


**Wellness
Commission
Update**

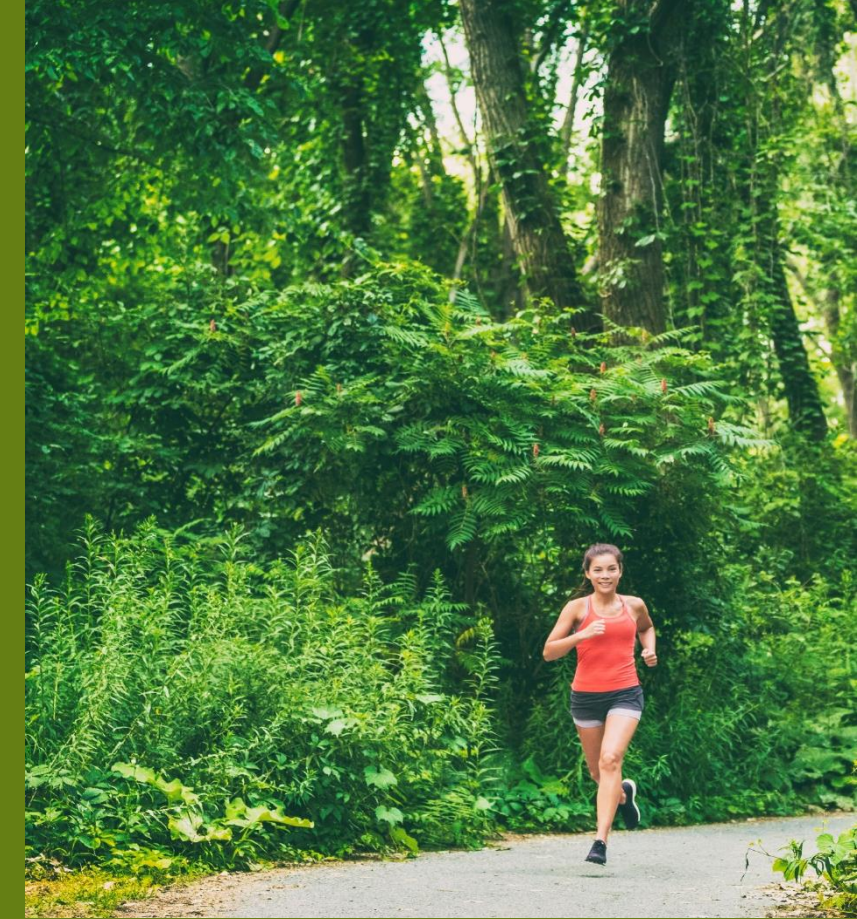
April 2024



LEE'S SUMMIT
MISSOURI®

Priority Setting Overview

- The City engaged MARC to facilitate priority setting for the Wellness Commission and Cultural Commission.
 - Half-day workshops involved context, forecasting, networking and setting priorities.
 - Initial priorities  three-year work plan
 - Open an ongoing dialogue with the city council as the commission begins to work and refine the plan.
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WELLNESS COMMISSION: PRIORITIES AND PLAN

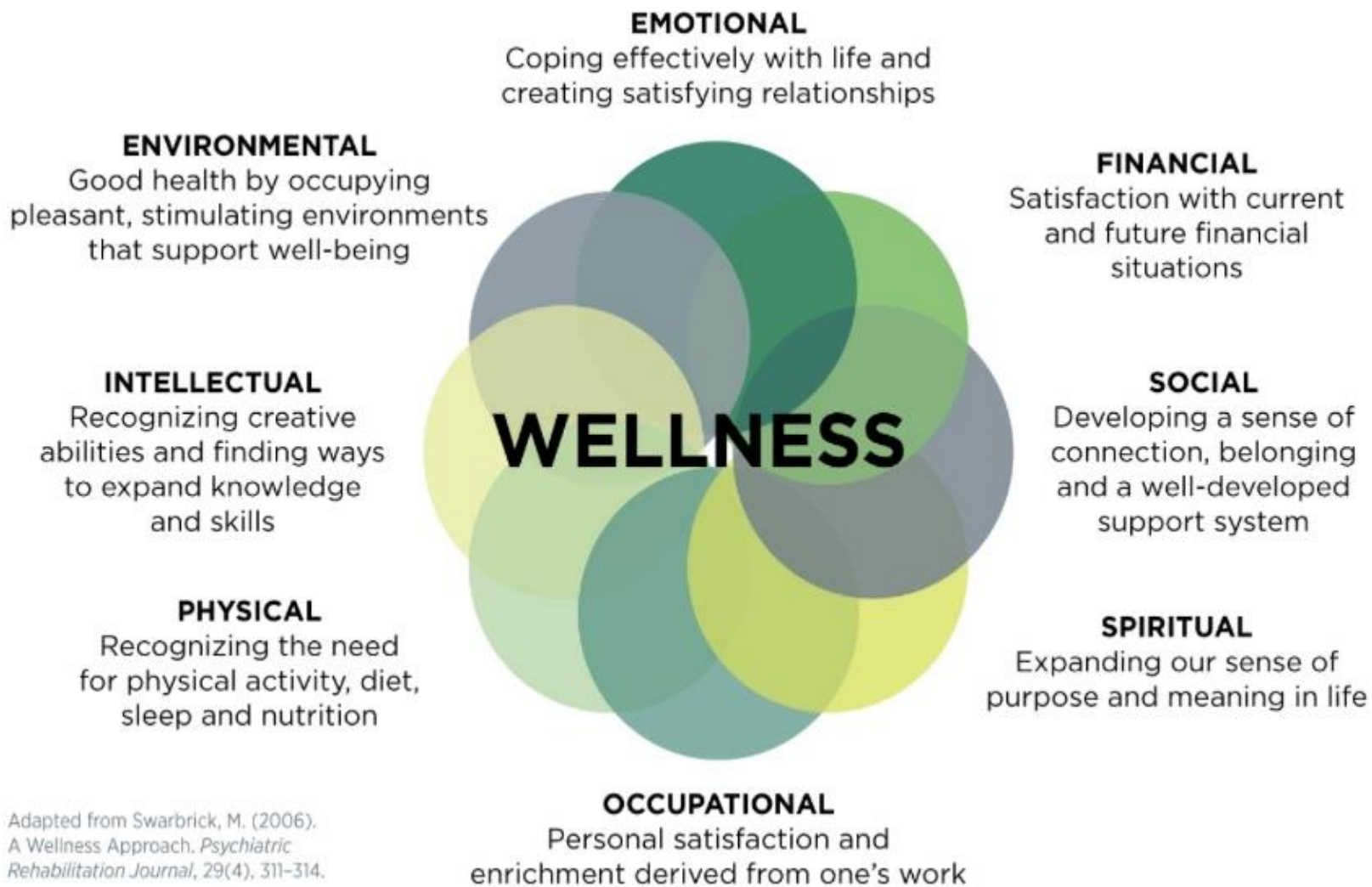
CHAIR: JENNIFER CRAIG

INTRODUCTION TO THE COMMISSION

Community | Service | Advocate | Healthcare
Biking | Running | Trails | Educator
Non-profit | Fitness | Desire | Business Owner
Family | Mental Health | Volunteer | Committed
New Resident | Longtime Resident

KEY THEMES FROM THE WORKSHOP

1. Center work around the Eight Dimensions of Wellness.



EIGHT DIMENSIONS OF WELLNESS

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

KEY THEMES FROM THE WORKSHOP

1. Center work around the Eight Dimensions of Wellness.
2. Prioritize individual AND community wellness.
3. Incorporate Livable Streets concepts into all aspects of Commission priorities.

STRATEGY WORKSHOP: PRIORITIES

1. Engage local health providers and stakeholders in an environmental scan of resources to understand existing data and reporting of community needs.
2. Define wellness.
3. Incorporate and update essential functions of the Livable Streets Advisory Board into the Wellness Commission.
4. Develop a central location for all Lee's Summit wellness resources.

PRIORITY 1

- Engage local health providers and stakeholders in an environmental scan of resources to understand existing data and reporting of community needs.
 - Brainstorm and catalog stakeholders to invite for engagement with the commission. Examples include behavioral health, hospitals, schools, senior living/long-term care, social services, faith-based, etc.
 - Conduct proactive outreach to stakeholders via emails, surveys or roundtable discussions
 - Review and assess Lee's Summit's needs within the context of Eastern Jackson County.

PRIORITY 2

- Define Wellness

- Develop an education strategy to promote awareness of the eight dimensions and wellness through community belonging
- Catalog existing wellness resources, including identifying strengths and deficiencies
- Define and track wellness performance metrics.

PRIORITY 3

- Incorporate and update essential functions of the Livable Streets Advisory Board into the Wellness Commission.
 - Review Livable Streets Policy and implements and make recommendations
 - Review Transportation from Wellness perspective and make recommendations

PRIORITY 4

- Develop a central location for all Lee's Summit wellness resources.
 - Create an digital, public directory of resources (near term)
 - Determine the need and viability of a physical resource center (one-stop-shop) for wellness resources (longer term, beyond 3 year plan)

THANK YOU