



2014-2015 Green County Leaders Community Projects

Twining Park Fitness Stations

Wellness Need Addressed: Increased physical activity

Community Partner: City of Monroe Parks and Recreation

The group fundraised over \$20,000 for the purchase and installation of 5 fitness stations in Twining Park. These fitness stations will have instructional signs that guide people to do a variety of fitness exercises and there are options for logging works on your mobile phone. A local fitness instructor has indicated that he will be integrating them into his fitness classes; it looks like the YMCA and high school may also integrate this into what they offer. Either way, these stations will be completely free and accessible to people looking for a more structured way to work out outside – or to incorporate a variety of exercises while they walk or run in the park.

What the community partner says about this project...

We appreciate the Green County Leaders choosing to install an Outdoor Exercise Circuit in Twining Park. This facility will have a positive impact on youth and adults and is a great addition to our park system. We have enjoyed working with the group on this.

Thank-you,
Marjorie Klinzing-Recreation Director
Paul Klinzing-Park Director

Mental Health Resource Fair & Resource Guide

Wellness Need Addressed: Increased awareness of mental health resources

Community Partner: The Community Health Improvement Plan (CHIP) Mental Health Group, currently co-chaired by Bob Gibson (Green Co. Human Services Dept.) and Bridget Mouchon-Humphrey (Green Co UWEX)

The group increased the marketing and vendors at the wellness fair held by the Monticello School District and packaged their marketing materials for fair organizers in coming years. They also created a resource guide providing information on mental health resources in Green County. This guide is geared towards audiences such as teachers, pastors, etc who frequently work with people who may have such challenges but may not know what resources are available to assist them. This resource guide was explicitly recognized as a need for our communities by the CHIP Mental Health Group, which has committed to annually updating the resource guide and serving as the “home” for this resource. The GCL project group provided the CHIP Mental Health Group with information that they used to create the guide and efficient strategies for updating and distributing the guide. Anecdotally, health professionals at Monroe Clinic have already found this guide useful.



Telehealth & Mental Health Capacity Building Needs Survey

Wellness Need Addressed: Increase access to mental health care and building capacity to address mental health needs

Community Partner: The Community Health Improvement Plan (CHIP) Mental Health Group, currently co-chaired by Bob Gibson (Green Co. Human Services Dept.) and Bridget Mouchon-Humphrey (Green Co UWEX)

This group started by researching options and resources Green Co. would have to develop a telehealth network to increase access to mental health care, particularly for underserved populations. They interviewed many stakeholders and learned about different resources and then identified the options to developing such a network and the existing resources in the community. This information was then presented to the CHIP Mental Health Group. Their discussions and research helped lay a foundation for understanding how this strategy could be implemented in Green County – including what is needed to make this reality. They also made various stakeholders aware, through their discussions, of assets and resources available through different community stakeholders. The group then surveyed stakeholders who deal with mental health issues – medical professionals, pastors, teachers, etc – to identify where these groups felt a need to increase their capacity to handle mental health issues. This information was provided to the CHIP Mental Health Group, which is using it to put together capacity building events based on the work of the GCL group.

What the community partner says about these projects...

Mental Health is an elusive, abstract, but very real issue in our lives and in our communities. It is a difficult community issue to address and to see results in a short period of time. A working committee formed around the need to address mental health awareness and access to resources/services after the most recent Community Health Improvement Process (CHIP). Two Green County Leaders groups worked on mental health related projects in 2014-2015, and worked with the CHIP Mental Health workgroup to identify needs and strategies.

One GCL group had heard about the potential for a remote access forum for psychiatric care, called tele-mental health, but learned of some temporary roadblocks to the most effective implementation strategy. They then switched gears and discovered that the CHIP Mental Health workgroup wanted to know more about mental health needs, challenges, and strengths in the county. They also wanted to know what topics would be most beneficial to address at an upcoming professional development venue for professionals and others who care about and work on mental health issues in Green County. This group developed and distributed a survey that collected this data and then interpreted and shared the data back with the CHIP Mental Health workgroup, who are designing a Mental Health Summit based upon this survey. The information about critical issues, community strengths/assets, and challenges/barriers will help the group prioritize and plan on how to address these issues, as well as educate others about them. This is an important step in building a plan of work and ensuring that we are meeting needs. The information and data are extremely useful and will guide the work of the CHIP workgroup over the next 2-3 years.

Another GCL group had chosen to help bring awareness of health and mental health resources to Green County. They worked on enhancing the Monticello Health Fair. They also gathered a great deal of information in order to create a Southern WI and Northern IL Mental Health Resource Guide. There is an



extensive listing of prevention, psychiatric and developmental/disability related services, many of which are not well-known to most people, and may be as yet unknown to some local mental health professionals as well. I have heard a local mental health professional comment that they really found this resource guide helpful, not knowing that all of these resources were available - and has already put it to use! This resource will be shared on organizational websites and kept in the offices of many people who work with others who may have need of referrals – clergy, Human Services, businesses, schools, NAMI, and many others. It can be easily updated and maintained. Nothing like it existed before for mental health related services for our area. This was needed and is already useful.

Thank you Green County Leaders!

Bridget Mouchon-Humphrey
Family Living Agent
Green County UW-Extension

Monroe Farmers' Market

Wellness Need Addressed: Increasing access to fresh produce

Community Partner: The Monroe Farmers' Market and Monroe Main Street

This group has worked to strengthen the Monroe Farmers' Market. Organizationally, they've worked with the Monroe Chamber and Monroe Main Street to have the Farmers' Market go back under the Main Street umbrella. This gives them 501(c)3 status and therefore increases the amount of funding/grant opportunities they are eligible for and increases the ease with which they can co-market events. They have also worked to get a paid market coordinator position; they have developed a job position for this and are currently in the process of hiring for this position. The group also worked to increase marketing, both to buyers and to vendors. They have helped attract additional vendors and, by tracking numbers so far this year v last year, it appears they have had success in doing so. They have also worked at increasing marketing efforts – they've revived the market Facebook page, designed a new logo, created marketing materials such as refrigerator magnets, and worked on identifying potential family-friendly entertainment options that the market can partner with. The group also assisted the vendors in tracking market expenses so they have a better idea of the amount of money it takes to run the market on an annual basis. Finally, the group has assisted the market in making arrangements to accept FoodShare benefits.

What the community partner says about this project...

The Green County Leaders who worked with the Farmers Market this year did a phenomenal job fulfilling the goals of their project. With their help we have not only reached out to broader sections of the community but have also begun the process of significantly growing the Market. This and other efforts will soon result in better availability of fresh, healthy, local foods to the people of Monroe and the surrounding area. Accepting FoodShare benefits will further enhance our ability to serve.

Our association with Main Street Monroe will no doubt help to make the Market a real destination for food, entertainment and family activities. We have this year's Green County Leaders class to thank for assisting us in forming this partnership.



Best regards,

Harry Pulliam

The group that worked on the Farmers Market was exemplary. They had a clear vision of what the market needed to grow and better serve the community. The scope of the project was large and they have made a real positive impact. Being new to my position, it was invaluable to have a dedicated group of individuals with different backgrounds take this project on and help bring the market under Main Street Monroe. Everyone's various skills and commitment to the project are already paying off with a real excitement about the market and it being an integral component of our community.

Jordan Nordby
Executive Director
Main Street Monroe