

SUMMARY REPORT



WELLNESS COMMISSION

LEE'S SUMMIT

Priority Setting Workshop

Nov. 8, 2023

Presented to:
The City of Lee's Summit

Mid-America Regional Council
gti@marc.org

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Introduction

The Mid-America Regional Council (MARC) was engaged to facilitate a priority setting workshop for the City of Lee's Summit Wellness Commission on Wednesday, Nov. 8 from 5 – 9 p.m. The purpose of the workshop was to provide the commission with an opportunity to build relationships and set shared priorities to pursue over the next one to three years.

This summary report follows the workshop agenda and offers brief descriptions of each activity — presenting the outcomes discussed by commission members. The resulting information will help the Wellness Commission operate more effectively as it pursues its objective to aid the Lee's Summit City Council on all wellness initiatives in the city. The roster of attendees is in **Appendix A**.

Getting Started

Following opening remarks from Jennifer Craig, participants engaged in an interactive activity to get to know each other by answering a variety of questions in small groups. Following the small group discussion, there was a brief report-out period and participants shared unique and interesting facts they learned about each other. The purpose of the activity was to build stronger relationships, which creates more trust. Trusting one another is crucial to create the most effective commission possible.

The Ground Rules

The group discussed and affirmed the following ground rules to guide participation throughout the workshop.

1. Be engaged and fully present
2. Participate by sharing and listening
3. Stay in your lane
 - Commissioners: This is your day
 - Staff: Support and seek clarification
4. Be:
 - positive
 - candid
 - patient and respectful
5. Strive for consensus
6. Disagree agreeably
7. Practice “yes, and” rather than “yes/no, but”
8. Have fun!

Context for Priorities

Prior to the workshop, commissioners completed a survey with information to help the MARC team create an effective agenda. Responses from the survey were reflected to commission members in this opening presentation to set a common foundation of knowledge prior to goal-setting. The complete survey report is included in **Appendix B-1**.

General Impressions

- Commissioners represent a wide range of time lived in Lee's Summit, with some having lived in the city for less than two years and others for 16 or more.
- All members expressed an overarching desire to get a better understanding of the commission's purpose and mission.
- Many respondents have relevant professional experience through careers in physical and mental wellness.
- Many commissioners live with an emphasis on excellent individual wellness practices.
- Every participant expressed a desire to serve the Lee's Summit community and make the city a better place to live.

The opening contextual presentation included a review of the Commission's purpose statement and roles as adopted by the Lee's Summit City Council. Commissioners were asked to reflect on the commission roles that resonated most with them and also those roles that felt most ambiguous.

Purpose Statement

To advise and recommend to the City Council plans, programs, and projects which improve the health and well-being of City residents in alignment with the 2020 Ignite Strategic Plan's Community Health and Well-being goals and objectives. The commission supports, promotes and develops community resources in mental health, fitness, walkability, bike-ability, multimodal transportation, and community well-being.

Commission Roles

- Identify and assess the mental and physical health and well-being needs of the community.
- Educate and advise the City Council, public, community and government agencies about the mental and physical health and well-being needs of the community.
- At the direction of City Council, develop plans and reports that support the creation of community health and well-being programs, activities or infrastructure.
- Evaluate the effectiveness of these efforts in addressing community health and well-being.
- Promote, educate, and encourage livable streets and safe use thereof throughout the community and greater metropolitan area.
- Advise City Council and Staff on positive community design and planning that promotes safe and accessible walking and biking streetscapes, trails systems and other modal uses considering all abilities, vehicles, and trip purposes.
- Review and evaluate the application and implementation of the Livable Streets Policy.
- Upon approval of the City Council, establish subcommittees to assist in accomplishing the objectives of the Commission and may appoint nonmembers to serve on those subcommittees.

Initial Priorities

Commissioners were asked to share in the survey their initial thoughts on the top two priorities that should be pursued in the next one to three years. These were expanded upon during the priority setting

and more specifics from that session begin on page 7 of this report. The priorities listed here are a reminder of the starting point and are not listed in priority order.

- Provide a framework for citizens to “live well”
- Greater access to activities aimed at improving mental health
- Create more mental health resources
- Access to mental healthcare
- Access to resources for aging community members
- Collaborate with regional health entities/initiatives
- Access to physical healthcare
- Affordable housing
- Uphold livable streets policy
- Promote safe walking, running, biking
- Promote individual and community wellness
- Define “wellness”
- Advertise existing services and events
- Identify wellness needs of the Lee’s Summit community
- Provide more community health education opportunities

Forecasting the Future

Before further refining the initial priorities captured in the advance survey, commissioners were asked to forecast the ideal future state for wellness in Lee’s Summit. This exercise challenged commissioners to explore their most ambitious desires for the community. This step helped ensure that specific priorities would be written with an aim toward idealistic goals. Below are questions asked during this session and responses from commissioners:

1. The commission advises the city council on plans, programs and projects which improve the health and well-being of city residents. When you think about the ideal future for a healthy Lee’s Summit, what words come to mind? Community wellness resource centers
 - Community events & activities
 - Eight dimensions of wellness
 - Welcoming
 - Belonging
 - Connection
 - Active & supportive community
 - All can thrive
 - Secure Maslow’s needs
 - Caring
 - Educational opportunities
 - Burden sharing
 - Community outreach
 - Fostering partnerships
 - Emphasis on inclusion, diversity, equity
 - Accessible transportation
 - Affordable housing

- Compassionate
- Resilient
- Safe
- Accessible childcare
- Uplifting
- Supportive
- Fun
- Access to care resources
- Bike trails
- Affordable retirement
- Beautiful
- Healthy
- Innovative
- Economic stability
- Happy
- Family-focused
- General stability
- Livable
- Helpful
- Parks
- Convenience
- Cultivating
- Reflective
- Access to healthcare
- Spiritual health
- Drug-free
- Well-being advertisements

2. How does Wellness Commission bring value to the City of Lee's Summit?

- Identify opportunities and mechanisms to promote all 8 dimensions of wellness
- Foster belonging in the community
- Address complex issues with creative solutions and action steps
- Setting the direction of the wellness agenda
- Putting resources in place that enable the community to thrive
- Streamlining ideas and resources
- Promote and encourage diversity
- Promoting affordable housing and access to healthcare
- Improve health literacy
- Livable streets policy work

3. What is the Wellness Commission's greatest opportunity going forward?

- Prioritize individual and community wellness
- Educate and connect
- Logistically shaping the future to meet wellness goals
- Take Lee's Summit from good to great; Create a model of citizen thriving
- Utilize collective power to motivate political actors on wellness needs

- Identify and leverage current resources
- Make the healthy choice the easy choice
- Promote creative thinking
- Provide direction for the city council on issues of wellness
- Collect information to improve community and regional wellness

Priority Setting

Facilitators reviewed and the commissioners affirmed the following four focus areas for the initial priorities submitted by survey respondents:

Mental health

- Provide a roadmap for citizens to “live well”
- Greater access to activities aimed at improving mental health
- Create more mental health resources
- Access to mental healthcare

Physical health

- Access to resources for aging community members
- Collaborate with regional health entities/initiatives
- Access to physical healthcare
- Affordable housing

Livable streets

- Uphold livable streets policy
- Promote safe walking, running, biking

Public education

- Promote individual and community wellness
- Define “wellness”
- Advertise existing services and events
- Identify wellness needs of Lee’s Summit Community
- Provide more community health education opportunities

Participants split into four groups, each with a different priority focus area. Groups were tasked to clarify or add to the list of preliminary priorities for their assigned focus areas. The objective was to craft specific priority statements that were more focused and actionable. Groups reported their work on flipcharts posted around the room.

The final exercise gave the commissioners an opportunity to prioritize the strategies that were captured in the survey and subsequent discussion. Each participant received nine sticky dots – three green, three yellow and three red. Participants were asked to place dots next to strategies based on the following criteria:

- Green – high priority or “low-hanging fruit” that could generate an early win.
- Yellow – proceed with caution. May need more information.
- Red – wait. Not a priority this time.

The following includes all priorities listed and the amount of each color vote it received. The original content is available in **Appendix C**.

Mental Health

Provide framework to “live well” (5 green)

- What does this mean?
- 8 dimensions of wellness framework
- Provide balanced approach to community

Greater access to activities aimed at improving mental health (3 green, 3 yellow)

- Determine any missing resources
- Invite stakeholders to identify needs/resources

Create more mental health resources (1 green)

- Make current resources more available by populations
- Need to hear from providers about needs
- Open meetings/listening sessions

Access to mental healthcare (2 green, 3 yellow)

- One stop shop for resources

Physical Health

Access for aging community (2 green, 2 yellow)

- Compile insurance-covered resources
 - Provide to local clinics/hospitals/LTC older adult housing
- MARC Area Agency on Aging

Collaborate with regional entities/initiatives (3 green, 1 yellow)

- Review/reference Community Health Assessment/CHIP
- Utilize library & community center resources

Access to healthcare

- Ride KC (Oats)
- Livable streets (bikeable/walkable communities)

Affordable housing (3 green, 7 yellow, 3 red)

- Adopt a “health in all policies” and remain mindful of implicit bias

Livable Streets

Uphold and improve livable streets policy (2 green, 4 yellow)

- Identify places for improvement in current policy – include national standards
- Determine how to implement more accountability in the policy

Promote safe walking, running and biking (3 yellow)

- Identify community partners
- Identify possible strategies for educating public on available opportunities
- Identify barriers to engagement
- Connect mental/physical health to physical activity

Public Education

Define wellness (3 green, 1 yellow)

- U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) 8 dimensions
- Social drivers of health

Identify wellness needs (8 green, 2 red)

- Use Jackson County Public Health Community Report Card
- Hospital wellness needs assessment
- Community Health Improvement Plan (CHIP) priorities
 - Mental/behavioral health
 - Economic stability
 - Affordable housing

Promote individual and community wellness

- Take an evidence-based approach
- Implementation science at Washington University

Provide more community health education opportunities

Advertise and identify existing services (1 green, 3 yellow)

- One stop shop for community health services
 - Services Center
 - Electronic directory of services

Other Important Ideas

- Childcare
- Financial literacy
- Data collection – livable wages
- Nutrition/dietary – Healthy Eating Active Lifestyle (HEAL)

Recommendations

Facilitators reviewed the votes following the workshop and identified common themes across the four categories that appear to have the strongest support for initial priorities for the Commission.

1. Start with an assessment of needs and existing resources.

The Wellness Commission could engage local health providers and stakeholders in an environmental scan of resources such as the Community Health Improvement Plan (CHIP) and Community Health Assessment to understand existing data and reporting of community health needs. The Wellness Commission could utilize the city's platform to provide an important community service to promote wellness assets to the public. This work may reveal health system gaps that could become longer-term priorities for the Commission.

2. Define wellness.

The commission could promote public understanding of the Eight Dimensions of Wellness and use this as a framework to catalog existing wellness resources and deficiencies within the city. The most current [Lee's Summit Community Report Card](#) published by the Jackson County Health Department is dated 2017. The Commission could advocate for this document to be updated with metrics that relate to the eight dimensions.

3. Identify how the commission works with city staff to determine accountability to the livable streets policy.

Three of the eight commission roles outlined in ordinance refer to livable streets and transportation. Although there was not a single, strong priority that emerged within the livable streets category, some commissioners voiced concern that they must address livable streets in order to fulfill the charge of the commission. One objective for the short-term could be to review the existing livable streets policy so that all commissioners have a working knowledge. The commission could work with staff to define its minimum obligations related to the livable streets policy, then establish longer term goals for livable streets that align with the gaps identified through the needs assessment.

4. Develop a centralized location for all Lee's Summit wellness resources

After identifying existing resources and determining needs of the community, developing a one-stop-shop for everything wellness could greatly benefit Lee's Summit. There was significant discussion about a project like this, though voting indicates this is a longer-term priority after assessing current needs and existing assets.

Conclusion and Next Steps

The purpose of this workshop was to accomplish two key objectives: build relationships and establish shared priorities for the next one to three years. Within the limitations of a four-hour session, the group was able to focus on several key priorities that it can continue to refine in the coming months.

The Mid-America Regional Council (MARC) was honored to facilitate this event. If MARC may be of service in the future, please reach out. The regional council exists to support the effectiveness of local governments. MARC's Government Training Institute specializes in training and professional development opportunities for local government staff and elected and appointed officials. Please contact gti@marc.org to discuss your further training and facilitation needs as a result of this workshop. We look forward to continuing our work with the City of Lee's Summit and hope to be involved in any projects where we can be of service.

Appendices

Appendix A: Attendee Roster

Commission Members:

Jeffrey Brandhorst
Jennifer Craig, Chair
Gary Denny
Roxanne Evans
Wesley Goodrich
Aimee Hubbard
Dr. Edwin Kraemer
Carmen Nolke
Dr. Steve Salanski
Matthew Silvers
Michael Vestweber
Molly Wichman

City Staff:

Christal Kliewer-Weber, Assistant City Manager
Susan Barry, City Traffic Engineer

MARC:

Lauren Palmer, Director of Local Government Services
Lukas Parrish, Graduate Management Intern

Appendix B-1: Pre-Workshop Survey Report

1. Name (Last, First) – 9 responses

2. How long have you lived in Lee’s Summit?

● 0-2 years	1
● 3-5 years	2
● 6-10 years	0
● 11-15 years	0
● 16+ years	6



3. What motivated you to serve on this commission?

1	Community health and wellness is important to me and I'm hoping my background in mental health will be an asset to the commission
2	My life's work is to support students and families who struggle with overall wellness.
3	To be an active participant In this great community
4	Help the community in an area of life that interests me
5	Public health and preventative medicine
6	Help the city and community
7	I value service and being involved in my community. I also hold expertise in mental health and systems theory which I felt would be valuable to a wellness focused commission.
8	Longstanding commitment to community service in health and safety, including LS Health Education Advisory Board and Livable Streets Advisory Board.
9	As a retired physician, and former Co-Chair of the Lee's Summit Health Education Advisory Board, I am interested in the health of the LS community.

4. How do you spend your time when you are not participating on this commission?

1	Mental wellness advocate, President/CEO of ReDiscover, I serve on several non-profit board, enjoy time with family and friends, book club, crochet, reading, travel, genealogy
2	Running my business, Brain Balance of Lee's Summit, working on home improvement projects, supporting our four sons with their activities, and spending time at church and with friends and family.
3	Working, Volunteering with international exchange students. Volunteering with dog rescue.
4	Work, family time, fitness, biking, hiking
5	Work or bicycling
6	Walking, hiking, running, biking on city streets and trails
7	I enjoy running, weight lifting, and doing DIY projects around the house.
8	Physician educator
9	I serve on a number of other nonprofit healthcare-related Boards and organizations in the KC Region that deal with community health, and especially with issues of health equity and providing healthcare for people who do not have adequate healthcare coverage or who have been affected by other issues such as structural racism. I also spend time with my family, including five grandchildren - and their Church, school, and sporting events.

5. What will make this workshop successful?

1	Since we are a brand new commission, aligning on our priorities and specific action steps
2	Helping me understand our purpose and actionable items or deliverables we are responsible for.
3	Open dialog from all involved

4	Learn how everyone's diverse backgrounds can come together to help the community
5	Setting SMART goals with clearly defined action items and deadlines
6	Constructive conversation and ideas
7	Collaboration and open sharing of ideas.
8	Open exchange of ideas, specific goals, objectives, and action steps.
9	Working together to bring the different interests and perspectives of the Commission Members into a strategic plan. It seems to me that we each have our own priorities - such as healthcare/mental health, spiritual health, Livable Streets - that will take some work to put into a cohesive plan that all can support.

6. What are two priorities this commission should focus on over the next 1-3 years?

1	Promoting individual and community wellness, uphold Livable Streets policy
2	Defining wellness, give citizens a roadmap of how to utilize all the things Lee's Summit has to offer in regard to living well.
3	Access to resources for aging population. Access to activities that improve mental health
4	Well being, health
5	Mental health resources; Advertising existing services/events
6	Identify the needs of the community in the area of wellness and find ways to promote safe walking, running, biking
7	Affordable housing and access to mental/[physical healthcare
8	1) Partner/collaborate with regional health entities/initiatives, including: Jackson County Public Health, KC Healthy Lifestyles Collaborative, MARC and Healthy KC (Greater KC Chamber). 2) Review/update Livable Streets Policy, Bicycle Friendly Community status and Walk Friendly Community status.
9	1) Community Mental Health - including increasing Provider access, early recognition training (such as Mental Health First Aid), open discussion of opioid/Fentanyl abuse (especially in schools) with increased access to/training for use of Narcan. 2) Community Health Education opportunities - such as Hands-Only CPR Training, Stop the Bleed Training, etc.,

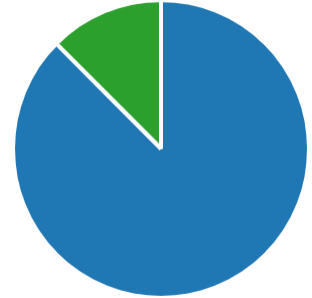
7. Is there anything else important for us to understand before facilitating this event?

1	SAMHSA's 8 dimensions of wellness might provide a helpful framework - https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4957.pdf
2	If dinner is provided, I am gluten free.
3	No
4	Excited to see what comes out of this event
5	N/A
6	Nothing
7	I often feel like many of the issues we will want to work on are interconnected, so I am hopefully that we can attend to that interconnection and leverage it to create meaningful change.
8	As this commission replaces 3 boards (HEAB, LSAB and HSAB), most of us will require education in 1 or more areas, perhaps the Human Services aspect above all. We will likely need committees in all 3 areas. Thank you for facilitating this!!!
9	There are others in the KC Region working on some of these same issues (ie- Eastern Jackson County Health Department Community Health Improvement Project on Mental/Behavioral Health). We should partner with others working in these same spaces - and not just look at Lee's Summit as an isolated part of the greater Kansas City Community.

Appendix B-2: Evaluation Survey Report

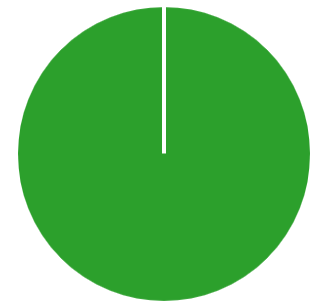
1. First and Last Name (optional) – 6 responses (8 responses to survey)
2. Overall, how satisfied are you with the event?

● Extremely satisfied	7
● Very satisfied	0
● Somewhat satisfied	1
● Not so satisfied	0
● Not at all satisfied	0



3. How did you find the length of the event?

● It was too long	0
● It was too short	0
● It was the perfect length	8



4. What did you find most helpful?

1	I like the interactive and structured discussions
2	Collaboration and guided
3	The facilitators
4	The facilitators were great, and led the conversation without adding bias.
5	The conversation and priorities that emerged from the discussions.
6	Thoughtfully planned and executed.
7	Identifying properties
8	Relaxed atmosphere

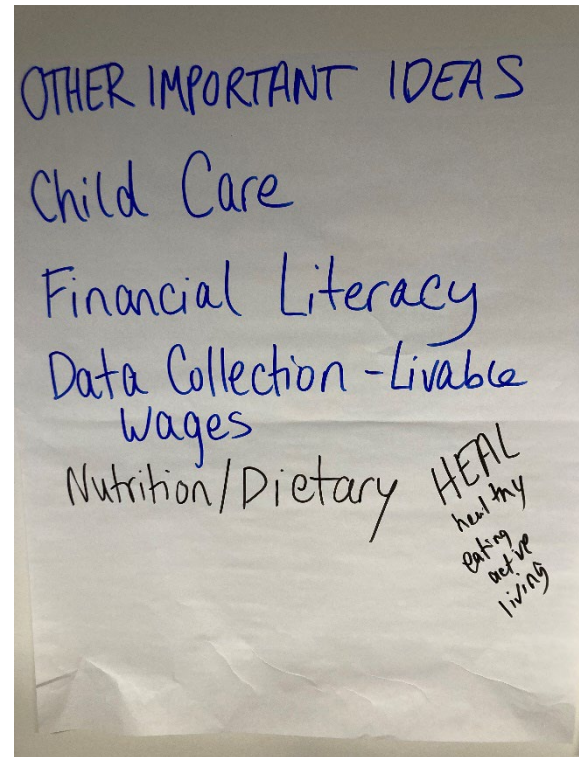
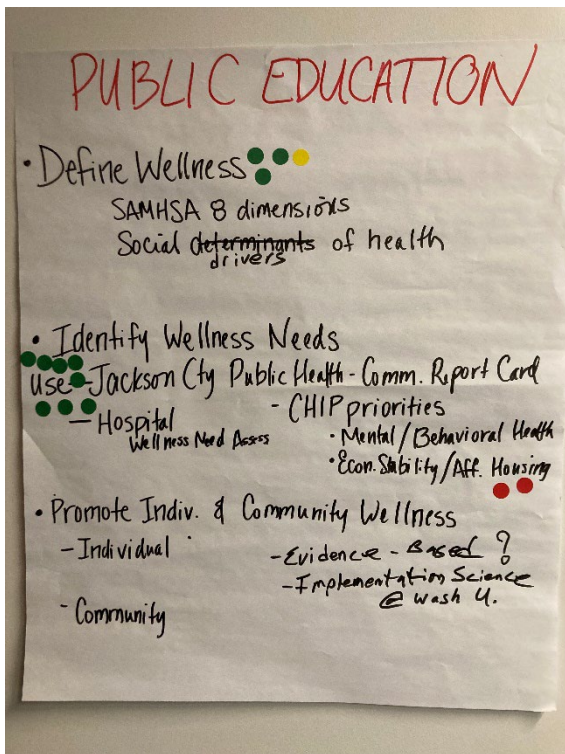
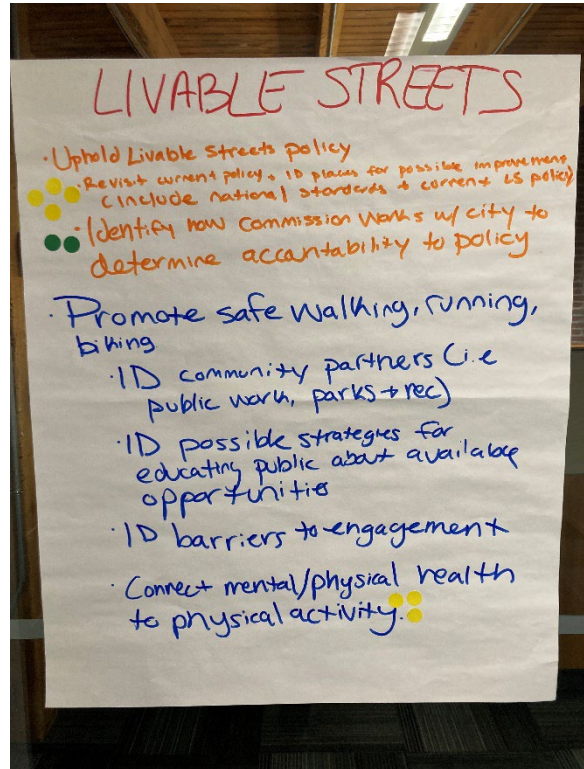
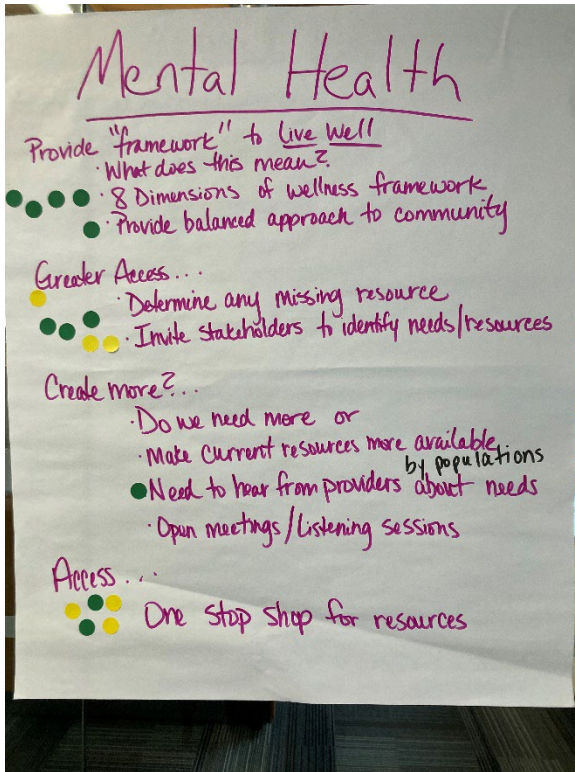
5. What did you find least helpful?

1	I thought overall it was very helpful and did not find anything specific to not be helpful
2	N/A
3	Nothing
4	I guess the ice breakers. But they were good.
5	Everything was helpful

6. Do you have any suggestions to improve future events?

1	N/A
2	No. Everything was great!
3	No.
4	More green dots :)

Appendix C: Posters



Physical Health

- Access for Aging Community
 - - Compile Insurance-Covered Resources
 - * Provide to local Clinics/Hospitals/LTC older adult housing
 - MARC/AAA
 - Collaborate with Regional Entities/Initiatives
 - Review/Reference CHA/CHIP
 - Utilize library + Community Center Resources
 - Access to Healthcare
 - Ride KC (Oats)
 - Livable Streets (Bikeable/Walkable Communities)
 - Affordable Housing
 - Adopt a "Health in all policies"
 - mindful of implicit bias

- Provide more community health opportunities

- Advertise & Identify existing services
 - One Stop Shop (Community Health Services Center) Jennifer
 - Electronic directory of services

Appendix D: Slide Deck



WELLNESS COMMISSION

LEE'S SUMMIT

Priority Setting Workshop

Wednesday, November 8

Introductions

Roadmap

- Getting to know each other
 - Context
 - Forecasting the future
 - Priority setting
 - Next Steps
-

Ground Rules

- Be engaged and fully present
 - Participate by sharing and listening
 - Stay in your lane
 - Commissioners: This is your day
 - Staff: Support and seek clarification
 - Be:
 - positive
 - candid
 - patient and respectful
 - Strive for consensus
 - Disagree agreeably
 - Practice “yes, and” rather than “yes/no, but”
 - Have fun!
-

Getting to Know Each Other

Activity #1

Getting to Know You: **Round 1 of 3** (10 minutes)

- When the bell rings, five (5) questions will be listed on the screen...
- Each person at the table has less than 2 minutes to answer any one of the listed questions





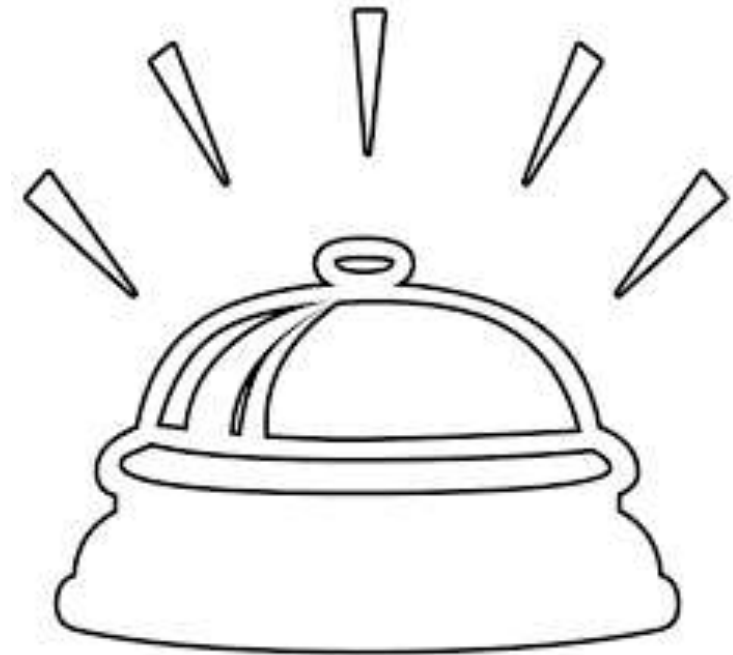
- 1. What is something people are surprised to discover about you?**
 - 2. What is the strangest food you've ever eaten?**
 - 3. What is a fun experience that you recently had?**
 - 4. What language would you most like to master?**
 - 5. What is the strangest thing you believed as a child?**
-

Let's Debrief

Saved by the Bell!

- Quick!
- Move to a new table
- Sit with new people

Round two (2) begins in two (2) minutes!



Getting to Know You: **Round 2 of 3** (10 minutes)

- When the bell rings, five (5) questions will be listed on the screen...
- Each person at the table has less than 2 minutes to answer any one of the listed questions





- 1. What is something you have recently discovered that you are excited about?**
 - 2. What is something you have always wanted to learn?**
 - 3. What new tool or app do you think needs to be invented?**
 - 4. Who, dead or alive, would you most like to have dinner with?**
 - 5. What is one thing that made you smile in the last two weeks?**
-

Let's Debrief

Time's Up!

- Quick!
- Move to a new table
- Sit with new people

Round three (3) begins in two (2) minutes!



Getting to Know You: **Round 3 of 3** (10 minutes)

- When the bell rings, five (5) questions will be listed on the screen...
- Each person at the table has less than 2 minutes to answer any one of the listed questions





- 1. What is your favorite thing about Lee's Summit?**
 - 2. What fun experience have you recently had in the city of Lee's Summit?**
 - 3. What is a hidden Lee's Summit gem you cherish, but many others are unaware of?**
 - 4. What's your favorite wellness activity in Lee's Summit?**
 - 5. Why did you decide to serve on the wellness commission?**
-

Let's Debrief

Context for Priorities

General Impressions

- Wide range of time lived in Lee's Summit
(under 2 years – over 16)
- Overarching desire to get a better understanding of the commission's purpose and mission
- Many respondents mentioned careers in physical and mental wellness
- Emphasis on excellent individual wellness practices in lives of commission members
- Desire to serve the Lee's Summit community and make the city a better place to live

Purpose Statement

To advise and recommend to the City Council plans, programs, and projects which improve the health and well-being of City residents in alignment with the 2020 Ignite Strategic Plan's Community Health and Well-being goals and objectives. The commission supports promotes and develops community resources in mental health, fitness, walkability, bike-ability, multimodal transportation, and community well-being.

Commission Roles

- Identify and assess the mental and physical health and well-being needs of the community.
- Educate and advise the City Council, public, community and government agencies about the mental and physical health and well-being needs of the community.
- At the direction of City Council, develop plans and reports that support the creation of community health and well-being programs, activities or infrastructure.
- Evaluate the effectiveness of these efforts in addressing community health and wellbeing.

Commission Roles

- Promote, educate, and encourage livable streets and safe use thereof throughout the community and greater metropolitan area.
- Advise City Council and Staff on positive community design and planning that promotes safe and accessible walking and biking streetscapes, trails systems and other modal uses considering all abilities, vehicles, and trip purposes.
- Review and evaluate the application and implementation of the Livable Streets Policy.
- Upon approval of the City Council, establish subcommittees to assist in accomplishing the objectives of the Commission and may appoint nonmembers to serve on those subcommittees.

Looking forward...

Promote individual and community wellness

Uphold livable streets policy

Define “wellness”

Provide a roadmap for citizens to “live well”

Access to resources for aging community members

Greater access to activities aimed at improving mental health

Advertise existing services and events

Create more mental health resources

Promote safe walking, running, biking

Identify wellness needs of the Lee’s Summit community

Access to mental/physical healthcare

Collaborate with regional health entities/initiatives

Provide more community health education opportunities

Keys to Success

- Education for members who may have familiarity in only one of three areas.
- Coordination with other efforts – consider how Lee's Summit fits in the broader Kansas City region.
- Understand interconnections to make meaningful change.
- Look to national resources (i.e. SAMSHA 8 Dimensions of Wellness)



WELLNESS

Source: Adapted from Swarbrick, M. (2006). A Wellness Approach.
Psychiatric Rehabilitation Journal, 29(4), 311-314.

Forecasting the Future

Activity #2



Part 1

The commission advises the City Council on plans, programs and projects which improve the health and well-being of city residents. When you think about the ideal future for a healthy Lee's Summit, what words come to mind?

Compilation of Ideas

- Opportunity to thrive
 - Safety
 - Supportive community
 - Inclusive
 - Social/emotional learning
 - Connectedness
 - Neighborhoods, region, transportation, social, etc.
 - Sharing burdens
 - Community involvement/knowledge
 - Access to and knowledge of resources
 - Access to healthcare
 - One-stop-shop for access to wellness resources: Interconnectivity
-

Forecasting the Future: Part 2

- A. How does the Wellness Commission bring value to the City of Lee's Summit?**

- B. What is the Wellness Commission's greatest opportunity going forward?**



Compilation of Ideas

- A
 - Opportunity to combine stakeholders around wellness issues
 - Improve health and literacy outcomes
 - Align health and well-being of city
 - Community health and wellness are valuable to every community
 - Ongoing livable streets work
 - B
 - Logistically shape future to meet wellness goals
 - Set priorities
 - Opportunity to direct city council
 - Change won't happen without initiative
 - Compiling and distributing available resources
 - Going from great to world-class
 - If you're not first, you're last
 - Make the healthy choice the easy choice
-

Priority Setting

Activity #3

Mental Health

- Provide a roadmap for citizens to “live well”
 - Greater access to activities aimed at improving mental health
 - Create more mental health resources
 - Access to mental healthcare
-

Physical Health

- Access to resources for aging community members
 - Collaborate with regional health entities/initiatives
 - Access to physical healthcare
 - Affordable housing
-

Livable Streets

- Uphold livable streets policy
 - Promote safe walking, running, biking
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Public Education

- Promote individual and community wellness
 - Define “wellness”
 - Advertise existing services and events
 - Identify wellness needs of Lee’s Summit Community
 - Provide more community health education opportunities
-

Anything else?

- Child care
 - Data collection - % of family sustaining wages
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Small Group Task

- Clarify or add to the list of preliminary priorities for this topic.
- Objective: Craft statements that are more focused and actionable.

Example

- Identify wellness needs of Lee's Summit Community VS
 - Conduct a series of community listening sessions to learn about community wellness priorities.
 - Interview local experts (including commission members) about available data sets the commission could track/analyze to measure community wellness over time.
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Hints

- Think back to the words you used to describe the ideal state for wellness.
 - Note questions for group discussion.
 - Don't overthink.
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Stoplight Voting

GREEN

Let's Go!

“This is a high priority.”

“This is low-hanging fruit.”

“I love this idea!”

“This is going to take time to get right, so we better get started.”

YELLOW

Proceed with caution

“This is important but not the highest priority.”

“I need more information or public input.”

“We should do this, but not in the next three years.”

RED

Stop/Wait

“I don't like this idea.”

“I'm intrigued, but the timing is wrong.”

“This isn't the role of the city.”

“This isn't a high priority.”

Feedback Survey





Thank You!

Lauren Palmer

lpalmer@marc.org

(816) 701-8207

Lukas Parrish

lparrish@marc.org

(816) 701-8305