Wellness Commission Update

April 2024







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.







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.

EMOTIONAL

Coping effectively with life and creating satisfying relationships

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills

PHYSICAL

Recognizing the need for physical activity, diet, sleep and nutrition

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



FINANCIAL

Satisfaction with current and future financial situations

SOCIAL

Developing a sense of connection, belonging and a well-developed support system

SPIRITUAL

Expanding our sense of purpose and meaning in life

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work

EIGHT DIMENSION S OF WELLNESS

KEY THEMES FROM THE WORKSHOP

- Center work around the Eight Dimensions of Wellness.
- 2. Prioritize individual AND community wellness.
- 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.

- 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.

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.

- 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

- 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