



The
Wellbeing
Partners

Annual Report

20
22

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A Letter from Our CEO

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New and exciting changes happened in 2022 at The Wellbeing Partners, including new staff, new program launches, and new wellbeing champions introduced to the community. We celebrated new beginnings and the power of teamwork.

Our successes wouldn't be possible without the dedication, commitment, and support of our team members, partners, and stakeholders. Without you, The Wellbeing Partners' commitment to health and wellbeing wouldn't exist. From the bottom of my heart, thank you to everyone who continues to help make The Wellbeing Partners better than the year before.

This year we launched our Head to Heart program. Our first cohort graduated from the program and are providing mental health support in the community. Alongside Canopy South, the first cohort of the Neighborhood Ambassador program graduated, providing valuable input for improving the conditions of the built environment. Additionally, the medical respite program proudly accepted its first patient.

Internally, we were thrilled to welcome a new accounting firm, Eide Bailly, plus our Director of Workplace Culture and Wellbeing, Lori Thomas, and a new CEO. We're truly grateful for our team and our board, who gave The Wellbeing Partners 95% in donations during Giving Tuesday.

As we strive to improve health for all, we continue to offer resources and support to grow healthy workplace environments. With 51 active member organizations, we were able to launch our Family Wellness Webinars, which were attended by over 500 employees from across the community.

There is much work to be done, but the challenge is welcome. Thank you for your efforts and contributions to creating communities that thrive together.

Aja Anderson
CEO of The Wellbeing Partners





About Us



Mission

Build wellbeing into the way our communities and businesses grow through advocacy, collaboration, and education.



Vision

Cultivate wellbeing so every person thrives.



Values

Impact

Creating solutions that impact the community.

Equity

Investing in our communities to have an equitable environment.

Integrity

Developing opportunities with the utmost integrity

Relationship

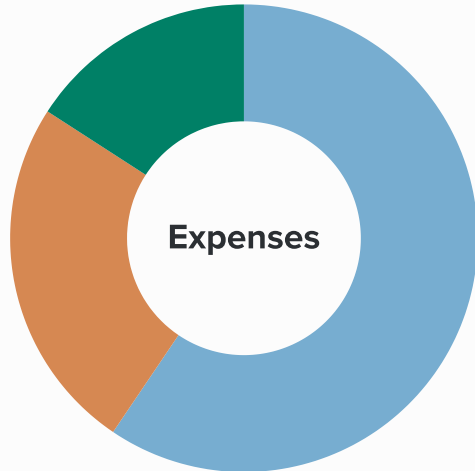
Investing and building relationships with diverse communities.

Innovation

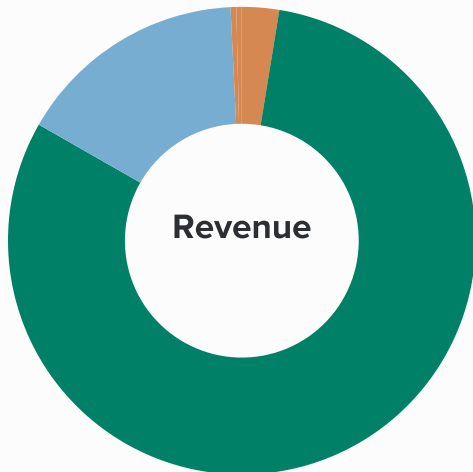
Implementing and innovating with themes of wellbeing.



Our Financials



- Programs (59.3%)
- Management & General (24.7%)
- Fundraising (16%)



- Donations & Grants (83.2%)
- Memberships (16.4%)
- Other (0.4%)

\$1,048,208 M

Cash Spent from
Prior Year Program Funding

\$220,263

End-of-Year Net Assets

\$813,256

Total Revenue



Signature Events

Trek Up the Tower

The Wonderful Land of Trek, the Oz-themed 2022 Trek Up the Tower event, was held as a 45-day virtual activity challenge using the MoveSpring app. 211 people utilized the app and logged 53 million steps over the course of the event. Ben Smail, the individual winner, logged over a million of those steps himself with a total of 1,025,259 steps. The event brought in \$20,617 in profit to support TWP's mission.

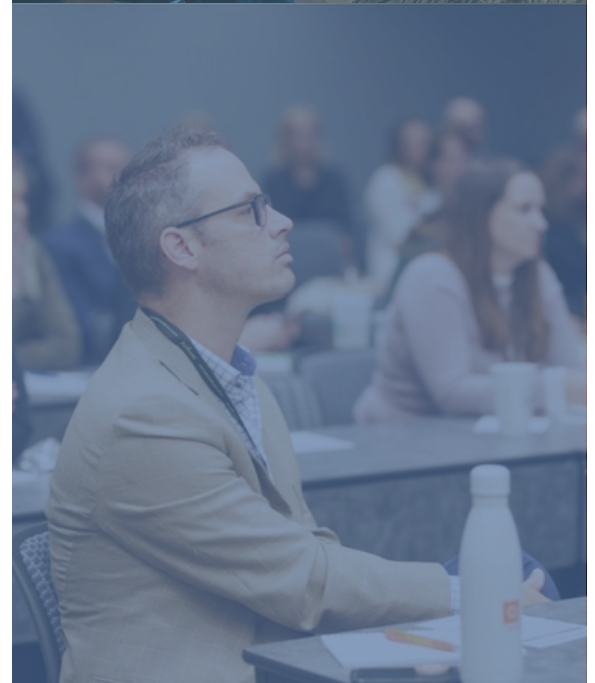
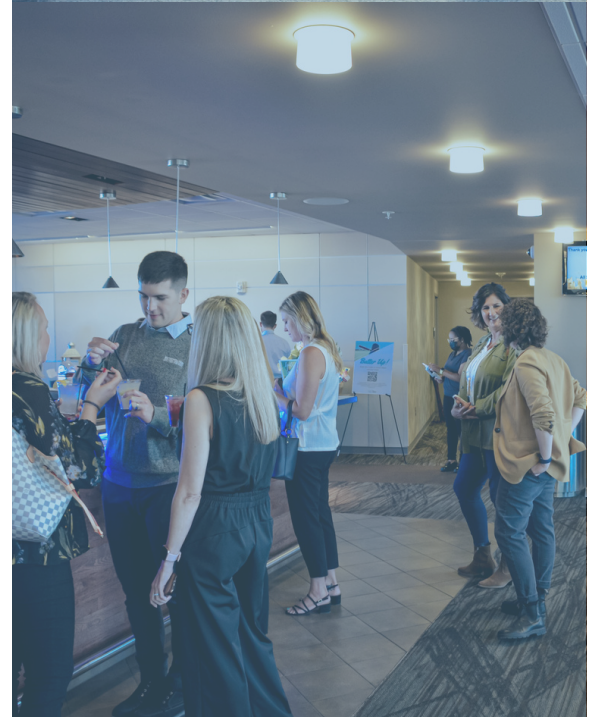
Ignite Awards

TWP recognized seven Ignite Award winners in 2022. Each winner represents an individual or organization who was nominated by the community for going above and beyond in their personal and corporate wellbeing journeys. Ignite Awards highlights these winners so that we can celebrate these local achievements, and stoke the blaze of passion for wellbeing in our workplaces and communities. The 2022 honorees were:

- QLI
- Canopy South
- Johanna Dunlevy with Employee Family Resources
- Stephanie Pitner with Union Bank & Trust
- Lulu Rangel with Completely Kids
- Omaha Public Power District
- Region 6

Xchange Summit

Our 2022 Xchange Summit was held virtually with half a day of educational content from local speakers. The event brought in \$588 in net registration sales and hosted 55 attendees.





49

New WMU Stories

Program Impact

WhatMakesUs

The focus of WMU in 2022 was to increase involvement with BIPOC community members. We had the following collaborations:

- Hosted a table at Cinco de Mayo
- Hosted a Young Professionals Chat with the Urban League of Nebraska
- Created two billboards and placed them in northeast and southeast Omaha
- Engaged with 2,296 followers through Instagram and Facebook.



4+

Partner Organizations
for Activate Youth
Program

Activate Youth

TWP worked with Crisis Connections, Methodist Community Counseling, Region 6, and other partners to design and implement the Activate Youth for Mental Health Program. The program includes:

- Mental Health literacy curriculum delivered during the school day for 7th grade students at two middle schools.
- After-school mental health advocacy curriculum created by TWP
- Training opportunities to prepare adults to support and respond to youth mental health needs.

Health + Housing

TWP leads the Health & Housing coalition, which meets quarterly to address the challenges facing individuals who are homeless with complex medical conditions in the Metro Region. A pilot project under this coalition, medical respite, launched on August 1, 2022 at Siena Francis House, with Charles Drew Health Center providing clinical care. This medical respite program has five beds available and is the first of its kind in the state of Nebraska.

Four Health & Housing coalition meetings were held in 2022, with an average of 34 people representing 20 organizations in attendance. At these meetings, trainings and education on the intersection of health and homelessness are provided.



20+

Organizations
Engaged in Health &
Housing Coalition



Program Impact

Regional Health Council

The Regional Health Council is our partnership with the health departments of Cass, Douglas, Pottawattamie, and Sarpy counties to activate a strategic and regional response to address the shared issue of mental health.

We published a progress report in March to the 2020-2022 Metro Region CHIP to showcase new data from the 2021 community health assessment and WhatMakesUs 2022 evaluation report. We also met regularly with local health systems and 30+ community organizations to discuss current work happening in mental health and ways to align our work. In December, we surveyed 636 community members as we began to form the 2023-2025 CHIP.

Safe Routes in Healthy Places

TWP, in partnership with Canopy South, conducted two walk audits at Southside Terrace. TWP also helped Canopy South launch a Neighborhood Ambassador program, and 12 Southside residents were recruited. The program seeks to enhance their leadership skills and prepare them to be liaisons with their neighbors as the neighborhood goes through long-awaited redevelopment,

Head to Heart

In 2022, TWP partnered with Center for Holistic Development (CHD) to launch Head to Heart: The Harambee project. The purpose of this program is to advocate for mental wellness through black barbershops and salons.

- Participants completed a 6-hour training session facilitated by Dr. Afiya, creator of the national PsychoHairaphy curriculum.
- Participants completed a 2-hour training session on self-care and local resources facilitated by CHD.

Participants completed a 45-minute evaluation session with Dr. Johnson to officially complete the program.



636

Community Members
Surveyed



12

South Omaha
Residents Recruited
as Ambassadors



4

Graduated From
First Head to Heart
Cohort

Program Impact



Nebraska Department of Education

TWP shipped 1,700 mental health care packages to school staff across Nebraska. These packages included access to counseling with local mental health professionals and a webinar supporting their feelings of hope in their profession among other resources.

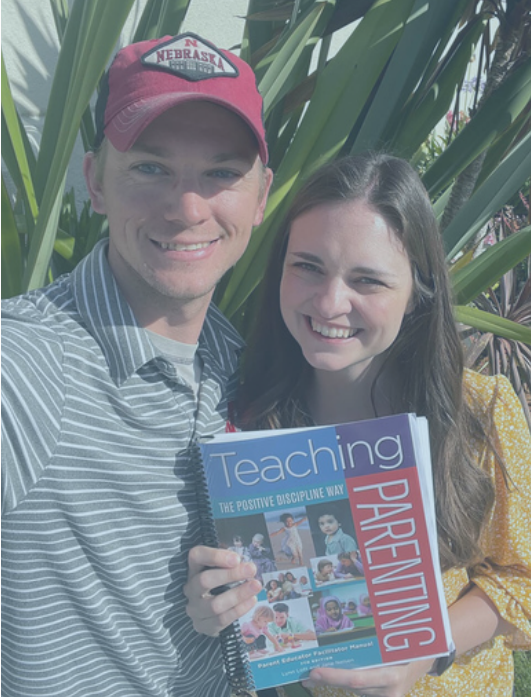
Workplace Wellbeing

In 2022, TWP had 63 workplace partner organizations with a total revenue of \$133,847. We had a 64% renewal rate and 18 new workplace partners.

We updated our membership offerings in Q3 of 2022, introducing a menu of options for workplace partners to customize their membership and integrate our workplace and community offerings, in addition to a 20% non-profit and small business discount.

Family Wellbeing

One new offering added for our workplace partners this year is Family Wellness Programming. TWP staff member, Claire Brown, earned certification as a positive discipline parent educator. She introduced the Family Wellness Webinar series to OPPD, Blue Cross Blue Shield of Nebraska, and Union Pacific Railroad, with 500 participants across all webinars. A new resource, Family Wellness Newsletter, was introduced for our workplace partners to download and share directly with their employees. TWP published 42 newsletters in English and 30 were translated into Spanish.



2022 Board Members



Barbara Bardos
Kiewit
Corporation



Ken Bunnell
First National
Bank



Adriana Cisneros-Basulto
Blue Chip Human
Capital
Maxwell.app



Michelle Dennis
Woodmen Life



Bob Goeman
University of Nebraska
Omaha



Kellee Grimes
Mutual of Omaha Insurance
Company



Brandon Grimm
UNMC College of Public
Health



Dave Hahn
Physicians
Mutual



Polly Harris
Union Pacific
Railroad



Lindsay Huse
Douglas County Health
Dept.



Sarah Moylan
Greater Omaha
Chamber



Kathy Nellor
Blue Cross Blue Shield of
Nebraska



Jennifer Paisley
Valmont Industries,
Inc.



McKell Pinder
Omaha Public Power
District



Chris Rodgers
Douglas County
Creighton
University



Sarah Schram
Sarpy/Cass County
Health Dept.



Lindsay Snipes
Nebraska Methodist
College



Frank Venuto
Nebraska
Medicine



Matt Wyant
Pottawattamie County Health
Dept.

Not pictured: Kathy Bossman (Omaha Fire Department), AriAnna Goldstein (Baird Holm), Paula Pittman (Methodist Health System), Tim Plante (CHI Health), & Brady Sutfin (Silverstone/HUB),



Sponsors & Members

Diamond Partner

Children's Nebraska
First National Bank of Omaha

Platinum Partner

BlueCross BlueShield of NE
Mutual of Omaha

Gold Partners

Douglas County Health Department
Nebraska Medicine
Physicians Mutual
Sarpy/Cass Health Department
University of NE Medical Center
Valmont Industries

Silver Partners

CHI Health
HDR
Kiewit Corporation
Medical Solutions
Omaha Public Power District
Pottawattamie County Public Health
Union Pacific Railroad
Vandenack Weaver

Bronze Partners

Drake University	Omaha's Henry Doorly Zoo & Aquarium
Gallup	QLI
Immanuel Retirement Communities	Unity Point Health
Meredith Corporation	Visiting Nurse Association
Metropolitan Utilities District	WoodmenLife
Novo Nordisk	

Copper Partners

Baird Holm LLP	HUB International Great Plains	Omaha Children's Museum
Baker Group	Metro Omaha Tobacco Action Coalition	Pfizer, Inc.
Central States Health & Life	Nebraska Methodist College	Streck Inc.
		WesleyLife

Member Partners

Abrahams Kaslow & Cassman LLP	Legacy Financial Group	RTG Medical
Avenue Scholars Foundation	Maxwell.app	TeamMates
Capital City Fruit	Metro Area Planning Agency	The Dupps Company
Central States Indemnity	Midlands African Chamber	University of Nebraska Foundation
Collective for Hope	NOISE Omaha	UNMC Center for Reducing Health Disparities
Des Moines University	Omaha Fire Department	Women's Fund of Omaha
Employee and Family Resources	Omaha Performing Arts	
Event Vesta	OneWorld Community Health Centers	
Habitat for Humanity of Omaha	Progressive Fitness Omaha	



Thank You!

A special thanks to our team for their hard work and dedication on the impactful work we were able to accomplish.

Interested in learning more?



www.thewellbeingpartners.org



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The
Wellbeing
Partners