let others finish before you start talking
  - Be attentive to the speaker
- Disagree agreeably
- Be:
  - positive
  - candid
  - patient and respectful
  - engaged and fully present
- Look for opportunities to agree
- Strive for consensus
- Practice “yes, and” rather than “yes/no, but”
- Have fun!

### Agenda

Community Health and Wellbeing Team  
6 – 8 p.m.  
January 15, 2020  
Lee’s Summit City Hall  
220 SE Green Street



### Welcome and Introductions

Participants will introduce themselves, what organization (C4) they represent and say one thing they or their organization are doing to further one of the objectives. Each person will only be given 30 seconds.

### Process Overview

The purpose of this process is to develop strategies and a timeline for an initial implementation of the *Ignite! Your Ideas. Our Future* plan over the next two to three years. We will review the process, the schedule and the desired outcomes.

### Information Review

Each C4 team was asked to review the environmental scan, community input and summary reports. In addition, some teams were provided additional information as a reference. A high-level overview will be provided.

### Preliminary Strategy Identification

Team members were asked to identify one strategy for each of the objectives for this critical success factor. This information will be shared as a starting point for the evening’s discussion.

### Closing/Next Steps

Next Meeting: February 19, 2020  
Strategy Refinement and Prioritization



**To:** Community Health and Wellbeing  
**From:** Patty Gentrup, KU PMC  
**Date:** January 15, 2020  
**Subject:** Ignite! C4 Team Meeting 1

## Introduction

Community Health and Wellbeing is one of seven C4 teams established to engage the community to develop strategies and a timeline for an initial implementation of the *Ignite! Your Ideas. Our Future* plan over the next two to three years.

The desired outcome of this critical success factor is to *support a healthy, happy community by improving health lifestyle choices and opportunities*. Its objectives are to:

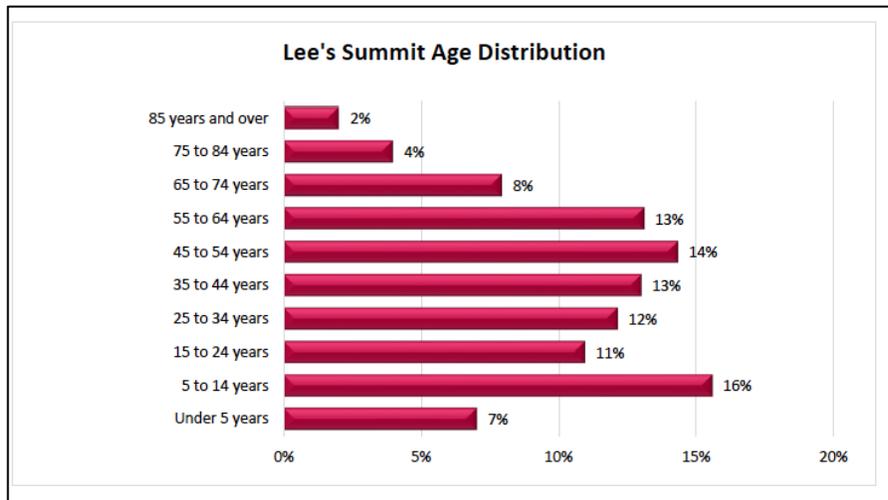
- Develop mental health wellbeing
- Develop and support community fitness opportunities
- Foster Lee's Summit unique spirit of community and culture of caring

## Overview

Each C4 team was asked to review the environmental scan, community input and summary reports, which can be found [here](#). In considering those documents, you will have seen that:

- The community health and wellbeing challenge to be solved is having a healthy, happy community by improving lifestyle choices and opportunities.
- It is hoped that achievements in this critical success factor will be more physical activity; celebrating healthy living with residents living by example; providing choices to satisfy spiritual, mental and physical needs; and awareness of changing norms of and options for mental health.
- Many of the preliminary initiatives discussed focused on mental illness, including working with churches, first responders and mental health organizations
- Physical health initiatives centered on trails and sidewalks as well as additional opportunities such as 5ks and bike rides
- The City's Health Education Advisory Board was also recognized as having a (possibly greater) role in this endeavor.

One of the initiatives identified in the strategic planning process was continued participation in the region's Community for All Ages program. The following table provides just a snapshot of the age distribution within Lee's Summit.



### **Pre-meeting Work**

Team members were asked to identify one strategy for each of the two objectives for this critical success factor. At least one of the strategies was to have been for their C4 category (city council, city staff, community partners or citizens).

It should be noted that this exercise was intended to encourage team members to give thoughtful consideration to possible strategies prior to the first meeting and thereby be another resource for the process. It should not be assumed that these suggested strategies will be part of the implementation plan. All strategies and action items will be vetted by the C4 teams and ultimately the Mayor and City Council.

The suggestions were many, and the full list is attached to this memo beginning on page 5. A brief snapshot is provided here.

### Objective 1: Develop mental health wellbeing

Strategies focused on:

- Increasing education and awareness regarding mental health issues, with particular emphasis on community presentations and training
- Continued and new collaboration on existing programs, with City boards and commissions, other community partners, and providers of mental health services

### Objective 2: Develop and support community fitness opportunities

Strategies focused on:

- Partnering to provide additional opportunities, including a Lee's Summit Fitness Day competition and a fitness challenge among organizations

- Providing more indoor and outdoor space for fitness activities
- Encouraging fitness through more walking and biking options, including implementation of a complete streets policy

Objective 3: Foster Lee's Summit unique spirit of community and culture of caring

Strategies focused on:

- Opportunities to “give back” to the community, including volunteering for local service and nonprofit organizations
- Encouraging residents to care through events like “Take Time to Be Kind Week,” having a Community of Character event or challenge
- Supporting a variety of ways to be holistically healthy, including the arts, reading, volunteerism, education

**Additional Resources**

In addition to the documents you've already reviewed, you can find more resources on the Community Health and Wellbeing C4 page found [here](#).

# Community Health and Wellbeing

## Objective 1: Develop mental health wellbeing

- Support the implementation of the “Zero Reasons Why” campaign into the Lee’s Summit School District by the Mental Health Task Force and Metro Council. This campaign addresses youth suicide through a campaign designed to empower students in our community to support their peers who are struggling with suicide either personally or within their families. Students are at the top of the structure, creating strategies to address the issues in their schools. Superintendents from the school districts involved help the students implement these strategies in the schools. The program was implemented in several of the Johnson County (Kansas) High Schools over the past year or two. The Mental Health Task Force has met with the Blue Valley superintendent regarding this campaign and additional meetings have followed. Some have involved the Metro Council. Funding is currently a big factor in getting the campaign started. Any funding the city could find to help with this process would expedite putting it in place in our school district.
- Help alleviate the negative stigma/connotation behind mental health by throwing a community "mental health fair" where resources, organizations, and professionals are gathered in one spot to high light ways to get help, how to ask, where to go, and to hear testimonies from city leaders.
- Partner with ReDiscover to promote mental health wellbeing by offering/promoting Mental Health First Aid training. 2. Promote whole person wellness by offering free community classes to residents on wellness using SAMHSA's eight dimensions of wellness. The LS Chamber is offering this to businesses to promote healthy workplaces and the city could partner and promote a parallel program for residents.
- Begin IMAGE Project for struggling high school and junior high students
- Hold speaking engagements where residents can come and listen to individuals educate residents on mental health awareness and services. Topics can also tie into factors that may affect mental health well-being including time management, finances, occupational wellness, etc.
- Promote mental health education and training by hosting community-wide "Mental Health First Aid" trainings
- Provide for 24/7 crisis counseling that encompasses law enforcement and the school district, leading to a more aggressive early intervention strategy with children/parents/caregivers progression through the educational process.
- Increase opportunities for social and emotional screenings for youth. Consider asking schools/churches/scouting to help implement.
- Use social media sites promote mental health things to do daily. Mental awareness month
- Develop a collaborative partnership between community mental health providers and healthcare facilities (i.e. emergency departments & urgent care sites) to address the underserved population as it is growing exponentially
- Continue to support of entities that are the "front line" of for these interactions and create stronger pipelines of support within the current structure

- Partner with the LS Chamber as they kick off their new initiative to develop wellness in the workplace. This initiative will highlight 8 dimensions of wellness and include educational opportunities and simple ideas to implement.
- Mental health problems can be something people are born with or was brought on by an accident or maybe even brought on by choice that could be caused by fear. Whatever the reason if people are not able to participate in activities then their conditions may worsen, which could also cause isolation and depression. Increasing mobility options for individuals can help these individuals participate in activities.
- Provide educational sessions to change the stigma of mental health.
- Coordinate with LS Health Education Advisory Board (HEAB) and Building a Healthier Jackson County (BHJC)-Behavioral Health Workgroup, including Monica Meeks.)
- Partner (Build a coalition) with Lakewood Counseling; Rediscover (Jennifer Craig CEO); Lee's Summit Cares (Rachel Segobia CEO; emphasis on youth); Resilience Builders; CommCare (Terry Trafton CEO); and other providers to identify community needs and coordinate efforts to address them.
- Continue local initiatives, including:
  - "Trauma Informed Care" training
  - "Mental Health First Aid" training.
  - Lee's Summit Cares' suicide prevention efforts
- Consult the 2017 final report of Resilient KC: <https://ihd.umkc.edu/wp-content/uploads/2018/02/FINAL-FINAL-New-Revised-Report.pdf>

### **Objective 2: Develop and support community fitness opportunities**

- Partner with the school district to develop and carry out fitness opportunities such as health challenges and fitness runs targeting different age groups and utilizing city funding and facility resources. These efforts should never exclude students from lower income families due to unavailable funds but rather make their participation more likely because they are usually unable to afford such activities. Fitness activities and healthy eating are often not a high priority for the lower income families, leading to health issues that can ultimately cause them more financial hardship.
- Partner with organizations and non-profits in the mental health field to host a 5k with proceeds going back to those in the mental health field. As a citizen, I would be happy to work on a team to help organize and promote this event.
- Have a community walk/run event or community-wide challenge.
- Build state of the art Community Fitness Facility
- Create a community event where residents can register and track their walking/running over a time frame. Residents that complete the challenge will receive a custom medal.
- Host a "bike to work/school" day
- Create a community health strategy screened through the school district to create incentives for healthy life choices with nutrition, behavior and movement.

- Work with Parks and Rec to increase community opportunities for fitness activities. Ideas like weekly trail hikes, bike rides, or park yoga.
- Have a Lee's Summit Fitness Day a competition
- Implement the option of affordable family memberships to community fitness centers that will foster physical fitness from a young age. Consider admission cost reductions during temperature extremes.
- Offer advertised subsidies based on sliding scale for families in need, as well as more free opportunities
- Fitness challenge among organizations within the city to build energy, excitement around a goal, as well as building a sense of community through team work and a shared goal.
- Provide outdoor fitness spaces in parks to complement the existing trails. Development of a 5K-10K course to support event organizers in minimize negative impact on downtown businesses and residents.
- Increasing mobility options for all individuals and encouraging people to try other forms of transportation whether it is biking or walking. Encouraging business and schools to be more supportive of people that walk or ride a bike.
- Create an environment to make it easier for people to walk or bike.
- Coordinate with HEAB, Livable Streets Advisory Board (LSAB), and BHJC-Healthy Eating/Active Living Workgroup-Ed Kraemer)
- Partner (Build a coalition) with LS Parks & Rec; LSR7 Schools (Wellness coordinator Jennifer Flax), private fitness centers, and others to identify community needs and coordinate efforts to address them.
- Update and further implement LS's existing Livable Streets (Complete Streets) Policy to encourage and facilitate active transportation. (LSAB reps: Ed Kraemer, Michael Park, Molly Wichman)

**Objective 3: Foster Lee's Summit's unique spirit of community and culture of caring**

- Encourage churches in the community to support nonprofits' programming targeted to the needs of families and persuade the nonprofits and churches to partner regarding newly identified needs that are identified. This could be done through the sharing of city financial resources as well as other resources such as the temporary use of available facilities for fundraising for or distribution of help to families in need.
- Set up several "coffee meetings" throughout the year where citizens can easily schedule a time to meet their city council rep or other city leaders for open conversation. This could be promoted via social media and scheduled through an online platform. I am thinking if each district hosted four of these a year it would continue to send the great message that our city is engaged in actively listening, talking to, and willing to help our citizens.
- 1. The city could promote opportunities to give to the community (i.e. build Habitat for Humanity House), have a community food drive, celebrate military families at Whiteman AFB with an event.

2. This item could be paired with A (mental wellbeing) and set a community goal for community members to be trained in Mental Health First Aid to demonstrate our commitment to caring and supporting those struggling in our community.

- Start annual Health and Fitness Fair or Festival
- Create a campaign designated to drive and highlight residents engaging in positive interactions throughout the community. By utilizing social media platforms, citizens can share specific examples of promoting a spirit of community and caring.
- Host monthly "Community of Character" events/challenges that focus on caring for our neighbors, with the first being the Mayor's Character Breakfast in January
- Create a city health clinic with a partnership with the school district that will allow access to children, parents, caregivers that are struggling to find primary care. Change the culture for young students to succeed and achieve a full education with a strong healthy base.
- Increase use of social media to improve communication of community opportunities/events
- Support Take Time To Be Kind week (Feb 10th - Feb 14th)
- Continued outreach to all members of the community despite socioeconomic status given special consideration to reaching those in lower income brackets and extending a welcome message that crosses the financial boundaries.
- Continued education and outreach to all citizens
- Implement a community wide book read. This was done for a few years by a previous MCC president. The students were asked to read a particular book, as well as the community and then came together to hear the author speak. This could help us learn and grow together as a community...toward a shared vision (like resiliency).
- Perhaps an event that highlights all of the non-profit and civic groups in LS. It could be an open house format that allows participants time to interact with each organization.
- Educating people about the health benefits of the "Arts" such as painting, cooking, gardening, and participating or listening to music, etc. Creating classes, continuing bringing different types of festivals for people to participate in such as food fest and have different foods from all over or ethnic dance shows.
- Educating people about the health benefits of the "Arts" painting, cooking listening and participating in music, etc. Having classes
- Encourage collaboration and build cohesion. Focus on strengths, not weaknesses.
- Coordinate with Human Services Advisory Board
- Partner (Build a coalition) with LS Human Services Advisory Board and others to identify community needs and coordinate efforts to address them.
- Keeping our citizens safe (Public Safety) is a function of a caring community. To that end, I recommend that we address public safety concerns identified by the latest (2017) citizens' survey. (The HEAB has done some work in these areas, but more needs to be done.)
  - Distracted Driving (Partner with HEAB and LSAB to build a coalition to address this.)
  - Firearms safety (Partner with HEAB to build a coalition to address this.)

- Training citizens to support Emergency Medical Services (EMS) is a function of a caring community. To that end, I recommend that we address the following concerns. (The HEAB has done some work in these areas, but more needs to be done.)
  - Hands-Only CPR (Partner with HEAB to address this.)
  - “Stop the Bleed” training (Partner with HEAB to address this.)
- Providing education on public health topics is a function of a caring community. To that end, I recommend that we support the Health Education Advisory Board’s efforts in this regard. (Including the hazards of smoking and vaping, drug and alcohol abuse, etc. in addition to many other topics.)
- Providing a network of health services is a function of a caring community. Partner (Build a coalition) with HEAB and area healthcare providers to identify community needs and coordinate efforts to address them.

**Other Comments**

I anticipate some great ideas to come out of the Ignite process. To maximize the effectiveness of those ideas, I recommend that we coordinate with entities and efforts already in place, such as:

- Health Education Advisory Board (HEAB- Cochairs Dr. Ed Kraemer and Dr. Steve Salanski)
- Livable Streets Advisory Board (LSAB- Current Chair Molly Wichman; Inaugural chair Ed Kraemer)
- Human Services Advisory Board
- City of LS departments (Admin, Fire, Police, Public Works, Planning, etc.)
  - Regional:
- Jackson County Health Department’s “Building a Healthier Jackson County” (BHJC) (A Community Health Improvement Plan (CHIP) initiative)
- MidAmerica Regional Council (MARC) Healthy Communities plan
- Healthy KC (KC Metro Chamber)
- BikeWalkKC
- KC Healthy Kids
- National/Global: In the last year or so, I have compiled a Healthy Communities Resources list, which I would be happy to share.