

September 5, 2023



# PANHANDLE PARTNERSHIP

Rooted in Frontier Spirit, Committed to the Future

*This email includes curated content originally created by our friends at member and partner organizations, both locally and nationally. If you have an update, event, or news article you would like to see featured in an upcoming Tuesday Update, please email [info@panhandlepartnership.com](mailto:info@panhandlepartnership.com)*

[Visit Our Website](#)

[Training Academy  
Calendar](#)

## Upcoming Training/Events

The flyer for the Fall Festival is set against a background of pumpkins and autumn leaves. The title "Fall Festival" is prominently displayed at the top. Below it, text invites individuals with intellectual and developmental disabilities to a free event. The date is September 12, 2023, from 9:00 a.m. to 12:00 p.m. at 5789 West Hwy 20, Chadron, NE 69337. Activities listed include a healthy snack station, pumpkin crafts, and various health resources. Logos for participating organizations like UNL Extension, Panhandle Public Health District, and United Healthcare are shown at the bottom.

### Fall Festival

Individuals with Intellectual and Developmental Disabilities are invited to this free event offering health and wellness activities. Registration requested so we can be prepared.

Sept. 12, 2023

9:00 a.m. -12:00 p.m.

5789 West Hwy 20  
Chadron, NE 69337

Activities include:  
Healthy Snack Station  
UNL Extension

Pumpkin Crafts  
Western Community Health Resources

Blender Bike/Beverage Board/Blood Pressure  
Panhandle Public Health District

Healthy Habits  
Independence Rising

### Lifespan Respite

Date: September 12, 2023

Location: 5789 U.S. 20,  
Chadron, NE, 69337

[Register Here](#)

## Panhandle Public Health District

### Fall Safety and Wellness Conference

Date: September 21, 2023

Location: Gering Civic Center

Registration: 8:30 am

Conference: 9 am - 3:30 pm

Registration for the  
conference is [here](#).

REGISTER NOW  
**FALL SAFETY & WELLNESS CONFERENCE**  
 Gering Civic Center

KEYNOTE:  
 CARA FILLER



Cara Filler is DRIVEN to Inspire. She is a compelling author, entrepreneur, and traffic safety specialist who has shared her moving presentation with more than 2,000,000 people in 5 countries. Drawing from an immense personal tragedy in her own life, Cara's inspiring presentation focuses on dealing with peer pressure, traffic safety, and making everyday choices count. Why? Because it could just save a life!

**SEPTEMBER 21, 2023**

Learn more by visiting:  
<http://www.pphd.ne.gov/pwwc.html>

CONFERENCE DETAILS

- DRIVEN to Inspire
- Creating a Psychologically Safe Workplace
- How to Offer an Exciting Employee Well-Being & Strategic Planning Day
- Active Shooter Awareness
- Panhandle Humane Society dog walking



A 2022 ATTENDEE SAID...  
 "All topics were very relevant, interesting, and applicable to all. Awesome variety of speakers and side activities - coloring, wellness check challenge, dogs, and blender bikes are all awesome."

**Western Nebraska Early Childhood Conference**

Date: Saturday, October 14, 2023  
 Time: 8:30 a.m.-3:30 p.m.  
 Location: Gering Civic Center  
 Keynote Speaker: Kristen RB Petersen  
 Morning Session: "Always Trust Your Cape" & "Yes, Yes, Yes!"  
 Afternoon Session: "Messy Play"  
 Cost: \$45.00



Kristen RB Peterson is the retired founder of a magical place called Butterfly Hill Nature Preschool. In her quest to create a place full of play, learning, nature, emotions, and yes moments, Kristen discovered that play based learning is a MUST for all early childhood environments and is an advocate for play in early childhood. She is not just a teacher and life long learner... She has four children, loves donuts, reading everything and traveling to new places. Now a podcaster, keynote speaker, and online entrepreneur, Kristen uses her experience and B.A in Education with an emphasis in ECE to help early childhood educators find play, settle in, and enjoy the journey through training and digital courses.

Friday, October 13 Training (Free!)

Title	Time	PD Hours	Location
Option A: Early Learning Guideline: Math	9:00-3:00	6	HARMS Center Room 188
Option B: ELG: Approaches to Learning	9:00-3:00	6	HARMS Center Room 189
Option C: Trauma-Sensitive Approach in Early Care and Education	9:00-3:00	6	ESU 13-Conference Rm B/C
Option D: Safe With You	8:00-12:00	4	ESU 13-Conference Rm D
Option E: Taking the Lead (for Directors)	9:00-12:00	3	ESU 13-Conference Rm E
Option F: Eat the Rainbow	1:00-4:00	3	ESU 13-conference Rm D
Option G: Understanding Lead	1:00-3:00	2	ESU 13-Conference Rm E
Option H: Safe With You & Eat the Rainbow & D	8:00-12:00 & 1:00-4:00	7	ESU 13-Conference Rm D
Option I: Safe With You & Understanding Lead	8:00-12:00 & 1:00-3:00	6	ESU 13-Rms D & E
Option J: Taking the Lead & Eat the Rainbow	9:00-12:00 & 1:00-4:00	6	ESU 13-Rms E & D
Option K: Taking the Lead (Directors) & Understanding Lead	9:00-12:00 & 1:00-3:00	5	ESU 13-Rms E & E

**ESU-13**

Date: October 13 & 14, 2023  
 Location: Gering Civic Center

Register Here

**2023 Fall Western Nebraska School Mental Health Conference**

Date: October 17, 2023  
 Location: Chadron State College Student Center

Register Here

## FALL 2023 WESTERN NEBRASKA SCHOOL MENTAL HEALTH CONFERENCE

Over 2,000 research studies have shown that hope is the #1 predictor of future well-being outcomes. Simply stated, high hope individuals are more likely to be healthier, happier in their jobs, and more fulfilled in life than their lower hope peers. Hope is easily defined, easily measured, and easily taught and practiced. In school settings, hope is a predictor of attendance, school engagement, achievement, and staff productivity. We will learn how to define hope and apply hope science to our own lives and to those around us.



KEYNOTE: LIZ BARTELS

Liz Bartels is a Training Specialist at Project Harmony. In her role as Training Specialist, Liz trains professionals and community members about child abuse laws, trauma, methods to engage youth and families, and prevention strategies. Prior to working at Project Harmony, Liz spent 8.5 years at a local foster care agency providing in home support, crisis management, training foster parents, licensing foster homes, and walking with youth and families through the foster care system. Liz is passionate about empowering those who work with and care about kids by providing trainings that are engaging and relevant.

**Breakout Sessions Include:**

- From Depression to Hope and Healing (a lived experience)
- LB852 and Upcoming Nebraska Mental Health Legislation
- Online Safety
- Restoring Hope and Inspiring Possibilities
- Talk Saves Lives (Suicide Prevention)
- Compassion Resilience (Staff Support)

**REGISTRATION:**  
PANHANDLEPARTNERSHIP.COM/EVENTS/CATEGORY/TRAINING/

[Register Here](#)

**OCTOBER 17, 2023**  
CHADRON STATE COLLEGE STUDENT CENTER  
1000 MAIN STREET, CHADRON, NE 693375

Contact [mentalhealthconference@esu13.org](mailto:mentalhealthconference@esu13.org) for additional information

APA CE's pending

## Member Updates

### CAPWN

The Community Action Health Center/Community Action Partnership of Western Nebraska is gathering input from stakeholders and residents in the communities we serve. The purpose of this survey is to get your opinions about the community needs in the Panhandle. Survey results and other information will be used to identify the most pressing opportunities that can be addressed through strategic planning.

Please take a few minutes to complete this important survey by Monday, September 11, 2023. We also encourage you to share the survey link with others in your organization and community.

<https://forms.office.com/r/iHyb0DhudX>

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### Immigrant Legal Center

**NATURALIZATION CLINIC FOR SCOTTSBLUFF COMMUNITY**

THIS IS YOUR OPPORTUNITY TO OBTAIN YOUR U.S. CITIZENSHIP!

**REQUIREMENTS:**

- Be at least 18 years of age.
- Have been a green card holder for the past 5 years (or 3 years if married to a U.S. Citizen with whom you have been residing with for the past 3 years).
- Have had continuous residence and physical presence in the U.S.
- Naturalization eligibility will be determined during appointment.
- Ability to read, write, and speak basic English unless you are eligible for exemptions.
- Application fee is \$725, applicants may be eligible for a fee waiver.
- There is no fee to receive services from ILC.

**TO REGISTER CALL VALERIA AT: (402) 916-5140**

REGISTRATION DEADLINE: SEPTEMBER 22, 2023



**CLÍNICA DE CIUDADANÍA PARA LA COMUNIDAD DE SCOTTSBLUFF**

¡ESTA ES SU OPORTUNIDAD PARA APLICAR POR SU CIUDADANO DE LOS EE.UU.!

**REQUISITOS:**

- Tener al menos 18 años de edad.
- Haber sido residente permanente legal durante los últimos 5 años (o 3 años si están casados con un ciudadano estadounidense con quien ha residido durante los últimos 3 años).
- Haber tenido residencia continua y presencia física en los EE. UU.
- Habilidad de leer, escribir y hablar Inglés básico, a menos que pueda recibir una exención.
- Elegibilidad para la naturalización se determinará durante la cita.
- El costo de la solicitud es de \$725, los solicitantes pueden ser elegibles para una excepción de costo.
- No hay tarifa para recibir servicios de ILC.

**PARA REGISTRARSE LLAME VALERIA AL: (402) 916-5140**

FECHA LIMITE PARA REGISTRARSE: 22 DE SEPTIEMBRE DE 2023



# Nebraska Commission for the Deaf and Hard of Hearing

**NCDHH**  
Nebraska Commission for the Deaf and Hard of Hearing  
Communication - Advocacy - Equal Access

**DEAF AND HARD OF HEARING AWARENESS DAY AT THE ZOO**

SEPTEMBER 9, 2023  
10:00AM-2:00PM MT

**RIVERSIDE DISCOVERY CENTER  
1600 S BELTLINE HWY WEST  
SCOTTSBLUFF, NE**

**FREE ADMISSION  
SCAVENGER HUNT  
ANIMAL SHOWS  
ASL STORYTIME**

**CONTACT:  
SUSAN WHITAKER  
308-633-3751  
SUSAN.WHITAKER@NEBRASKA.GOV**

**DISABILITY DISASTER PREPAREDNESS WORKSHOP**

September 7 | 8:30 AM - 1:00 PM  
Harms Center, Scottsbluff  
There will be drawings for prizes including:  
NOAA weather radio, fire extinguisher, winter car kit



**Do you know what to do in case of an emergency? Do you have an emergency kit in your home? How does your disability affect how you prepare for a disaster?**

This workshop is designed to help you with all those questions. You will begin to prepare an emergency kit of your own, learn about what you need to do if our area is hit with a disaster and have the opportunity to speak with first responders. This workshop is open to anyone who has a disability. We also encourage caretakers of people with disabilities to attend. There is no charge for this workshop.



Speakers: American Red Cross, Roosevelt Public Power, Region 22 Emergency Management, Scottsbluff Police and Fire departments and others!

To RSVP or ask questions, contact  
Susan Whitaker  
308-633-3751  
susan.whitaker@nebraska.gov

**RSVP for a free lunch, September 1.**

Sponsored by: Nebraska Commission for the Deaf and Hard of Hearing in Partnership with Nebraska Vocational Rehabilitation, Nebraska Commission for the Blind and Visually Impaired, Independence Rising, Region 22 Emergency Management, and Panhandle Public Health District

## PPHD





## YOUTH MENTAL HEALTH FIRST AID

### LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care and the impact of social media and bullying.

Join the more than

**2.6** MILLION

*First Aiders who have chosen to be the difference in their community.*

### REGISTER TODAY!

**Delivery Format:**

2 hours of online pre-work then virtual instruction

**Date and Time:**

September 25th or October 24th from 9 - 1 pm

**Location:**

Virtual

**Where to Register:**

<https://tinyurl.com/2hka2yvd>

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

For more information, visit [MHFA.org](https://MHFA.org)

# Region 1



# WALK FOR HOPE



## Suicide Prevention Walk

**Region 1**  
Behavioral Health Authority

- WE WALK for hope
- WE WALK for change.
- WE WALK for awareness
- WE WALK because we care
- WE WALK to honor and support



### Walk at Lunch

September 13, 2023  
12:00 pm

For More Information contact  
Sue Teal [steal@region1bhs.net](mailto:steal@region1bhs.net)  
Kym Fries @ [kfries@region1bhs.net](mailto:kfries@region1bhs.net)



These services are funded in whole or in part under the Substance Abuse Prevention and Treatment Grant through the Nebraska Department of Health & Human Services and Region 1 Behavioral Health Authority.

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United Way

# DUCKS ON SALE NOW

BUY DUCKS ONLINE\* @

[WWW.UWWN.ORG/DUCK](http://WWW.UWWN.ORG/DUCK)

Quackers

'N Cheese

9/14 5-7 pm

@ Team Auto

## WHERE TO BUY DUCKS

### Scottsbluff

Team Auto Center (2014 E 20th Place)  
Riverstone Bank (2002 Broadway)  
Main Street Market (401 S. Beltline Highway- Customer Service Desk)  
United Way Office (1517 Broadway)  
Regional West Medical Center Gift Shop (4021 Ave B)

### Gering

Riverstone Bank (1540 10th Street)

### Alliance

ALLO (203 W. 3rd)

### Sidney

Beans & Steams Coffee House (610 Glover Rd Suite #10)

### Chadron

Apricot Lane at The New Leaf Marketplace (1002 East 3rd)

**INDIVIDUAL DUCK \$10**

**QUACKY TRIO \$25**

(3 DUCKS & A QUACK SACK)

**QUACKY COMBO \$60**

(7 DUCKS & A QUACK SACK)

## CARING IS MAGIC

1st Place wins  
2024 Chevrolet Trax



Donated by

**TEAM  
AUTO CENTER**

www.teamautocenter.com

2nd Prize  
2023 Honda Pioneer 520  
Side-By-Side



Donated in part by



\*ONLINE SALES ARE DEBIT CARD ONLY

## Nebraska Stroke Association (NSA)

The NSA's vision "is to be a statewide resource to reduce the impact of stroke and enhance the quality of life of those affected by stroke." Their mission "is to serve Nebraskans through stroke prevention, education, advocacy, and support services." You can learn more here: <https://www.nebraskastroke.org>

Recently the NSA has received donations to offer small grants/scholarships to the survivors of stroke. The small grant/scholarship could be put towards things like gas, groceries, travel expenses, durable medical equipment, etc. Those who fill out the form will be considered for receipt of the grant by filling out this form: [https://docs.google.com/forms/d/1Zd3-fhwAjhAMOCzskZ-tjf9aDSmFq4\\_ZDnDt4J0\\_vy4/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1Zd3-fhwAjhAMOCzskZ-tjf9aDSmFq4_ZDnDt4J0_vy4/viewform?edit_requested=true)

# 15th Annual Light of Hope

benefitting CAPstone and CASA

## "It Takes A Village"



**FUNDRAISER**  
**THURSDAY SEPT. 7**  
**5-7 PM**  
**GERING CIVIC CENTER**  
**HORS D'OEUVRES**  
**CASH BAR**

**GUEST SPEAKER:**  
**LORI RODRIQUEZ-FLETCHER**  
*Speaking on the Mental Health  
of our children today*

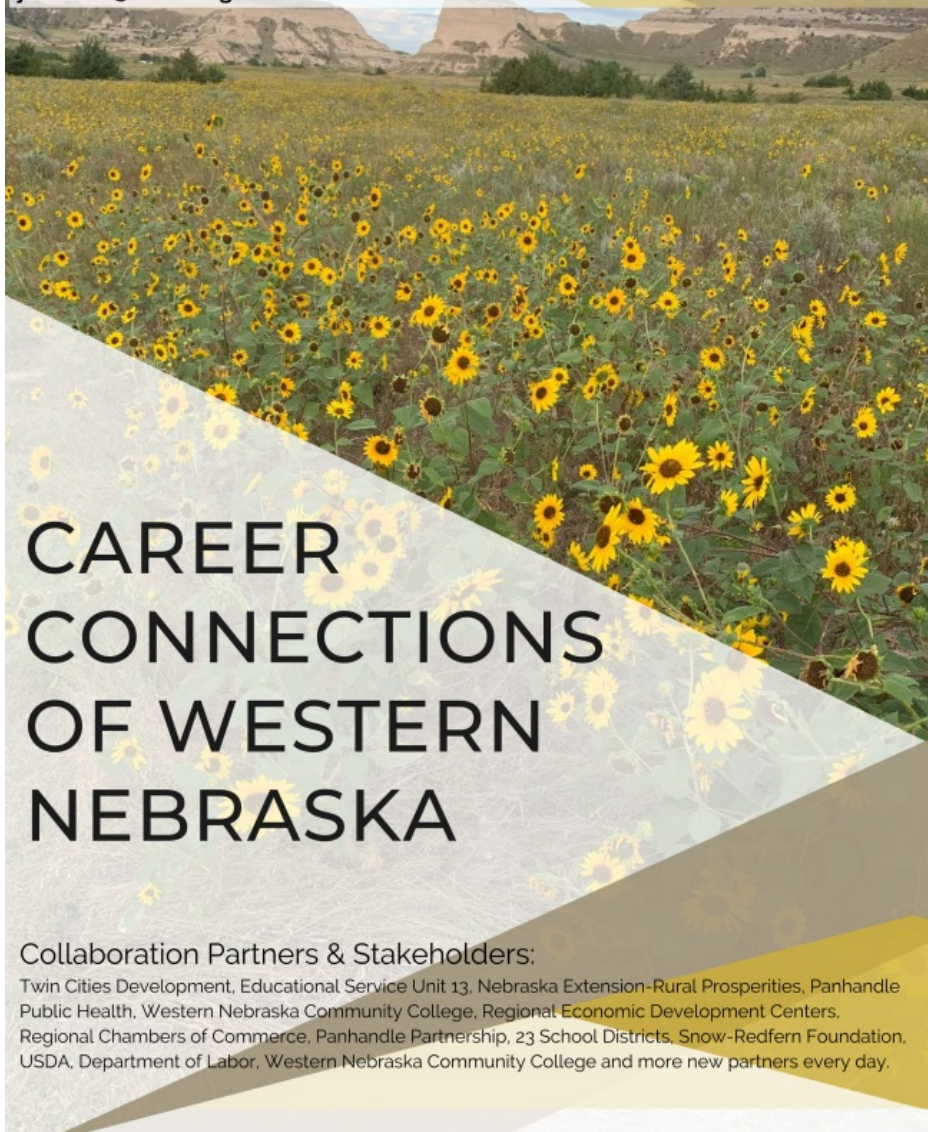
*Please join us for this Business After Hours event*  
*Free-will donations accepted*  
*Donations can also be sent to CAPstone 900 P Street Gering, NE 69341*

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Career Connections of Western Nebraska



Learn more through the Collaborative's Partnership Lead- Twin Cities Development:  
[jdiedrich@tcdne.org](mailto:jdiedrich@tcdne.org)



# CAREER CONNECTIONS OF WESTERN NEBRASKA

## Collaboration Partners & Stakeholders:

Twin Cities Development, Educational Service Unit 13, Nebraska Extension-Rural Prosperities, Panhandle Public Health, Western Nebraska Community College, Regional Economic Development Centers, Regional Chambers of Commerce, Panhandle Partnership, 23 School Districts, Snow-Redfern Foundation, USDA, Department of Labor, Western Nebraska Community College and more new partners every day.

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Nebraska Department of  
Health and Human Services

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

## CHILD AND FAMILY SERVICES SPECIALIST



### EXAMPLES OF WORK

- Advocate for each child's safety and well-being
- Respect the individuality of families
- Implement evidence-based practices in case management
- Coordinate efforts of resources to ensure needs of families are met
- Design clear and concise reports

### REQUIREMENTS

- Bachelor's degree in social work, human development, or related area
- Driver's license

### PREFERRED

- Experience in child welfare, juvenile justice, and/or case management



Snow-Redfern Foundation



# Ambassadors Needed

Ambassadors are individuals who represent or promote activities, events, and campaigns for Snow-Redfern Foundation by creating brand awareness and opportunities for connection amongst individuals and communities interested in creating opportunities for kids

**Help us connect, engage, and partner with communities to create more opportunities for kids!**

**LEARN MORE**

Be a Brand Ambassador or engage in public speaking

More information :  
[sara@snowredfern.org](mailto:sara@snowredfern.org)

 [snowredfern.org](http://snowredfern.org)

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## Lifespan Respite

Do you have a family member or friend who has an intellectual or developmental disability? If so, we would love for them to join us for the upcoming Fall Festival which is a health fair type activity specifically for individuals who experience Intellectual or Developmental Disabilities.

Registration is requested. Registration forms can be obtained by emailing [sherri.blome@wchr.net](mailto:sherri.blome@wchr.net).



# Fall Festival

Individuals with Intellectual and Developmental Disabilities  
are invited to this free event offering health and wellness activities.  
Registration requested so we can be prepared.



Sept. 12, 2023



9:00 a.m. -12:00 p.m.



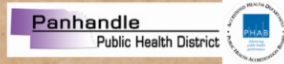
5789 West Hwy 20  
Chadron, NE 69337



Activities include:  
Healthy Snack Station  
UNL Extension



Pumpkin Crafts  
Western Community Health Resources



Blender Bike/Beverage Board/Blood Pressure  
Panhandle Public Health District



Healthy Habits  
Independence Rising







Best DAY ever!



# RESPIRE FUN DAY EVENTS 2023-2024

## FAMILY SWIMMING

Saturday Sept. 16, 2023  
1:00 p.m. - 3:00 p.m.  
Chadron Aquatic Center  
540 E 10th St., Chadron

## CHRISTMAS CRAFTS

Saturday Dec. 2, 2023  
1:00 - 3:30 p.m.  
Healthy Blue Welcome Room  
2621 5th Ave., Scottsbluff

## FAMILY MOVIE DAY

Saturday, April 6, 2024  
1:00 p.m. - 3:00 p.m.  
Eagle Theater  
244 Main St., Chadron

## SUMMER EVENT

We are still planning our  
summer event for 2024. Stay  
tuned for more information.

At least one person attending must be diagnosed with a special need.  
Come have some fun, meet some new friends and learn more about respite.  
Registration is required for each event. If you are coming from out of town and  
need transportation, contact us and we will coordinate with Open Plains Transit.



### Sponsored by:



Panhandle Partnership | 1517 Broadway, Suite 106, Scottsbluff, NE 69361

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