

HCI:HE HEALTH IN ACTION

January 2021

1 Learning
resources

2 Seward County
Story

LEARNING RESOURCES

PANDEMIC STRESS

Face coverings, social distancing, and overall anxiety about the pandemic can increase your stress. The isolating policies of the pandemic can make us feel cut off to our community when we need it most. Learn more about ways to cope with your own stress and support your community with resources from the [CDC](#) and [KDHE](#).

RESIDENT PARTNERSHIPS

Check out County Health Rankings & Roadmaps' [Action Learning Guide for Partnering With Residents!](#) This guide includes strategies, activities, and tools for engaging with residents.

RACIAL EQUITY

This [webinar](#) explores creating conditions for racial equity by engaging residents in their communities. Additionally, this webinar touches on community healing and virtual engagement.

Community Organizing

Community organizing is a powerful tool to help residents come together for a common cause. The [Community Organization Model](#) presents a participatory decision-making process that empowers communities to improve health. The model uses active participation from the community to identify health issues and strategies to address them. Successful health promotion and disease prevention programs rely on engagement and input from the community.



Characteristics of the Organization Model

The [Community Organization Model](#) highlights the following as the primary characteristics of the model:

- Understanding the context and root causes of health issues
- Collaborative decision making and problem solving
- Focusing efforts on specific issues
- Actively engaging participation from various groups and organizations within the community
- Developing and maintaining capacity and power to produce lasting change
- Providing feedback to the community

SEWARD COUNTY



Groundbreaking for new shelter at Sage Mobile Home Park

Stronger Together

Several years ago, Susan Lukwago, the Community Liaison for Seward County, used data from the Kansas Health Institute to identify the southeast quadrant of Liberal, KS as having the greatest opportunity for growth in Seward County. Through a partnership with Prairie View Elementary (PVE) School District, a strong resident-led network emerged to identify and address the needs of the community. But that network didn't come easily. Lukwago noted, "When we tried to reach out to residents ourselves, it did not work.... But when residents reached out to their neighbors, that was uber successful."

From that outreach, three champions emerged-- Jesus Moreno, Teresa Meza, and Pastor Presephoni Fuller. Teresa and Jesus are parents in the PVE School District and have been crucial in igniting community involvement. Pastor Fuller engaged in the initiative as a resident in the area and a local pastor. The tremendous efforts of these three residents contributed to the growth and sustainability of the health equity initiative, including the South Church of God Food Pantry that Pastor Fuller helped develop.

Pastor Fuller elaborated on her vision for the South Church of God Food Pantry, "The things I most like about the food bank is our ability to serve an underserved community. Our team offers 5 Star service and curbside delivery beyond Covid-19. Our mission is to meet a basic human need with grace and dignity. That is what we have worked hard to do. Since its inception, we have served

2,131. Community really matters."



Ribbon-cutting for the South Church of God Food Pantry

Additionally, with patience, resident engagement and hard work, the community built a shelter at the Sage Mobile Home Park, also known locally as the Bluebell Mobile Home. Lukwago hopes the partnership between HCI:HE and the Sage Mobile Park will help the residents feel empowered and not forgotten. Moving forward, she wishes that "residents of the PVE school district continue to know that they can do so much for themselves, especially when they join together."