

### **SOC Meeting Summary for 4-15-25**

**\*\*\*Please reach out to me, Jennifer at: [Jennifer.LHeureux@dmh.mo.gov](mailto:Jennifer.LHeureux@dmh.mo.gov) and I am happy to send any of the slide decks and/or attachments of flyers noted in this summary to you.\*\*\***

Good afternoon,

Thank you all so much for attending the SOC meeting earlier today. A special thank you to our featured presenters, **Haley Hazem, John Ezell, and Heath Wessling**. Their incredible presentations allowed us to extend the focus of our recent health

and wellness fair and to further celebrate Earth Day and natural resources in the month of April. Our take on things is that **people** are our greatest natural resource. The focus in our meeting today was on three pillars that many of our consumers struggle greatly with; financial, preparedness for emergencies and disasters, and general health/well-being. An additional thank you to **JJ Gossrau** for her brief presentation about the expansion of SOC's into regions without such. The link to the meeting recording will be posted on our website ([www.jacksoncountysoc.com](http://www.jacksoncountysoc.com)) sometime tomorrow afternoon. The slide decks from the presentations are quite large and will be sent under separate cover so as not to be flagged as spam and rejected. The following is a summary of today's meeting:

#### **1. Haley Hazem, Financial Advisor, Prime Financial**

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**Phone:** 913-538-4255

**Website:** <https://primefinancial.com/>

- **Haley's complete slide deck will be sent later today.**
- **Haley addressed in part, the financial traps that many of our consumers fall into that then dig their financial holes even deeper. Financial health opens so many doors and is most definitely a big part of wellness. Haley gave practical solutions that can lead any of the people we are working with to financial health no matter where they are currently at.**
- **Discussed were the first steps to financial wellness.**
- **Simple, practical, but very effective tools were presented that anyone can use to put themselves onto the road of financial wellness.**
- **The 50/30/20 rule was reviewed as it pertains to saving and spending.**

- The concept of “Financial Fitness for Life” was discussed.
- Life insurance and its importance was discussed and implications as well as what safe guards it can build in. Many employers offer some amount of life insurance for free and additional amounts at minimal amounts insofar as cost. Sometimes the additional expense is less than someone spend on something that is not a necessity.
- Being aware of how, where, and how much you spend is critical for achieving financial health.
- Good versus bad debt was defined and discussed.

## 2. John Ezell, Emergency Response Planner: Jackson County Public Health

Email: [John.Ezell@uhkc.org](mailto:John.Ezell@uhkc.org)

Phone: 816-404-6539

Website: <https://jcph.org/community-resources/emergency-preparedness/>

- John’s slide deck will be sent out later today.
- John talked in part about emergency health preparedness. Many of the people that we serve are sincerely just trying to survive today and preparedness in the event of a disaster is not something that is often their focus.
- Public Health Emergency Preparedness and its processes were the focus.
- John discussed the emergency preparedness outreach efforts that his organization has in place including things such as having a “Preparedness Mascot” that can visit schools, day cares, and other places, campaigns, and more.
- John reviewed what the Jackson County Public Health has in place insofar as exercises, trainings, supplies, and capabilities.
- POD or Point of Dispensing was discussed and how to become a location for that. This is funded by the Cities Readiness Initiative with the goal of dispensing to 100% of the population within 48 hours, critically needed materials during times of disasters. The roles and responsibilities associated with being a POD were reviewed. These PODs are a significant step in helping to protect the health of every organization, family, etc. in the community. Please contact John to learn more!

- The Preparedness Mascot: Meet Ready was discussed as was child and long-term care preparedness.
- The role of the KCR COAD or Kansas City Regional Community Organizations Active in Disasters was discussed and how community partners are critical. Please reach out to myself (Jennifer) at [Jennifer.LHeureux@dmh.mo.gov](mailto:Jennifer.LHeureux@dmh.mo.gov) as the Chair of the COAD or, Stephanie Spitz, COAD Membership Secretary ([steph.ann@umkc.edu](mailto:steph.ann@umkc.edu)) for information on how to become a member/partner with the COAD in protecting the community during times of emergencies and disasters. The COAD's website is: [www.kansascityregionalcoad.org](http://www.kansascityregionalcoad.org). We would love to have you join us and there are many ways and opportunities to do so!
- Response plans and capabilities to keep the community safe were discussed.
- Besides John, you can also reach out to the following people for more information: Steven Lammers, Preparedness Division Manager ([Steven.Lammers@uhkc.org](mailto:Steven.Lammers@uhkc.org)) or Zachary Thorp, Emergency Response Planner ([Zachary.Thorp@uhkc.org](mailto:Zachary.Thorp@uhkc.org)).
- While FEMA offers many preparedness course, individual organizations such as schools, churches, day cares, and more may also want to look at the following for applicable resources: <https://www.marc.org/training-and-events>
- Prepare Bear is a program in Cass County to educate children in an age appropriate way about preparedness.

### 3. Heath Wessling, Founder/Owner: Kansas City Wellness Club

Email: [heath.zoneinfo@gmail.com](mailto:heath.zoneinfo@gmail.com)

Phone: 816-442-2937

Website: <https://heath.zone>

- Heath's slide deck will be sent later today.
- Heath has been featured on Fox 4 News, 41 Action News, and other media outlets as an expert on holistic and integrative health practices.
- The impact of mindfulness was much of the focus and how it impacts health and general wellness.
- How the tidal wave of modern day stressors impacts health, stability, and resiliency was reviewed.
- Why it is important to address wellness was talked about and the impact if it is not a focus.

- Health showed a slide of Bill Murray with a very apt caption, “People judge others by their actions yet we judge ourselves by our intentions.”
- The impact of different kinds of social interactions was reviewed.
- The impact of technology on wellness was a focus.
- How to incorporate mindfulness into our daily lives was given. Simple, easy to do strategies were presented.
- Benefits of mindfulness were discussed.
- Heath offered a free 30 minute consult for anyone in the SOC who sends a message to: <https://heath.zone/contact>

4. **JJ Gossrau, Director of Young Adult Services: Missouri Department of Mental Health**

Email: [JJ.Gossrau@dmh.mo.gov](mailto:JJ.Gossrau@dmh.mo.gov)

Website: <https://dmh.mo.gov/>

- JJ’s slides will be sent out later today.
- JJ gave a brief but wonderful presentation on the history of SOC’s as a model and the importance of them.
- Showed were some graphics about where in our state there are no SOC’s. Discussed why the SOC model is an important one, the impacts. I also briefly talked about just think what this SOC has done insofar as resource development, connections, community initiatives, etc. Now imagine if every county had one.
- How to start an SOC was reviewed.
- JJ reminded us about an important resource called Life Launch. The SOC previously had a presentation on this great resource which is a hub for teens and emerging adults. It has things like information on every aspect someone would need to know about how to have wellness and a successful transition to adulthood. The web is: [www.lifelaunchmo.org](http://www.lifelaunchmo.org)

5. I have attached 2 flyers pertaining to wellness. One is about Cancer Survivor’s Day coming up here in Kansas City and the other is a great newsletter with TONS of resources from Gilda’s Club also here in KCMO. This is an organization that has so much to offer people directly and indirectly impacted by cancer.

6. The SOC's Cancel Cancer initiative sponsored its first health and wellness fair on April 12<sup>th</sup>. We had about 18 vendors and 3 that showed up but had not previously registered! Great information and resources. Our original intent was to reach people directly that may be experiencing health issues however, the way the event unfolded it took a different focus. Our foot traffic was limited because of competing Easter events, a benefit walk, and other events happening in downtown. That said, it quickly became more of a networking event and I saw so many great connections being made. People saying they had no idea that this or that was a resource in our community. I saw many people exchanging card, setting times to meet and discuss resources more, etc. So, it did not unfold as originally envisioned but, it had the same result...to impact people who need it the most. Please check out the SOC's website for a list of our vendors and consider supporting them in their amazing efforts!

Also born from this event is a virtual health fair platform that the Cancel Cancer initiative is developing. Why should this valuable information be limited to a health fair, confined by walls, dates, and times? By creating a virtual, round the clock platform, we can reach more people and especially those who may not be inclined to attend a health fair or perhaps because of access and functional needs, find it difficult to get to one. The Cancel Cancer initiative of the SOC will continue to grow and I hope impact our community in a very positive way.

7. Stacia Hardyway ([shardyway@pcsforpeople.com](mailto:shardyway@pcsforpeople.com)), PC's for People reported on an E-recycling Event (please refer to the attached flyer).
8. The SOC/FEMA R7 workshop planned for May 9<sup>th</sup> had to be canceled because of budget cuts at FEMA. We are pivoting and working closely with MARC and HHS to put on an alternative to the workshop that will be shorter and virtual but still focus on further incorporation of the unique needs of children into emergency planning. This virtual workshop would offer many of the same things with some extras including breakout rooms, additional opportunities to assess your organization's ability to maintain operations during emergencies, and include something called the Children and Youth Annex Template. More details to come and a date to be announced soon.
9. Speaking of preparedness, there is a great opportunity coming up:

Bistate exercise to help community-based organizations prepare and respond to armed violent incidents Operation Stronghold takes place April 17 | Register today! This is put on by the CDRN, MARC-HCC, and the MEMC. It is a free event and will equip any agency with what is needed to stay safe in a violent incident. Many wonderful speakers who are subject matter experts and practical solutions that will increase the safety of children. The flyer can be found at: <https://www.kansascityregionalcoad.org/>

10. The SOC will again be able to sponsor children in need for various summer camps.

11. I have attached a flyer that was shared with me for a resource pertaining to seniors coping with grief, loss, and transitions.
12. Our May meeting will in large part focus on the safety of children over the upcoming summer break. All kinds of great resources will be presented on as well as some internship opportunities to help older youth become more acclimated to careers of interest!

Our next meeting is on **May 20<sup>th</sup> at 1 p.m. on Webex.**

Thank you everyone for everything that you do to make for safer and healthier communities. Never hesitate to reach out if we can do anything to support you!

Sincerely,

**Jennifer L. L'Heureux, Ph.D.**

**Chief of Children's Community Operations-Northwest**

**Department of Mental Health-Division of Behavioral Health**

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