Goal: Reduce obesity and associated chronic disease risk through consumption of healthful diets, daily physical activity, and achievement and maintenance of healthy body weights

* Partners: YMCA, Hastings Public Schools, Harvard Schools, Hastings Catholic Schools, Worksite Wellness Teams, Mary Lanning Corporate Wellness, Healthy Hastings, Webster County Hospital, Brodstone Memorial Hospital, Quality Healthcare Clinic, Mary Lanning Healthcare, Vital Signs Health Fair, UNL Extension, WIC, YWCA, District Clinics and providers, Community Health Workers, local gas stations and small grocery stores (Hispanic Stores), Complete Streets program, Hastings Chamber of Commerce, Community Centers, Clinic Providers, Pharmacies, Prairie Loft, Superior Public Schools and L/N School, Superior City office, Elks, Churches, Red Cloud School, Willa Cather Foundation, City Council, Lion's Club, Ambulance squads, Clay County Health Department, Midlands Area of Aging, Golf Course, Senior Center, non-profits, Zone, Chamber
* Activities: Provider/community health worker/pharmacist referrals to diabetes prevention and high blood pressure prevention programs, activities to promote healthy lifestyles, school promotion of healthy foods and morning walking programs, creation of wellness committees and wellness policies (encouraging healthy snacks, healthy celebrations, fruit and veggie bar in schools, walking breaks, etc.), lifestyle coaching, hosting Walk Out on Work events, youth and adult dance classes, Smart Moves Diabetes Prevention Programs, nutrition education at schools and events, community nutrition classes, year round youth sports, community health fairs, coaching about height and weight, providing healthy foods for infants, Choose Healthy Here at grocery stores and worksite vending machines/cafeterias, health insurance discount for fitness center use or other wellness activities, SHDHD has promoted various programs and healthy behaviors though media including social media and our website, Social supports for physical activity nutrition Coordinated School Health, CATCH Kids after school program, self-monitored blood pressure programs, and agricultural and outdoor education programs for children, Victorian Stroll, Firecracker Run, Nelson Run on July 4th, Presidential PE Award in Schools, Lunchtime Walking @Superior Schools, Beef Program @ Schools, Bike/Ped Lane from Park to Park in Superior, City Resolution for Complete Streets, School Backpack Program, Summer Backpack Program, AM breakfast at School, Healthy Living Program, Walking School Bus, Walking Program before school, Walking Challenges @ hospital with community, ball programs with younger adults getting involved and prompting, city council moving towards adding trails to Red Cloud, installation of green house at the schools, Willa Cather Center recreation, beef donations to schools, church backpack program, Clay County Wellness program, Nurses screening at Sandy Creek, 3 Ambulances squads can do 12 lead EKGs, statewide stroke prevention that allows us to by-pass closest hospital, health fair education, MAAA provides healthy meals and education, Clay Center has a fitness center, golf courses encourage walking verse carts, restricted sugar at breakfast at HPS, YMCA Blood Pressure Program, Thursday Downtown farmers market, ½ cent sales tax for trial expansion, Senior Center has free exercise program for 60+, backpack program, community non-profits have walks/run to promote services and health, after school programs at the Zone and YMCA, Chamber hosting Well-Being week

Goal: Reduce the number of new cancer cases as well as illness, disability, and death caused by cancer.

* Partners: Morrison Cancer Center, Community Health Center, YWCA, YMCA, Brodstone, Superior Pharmacy, Shopko Pharm, Webster Co. Clinic, Village Pharmacy, Blue Hill Pharmacy, Clay Co. Health Dept., Russ’s Pharmacy, community members, Hastings Health Ministry, South Heartland Cancer Coalition, Mary Lanning Cancer Committee, Hastings College, Hastings Public Library, Vital Signs Health Fair Board, Extension Offices (Clay, Nuckolls, Webster), community swimming pools, Sun Safe provider champions (Main Street Clinic, Superior Family Medical Clinic, Quality Healthcare Clinic, Family Medical Center, MLH Community Health Clinic, ), American Cancer Society, Nebraska Comprehensive Cancer Control program, Nuckolls County Fair Board, Superior Country Club, Superior Estates Winery, South Heartland District Health Department, VA, Midland Area Agency on Aging, Webster County Fair board, Midlands Area Agency on Aging, Hastings Utilities, NDEQ (Nebraska Department of Environmental Quality), Hastings Respite, Community Action Partnership
* Activities: Vital Signs Health Fair, Women’s Health Event, Colon cancer screening kit (FOBT) distribution, HPV community education and "Someone You Love" film screenings, Every Woman Matters program, Tobacco Point of Sale Assessment, promotion and sales of radon testing kits, Pool Cool Sun Safety program, sun safety education in schools and provider offices, Cancer Stomp, Donation to Susan Komen and Cancer Stomp Education piece to golf tournament, Time to Heal Program, Woman's Health Night, T-shirt sales- donation to Pancreatic Cancer, Gala/ Woman's Health Night- Survivor Highlight, Colonoscopies, FOBT kits/Skin Scope/Rolling Colon at Health Fair, selling of Radon Kits, Telemed specialty oncology clinics, Breast cancer awareness/colorectal cancer info at health fair, "tough enough to wear pink” at Webster County Fair, Colon Cancer kit distribution, mental health provider, managed care, transportation for seniors to access healthcare and senior centers, Care of Caretakers program, Community Action Partnership helping with economic problems that arise when cancer hits, Community Sun Safety Presentations, securing funds for oral chemotherapies, Healthy kids day and learn to Swim

Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services

* Partners: Mary Lanning (ML) Behavioral Health Services / Lanning Center, CASA, SASA, Horizon Recovery, Crossroads, Veterans Hospital, Region 3, all licensed MH providers/ counselors within SHDHD jurisdiction, Dr. Kathy Anderson, Children and Adolescent Clinic, local providers, Hastings College, CCC, local schools. South Central Behavioral Services (SCBS), support groups, UNMC, UNL, ESU9, Positive Solutions, Ministerial Association, Webster County Clinic, Spring Creek Homes, Main Street Clinic, Assisted Living/Nursing homes, Blue Hill clinic, Ministries Society, UNL Consults and Richard Young Consults, VA, Quality Health Care Clinic-Fillmore County Counselor, Renee Duffek, Sutton Chamber office, EMS, Boys Town, United Way, Bristol Station, CCC, Hastings Public Library, Sunny Side Foundation, Churches, YWCA, Teen Court, VA, Adams County Probation program, ML Healthy Beginnings program, Schools
* Activities: Depression screenings, full service mental health care at Mary Lanning; behavioral health services offered at various clinics and nursing home, integrated or collaborative behavioral health/primary care, Mental Health First Aid Training, Question Persuade Refer (QPR) Suicide Prevention Training, Trauma Informed Care trainings, SBIRT adoption, military cultural competency training, psychological first aid trainings, training and promotion on use of Adverse Childhood Experiences (ACEs) and 40 developmental assets, Federally Qualified Health Center (GI) for Behavior Health (BH) services, promotion of treatment for behavioral health issues and increased awareness/ understanding needs for behavioral health services for others, Grad Student seeing patients at Brodstone once a month and through telehealth, brief depression screening at annual physicals, hospitalized patients brief screening during admission, screening more in Jr/Sr w/High Council (school Physiologist), depression/anxiety/bipolar support group, mental health directory, mental health providers are part of specialty clinic, Clinics and Assisted Living/Nursing Homes have med management programs, Teammates, 4H groups and FFA, TVCDC activities, Bible School/Studies, Telemedicine, VA has resources, Telehealth services integrated Behavior Health and Primary Care at Quality Health Care, Chronic Care management Services, Mental Health assessment done at annual screenings, Vanderbilt Assessments teacher tools @ Sutton Schools for ADHD kids on meds, Sutton School provides counseling services, Renee different avenues of therapy, Sutton Chamber hosts educational meetings for community (e.g. effects of screen time for adults and children), Critical Incident Stress Meeting (CISM) for EMS, State trained individuals on peer and mental health response- recommendations can be requested through state patrol, Boys Town serving all of central Nebraska providing diagnosis and outpatient therapy, community paramedics working with EMS/Police and mental health practitioners to get mental health patients in crisis to appropriate care, United Way’s low cost prescription program, CCC has student assistance program with 12 free counseling sessions per year and has a C.A.R.E team that is an immediate response team for a variety of issues (suicide, bullying, death), Hastings Public Library has health stories lessons that are health literate, substance abuse evaluations that are funded by United Way- but clients responsible for a portion of the cost, Senior services host free mental health training and sessions funded by Sunny Side, Juvenile Recovery Meetings, grief share program, YWCA’s Empower Hour, 1st St. Paul’s Stephen’s Ministry, VA Suicide Prevention program, Ask the Question Campaign, Support Groups, Probation program with vouchers available to pay for services depending on type of probation and bring in providers to lead mandatory meetings, SCBS sliding scale fee, ML Healthy Beginnings program does a complete depression assessment on all clients and provides assistance if action is needed, ML staff provided with MH 1st aid quarterly, ML PHQ2 depression screening at yearly apt, PHQ2 all Psych admissions, ML Integrated behavior health providers in primary care clinics, ML provides BH services to Brodstone 2x per month and telehealth to Webster County, SCBS- Outpatient from ML all ages get screened using TOP screening tool, SCBS day rehab, psych residential rehab, community support, SCBS evidence based programs: Parent-child interaction therapy, 24/7 crisis response, same day access for new admits, serve people who have no insurance or high deductibles, focus on co-occurring (mental health and substance abuse), have a trainer for trauma 101; Autism support group for parents, Preventative problem solving groups and school counselors are in every k-5 classroom weekly to teach social skills and friendship skills at Hastings Public School

Goal: Reduce substance abuse to protect the health, safety, and quality of life for all, especially young people

* Partners: ASAAP, Region 3, Mary Lanning Behavioral Services, Horizon Recovery & Counseling, South Central Behavioral Services (SCBS), Hastings College and CCC, Hastings Police Dept., Superior Police Dept., Adams/Webster/Clay Co Sheriff's offices, Hastings Area Chamber of Commerce, public schools and Hastings Catholic schools, Youth Task Force, pharmacies, city/county governments, media, UNL Telehealth, Erica Ferrell, Teammates, Telehealth, Halfway House, Crossroads, Mary Lanning Living Center, Teen Court, The Bridge
* Activities: Peer to Peer programs in schools, Red Ribbon Week, ASAAP Quarterly Community Breakfast forums, Medication Take Back events, Social Norms Campaigns, John Underwood's Life of an Athlete program, Opioid Epidemic forums, support of legislative activity and education on laws related to substance abuse, Policy Academy - South Heartland Area Drug & Alcohol Policy Team, Chemical Dependency evaluations, Teen Court, Youth education programs through the schools, Adult recovery programs for recovering addicts, alcohol and drug student assessments (electronic SBIRT, Screening, Brief Intervention, Referral, Treatment), emergency room policies and referrals, Girls on the Run (Lincoln Elementary), Nebraska Risk and Protective Factor Student Survey and Youth Risk & Behavior Survey for baseline data, Teammates, 1 question on intake at annual physicals, Quality Health Care LDAC practitioner using the PDMP system to catch multiple prescriptions from other provider, Sutton drug dog is used in schools, working with Region 3 Behavior health to provide Naloxone to first responders, Bridge outpatient program, Bristol Station recovering addict program for formerly incarcerated individuals, New Dimensions, 12 Step Early Birds Meeting, Provide education to physician offices and local ED’s regarding treatment of substance abuse patients , substance use evaluation, outpatient therapy, Intensive outpatient (10 hr/wk) using Matrix model, work with patients that have no insurance or high deductibles, MLC support for homes and near homeless youth in danger of substance misuse, diversion program, The Bridge’s women with children program helping with group support and career, Mary Lanning Healthy Beginnings program for expecting parents or parents already- provide home visits, NEHI for potential abusers, Hastings juvenile chemical dependency program at Hasting Regional Center, long-term impatient treatment for adolescent males, Horizon’s program with schools to provide services for substance using students