

Center for Diversity & Community Engagement (CDCE)

2023 ANNUAL NEWSLETTER

Nebraska Methodist College (NMC) has a longstanding commitment to positively influencing the health and well-being of the community. Building upon a long history of community involvement and community-based learning, the Center for Diversity & Community Engagement (CDCE) works to build a culture of belonging and engagement, reflective of the greater community we serve. The Center coordinates meaningful and mutually beneficial community engagement experiences to create positive social change towards equitable health and cultivate engaged educated citizens.

The CDCE collaborates with organizations exchanging knowledge and resources to address health disparities in our populations.

The Center for Diversity & Community Engagement alone helped coordinate approximately **13,000 documented hours of service** and **8,375 people were served** in 2023.

OUTREACH PROGRAMS

- Mobile Diabetes Center
- Childhood Lead Screening
- Childhood Developmental Milestone and Social Determinant of Health Screening
- National Diabetes Prevention Program

NMC CENTER FOR DIVERSITY & COMMUNITY ENGAGEMENT

Check Out Our Upcoming Events!

EVENTS

For more details on the events:

NEBRASKA
METHODIST
COLLEGE
THE JOSIE HARPER CAMPUS

Belonging
Builds Community

NMC'S NEW MOBILE HEALTH UNIT



We are grateful for the generous donation from Harper Family Foundation and Methodist Hospital Foundation to expand and enhance existing mobile screening efforts through the Center for Diversity & Community Engagement. Our goals with this new sprinter van are to:

- Collaborate with community partners to increase access to services
- Screen in the environment in which they live, play, and learn with a focus on prevention and connection to resources.
- Promote health equity for at risk populations
- Screen for the determinants of health that impact chronic disease development while connecting individuals to networks and care coordination services



The sprinter unit is outfitted to not only transport staff and supplies but also has a complete clinic in the back of the unit necessary to perform the clinic screenings. Additional features include a generator for full electricity, functioning sink and refrigerator, and exterior awning that will allow us to expand our clinics outdoors for festivals.

Nondiagnostic Services offered:

- Pediatric lead and hemoglobin screening in various counties across the state (partnering with NE DHHS)
- Pediatric and adult wellness screenings (general wellness assessment, developmental milestone screening)
- Vision Screening
- Hearing Screening
- Height/Weight
- Blood Pressure
- Blood Sugar
- Cholesterol
- Influenza vaccines
- Social Determinant of health screening and care coordination working with the Cync Health Unite Us platform
- Other opportunities based on community needs that arise



MOBILE DIABETES CENTER



The Mobile Diabetes Center partnership works to expand and deepen community health impact by providing NMC students, faculty and alumni with an opportunity to address diabetes health issues for a variety of urban and rural populations.

Services offered in 2023 include:

- Attended 90+ clinics
- 1,834 people served for diabetes screenings
- 1,622 blood glucose screens
- 780 A1C's
- 478 cholesterols
- 472 influenza and COVID vaccine doses administered
- 98 client cases and 30 referrals made in the Unite Us platform for Social Determinants of Health

PARTNERS SERVED:

- Open Door Mission
- Kountze Memorial Church
- Notre Dame Housing
- Families In Action
- Omaha Public Schools
- Completely Kids
- Notre Dame
- EADAN
- Intercultural Senior Center
- Project Harmony
- All Peoples Food Pantry
- Girls Inc
- Heartland Family Service
- One World
- Omaha Housing Authority
- Together Inc.
- New Visions
- Salem Village



- Adams Park Senior Center
- Papillion Landing
- Element Learning Center
- Tyson Foods
- Project Connect
- Community Alliance
- Restoring Dignity
- Urban League
- Dear Diabetes

Festivals Include:

- Afrofest
- MAHA
- World Refugee Day
- Binational Health
- Freedomtainment
- Omaha SAFE event
- Council Bluffs Bash
- Fremont Days
- Cinco de Mayo



NMC/New Visions Caring for Our Communities Clinics

Nebraska Methodist College (NMC) has partnered with Caring for Our Communities – and New Visions Homeless Services to bring health care to those who can't easily access it. Twice a month, NMC Center for Diversity & Community Engagement nurses and staff – including nursing, occupational therapy or respiratory therapy students – visit the Joshua house in Council Bluffs to provide various health care services, including:

- Diabetes, hypertension and cholesterol screenings
- Foot checks
- First aid
- Wound care
- Medication reviews
- Health education
- Social determinant of health assessments and referrals

NMC's CDCE advances social equity and leadership by partnering with diverse groups. By providing barrier-free services, like cost-free healthcare, transportation, and flexible scheduling, the College addresses various needs in real-time, aiming to reduce chronic disease burden. Collaborating with community partners, we build trust, making healthcare accessible and educational. The Caring for our Communities program extends beyond traditional settings, focusing on health equity, social determinants of health, and preventive care. Students gain practical experience in population-focused healthcare, learning the importance of community engagement. This approach is particularly vital for addressing health issues prevalent among the homeless, such as chronic diseases and mental health conditions, by delivering care directly to community settings. To date, NMC provided 98 mobile chronic disease screening and care coordination services during the clinics August-December. Additionally, 29 flu shots were administered and 9 respiratory COPD assessment tests and spirometry assessments were performed.



CHILDHOOD LEAD SCREENING

Focused on Preventing Lead Exposure and Poisoning

Nebraska Methodist College, in partnership with Douglas County Health department, offers point of care lead and hemoglobin testing and outreach initiatives for children aimed to prevent childhood lead exposure and poisoning.

This year we excitedly expanded our program outside of Douglas County into Sarpy/Cass County Health Departments. In total, 737 children were screened through our partnership, sending over 53 referrals to local County Health Departments for follow-up. We are working with NE DHHS Childhood Lead Advisory Committee to expand our model across the state in response and in an attempt to address the updated 2023 Blood Lead Testing guidelines.

Learn more about the updated guidelines here which will impact children across the state of NE here: <https://dhhs.ne.gov/LeadDocs/Nebraska-Blood-Lead-Testing-Plan.pdf>



PEDIATRIC DEVELOPMENTAL MILESTONE AND SOCIAL DETERMINANT OF HEALTH SCREENING

Social determinants of health (SDOH) are estimated to account for nearly 80% of one's health and are important to identify to minimize disparity and positively influence the future health of children. A local community needs assessment documented childhood disparities related to social determinants of health and a lack of access to health care screening. NMC has partnered with Open Door Mission Lydia House in a project assessing children/families for social determinant of health risk assessment and developmental milestone screening. The goal is to identify unmet physical and social needs and to provide the appropriate resources to address these needs. Health and social risks noted on the screening tools are promptly identified and families are provided the education and referral to community resources.

In 2023, we screened 115 children living in homelessness and identified 506 risks/health concerns for which we made referrals to community partners. Referrals included:

- Primary care
- Lead and hemoglobin screenings
- Routine immunizations
- Dental exams
- Vision exams
- Behavior evaluation
- Speech therapy evaluation
- Food support
- Transportation assistance
- Ear, Nose, and Throat speciality for recurrent infections
- Career Skills Development/Job Training
- Peer to Peer Networking
- Clothing, Home Goods, toiletries/Personal Hygiene





WOMEN CONNECT

Dr. Kiley Petersmith spoke on the impact of period poverty in our community and aided in organizing a packing party in partnership with Access Period as well as a free flu shot clinic for the community. Period Kits created during this event were distributed to NMC's food pantry, NMC's mobile health clinics, and Methodist Emergency Department.

The Center for Diversity & Community Engagement participated in the Women Connect Event on Saturday, November 4 where experts discussed the different stages of a woman's life: puberty, reproductive age and menopause.



PRIDE IN OUR COMMUNITY ENGAGEMENT EFFORTS

NMC takes pride in community engagement and strives to instill our Core Values within ourselves and our community:
Holism, Learning, Respect, Caring, and Excellence.

COMMUNITY ENGAGEMENT NETWORKING EVENTS



We recognize the value of deepening our impact by working with organizations that provide services to diverse groups of people. Building upon a history of community involvement and community-based learning, NMC encourages curricular and cocurricular activities that prepare students for informed citizenship, address diverse college and community needs, create positive social change towards equitable health and cultivates active citizen leaders.

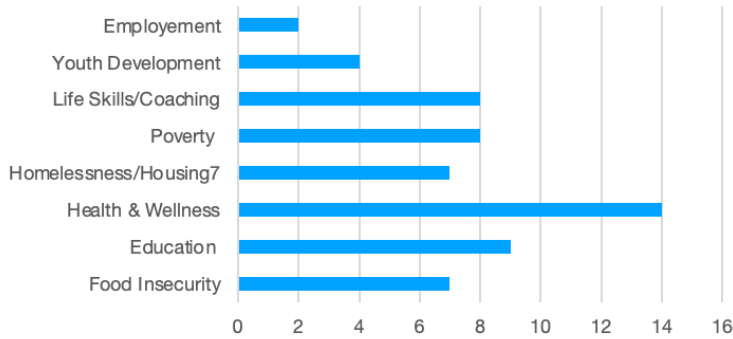
Purpose of the events:

1. Connect NMC students, faculty, and staff to your organization for future volunteer and community engagement opportunities
2. Highlight organizations work in addressing health and social needs of the community
3. Provide a space for organizations to network with other community organizations

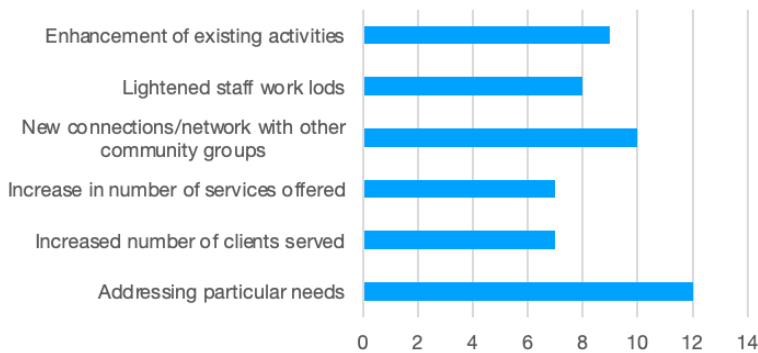
These events take part during our nursing student community engagement orientations and students are responsible for exploring the available community resources as well as orienting themselves to each organization as they will be serving these organizations in some way or another over their journey as a NMC student. We hosted three events in 2023 and each time hosted 15-20 community agencies with approximately 100-125 attendees at each event.

COMMUNITY PARTNER SURVEY RESULTS

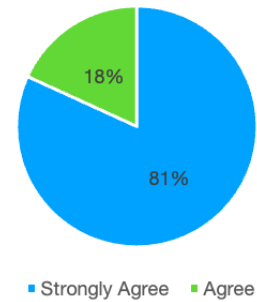
What are the community concerns/needs addressed by your organization?



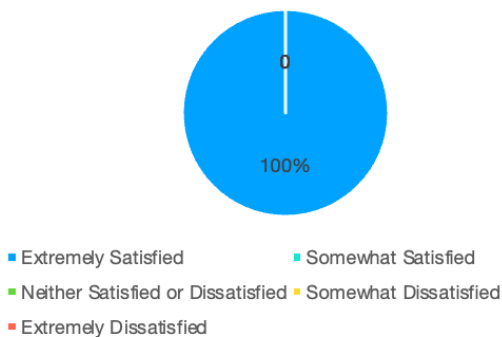
Partnerships Impact on your Organization



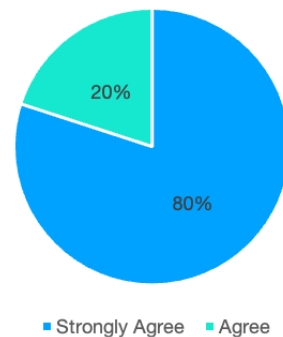
Please indicate your level of agreement with: the partnership had valuable benefits for my organization in addressing needs



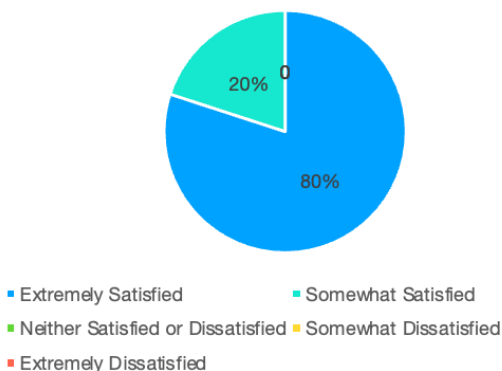
Level of Satisfaction with overall communication



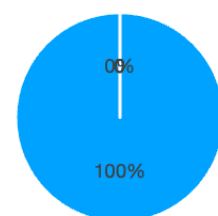
The community served by my organization benefited from the partnership.



Level of Satisfaction with Quality of Work



Level of Satisfaction with your organization's overall experience in the partnership



SERVICE LEARNING MINI GRANTS FROM CENTER FOR DIVERSITY & COMMUNITY ENGAGEMENT

NMC and Families in Action

NMC students in the Spanish minor program paired up with a Latina woman in the “Families in Action” program. Students met with their partner for one hour a week for eight weeks during the summer program. Students had conversations in Spanish with their partner and asked questions related to the participants thoughts, beliefs, and values related to healthcare.

“A key lifelong experience I have received from this experience is being given the opportunity to hear the experiences of a Latina woman who immigrated to the United States from Mexico for a better life for herself and her family. I was also given the opportunity to put the Spanish language that I have been learning to use instead of only in a classroom setting. I will apply this to my future role as a healthcare professional through at least making an effort to introduce myself in Spanish to my Spanish speaking patients. Introducing yourself in Spanish to a patient helps to build rapport with the patient and creates a more welcoming environment. I have found that this population commonly does not have health insurance. This is eye-opening to me and makes me want to connect my future patients with free preventive services in the community that are available to them (such as the Mobile Diabetes Center Methodist provides). This has been a supportive environment to help my peers and I continue to learn Spanish and actually put it to use.”

ELIZABETH MITCHELL



"I am excited to apply this knowledge in my future role as a healthcare professional by continuing my education in Spanish and being more understanding with all of my patients. One idea I learned is that the exchange partners really appreciated this experience. My exchange partner said that he hopes to do it again with future students. Families in Action is a great organization, and it is important that the organization is for the community. Another idea that I learned about this population is that One World is also very important to this community.

I believe that Families in Action is on the right track to make the change needed for this population and creating partnerships with places like Nebraska Methodist College is a great way to promote and advocate for this community."

AUSTIN CARMAN



NMC and Heartland Generations Center

Students in the sonography program learn from Heartland Generations Center participants about the barriers, challenges, and biases present in our healthcare system. Learning from individuals in our community who have had these personal experiences allows our students to better understand the lived realities and makes more concrete the necessity of culturally responsive care. Twenty students and faculty participated and learned firsthand from community program participants about the challenges/barriers in the community. This opportunity gave the participants a forum to share their experience and improve healthcare for all.

POVERTY SIMULATION



NMC's CDCE hosted the Poverty Simulation for Leadership Omaha, Nebraska Total Care, and QLI as well as for NMC students. The objective of this experience is to sensitize us to the day-to-day realities of life faced by people with low-incomes and to motivate us to become involved in activities which help to reduce poverty in this country. We hope to instill knowledge and skills to dismantle oppression and promote the health of populations. This simulation is a profound educational tool that promotes learning of diversity, social justice, health inequity, and the social determinants of health.

Reflections from our students:

“This experience highlighted the intricate web of factors influencing health outcomes and access to healthcare within impoverished communities. Taking part in the poverty simulation has had a profound impact on how I see myself working in the community in the future. My perspective on healthcare and community involvement will definitely increase my empathy. My motivation to think about advocacy and policy activities stems from my understanding of the challenges low-income populations experience, especially when trying to get healthcare.”

“This simulation had really increased my empathy skills, it provided a glimpse into challenges and hardships faced by individuals in low income community. This can positively influence my future interactions with these individuals by providing more compassionate and understanding approaches. I also gain a deeper understanding of the complexities and root causes of poverty, including factors such as limited access to education, healthcare, and social support systems.”

CRUISIN' FOR THE CURE



CDCE participated in the annual 2023 Crusin' for the Cure providing testing for Prostate Cancer Awareness and Prevention. 139 PSA tests were performed, identifying 11 cases of early detection. Staff/volunteers from Methodist who supported the event: Grant Spanel, Kiara Larsen, Katie Odinas, Hakim Lotoro, Desiree King, Kaydee Diers, Kiley Petersmith, Alicia Whitehill and Chandy Lockman Hoke.

COMMUNITY ENGAGEMENT

HIGHLIGHTS

Be patient. Change takes time. Community engagement work requires trust and rapport ... Continue to show up and continue to listen.



- KILEY PETERSMITH, DIRECTOR OF DIVERSITY AND COMMUNITY ENGAGEMENT, CENTER FOR DIVERSITY AND COMMUNITY ENGAGEMENT, NEBRASKA METHODIST COLLEGE

- Annual Pride Day Parade - NMC has attended this event since 2015, volunteering at first aid stations, staffing a booth and participating with the Nebraska Methodist Health System.
- World Refugee Day - NMC has provided scholarship funds and donated food for the event as well as provided free diabetes and hypertension screenings for adults and lead/hemoglobin screenings to children.
- Omaha Freedom Festival for Juneteenth - NMC's Mobile Diabetes Unit provided free diabetes and blood pressure screenings and first aid at the event as well as lead/hemoglobin screenings for children.
- Participated in Omaha's Afrofest and MAHA festivals by providing first aid services.
- Martin Luther King, Jr. Day of Service - Staff and faculty volunteer throughout the community. Past volunteering has taken place at the Teen Center, Together, Inc. and the NMC Food Pantry. Inspirational cards have been created and delivered to Completely Kids, which empowers kids and families with the skills necessary to break the cycle of poverty, and to Black and Pink, which provides support to system-impacted LGBTQIA+ young people
- Nebraska Methodist College (NMC) hosted the "Charting our Path: 50 Years of Black Studies (1971-2021)" exhibit, a collaboration between the University of Nebraska at Omaha (UNO) Libraries and UNO's Department of Black Studies. The exhibit, which included archival materials like newspaper clippings and photographs, highlights its history and impact on Omaha's Black community. NMC's Center for Diversity and Community Engagement brought the exhibit to promote diversity, equity, and inclusion, reflecting its commitment to creating an inclusive campus and educating future health professionals about the importance of understanding Black history and advancing health equity.
- Partnered with Creighton's Environmental Justice class during lead screening clinics. Creighton students conducted oral interviews and shadowed CDCE staff throughout the clinics and completed a project on the history and legacy of lead pollution and exposure
- Hosted Clarkson students during their population health class on our mobile diabetes clinics.
- Supported Consulate of Mexico Health Window clinic providing glucose and cholesterol screenings.



IN THE NEWS

NMC SCHOOL NURSE SCHOLARS PROGRAM WAS HIGHLIGHTED IN THE NEBRASKA BOARD OF NURSING NEWS!

Nebraska Methodist College is working in partnership with the Nebraska Department of Health and Human Services (DHHS) in the School Nurse Scholar Program. Nebraska Methodist College brings a unique approach providing a graduate student registered nurse from one of the Masters or Doctoral level nursing programs, who serves as the school nurse while also overseeing undergraduate baccalaureate nursing students on site. This model supports a mutual benefit in addressing the health needs of the school while also allowing students to get real-world experience in a school health setting. In the Spring of 2023, Nebraska Methodist College launched the program working with Ralston Public Schools offering over 120 hours of clinical work and 40 hours of didactic work to advance the program. This Fall, NMC worked with Fort Calhoun Schools, dedicating nearly 300 clinical hours to address both the shortage in nursing and health staff as well as the shortage of resources needed to address the health needs of the children in the district.

Opportunities that NMC students assist with include vision, dental, hearing screening, mental health assessment, triaging and medication administration through the school nurse office, immunizations, asthma action plans, diabetes management, seizure management, social determinant of health screening, lead/hemoglobin screening, and addressing any other special needs of the children within the school.

We also hope to immerse our students into the community and provide them with a unique lens of the importance of school nurses—especially as schools are sometimes the only form of access to healthcare that children/families may have.

Lessons learned from the experience can be best summarized from a student reflection who participated in this experience Spring 2023: "Nurses must view individuals and families in the context of their environment and assess how their community affects them. This is done by considering the social determinants of health (how the conditions of where we live affect our health outcomes). Nurses can work to achieve better population health by advocating, providing appropriate care and promoting social justice. They can assess socioeconomic resources, preventative health needs, congenital and genetic predispositions. They can plan and implement care by creating a trusting environment, knowing what resources are available and showing respect, compassion, and concern."

ACTION WORKSHOPS WITH INCLUSIVE COMMUNITIES

This specific 2-hour ACTION workshop is geared to have a brainstorming session around where students see Nebraska Methodist College in the next few years on the DEI journey and creating a space of belonging and community for all people. ACTION Workshops cover a range of competencies such as Identity and Intersectionality, Systems of Advantage, Unconscious Bias, Cultural Competency, Microaggressions and others. The sessions provide space to share personal experiences with the various "-isms" and give participants the opportunity to explore ideas of discrimination and privilege at the personal and interpersonal levels. Inclusive Communities' programs are designed to examine and break down the stereotypes, myths and barriers among the divides of race, faith, gender, ability and other diversities – a critical first step in the blueprint for building an inclusive culture that reflects mutual trust, acceptance and respect of all its parishioners and staff.

ACTION Planning is a year-long human relations, diversity awareness and leadership development program for professionals. This year-long program is attended by the DEI Advisory Board and is designed to help employees understand their role and responsibility in creating an organizational culture where everyone can learn, communicate, and work in collaboration and mutual respect. Program activities challenge participants to leave their "comfort zone" and empowers them to become positive role models and future leaders of inclusion. The foundational workshop provides an opportunity to discuss foundational level of language around identities, systems, socialization, culture, and communication.



Diversity	Equity	Inclusion
<ul style="list-style-type: none">• variety• intersectionality (race, gender...)• looking through lens of others• unique• multiple representations• difference; not the same	<ul style="list-style-type: none">• ≠ equity... it's a personal view of equity• leveling the playing field• Starting line• fairness• being valued• having a stake/interest• giving people exactly what they need	<ul style="list-style-type: none">• being respectful<ul style="list-style-type: none">↳ positive towards other thoughts• you belong• everyone has a seat at table, AND what they bring to the table is valuable• flow is consistently inclusive• honoring everyone's needs (e.g. in the classroom)



Diversity
Equity
Inclusion

DEI ADVISORY BOARD FORMATION

BOARD MEMBERS

- Will Roberts – Director of Outcomes Assessment
- Karissa Madrigal – Academic Advisor
- Melissa Siedlik – Recruitment and Admissions Coordinator
- Jennifer Harm – Director of Business Office and Student Housing
- Lisa Johnson- Director of Student Support Services
- Mark Billington – Director of Teaching/Learning CREATE
- Virginia Holland – Senior Administrative Assistant
- Alina Borkowski – Director of Records and Registration
- Ashley Kamian – H&P faculty
- Liz Schooler – BSN faculty
- Kiley Petersmith – Director of Diversity & Community Engagement
- Allison Kinney-Walker- Social Justice and Inclusion chair and A&S faculty
- Harsha Sharma – A&S faculty
- Lindsay Snipes – Vice President of Institutional Effectiveness
- Jillian Krumbach- Director of Undergraduate Nursing
- Sarah Murphy – Chief Student Officer
- Amy Clark- Vice President of Academic Affairs
- Kris Cobb – BSN faculty
- Sophie Feng – A&S faculty
- Christina Ewing – Diversity Outreach Community Coordinator
- Adrian Vega – Director of Upward Bound
- Taylor Timperley – BSN faculty

NMC's DEI Liaisons will work directly with the Director of the CDCE to assist in the implementation of DEI strategic initiatives. The group has committed to work for the next two-years to intentionally confirm NMC mission and values and establish a trajectory future of DEI work by developing and implementing action items that align with the DEI strategic plan of recruiting more diverse faculty and students, every student succeeds, and commitment to developing pipelines and processes to meet the needs of our community and systems partner. Liaison expectations would include activities such as: leading professional development activities/professional organization relationship development activities, teach the trainer, policy review, student affairs and mentor support, peer mentoring/support, etc. Action items will be developed based on needs identified from various methods of data collection across campus.

2024 GOALS

- Screen at least 1,700 individuals using mobile diabetes services
- Screen at least 250 children with new pediatric mobile unit
- Identify 5 new community partners to expand opportunities addressing community health needs.
- Continue to partner with DCHD at events to offer flu and covid vaccines
- Complete at least 100 referrals in Unite Us through Mobile Diabetes Center services in 2024.
- Partner with Nebraska DHHS Childhood Lead Department for disseminating updated lead testing guidelines.
- Continue to develop interdisciplinary community engagement experiences for NMC students of all programs.



"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

-Margaret Mead