

# Healthy Congregations 101 and Brainstorm Session



# Healthy Congregations Training



## Healthy Congregations Training, Online, self-paced

**Module 1 is an overview of the Healthy Congregations Program – No Exercises**

5-minute check-in during Virtual Office Hours to get questions answered

1. Deadlines
2. Expectations
3. Processes
4. Ideas

**Module 2 is an overview of Comprehensive Health Ministry – Questions to answer online**

**Module 3 – Needs Assessment with exercise to complete**

**Module 4 - Health Ministry Plans with exercise to complete**

**Final 10-minute check-in during Virtual Office Hours to review exercises, provide feedback, & answer questions**

**Certificate will be emailed to you once you are certified. Certification is a one-time requirement.**

# Virtual Office Hours on Zoom

No appointment needed. Judy is available to answer questions & review training exercises from 10 am – 12 noon & 2 PM – 4 PM on scheduled VOH days (monthly):

- **May 3, 2023 & June 7, 2023 & July 20, 2023**

Zoom link can be found on the HC calendar located at the Healthfund.org. website

Email Judy if you need to schedule an appointment at another time

[jjohnsto@kumc.edu](mailto:jjohnsto@kumc.edu)

# Healthy Congregations Program 2023 Flow



	Timing	New Teams	Current Teams	Rejoining Teams
<b>HC Signup / Reaffirmation</b>	Any time for new/returning; annual for current teams	Sign up at any time; \$1,000 initial grant funding upon approval.	Reaffirm annually with grant renewal process.	Submit new signup form at any time to rejoin. <i>Initial grant not avail. again for rejoining teams.</i>
<b>Certification Training</b>	Self-paced format	Certified when 3+ active members complete training within 2 years. Certification required for \$1,000 renewal funding eligibility.	Maintain 3+ trained members to preserve certification status – required for \$1,000 renewal funding eligibility.	Previously trained members retain credit; train new members as needed for certification – 3+ required for \$1,000 renewal funding eligibility.
<b>HC Needs Assessment</b>	Annual – Due June 30 <sup>th</sup>	Begin planning assessment process during training; once certified, complete and submit by next annual HCNA due date. Next full HCNA due based on city initial (see Current Teams).	5-year cycle: simple annual review; all-new HCNA every 5 years (+\$250 add'l). Grouped by city - A-E: 2020; F-J: 2021; K-O: 2022; P-T: 2023; U-Z: 2024. Req. for \$1,000 renewal eligibility.	Begin planning assessment after signup; once certified, complete and submit by next annual HCNA due date.
<b>HC Report</b>	Annual – Due June 30 <sup>th</sup>	Recommended, but not required until certified.	Required for \$1,000 renewal funding eligibility.	Recommended, but not required until certified.
<b>HC Work Plan</b>	Annual – Due June 30 <sup>th</sup>	Recommended, but not required until certified.	Required for \$1,000 renewal funding eligibility.	Recommended, but not required until certified.
<b>HC Special Opportunities</b>	Varies per grant opportunity	Eligible regardless of certification status, if program sign up form received	Eligible regardless of certification status	Eligible, if new program signup form received.

# Healthy Congregations Special Opportunities



Big Garden community gardening startup/expansion

Bike Share in a Box

Faith in Democracy (Voter Engagement)

Giving Groves

Good Neighbor Experiment

Mental Health First Aid

Strengthening Families Program

Summer Food Service Program

As for Me and My Body



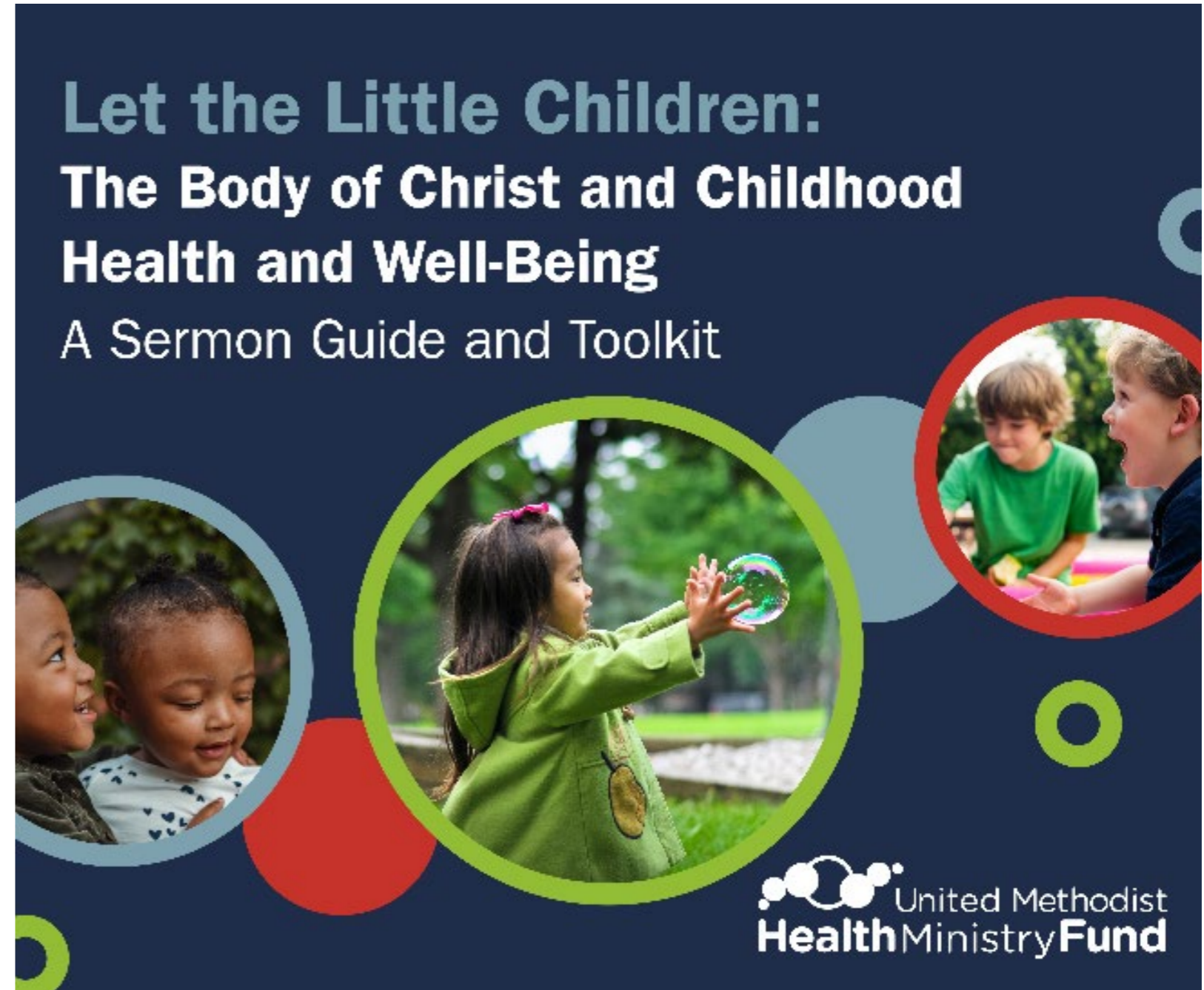
## Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
<ul style="list-style-type: none"> <li>• Employment</li> <li>• Income</li> <li>• Expenses</li> <li>• Debt</li> <li>• Medical bills</li> <li>• Support</li> </ul>	<ul style="list-style-type: none"> <li>• Housing</li> <li>• Transportation</li> <li>• Safety</li> <li>• Parks</li> <li>• Playgrounds</li> <li>• Walkability</li> <li>• Zip code / geography</li> </ul>	<ul style="list-style-type: none"> <li>• Literacy</li> <li>• Language</li> <li>• Early childhood education</li> <li>• Vocational training</li> <li>• Higher education</li> </ul>	<ul style="list-style-type: none"> <li>• Hunger</li> <li>• Access to healthy options</li> </ul>	<ul style="list-style-type: none"> <li>• Social integration</li> <li>• Support systems</li> <li>• Community engagement</li> <li>• Discrimination</li> <li>• Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Health coverage</li> <li>• Provider availability</li> <li>• Provider linguistic and cultural competency</li> <li>• Quality of care</li> </ul>
<p><b>Health Outcomes</b> Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations</p>					

# Guides for Talking to Your Congregation

The Health Fund worked in partnership with Lisa Hancock, PhD, to develop a series of sermon guides that bring together scripture, theology, and health. Available at [healthfund.org/a/sermon-guides](http://healthfund.org/a/sermon-guides), the guides cover:

- Health and wellness
- Mental wellness
- Childhood health and well-being
- Trauma and resilient love
- Civic engagement
- Maternal health



# Community Partners



How churches can leverage grant opportunities to partner with community members?

Examples:

- Hutchinson First UMC
  - Giving Groves partnership with Parks and Rec
- Pretty Prairie and Murdock UMC
  - Outdoor education space for local elementary school
- Colby UMC
  - Bike Share partnership with Colby Community College and the Colby Public Library

# Brainstorming and Sharing

- What is going well? (Share your activities)
- What challenges has your team encountered? What has your team done to address these challenges?
- What activities are you most excited about? What do you want to try new this year?
- What does your team need help with?



# Questions?

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