



KANSAS HEALTH INSTITUTE

Informing Policy. Improving Health.

Sept. 17, 2024

Kansas Nonprofit Forum

1:00 p.m. **Welcome**

1:10 p.m. **Keynote:** Love Your Community: Cultivating Community Health,
Lisse Regehr

1:30 p.m. **Keynote:** No Cap Community Transformation with No Cape,
Johnathan Sublet

1:50 p.m. **Kansas Health Institute Overview**

1:55 p.m. **Lightening Round Breakout Sessions**

2:25 p.m. **Closing Remarks**

2:30 p.m. **Adjourn**



Acknowledgments

We recognize the following individuals for their contributions:



Lyndsey Burkhart

*Event Coordinator/
Communication
Assistant*



Theresa Freed, M.A.

*Director of Strategic
Communication and
Engagement*



Cathy McNorton

*Senior Communication
Specialist &
Publications Strategist*



Stewart Cole

*Multimedia
Specialist*



Mikell Burr

*Digital
Communications
Specialist*



Welcome!



Kari Bruffett

*President and CEO,
Kansas Health Institute*



Valerie Black

*Director of Community Partnerships,
Kansas Health Foundation*



Celebrating Impact: Keynote



Love Your Community: Cultivating Community Health

Lisse Regehr

President and CEO, Thrive Allen County



KANSAS HEALTH INSTITUTE

Informing Policy. Improving Health.

khi.org



**Lisse Regehr,
President and
CEO**

LOVE YOUR COMMUNITY: Cultivating Community Health

*Kansas Health Institute's
Kansas Nonprofit Forum*

September 17, 2024

THRIVE **ALLEN COUNTY**

501(c)(3) organization established 2007

26 team members and 3 interns

**Health/Wellness, Recreation, Education,
Advocacy and
Economic Development**




**VISION: Allen County (pop. 12,500) will be the
healthiest
rural county in Kansas.**

KANSAS



POPULATED PLACES

- 100,000 – 499,999 • Kansas City
25,000 – 99,999 • Dodge City
24,999 and less • Liberal
State capital ★ Topeka

TRANSPORTATION

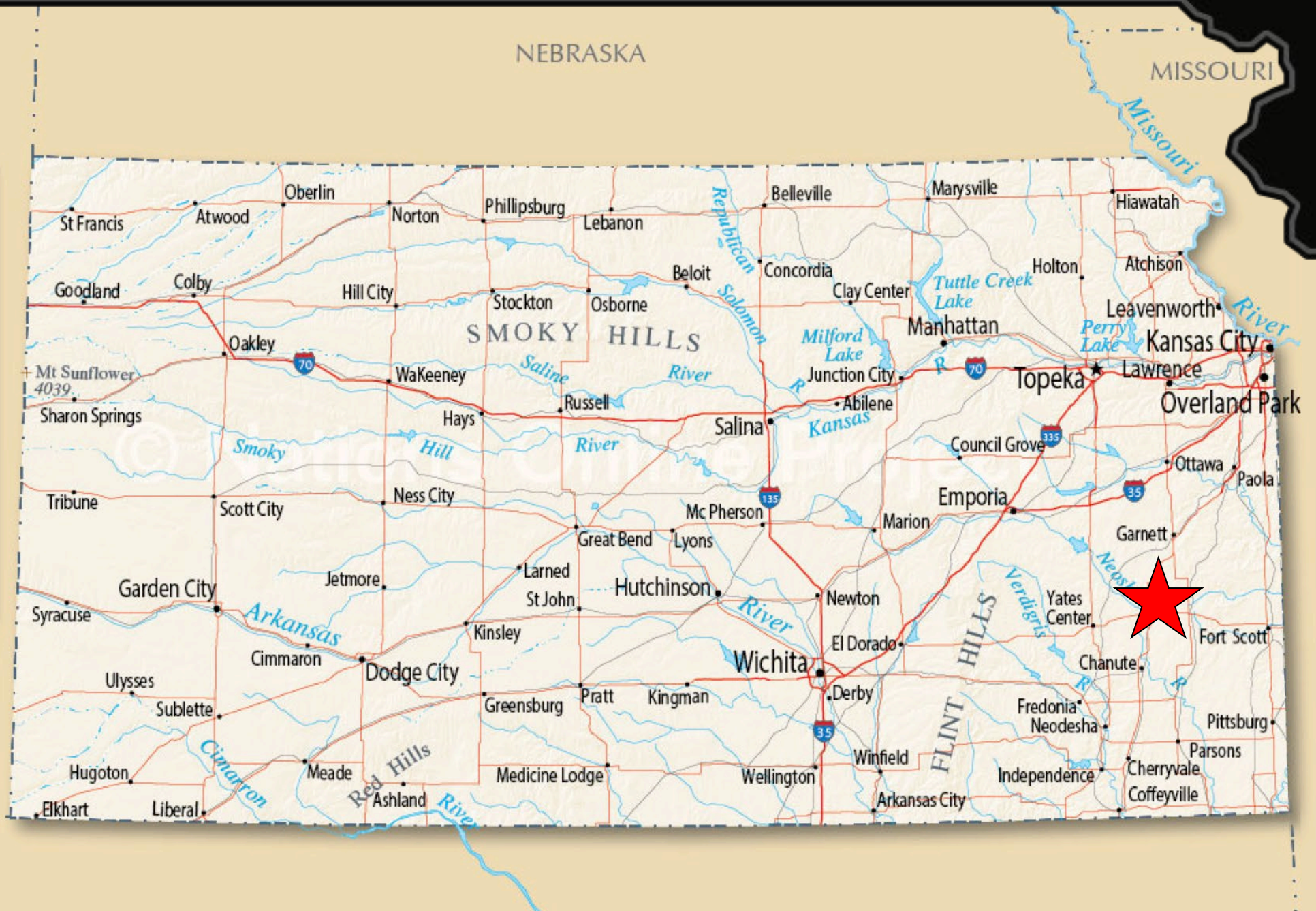
- Interstate; limited access highway 
Other principal highway 
Railroad 

PHYSICAL FEATURES

- Streams: perennial; intermittent 
Lakes 

Highest elevation in state (feet) +4039

The lowest elevation in Kansas is 679 feet above sea level (Verdigris River).



A Glimpse at Some of Our Major Successes

- Voters approve new hospital (2010)
- Creation of Southwind Rail Trail (2012-2013)
- Creation of Lehigh Portland Trails (2014-2016)
- Eastgate Lofts become the first market-rate apartments built in Allen County in 20 years (2016)
- Lowered the uninsured rate in Allen County from 21% in 2013 to less than 9% in 2017: the second largest drop in the state of Kansas
- Allen County wins Robert Wood Johnson Foundation Culture of Health Prize in 2017
- G&W Foods built and opened in Iola (2018), after 9 years without a standalone grocery store
- The successful conversion of Stub's Market to Marmaton Market Co-op in Moran, saving the grocery store in a town of 500 (2018)
- Creation of Allen County Bike Share: replicated not only across the state, but across the United States (2017)
- More than 60+ miles of trails and routes created in under a decade (2020)
- Creation of public and safety net transportation in Allen County (2020)
- Kansas CARES program grows statewide (2021)
- Brought in more than \$5 million to Allen County entities and governments in grant funds from 2019-2022
- Opened a Recovery House in Iola for people in active recovery needing a safe place to live while working to better their lives (2022)
- Creation of Lehigh Portland State Park (2023)
- Allen Regional Transit rolled off from Thrive Allen County into its own nonprofit organization (2024)
- Thrive received its largest grant to date: \$11.9 million over 5 years to continue the Kansas CARES program (2024)

Mow the ditches!

- Community Conversations
- Deliver on promises
- Do what people care about first



Loss and Change as Opportunity



Fail Forward

~~Scarcity~~ Mindsets



PIVOT!





Takeaways

- Authentically Listen
- Show Up (Again and Again)
- Deliver on Promises
- Action Removes Doubt
- Empower and Celebrate







Thank You!

Lisse Regehr
Thrive Allen County
9 S Jefferson
Iola, Kansas 66749

lisse@thriveallencounty.org
www.thriveallencounty.org

 Thrive Allen County

 Thrive Kansas

 thriveallen

Celebrating Impact: Keynote



No Cap Community Transformation with No Cape

Johnathan Sublet

*Founder and Interim Director,
SENT Topeka*



No Cap Community Transformation with No Cape





SENT

Strengthening & Equipping Neighborhoods Together



Sundays @ 11AM • 785.431.0404 • 455 SE Golf Park Blvd. Topeka, KS 66605 • fellowshiphicrest.com

The Golden Circle

What

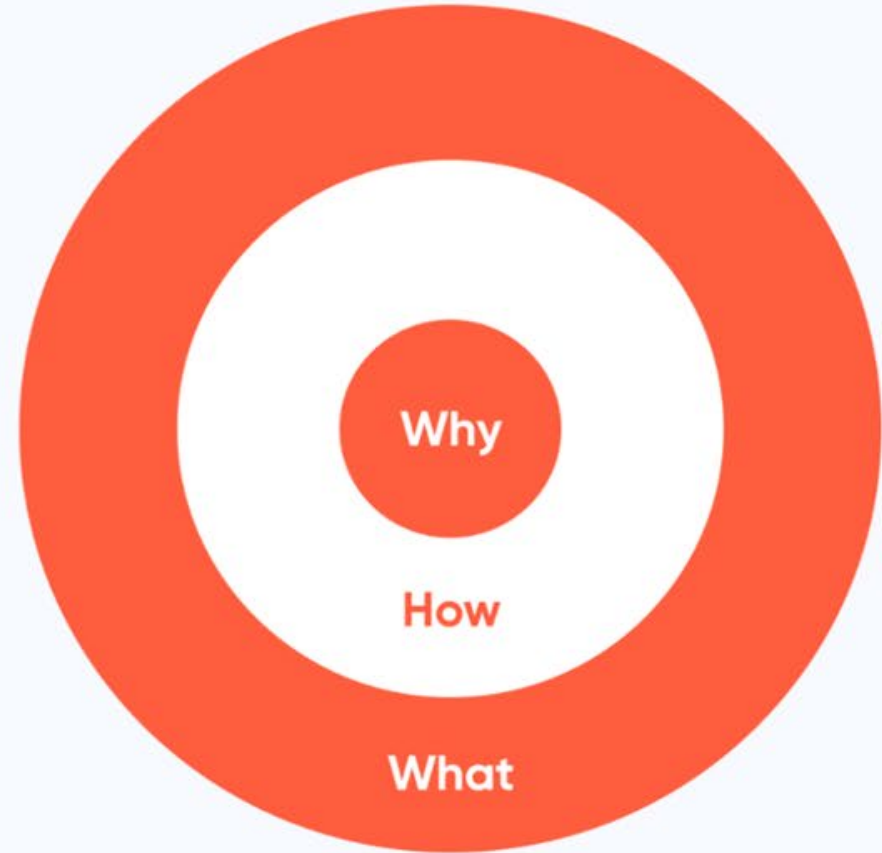
Every organization on the planet knows WHAT they do. These are products they sell or the services.

How

Some organizations know HOW they do it. These are the things that make them special or set them apart from their competition.

Why

Very few organizations know WHY they do what they do. WHY is not about making money. That's a result. WHY is a purpose, cause or belief. It's the very reason your organization exists.



**Every Human Being has
Infinite Dignity, Value, &
Worth**



OUR MISSION:

Walking with others in
community through the
power of Jesus Christ.



SENT MISSION STATEMENT

Intentionally walking with neighbors through loving relationships and strategic development.

SENT VISION STATEMENT

Holistic Transformation of Neighborhoods in Shawnee County.



PROBLEM

Five Universal Fears

- 1 DEATH
- 2 OUTSIDER
- 3 FUTURE
- 4 CHAOS
- 5 INSIGNIFICANCE



PLAN

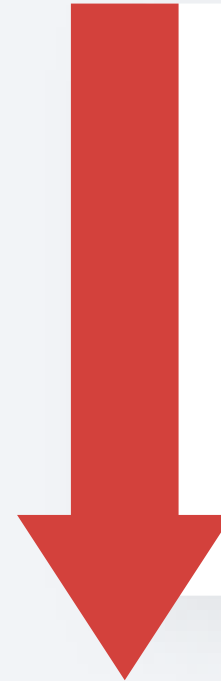
Five Universal Needs

- 1 SECURITY
- 2 COMMUNITY
- 3 CLARITY
- 4 AUTHORITY
- 5 DIGNITY

The High Cost of Not Meeting Needs



When
ANXIETY
goes up...



PERFORMANCE goes
down

MOTIVATION goes
down

BEHAVIOR
goes down



Actions/Habits

- One Team, One Goal, One Win
- Everybody Eats
- Always Be Closing
- Clear is Kind, Unclear is unkind.
- Stay ready, so you don't have to get ready.
- Continual Growth
- 24 hour Email Response
- 48 hour Volunteer Response
- Language creates culture and culture trumps strategy every day of the week.





Core Values

1. Relocation

2. Redistribution

3. Reconciliation

4. Listening to the Community

5. Leadership Development

6. Wholistic Approach

7. Empowerment

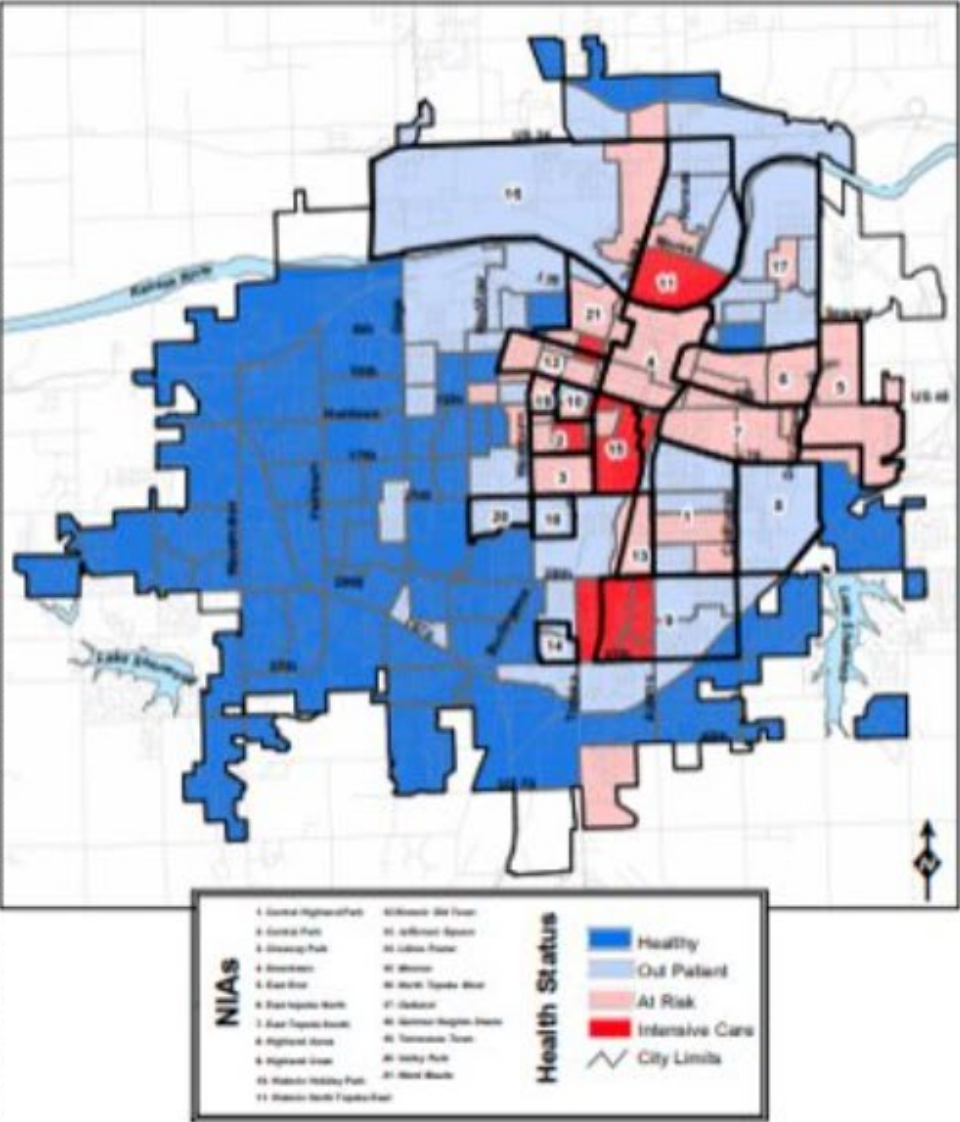
Sandbox

- Physical: 2mi radius from Avondale East
- Digital: Shawnee County



City of Topeka Neighborhood Health 2017

Composite



WHAT IS HI-CREST?
The city of Topeka's planning department defines the Hi-Crest neighborhood as the area bounded on the north by S.E. 29th, on the east by S.E. California, on the south by S.E. 37th and on the west by S. Kansas Ave. The portion west of Adams has posed particular challenges related to poverty, crime and homeownership rates.

SENT



WHAT ARE YOUR COMMUNITY'S RESPONSES TO FELT NEEDS?

STRATEGY	CHARITY	INDIVIDUAL DEVELOPMENT	JUSTICE WORK	COMMUNITY DEVELOPMENT
Social / Economic Response	Give me a Fish	Teach me to Fish	Access to the Pond	Buy the Pond
Felt Needs / Needs	Hungry	Low Skilled	Powerless	Under Resourced
Effort	Definable / Low Relational	Messy	Confrontational	8 Key Components

Community Engagement Events

- Summer Fireworks Extravaganza
 - The largest gathering of people in SE Topeka.
- Halloween Costume Collection and Give-Away and Child Mental Health and Wellness Fair
 - Each October, SENT offers free Halloween Costumes to families.
 - This year, a Child Health and Wellness Fair will be added alongside the costume giveaway.
- Pictures With Santa and Holiday Event
 - In December, SENT offers free pictures with Santa.
 - Free Christmas Shop for Kids
- The Kansas Children's Discovery Center Mobile Museum
 - In Partnership with Ross Elementary school





SENT

Strengthening & Equipping Neighborhoods Together

Community Wellness



- *Southside Filling Station*
 - Low-barrier, Client Choice Food Pantry
 - Harvesters
 - Community drop-boxes
- *Mental Health*
 - Full time Mental Health Specialist onsite
 - Partnership with community partners
 - Trust-Based Relational Intervention (TBRI)
 - Trauma Informed Classroom Training
- *Addiction Counseling*
 - Addiction screening and assessments
 - Outpatient Group or individual Treatment
- *Case Management*
 - *Evidence Based case management and goal setting*
- *Strategic Partnerships*





- *Open*
 - *Tuesdays 9:30-11:30 am*
 - *Wednesdays 12:00-2:00 pm*
 - *Thursdays 3:30-7:30 pm*
- Case Management and Wrap around services
- Personal Shopping Assistant
- Low-Barrier, Client Choice



Mental Health

Where We Are

-In 2023:

- We provided 812 individual or group sessions
- We saw 106 different individuals
- We had 430 inquiries for treatment
- Mentored four social work interns
- Provided 223 free sessions and 94 sessions at a reduced

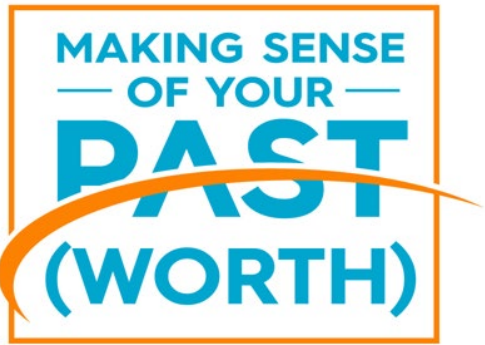
rate

(Approximately \$37,100 of free/reduced services)

Where We Want To Grow:

- Bring on additional mental health staff to meet the needs
- Increase Addiction Caseload
- Be able to offer more group options throughout the year





Groups



Making Sense of Your Worth

- 8 Week therapy group to build a foundation of positive self-worth
- Participants gain an awareness of lies they believe about themselves and work to replace those with truth.

“I felt that every week I was shredding layers off.”

-Past Participant

Creative Expressions

- Non-formal art therapy group for middle and high school students
- -Goals:
 - To increase emotion recognition and expression
 - To increase coping strategies
 - To build self-esteem
 - To increase access to supportive adults



Pediatric Occupational Therapy

- Tuesdays 9:00-4:00
- Specific training for trauma sensitive clients
- Neurofeedback
- Emphasis on Foster / Adopt families



Affordable Therapeutic Massage

- Wednesdays 9:00-4:00
- Chair or table massage
- Adjusted Fee Available
- Prenatal Massage available



Sunflower Wellness

Independent Lab

- Tuesdays 9:30-11:30, Thursday 3:30-7
- Blood and Urine Collection
- Drug Screening
- General Wellness Testing

SENT

Education: Cradle to Career

- *SENT Prep Academy*
 - *Early Childhood Education Center*
 - *Ages newborn to 6 years old*
 - *Capacity of 85 children*
 - *Non-traditional Hours (7:00am-6:00pm)*
 - *Creative Play Curriculum*
 - *Conscious Discipline*
 - *Opportunities for Family Engagement*



SENT



Business Development

- *Launch Entrepreneurs*
 - 1 new business launched this year during a pandemic.
- *Housing*
 - Curb Appeal
 - Rehab
 - New Construction



SENT



3334 SE Girard

SENT



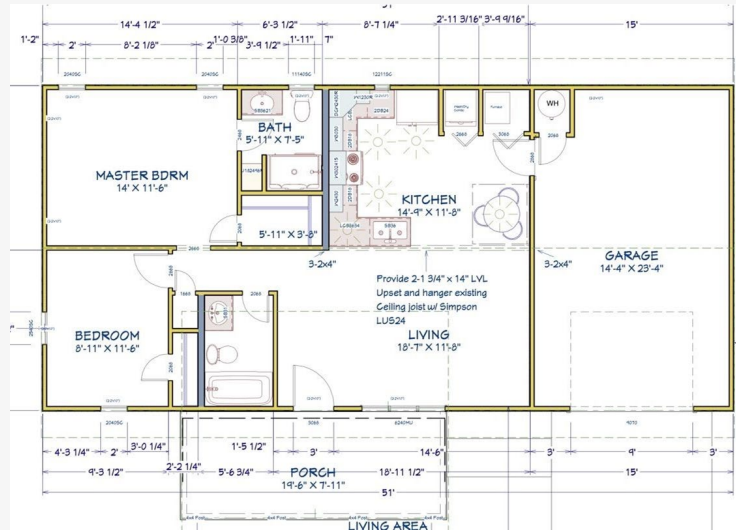
3334 SE Girard

SENT



3332 SE Girard

SENT



3332 SE Girard

SENT



3543 SE Indiana

SENT



3543 SE Indiana

SENT



Topeka's First Net Zero Home

SENT

The Gap

- 18% have an income to poverty ratio of less than 1 (KS = 11.4%).
- 46% percent of households are spend 30% or more of their income on rent alone.
 - 24% spend more than 50%
- Topeka's homeless rate is 35% higher than the national average.

The Tensions

- Gentrification vs. Transformation.
- Rent vs Own.
- Pricing.

Minding the Gap

The logo for SENT, with the letters in a bold, sans-serif font. The 'S' is white, 'E' is orange, 'N' is blue, and 'T' is white. There are colorful, abstract shapes behind the letters.





Studio 104

- Audio Studio
- Video Studio
- Podcast Studio





Student Ministries



- Thursday Evenings
- Devotion/Service/Celebration
- Creative Expressions
- Bridge Builder's Club





Life Care

- Social Emotional Learning Team
- Partnerships with Care Portal, Mirror Inc., KVC, and SENT Topeka
- Support through Large Life Moments (Hospital, Death, Marriage, etc.)



**Every Human Being has
Infinite Dignity, Value, &
Worth**



Fostering Connections



KANSAS HEALTH INSTITUTE

Informing Policy. Improving Health.

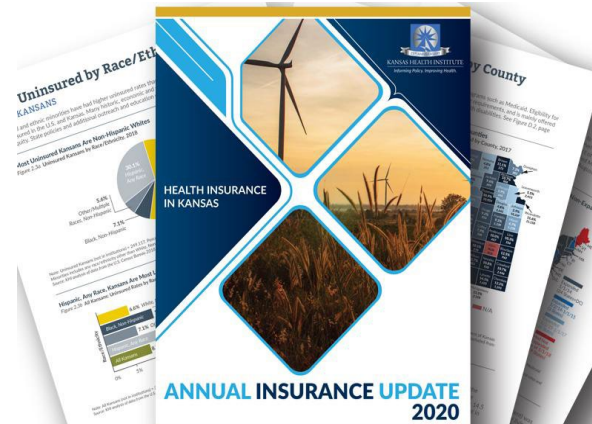
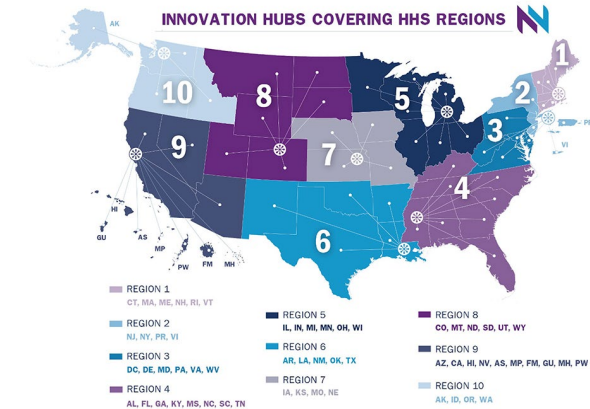
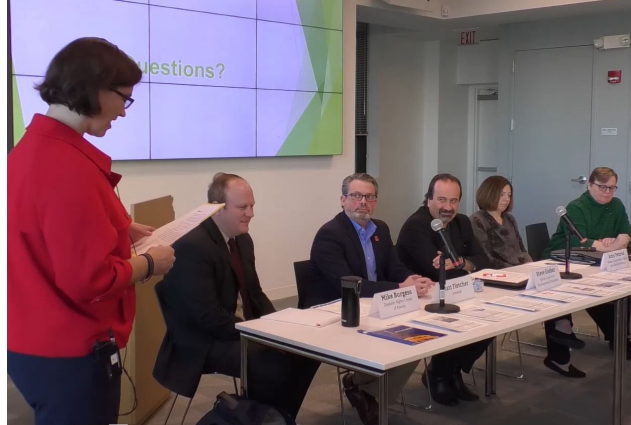
Who We Are



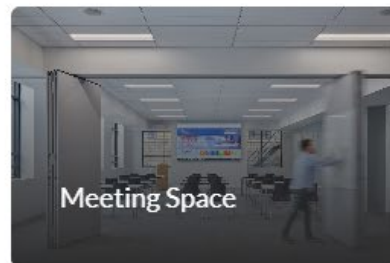
- Nonprofit, nonpartisan educational organization based in Topeka.
- Established in 1995 with a multi-year grant by the Kansas Health Foundation.
- Committed to convening meaningful conversations around tough topics related to health.



Our Services



Our Services



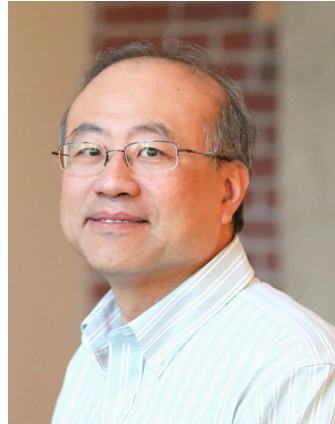
Lightning Round Facilitators



Wyatt Beckman
Senior Analyst



Tatiana Lin
*Director of
Business
Strategy and
Innovation*



Wen-Chieh Lin
*Director of
Research*



Sheena Schmidt
*Senior Analyst
and Strategy
Team Leader*



Linda Sheppard
*Senior Analyst
and Strategy
Team Leader*



Lightning Round Breakout Sessions

1	Designing Low-Resource Program Evaluations	Evaluation is key to understanding and informing non-profit programs and services but can be challenging for small and low-resource nonprofits. This session will walk through key components of program evaluation, helping participants build a foundation for their own evaluation efforts.
2	Generative AI: Opportunities to Leverage for Everyday Work	Artificial Intelligence has been around for many years but gained widespread attention with the launch of OpenAI's ChatGPT in 2022. This session will explore how ChatGPT can be leveraged to support and enhance a wide range of tasks within nonprofit organizations. Beyond just exploring its potential, we'll tackle important ethical questions and offer participants a hands-on opportunity to learn how this tool can make meaningful impact on their work.
3	Transforming Data into Actionable Insights	Ever find yourself searching for data? Or are you being overloaded with data and trying to find a way to synthesize the information? Join us to explore health data sources and turn them into actionable insights! Bring your data and your questions. Share your experience with us!
4	Practical Strategies for Integrating Equity in Your Work	Learn about practical strategies for incorporating equity into your work! The strategies are based on guides developed by KHI and stakeholders across Kansas. Whether it is understanding how to include lived experience in programs, or ensuring research is inclusive, these checklists provide a blueprint for doing so!
5	Legislative Monitoring: Keeping Up with Health Legislation	Every year the Kansas Legislature considers many health-related bills and listens to testimony from a wide variety of voices. During this session, participants will have a chance to hear about the value of legislative monitoring and learn about a few tools and techniques so your organization can stay informed and contribute in the policymaking process.



THANK YOU!



KANSAS HEALTH INSTITUTE

Informing Policy. Improving Health.

We Value Your Feedback!



Connect With Us



KANSAS HEALTH INSTITUTE

Informing Policy. Improving Health.

www.khi.org

@KHIorg



212 SW 8th Avenue | Topeka, KS | 785.233.5443