



The  
Wellbeing  
Partners

# Reference Guide

## Programs and Events

### **Trek up the Tower**

Trek Up the Tower is the region's leading vertical stair climb. This annual community event attracts national and international tower running enthusiasts as well as organizational and community teams at all fitness levels.

### **Xchange**

Our annual health and wellbeing summit to collaborate within our communities, connect practical strategies with innovative results, and commit to improving health for all.

### **Ignite Awards**

Our annual wellbeing awards event celebrating local individuals, organizations, and community leaders for impacting personal, organizational, or community wellbeing for the better.

### **Vivacity**

A commitment to living in communities focused on wellbeing, Vivacity is a social determinants of health assessment tool and navigation pathway for the community to connect to health promoting activities.

### **Quarterly Member Forums**

Education is a core element of TWP, along with advocacy and collaboration, and is a member deliverable. Quarterly member forums provide an opportunity for member learning and engagement.

### **Barbershops**

A mental health resource and referral training program for barber shops and salons to address mental health needs in our BIPOC communities.

### **WhatMakesUs**

This contact-based stigma reduction campaign collects and share stories from local people living with mental health conditions and their allies.

### **Safe Routes to Healthy Places**

Neighborhood access, zip code, and overall environment significantly impact one's overall health. This evidence-based program works to ensure all community members are safe and supported when walking, rolling, and biking to nearby destinations.



## **Activate Youth for Mental Health**

This program is being implemented at two OPS Schools to increase mental health literacy through curriculum implementation and a building-level stigma reduction campaign designed by students.

## **Caregiver Mental Health for Workplaces**

This program aims to support the mental health of employees and their children by providing research-driven parenting practices within the workplace setting.

## **GusNIP**

This project increased the usage of Double Up Food Bucks (DUFb) and created healthy retail marketing materials for the Latino population at Las Nenas Zamora Market.

## **NDE Teacher Mental Health**

This project provided resources and encouragement to Nebraska teachers as they continued to face a challenging work environment.

## **Medical Respite**

Our community can no longer discharge people into homelessness. The Wellbeing Partners is leading a coalition to launch a medical respite pilot. The respite program will provide a short-term, post-acute care facility, with wrap-around resources, to 5-15 homeless individuals as they are released from local hospitals.

## **Regional Health Council**

The Regional Health Council functions by listening to community members, businesses, organizations, schools, faith communities, and elected officials to understand the most pressing health needs and to activate a strategic and regional response. The current priority is mental health.

## **Advocacy**

TWP's mission includes advocacy as a mechanism for building wellbeing into people's lives. We are convening an advocacy committee to lift up the priority areas of: Mental Health and Wellbeing, Racial Equity, and Workplace Wellness/Health. We will be creating one-pagers showcasing each priority area in order to increase awareness of these issues within the community. We will also engage with the local boards of health in Nebraska and Iowa and Nebraska state senators.