Building High Functioning Partnerships

The Experience of Clay County
Clay County

- Population: 16,170
- Healthcare Providers
  - Spencer Hospital
  - Avera Medical Group–Spencer (family practice clinic)
  - Season’s Center for Behavioral Health
  - Several other specialty clinics and community agencies
- Clay County Public Health
  - Hospital–based agency
  - Part of the hospital’s Community Health Department
Community Health Needs Assessment & Health Improvement Plan–2016

- Public health data
- Community wide survey
- Small, informal focus groups
- Stakeholders and decision makers assisted in prioritizing our goals for Clay County’s HIP

“COORDINATION OF BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND ADULTS” was chosen as the #1 goal in our HIP.
Clay County Community Care Coalition

- Initiated as part of SIM grant
- Seasons Center—lead agency
- Multidisciplinary
  - Representatives from organizations serving those with behavioral health challenges
Challenges and Strategies for Successful Partnerships

- **The “right” people**
  - Strive for broad, balanced representation.
  - Who will be committed to the project?

- **Varied personalities**
  - Make an effort to know your team
  - Understand differences in communication styles
  - Establish trust

- **Organization agendas vs. common purpose**
  - Facilitate shift from organizational goals to community impact
  - Establish buy-in early on

- **Commitment: involvement vs. engagement**
  - Make meetings meaningful
  - Be respectful of partners’ time
  - Accept varied levels of commitment
  - Be creative and flexible with meetings
What made this group click?

- Lead organization was inclusive, yet strategic with membership
- Many members knew each other from other community projects
- Members:
  - were engaged early on and networking became easy
  - grew to know that meetings would be productive and timely
  - were committed
  - shared a common purpose
  - were leaders in their own organizations
Continued Partnership

- The CCC began as a grant “requirement” but grew into an ongoing partnership.
- Laid the foundation for future partnerships that helped improve access to behavioral health services in Clay County.
Prevention and Early Intervention

Child Well-Being Collaborative
Seasons Center – Lead Agency

Seasons Center
201 East 11th St
Spencer, IA 51301

Camp Autumn
4233 Yew Avenue
Sutherland, IA 51058

Autumn’s Center
120 East 9th St
Spencer, IA 51301

*not all office locations listed

LYON
OSCEOLA
DICKENSON
EMMET

SIOUX
OBrien
CLAY
Palo Alto

PLYMOUTH
CHEROKEE
BUENA VISTA
POCAHONTAS

WOODBURY
IDA
SAC
CALHOUN

MONONA
CRAWFORD
CARROLL

Key Project Partners

Boys Town, Clay County Public Health, Cherokee School District,
Department of Human Services, Juvenile Court Services-Third Judicial
District, Mid-Sioux Opportunity, Siouxland Human Investment
Partnership, and Plains Area Mental Health Center

Emergency Crisis
24/7 Crisis Line
800-242-5101

preventionandearlyinterventionroadmap.org

www.seasonscenter.org

seasonscenter.org
campautumn.org
autumnscenter.org
We’re Here to Help!
Prevention and Early Intervention Road Map

**PREVENTION**
Learn about brain research, ACEs, TIC, Resiliency

**EARLY INTERVENTION**
Contact one of these Helping Agencies:
Schools, AEA, behavioral health services, medical providers, home visiting programs
Reach out to teacher, family doctor, clergy
Join after school, mentoring, or parent education programs

**TREATMENT**
Maintain Support Services

**EMERGENCY CRISIS**
Access Respite, Support Groups, Therapy, Psychological Testing
24/7 Crisis Line 800-242-5101

Search for Helping Agencies Near You:
211iowa.org | yourlifetiowa.org
Resources to Decrease Stigma

WE'RE HERE TO HELP
Children's Mental Health - Overcoming the Stigmas

The Facts

- IN children ages 13-18 have or will have a serious mental illness
- 11% OF YOUTH have a mood disorder
- 10% OF YOUTH have a behavior or conduct disorder
- 8% OF YOUTH have an anxiety disorder

The Impact:

- 50% of lifetime cases of mental illness begin at age 14 and 75% by age 24
- 37% of students with a mental health condition ages 14-18 drop out of school
- 70% of youth in state and local juvenile systems have a mental illness

Suicide:

- the 3rd leading cause of death in youth ages 10-24
- 90% of those who died by suicide had an underlying mental illness

What can you do to help address the stigma around mental health?

Be Informed. Know the Facts.

- Early Brain Development
- Adverse Childhood Experiences
- Trauma-Informed Care
- Protective Factors and Resiliency

Be a Voice. Promote Children's Mental Health.

Continue to Educate Yourself on the Topic
Talk to Your Neighbors & Friends
Be an Advocate - Support Programs & Services

Become Involved. Connect with Your Community.

- Join Community Events on Children's Mental Health
- Share a Story or Experience
- Support Prevention & Early Intervention Programs

TOGETHER WE CAN MAKE A DIFFERENCE!

Please call 800.242.5101 to learn more about services offered at Seasons and by other community helping agencies. Ask how you can help make a difference!
Know Your Team

Explore Your Colors
Color Test

- Introduced in 1978 by Don Lowry
- Combination of Hippocrates, Jung, Myers/Briggs, and Keirsey concepts of human behavior

The test: Score each of the four boxes in each row from most to least as it describes you:

- 4 = most,
- 3 = a lot,
- 2 = somewhat,
- 1 = least
There are no bad or good colors
There are wide individual variations within each color
You cannot use your color as an excuse or color shame.
Each person is a unique blend of four colors or styles
✓ NEEDS
✓ VALUES
✓ STRENGTHS
✓ JOYS
BLUES Like:

- Peace and harmony
- To feel unique and authentic
- Creativity
- Feelings and strong intuitions
- Making a difference for others
- Making sure others are heard
- IN CHILDHOOD: Extremely imaginative. Found it difficult to fit into structure of school life.
BLUES Dislike:

- Being overextended
- Saying “no”
- Conflict/violence
- Lying and sarcasm
- Lack of communication
GOLDS Like:

- Rules and authority
- Right from wrong
- To feel useful and to belong
- Their homes, families, & tradition
- Planning & routines
- Details
- Small and loyal circle of friends
- IN CHILDHOOD: Followed the rules
GOLDS Dislike:

- Interrupting
- Constant Change
- Surprises
- Confusion and disorder
- Rigidity
GREENS Like:

- Numbers and data
- Asking a lot of questions
- Details
- Challenge of exploring open-ended questions
- Time to think & alone time
- Logic over feelings
- IN CHILDHOOD: much older than their years
GREENS Dislike:

- Wasting time with idle chit-chat/small talk
- Having to make a decision without enough information
- Rushing to produce something for someone’s timeline
- Being forced to spend time on something that doesn’t make sense to them
- Plagiarism
- Incompetence or guesstimating
ORANGES Like:

- Doing things NOW, on impulse
- Risks, adventure and competition
- Variety and spontaneity
- Learning by doing
- Solving problems
- Having fun & pushing boundaries
- IN CHILDHOOD: had most difficult time fitting into academic structure
ORANGES Dislike:

• Dull or routine tasks=boredom
• Rules and laws
• Deadlines and paperwork
• Too much structure
• Planning ahead
• Sitting still & note taking
• Inflexibility
Name
That Color
That Color
“….when you share a working, mutual understanding of others’ core values and needs, you have the basis to communicate, motivate, and achieve common goals with utmost dignity, efficacy, and mutual respect.”

Don Lowry, Creator of True Colors