

April 30, 2024



PANHANDLE PARTNERSHIP

Rooted in Frontier Spirit, Committed to the Future

Panhandle Partnership
Website

Training Events
Calendar

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

Motivational Interviewing Introduction/Refresher

An Overview Of MI
With Skills Practice

May 2, 2024 10a.m. - 4p.m.



Communication With Intention

Communicating in the most effective ways doesn't come naturally for most of us. Motivational Interviewing (MI) is a particular way of talking with people about change and growth. MI provides tools to support individuals in exploring and resolving ambivalence and meet their goals.

MI Training Objectives include:

- Explain the meaning of the MI Spirit and general coaching approach to communication
- Ability to utilize key Motivational Interviewing Processes
- Improved ability to engage with intention using a minimum of one MI strategy
- Improved ability to engage and empower others in conversations when any behavior change is needed

You'll Learn/Re-learn
the Basics:



Exploring
Behavior



MI Spirit



MI
Processes



MI Skills &
strategies

 May 2, 2024 10 - 4

 \$25 includes lunch

 Location | ESU 13 | 4215 Ave I | Scottsbluff

 [Register Here](#)

 For more information, call 308.220.8020

Presented by
Cheri Farris, MPH, CHES, NBC-
HWC

Panhandle

Public Health District



[Register Here](#)

Motivational Interviewing Foundations & Skills

A Deeper Dive Into MI
May 30 - 31 10 - 3 both days



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You'll Learn & Practice More:



Exploring Behavior



MI Spirit



MI Processes



MI Skills & strategies

 May 30 & 31 10 a.m. - 3:00 p.m.

 \$50 includes lunch both days

 Location | Harms Center | 2620 College Park | Scottsbluff

 [Register Here](#)

 For more information call 308.220.8020

Presented by
Cheri Farris, MPH, CHES, NBC-
HWC



[Register Here](#)



WELCOMING COMMUNITIES
CONFERENCE

Presented By:



PANHANDLE
PARTNERSHIP
Rooted in Frontier Spirit, Committed to the Future



EMPOWERING FAMILIES



EXTENSION
Scotts Bluff County

WELCOMING COMMUNITIES CONFERENCE

A conference focused on providing professionals and community leaders a forum for awareness, dialogue, and skill-building to create welcoming and inclusive environments.

Session topics include:

- Healthcare Disparities
- Cross Cultural Communication
- Latinx/Hispanic Identity in the Midwest & Language
- Overcoming Community Divisions through Mindful Response

KEYNOTE SPEAKER
TASHA GOLDEN



**THURSDAY
JUNE 20, 2024**

Check-In: 8AM Start Time: 9AM-4PM

Gering Civic Center

Cost: \$65

Breakfast, Lunch, and Snack Included

Vendor Booth available

Register at:

panhandlepartnership.com



Tasha Golden, PhD is Director of Research at the International Arts + Mind Lab at Johns Hopkins University, and a national leader and consultant in arts + public health. Holding a PhD in Public Health Sciences, Dr. Golden has published extensively on the impacts of the arts, music, aesthetics, and creativity on health and well-being. She serves as an advisor on several national and international health initiatives, is adjunct faculty for the University of Florida's Center for Arts in Medicine, and is the lead author of "Arts on Prescription: A Field Guide for US Communities."

Golden's unique background drives her success as an international speaker and thought leader. Her talks and workshops help creative leaders and organizations around the world turn what-ifs into actionable strategies and community impact.

Sponsored By: This event is funded, in part, with state funds from the NDHHS, Office of Health Disparities and Health Equity.



[Register Here](#)

2024 WESTERN NEBRASKA SCHOOL MENTAL HEALTH CONFERENCE

Save the Date!

Our Western Nebraska School Mental Health Conference will be August 13, 2024 in Alliance. We are also seeking breakout presenters (linked below)

The focus of this year's conference is "Tools for the Trade." We are seeking breakout speakers to present at our 2024 conference. The deadline is April 1, 2024 for proposal submissions. Conference date is August 13, 2024 in Alliance, Nebraska. Please contact Terri at mentalhealthconference@esu13.org with any questions.



[Call for Proposals for Conference Breakouts](#)

KEYNOTE: JUDITH NORMAN, MA,
MS, LSC, LPC, RPT-S

Judith is an educator, trainer, consultant, and clinical supervisor. She is a co-founder and the lead trainer at the Synergetic Education® Institute. She is licensed as both a School and Professional Counselor and has worked at the intersection of education and mental health for over 25 years. Judith trains clinical and school-based mental health professionals and speaks and consults internationally on creating trauma-informed schools. As a District-Wide Social Emotional Learning Coach, Judith led her school district in implementing a "Thriving Schools Grant" aimed at advancing social-emotional wellness and behavioral health in school districts.

Judith created the Developmental Mindsets Paradigm,™ a model for working with educators from a developmental perspective. She created and teaches frameworks such as Learning Tools™ and Braindrops,™ tools for developing interoceptive awareness and self-regulation. She's created programming that supports the implementation of regulatory-focused, social-emotional, trauma-informed practices for students and educators in schools worldwide.

Judith is a Registered Play Therapist Supervisor and is a Certified Synergetic Play Therapy® Supervisor and Teacher. She is a Parent Educator, Certified in EMDR Therapy, and is trained in Mindfulness in Education.

Contact mentalhealthconference@esu13.org for additional information

Member Updates

The Doves Program

THE DOVES PROGRAM

www.DOVESProgram.com

We are MOVING!

The DOVES Program is moving from Gering to Scottsbluff. We'll share more information soon including our new location and official moving date. In the meantime, don't be surprised to see a For Rent sign on our current building at 2035 10th Street. Our landlord will be handling all inquiries so be sure to reach out to the number listed on the sign.

As part of our move, we have items we'd like to share with our community partners. All items are **FREE** and may be helpful for non-profits, schools, child care centers, summer camps, senior living centers, etc. Our goal is to keep these items out of the landfill so please share this information widely.

We invite you to our office on Friday, May 10 from 11:00am to 1:00pm to take what you can use. Because it's such a hodge podge of items, we'll not be sharing specific details and/or reserving items.

Items may include:

- Hanging File Folders
- Manila File Folders
- Envelopes
- Art supplies
- Office supplies
- Greeting cards
- 3-ring binders



Bring a box or two to carry your goodies!



Our current office is located at 2035 10th Street in Gering. Please park in the back parking lot and use the back door.



Please like our Facebook page for future announcements about our upcoming move.

www.facebook.com/TheDOVESProgram



Sexual, Domestic & Dating Violence Services & Prevention

24-hour Helpline: 866-95-DOVES

24-hour Text Line: 515-599-6620

Lifespan Respite

If any additional agencies would like to join us in providing a fun activity at the Sidney Office of Human Development, please contact Sherri Blome (sherri.blome@wchr.net or 308-432-8190).

We are hosting activities at different locations quarterly that have a health component and provide some fun opportunities

Let's Have Fun at the Sidney Office of Human Development

May 13, 2024 – 1:00 to 3:00 p.m.

- Nicole Berosek, PPHD - Blender Bike Smoothies
- Mary Stockwell, Independence Rising - Healthy Habits Wheel
- Nebraska Commission for the Deaf and Hard of Hearing - Whisper Challenge
- Western Community Health Resources Respite Program - Spring Craft

Cirrus House



PONY EXPRESS RIDE

for Children's Mental Health

CARNIVAL THROUGH TIME!



Cirrus House, INC would like to invite YOU to bring your friends and family to downtown Scottsbluff to help us celebrate the kick-off of this year's Pony Express Ride!

Activities will include **Penny Carnival** games, face painting, music, photo booth, and food—AND MORE— made possible by our partners and donors!

This year, there will also be a Cosplay contest hosted and judged by the folks at the High Plains Mini-Con!

Throw a ring! Bowl a coconut! Ring the bell!



The carnival will be held at **Cirrus House, INC, 1509 1st Ave, Scottsbluff** on **Wednesday May 15th** starting at 5 O'clock.

Letters will be available at Cirrus House, but you can also fill out a webform here:

<https://forms.gle/kc7ckRL9fJyqCgR16>



Cirrus House, Inc.
Work! It's What We Do.
205 S. 14th, Scottsbluff, NE 68901
Phone: 402.552.1415 Fax: 402.552.1416



Panhandle Equality

Join us for the 10th annual pride in the Panhandle! This event will take place June 1st. We have spaces available for booths and would love to get some more sponsors. You can sign up at this link: <https://forms.gle/R1uAh8Qdhbfr7o5B6>



 PRESENTS:
10TH ANNUAL

Pride

SIGN UP FOR A BOOTH OR TO
SPONSOR TODAY!



Welcome to Medicare presentations will be held in April in several communities in the Panhandle. These presentations are created for people turning 65 within the next year or two. Medicare is confusing and these free presentations offer an easy-to-understand guide for navigating through the process.

[Click Here to Download Documents](#)

Nebraska Commission for the Deaf and Hard of Hearing

SAVE THE DATE

June 1 - Deaf & Hard of Hearing Awareness Night at the Ballpark with the Western Nebraska Pioneers

August 6 - National Night Out (NCDHH will have a booth there)

September 7 - Deaf & Hard of Hearing Awareness Day at the Riverside Discovery Center

Contact the NE Commission for the Deaf and Hard of Hearing
Susan Whitaker - 308-633-3751 or susan.whitaker@nebraska.gov for more information



Banisters Leadership Academy

Banisters Leadership Academy

"Strengthening Youth and Families Through Leadership"



HEALTHY COMMUNITIES MOVEMENT (OF NEBRASKA)

The H.C.M. program provides children, families, and individuals easy access to mental and behavioral tele-health services.

- **Serving All Nebraska Counties**
- **NO COST to Those Receiving Services**
- **Virtual Appointments**
- **Everyone is Welcome to Apply**



To request an Interest Form email:
hcm@banisters.org or
capture the QR Code to complete the Interest Form



Banisters is the bridge between you and the provider and will not have access to any confidential information such as treatment plans or what is discussed in sessions.

This project is supported by the American Rescue Plan Act (ARPA) of 2021 funding for State and Local Fiscal Recovery Fund (SLFRF) and is being administered by the Behavioral Health Education Center of Nebraska (BHECN) at the University of Nebraska Medical Center (UNMC) by way of an award. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, BHECN, UNMC, or the U.S. Government. For more information, please visit BHECN'S ARPA website.

Snow-Redfern Foundation

SNOW-REDFERN FOUNDATION'S

ROOT2RISE

*Young Women's
Leadership Program*

A VIRTUAL WORKSHOP SERIES FOR SENIORS



Develop Skills and Make Connections

A small cohort of seven high school seniors will engage in valuable group discussions with professional women in Trades, Ag and STEM fields



Discover Your Potential, Grow Your Future

The virtual six-workshop series creates space for young women interested in growing their leadership potential through exposure to important topics affecting women in leadership roles today.



Scholarship Support

Participants who complete the entire workshop series will be eligible for a \$2,000 scholarship.



Eligibility

Female-presenting students that live in Nebraska and will be high school seniors in the fall of 2024.

APPLY NOW

www.snowredfern.org/root2rise/



Nebraska VR

Greetings!

Nebraska VR (Vocational Rehabilitation) and the Nebraska Brain Injury Advisory Council (BIAC) are conducting a statewide brain injury needs assessment. As part of the project, three surveys are [available here](#).

We are reaching out to all the Nebraska local health departments to encourage you to:

Complete the service provider survey. It can also be shared with other staff members or organizations who may want to provide input through the service provider survey.

Help promote the surveys for individuals with brain injury and family members/caregivers, using some of the suggestions below.

The feedback collected from the surveys will help identify service gaps and barriers as well as resource and training needs. It will also help the Nebraska VR and BIAC better understand the successes and challenges of those navigating life after a brain injury.

Nebraska's 2024 Brain Injury Needs Assessment



Take the survey(s) that apply to you and help Nebraska VR and the Brain Injury Advisory Council improve brain injury services and supports in our state. Survey results will be collected through Friday, April 12, 2024.

Individuals with Brain Injury Survey

This is for people in Nebraska who have experienced a brain injury. Although people can assist or fill out the survey on behalf of someone with a brain injury, the questions should be answered from the point of view of the person with the brain injury.

Family Members & Unpaid Caregivers Survey

This is for family members and unpaid caregivers and support persons of individuals living with a brain injury in Nebraska. This does not include personal attendants or other paid caregivers.

Service Provider Survey

This is for professionals who work for organizations or individuals (such as personal care attendants or paid caregivers) that provide services and support to individuals living with brain injury in Nebraska.



For more information and to complete a survey, use the QR code or visit rb.gy/88pp0j





MENTAL HEALTH SERIES

PPHD IS OFFERING A MENTAL HEALTH SERIES & EACH MONTH WE WILL PRESENT A NEW MENTAL HEALTH TOPIC AND/OR TRAINING. USE THE LINK OR QR CODE TO REGISTER & LEARN MORE ABOUT ONE OR ALL TRAININGS!

HOPE THROUGH ACTION

CONTACT US:
NICOLE BEROSEK
308.279.3498
NBEROSEK@PPHD.NE.GOV

YOUTH MENTAL HEALTH FIRST AID

- **May 7th from 9 am - 3 pm**
 - Via ZOOM
 - Description: 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.
 - Presenter: Bailey Kling & Nicole Berosek

*We must have 5 people sign up and complete the required 2 hour of pre-work to offer the training.

Register HERE:
<http://tinyurl.com/21owffu9>



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HOPE THROUGH ACTION

CONTACT US:
NICOLE BEROSEK
308.279.3498
NBEROSEK@PPHD.NE.GOV

ADULT MENTAL HEALTH FIRST AID

- **May 16th from 9 am - 3 pm**
 - Via ZOOM
 - Description: Adult Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.
 - Presenter: Kym Fries & Nicole Berosek

*We must have 5 people sign up and complete the required 2 hour of pre-work to offer the training.

Register HERE:
<http://tinyurl.com/21owffu9>

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