

# INTERSECTIONS Faith & Health

Intersections of Faith and Health 2019

Going Beyond Our Walls to Improve Community Health

November 18 | 8:30 a.m. - 4:30 p.m. | Hilton Garden Inn, 3320 S. 9<sup>th</sup>, Salina, KS

## CONFERENCE AGENDA

**8:30 – 9:00am Breakfast and Registration**

**9:00 - 10:30am Opening Plenary – Connected but not Connected: Social Isolation and Health**

Justin Moore MD FACP, Double Arrow Metabolism

Humans are social creatures – to survive and thrive we need connection and companionship throughout life. Dr. Moore will illustrate the growing prevalence of loneliness and its profound health implications. He'll discuss potential interventions, both clinical and social, for persons who feel isolated and lonely. Sarah Marsh, Pastor of Mission and Community Outreach, First UMC Manhattan, will lead a brief worship service following Dr. Moore's presentation.

**10:45 – 11:45am Breakout sessions**

- a. **Introduction to the Neighboring Movement** - Matthew Johnson, Neighboring Movement by SoCe Life
- b. **Why the Census Matters: Ensuring Everyone is Counted** – Blanca Soto, SWKS Campaign Director, Kansas Appleseed; Monica Vargas-Huertas
- c. **Voting Changes Lives: Nonpartisan Voter Engagement and Healthy Communities** – Lindsey Behgam, Voter Engagement Director, Mainstream Education Foundation

**11:45 – 12:30pm Lunch/Networking Time**

**12:30 – 1:30pm Breakout sessions**

- a. **Behavioral Health: The Importance of Prevention and the Role of Protective Factors** – Chad Childs, Prevention Project Coordinator, WSU Community Engagement Institute
- b. **Building Partnerships Beyond Your Walls to Improve Health** – Karen Braman, Kansas Hospital Association; Lisse Regehr, Thrive Allen County
- c. **Faith in Action: The Importance of Faith-Based Advocacy at State and Local Levels** – Moti Rieber, Kansas Interfaith Action; Marcus Winn, Kansas Organizer, Metro Organization for Racial and Economic Equity (MORE<sup>2</sup>)

**1:45 – 2:45pm Breakout sessions**

- a. **Connecting Community Dots to Improve Early Childhood Programs: From Silos to Strategy** – Donna Henry, Colby UMC; Travis Rickford, LiveWell NWKS; Julie Ross, Early Childhood/Pre-K Readiness/At-Risk Coordinator, Colby Public Schools
- b. **Planting Seeds to Better Your Community's Health** – Shelley Rich, Health & Wellness Coalition of Wichita
- c. **Improving Access and Enhancing Health: Faith-Based Advocacy for KanCare Expansion** - Sheldon Weisgrau, Senior Policy Advisor, Alliance for a Healthy Kansas; Spencer Culver, Advocacy Specialist, Alliance for a Healthy Kansas

**3:00 – 4:15pm Plenary – Improving Community Health Through Cross-Sector and Interfaith Partnerships**

Jerry Jones, Director of Community Health, Blue Cross Blue Shield of Kansas City

Intersections of Faith and Health is hosted by United Methodist Health Ministry Fund.

There is no cost to attend; breakfast and lunch are provided. Continuing education credits available.

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## BREAKOUT SESSIONS

### **Behavioral Health: The Importance of Prevention and the Role of Protective Factors**

Chad Childs, Prevention Project Coordinator, WSU Community Engagement Institute

Patricia Houston, Promotion and Prevention Specialist, WSU Community Engagement Institute

Learn about behavioral health needs in Kansas, the importance of prevention efforts, and how protective factors play a key role in helping buffer problem outcomes and improving overall health and quality of life. This session will highlight available resources to support prevention and improve behavioral and mental health in local communities.

### **Building Partnerships Beyond Your Walls to Improve Health**

Karen Braman, Executive Director, Kansas Hospital Association

Lisse Regehr, Executive Director, Thrive Allen County

This session will explore how Kansas communities are innovating to positively influence healthy behaviors.

### **Connecting Community Dots to Improve Early Childhood Programs: From Silos to Strategy**

Donna Henry, Colby UMC

Travis Rickford, Executive Director, LiveWell Northwest Kansas

Julie Ross, Early Childhood/Pre-K Readiness/At-Risk Coordinator for Colby Public Schools

Every community comprises different entities such as churches, community organizations, schools, government offerings, and businesses. By connecting the dots and strengthening collaboration among these groups and individuals, Colby is working to enhance the well-being of young children and community residents. We will feature projects that have showcased increased connectivity including the Summer Diner, two community gardens, free cooking classes, a community-wide Back-to-School event, and strategic coordination with local and state partners.

### **Faith in Action: The Importance of Faith-Based Advocacy at State and Local Levels**

Rabbi Moti Rieber, Executive Director, Kansas Interfaith Action

Marcus Winn, Kansas Organizer, MORE2

Facilitated by Joey Hentzler, Kansas Appleseed

This session will highlight the key importance of the faith voice and faith-based advocacy, share examples of the work, and explore opportunities to get involved.

### **Improving Access and Enhancing Health: Faith-Based Advocacy for KanCare Expansion**

Sheldon Weisgrau, Senior Policy Advisor, Alliance for a Healthy Kansas

Spencer Culver, Advocacy Specialist, Alliance for a Healthy Kansas

Kansas has an opportunity to expand KanCare, the state's Medicaid program, to cover an additional 150,000 Kansans. Among its many benefits, expansion would greatly increase the number of Kansans with health insurance coverage, provide financial stability to low-income families, and enhance the viability of rural hospitals and other health care providers. We will provide an update on the KanCare expansion



Register at <https://healthfund.org/ifh>

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campaign, share information from our Faith & Medicaid Expansion toolkit, and seek input for how to best incorporate faith-based messaging into advocacy.

#### **Introduction to the Neighboring Movement**

Matthew Johnson, Neighborhood Animator and Co-Founder, NeighboringMovement.org

Learn how neighboring impacts public health and social capital within communities, and how to use effective practices and best principles of neighboring as a tool for community development. This session will explore the Neighboring Movement's evolving work in South Central Wichita and introduce strategies for faith communities to increase neighboring.

#### **Planting Seeds to Better Your Community's Health**

Shelley Rich, Director, Health & Wellness Coalition of Wichita

Learn how churches can effectively work with community-based organizations to promote health. This interactive presentation will include steps a faith-based community can take to promote physical activity and healthy eating, including resources ready to be implemented.

#### **Voting Changing Lives: Nonpartisan Voter Engagement and Healthy Communities**

Lindsey Behgam, Voter Engagement Director, Mainstream Education Foundation

Voter to Voter is an innovative, nonpartisan get-out-the-vote program that asks Kansans to connect with people in their community to encourage them to vote. Studies show that greater civic engagement leads to better health outcomes, and Voter to Voter is making a real difference in voter turnout. In 2018, when record turnout reached 56% in Kansas, Voter to Voter turned out 82% of its participants. Among infrequent voters, it was 75% compared to the state's 33% turnout. Learn more at [votertovoter.org](http://votertovoter.org).

#### **Why the Census Matters: Ensuring Everyone is Counted**

Blanca Soto, Southwest KS Campaign Director, Kansas Appleseed; Monica Vargas-Huertas

Every 10 years, the Census Bureau takes a count of all people living in the United States, but many Kansas communities and populations are at risk of being undercounted. The census affects business planning, community development, funding for essential community programs (an estimated \$4.5 billion in federal funding for Kansas) and our representation in Congress. Learn about the direct and indirect impact of the census on your community, and how you can help ensure that everyone living in Kansas is counted in 2020.

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## PRESENTERS

**Lindsay Behgam** currently serves as the Voter Engagement Director for the Kansas based, MainStream Education Foundation, a non-partisan political advocacy organization created to engage individuals to advocate for good governance, quality public education, healthy communities and sustainable fiscal policy. Prior to working at MainStream, Lindsay spent four years working for the Mayor's office in Kansas City, Kansas, where she oversaw staff, policy and project management. She previously held roles in corporate community relations and on a number of Kansas political campaigns - at the local, statewide and federal levels - including serving as Congressman Dennis Moore's campaign manager for his successful 2008 re-election bid. Lindsay believes that an empowered electorate creates responsive, transparent and inclusive governments, and is looking forward to turning out more voters in the upcoming election . . . and there is always an upcoming election!

**Karen Braman** RPh, M.S. is senior vice president of healthcare strategy and policy with the Kansas Hospital Association (KHA). Ms. Braman has more than 25 years of experience in pharmacy, health care strategy, policy and quality improvement. Prior to joining KHA, she was president and chief executive officer for the Kansas Foundation for Medical Care, Inc. working to improve healthcare quality and outcomes in Kansas and regionally. As part of the KHA team, Karen has leadership roles in quality and patient safety, clinical data/analytics, physician leadership development, prescription drug-related issues, healthcare delivery system transformation and strategic planning.

**Chad Childs** MSFT, LCMFT is the Prevention Systems Project Coordinator for the Community Engagement Institute. Chad has over 17 years of experience in outpatient mental health and has management and leadership experience in other nonprofit organizations in the fields of higher education, child welfare and prevention. After earning a Bachelor's degree in Natural Sciences at Bethel College, Kansas, Chad earned a Master of Science in Family Therapy from Friends University in Wichita. He has experience volunteering for various agencies and has served as an adjunct professor and guest lecturer. Chad's career focus is offering respectful support to others overcoming barriers and improving their lives by using their strengths and the resources available to them. He has worked with those goals through a combination of providing direct services and facilitating larger system changes. He is interested in the integration of health and social services, science, and research, and values community efforts to make and sustain lasting changes for the better. Chad enjoys spending quality time with friends and family and doing his best to keep up with his incredible kids and all they do.

**Spencer Culver** is the Advocacy Specialist for the Alliance for a Healthy Kansas. The Alliance for a Healthy Kansas is a statewide coalition working throughout Kansas, encouraging people and organizations to promote policies that ensure everyone has the opportunity to attain their highest level of health. Spencer coordinates with grassroots advocates across the state, working to shape the public conversation around Medicaid expansion. Spencer, a native of Kansas City, graduated from the University of Wyoming with a Communication degree and returned to the Midwest to work in healthcare advocacy.



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**Donna Henry** is a retired secondary English/Journalism teacher who spends her time now in various volunteer activities. She is a member of the Healthy Congregations Committee and youth director at Colby United Methodist Church, and a board member of Genesis-Thomas County Food Bank.

**Patricia Houston** MBA is the Promotion and Prevention Specialist for the Community Engagement Institute Prevention Initiative. She holds a Bachelor's Degree in Business from Wichita State University and a Master's Degree in Business Administration (MBA) from Baker University. She previously held professional positions as a Program Manager for the Kansas Reading Roadmap, Program Specialist with the City of Wichita in Neighborhood Services and as the Statewide Project Director for the federally funded Healthy Relationships Grant administered through Catholic Charities of Wichita. She currently and has for many years served on several community and non-profit boards and believes that through great collaborations and the combining of resources communities can be strengthened and made to thrive. Patricia loves spending time with her family and friends, volunteering for her church and various organizations that she is passionate about, reading fiction novels, and playing Top Golf!

**Matthew Johnson** is the Spiritual Formation Director of [NeighboringMovement.org](http://NeighboringMovement.org). He is the theorist of the Neighboring Movement team, but that beard is real. Matt loves music and plays several instruments, often while sitting out in the front yard. One of his favorite activities is asking great questions to discover who people are and how their passions can help shape the culture of SoCe. Matt is great at seeing big themes and convincing Adam to not get ahead of himself. When Matt isn't working in SoCe he is doing Spiritual Direction, teaching at Friends University, and writing. He is the author of "[Worship](#)" a book study in the Holy Living Series from Cokesbury.

**Jerry Jones, Jr.** is Director of Community Health for Blue Cross Blue Shield of Kansas City, a role which provides an opportunity to practice radical collaboration and blaze a new way forward for how payers work with patients and providers to address health inequity and the social determinants of health in our communities.

During his professional career, Jones has worked closely with hospitals, safety net clinics, academic institutions, public health departments and funders in designing improved health seeker and health provider experiences. Recent projects conducted under his leadership include: reducing disabilities and deaths related to diabetes, heart disease and stroke (Designing a Healthier Dotte/CDC 1422 grant), educational outreach, marketing and coordination of certified application assistance for the ACA Marketplace (Enroll Wyandotte/Kansas Assistors Network), connecting the newly insured to primary care physicians and chronic disease prevention programs (Take Charge), Wyandotte County Community Health Worker Initiative (a partnership with KC Care Clinic) and the Health Equity thru Action and Transformation (H.E.A.T. Project).

Prior to becoming an executive leader, Jones served as project manager experience for the Community Transformation Grant and CMMI Innovation Challenge Award in Kansas City, as well as lead organizer for several healthcare advocacy campaigns from 2008-2010.

**Justin Moore** MD FACP is an endocrinologist who left academic medicine in 2014 to do consulting work at the clinical-public health intersection with Double Arrow Metabolism. It's in this role that he serves as a



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consultant with Health ICT and chairs the Chronic Disease Alliance of Kansas. He's also an endocrinology consultant with RubiconMD and a volunteer endocrinologist with Guadalupe Clinic, where he tends to stop more medications than he starts. He believes chronic diseases should fall at the top of the patient's problem list at any given visit, not at the bottom. He believes that health is hard to define and harder to measure, but that it's easier to achieve than people think. He believes true health saves money. He's an evangelist for transportation by bicycle.

**Lisse Regehr** is President and CEO of Thrive Allen County, with a mission to support and encourage programs, policies and resources that promote access to healthcare, healthy lifestyles, and positive community conversation for the well-being of Allen County, Kansas, residents. She previously served as the Deputy Director of Outreach and Advocacy for the organization. In that role she oversaw all aspects of communication for the organization and was instrumental in helping that county reduce its uninsured rate from 21% in 2013 to 9% in 2017 – one of the biggest improvements in the state.

**Shelley Rich** is serving as the Director of the Health & Wellness Coalition which is supported by the Greater Wichita YMCA. The Health & Wellness Coalition of Wichita was established in 2004 and engages community members in healthy eating and increasing physical activity through program and policy implementation with the goal of attaining health equity and the highest level of health for all people.

Shelley is responsible for effectively implementing strategies required to meet funding expectations and reporting requirements for the Kansas Health Foundation Healthy Communities Initiative: Improving Health Equity in Kansas. Health equity is the attainment of the highest level of health for all people. Achieving health equity requires valuing everyone's equity with focused and ongoing societal efforts to address avoidable inequities, historical and contemporary injustices and the elimination of health and health care disparities. Grant activities focus on engaging the community to identify what health issues they determine to be the most prevalent and to identify partners who could best address the issues.

Professionally, Shelley is on the program committee for the Health Alliance, a community organization that promotes the work of the Sedgwick County Health Improvement Plan. Health & Wellness Coalition committee involvement includes chair of the Food Share and We All Eat task force, registrar for the Working Well Conference and co-chair of the Physical Activity committee.

Personally, Shelley enjoys spending time with her husband, daughter, son and English Springer Spaniel. They are active in sports and outdoor activities. Shelley enjoys exercising, cooking and knitting in her free time. She is an active member of Aldersgate United Methodist Church where she serves as the Lay Leader of the Healthy Congregation Team.

Shelley has a Master of Education from Wichita State University in Exercise Science and a Bachelor of Science from Kansas State University in Kinesiology.

**Travis Rickford** serves as the Executive Director for LiveWell Northwest Kansas, a regional non-profit with a focus on making Northwest Kansas a healthier place for all to live, work, and play. Travis has over ten years of experience working in community health. As a health advocate, Travis works with communities to build their capacity to create systems that improve the overall quality of life for residents in Northwest Kansas. This includes activities such as community engagement, building strategic partnerships, and project

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management. Travis also serves as an adjunct faculty member for the Political Science Department at Fort Hays State University. Travis holds a Master of Public Administration from the University of Missouri, a Bachelor's Degree in Political Science from Fort Hays State University, and a Graduate Certificate in Dialogue, Deliberation, and Public Engagement from Kansas State University. Travis serves as a board member for the Kansas Action for Children and local community foundation. Travis resides in Rawlins County, Kansas with his wife Melissa, son Ashton, and daughter Olivia.

**Rabbi Moti Rieber** has served as Executive Director of Kansas Interfaith Action and its predecessor organization, Kansas Interfaith Power & Light, since March of 2011. He is a graduate of the Reconstructionist Rabbinical College in Wyncote, Pennsylvania. A life-long activist on peace, social justice, and environmental issues, Reb Moti brings a variety of pulpit, interfaith, and organizational experience to the work of Kansas Interfaith Action. Reb Moti and his wife, Suzy, live with their three children in Overland Park.

**Julie Ross** is currently the Early Childhood/ Pre-K Readiness/ At Risk Coordinator for Colby Public Schools, Colby, Ks. Prior to this, Julie taught kindergarten and first grade for 25 years in Colby, KS. She also was director of a preschool and daycare center in Liberal, Ks for 6 years. She and her husband, Robb have been in the education field for the past 35 years. They are also active in their church outreach programs and have a desire to help meet community needs. They have 3 grown children and are the grandparents of 7 beautiful, charming and talented children.

**Marcus Winn** is the Kansas Organizer for MORE2 (Metro Organization for Racial and Economic Equity). Marcus earned a Bachelor's degree in Political Science and Philosophy from Olivet Nazarene University and a Master's Degree in Theology from Catholic Theological Union. Marcus worked in nonprofit direct service and higher education before organizing. Marcus began organizing with neighbors while living in Chicago, working on a variety of issues such as affordable housing, immigration, and education. He co-founded an independent precinct organization in 2015 that continues to successfully pursue more democratic processes for local decision making and amplify the voices of local leaders. He moved to Kansas City in 2017, and joined MORE2 in early 2018, with a focus on voter engagement in Kansas.