



PANHANDLE COACHES MEETING PLANNING SESSION

August 3, 2016

ABSTRACT

The coaches of Panhandle schools are working toward regional implementation of the Human Performance Project. This document is documentation of the planning session held to develop a vision and identify actions for the coming year.

Facilitator

Sara Hoover

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Introduction

Members of several Panhandle schools, including coaches, Activity Directors, representatives from administration, and representations from local prevention and behavioral health, attended a meeting at the Knight Museum and Sandhills Center in Alliance, Nebraska, on August 3, 2016. The purpose of this meeting was to develop an action plan to pursue incorporating Human Performance Project strategies and standards in Panhandle schools.

Participants in the meeting included:

- Michelle Peters, Mitchell
- Cindy Lanik, Hemingford
- Joel Nelson, Gordon-Rushville
- Dave Hoxworth, Scottsbluff
- Tabi Prochazka, Panhandle Public Health District
- Jimmie Rhodes, Mitchell
- Trisha Kudrna, Hay Springs
- Ward Wacker, Gordon-Rushville
- Cassie Behnke, Scottsbluff
- Darren Emerick, Bridgeport
- Kari Gifford, Banner County
- Laura Keck, Region I Behavioral Health
- Heath Peters, Mitchell
- Josh Borm, Hay Springs
- Lisa Freeburg, Gering
- Nathan Lanik, Alliance
- Sherry Retzlaff, Gordon-Rushville
- Michael Gentry, Scottsbluff

The meeting opened with a welcome from Lanette Richards, with Monument Prevention Coalition. Michelle Peters with Mitchell Schools shared the presentation given to parents at the start of the school year. Sara Hoover, both with Panhandle Public Health District.

Following the sharing session, Sara Hoover with Panhandle Public Health District facilitated a 4-year visioning process for the Human Performance Project in the Panhandle, a victory circle with accomplishments they hope to see complete in the next 12 months, and identification of strategic priorities to be addressed in the next year that are needed to keep the group moving toward their vision.

The following pages are the result of the day's work.

Accomplishments and Opportunities

Meeting participants discussed recent accomplishments centered around the Human Performance Project and opportunities that should be considered moving forward.

Accomplishments

- o Change in culture of student body – drinking is not the majority
- o Data showing improvement – GPA and participation rates are up, truancy down
- o Regional support for trainings – 63 from the Panhandle went to Hastings; also had attendees at San Diego and Lake Placid
- o Student engagement
- o Schools supporting kids from other schools
- o Positive and effective school policies – 12 month policy manual cycle, drug testing, social media, focus on “what’s best for the kids”
- o Sharing information, resources and ideas
- o We’re all improving together – “the best playing against the best”
- o Let the East (eastern part of the state) know the West is coming
- o Kids support each other, building relationships
- o Leadership Day – over 200 attended – great support for the event; the kids gained a lot of information

Opportunities

- o Gain administration support
- o Go small to get big – start with small group engagement and support – develop a core group in the school
- o Have kids share their experiences with HPP and have them build a network
- o Incorporate counseling in code of conduct violations – get help vs solely punishment
- o Ability to make stronger policies
- o Sustainability – older students mentor younger students
- o Community involvement – volunteers
- o 40 Developmental Assets
- o School to school on same page, but also with teams/groups within the school system
- o Bring training local – engage Wyoming, South Dakota, and Colorado
- o Specialized sport or coach training

Vision

Participants were asked to brainstorm individually, share in small groups, and work as a large group to identify their vision for the Human Performance Project in the Panhandle over the next 4 years.

What systems need to be in place to build and enhance the Human Performance Project across the Panhandle in the next 4 years?

Active Student Engagement	Community Commitment	Consistent Policy Development	Support, Implement, Sustain	Community Education
<ul style="list-style-type: none"> ▪ Leadership among student and schools ▪ Western Nebraska committed group – student led! ▪ Coaches and captains workshop (Bruce Brown) ▪ Students <u>wanting</u> to be involved 	<ul style="list-style-type: none"> ▪ Commitment to implementation community-wide ▪ Involve YMCA, Carpenter Center, PWCC ▪ Introduce at middle/junior high level ▪ Law enforcement and community leaders support and involvement 	<ul style="list-style-type: none"> ▪ Consistency between school(s) policy ▪ Consistent policy school to school ▪ 12-month policy ▪ School to school collaboration ▪ All school, all student drug testing 	<ul style="list-style-type: none"> ▪ Coaches encouraged by administration ▪ Development of HPP at various phases ▪ Appropriate funding/support available ▪ Funding to support future HPP 	<ul style="list-style-type: none"> ▪ Parents promote healthy choices ▪ PSA with schools using HPP! ▪ Healthy choices by the majority

Victory

The group was asked to envision a future, 12 months from now, where national media outlets are in the Panhandle, talking to local schools to report on the success and activities that have taken place as a result of their work toward regional implementation of the Human Performance Project.

Participants were asked to note what they would see, hear, feel, and notice that day.

- Consistent policy from school to school
- Program (HPP) is in the schools
- Focus on District 6
- Bring the SEALs back
- Mentoring schools – Mitchell works with 1 school and cascades to others
- Students have started sharing their experiences with HPP
- Regular meetings for the schools to share and learn – collaborate
- Add coaches, administration, and youth to this group
- Changes are moving across the state
- Businesses approach schools/teams to support
- Share with rest of school teaching staff
- Parent night education “Mandatory Meeting”
- Consistency within school system
- Approach students earlier – middle school
- Media campaign for HPP
- Creed based on common idea – school or region
- Group mission/creed
- Western Nebraska committed groups share their story
- Continued commitment

Participants identified the key areas that need to be addressed in the next year to make their vision become a reality.

- ✓ Program is in the schools
- ✓ Regular meetings for the schools to share and learn - collaborate
- ✓ Add coaches, administration, and youth to this group
- ✓ Share with rest of school teaching staff
- ✓ Media campaign for HPP
- ✓ Continued commitment

Commitment and Key Actions

The participants identified key areas and activities that needed to be completed in the next year to move toward their vision. The key actions were grouped by common focus or intent. Each participant was then asked to write their name on a sticky note and add it to the area they felt the most passionate about or where they could provide the most input. These groups will work to address the key actions.

	Awareness	Regional Collaboration	Program is in Schools
<i>Team Members</i>	Sherry Retzlaff, Tabi Prochazka, Laura Keck, Cassie Behnke, Darren Emerick	Josh Borm, Jimmie Rhodes	Joel Nelson, Lisa Freeburg, Kari Gifford, Ward Wacker, Michelle Peters, Trisha Kudrna, Nate Lanik, Michael Gentry, Dave Hoxworth Heath Peters
<i>Key Activities</i>	Media campaign for HPP	Continued Commitment	Share with rest of teaching staff
		Regular meetings for the schools to share and learn – collaborate	Add coaches, administration, and youth to this group

Next Steps

The next meeting will take place November 16 from 8:30-11:30 am in Alliance. Groups will report on progress toward activities and work to engage more participation from school administration and youth at this meeting.