



Impact Report

Year Ending 2020

Coalition for
Healthy
Communities

Table of Contents

1

Introduction

2

Our Story so
Far

3

Task Force
Achievements

4

Acknowledgements

5

Note from the
Board

Introduction

The Coalition for Healthy Communities (CHC) began in 1995 as a collaboration between Cancer Treatment Centers of America® (CTCA) at Midwestern Regional Medical Center (Midwestern) and leaders from Zion, Winthrop Harbor and Beach Park. They recognized that they faced similar health and wellness issues and that by working together, they could make a bigger impact. The leaders identified five areas to focus, which included, Adolescent substance abuse, Cultural Diversity awareness, parenting/teen sexuality education, immunization for young children and access to primary health care.

In 2002, the Coalition was granted a 10-year federal Drug-Free Community Grant through the Lake County Health Department. This partnership improved the Coalition's reach and impact, and included the creation of a long-term, strategic plan for the CHC.

While staying true to it's roots, additional priorities have been identified over the years. Task Forces – smaller groups of passionate members – have been created to focus on certain issues and find solutions.

These Task Forces are:

- Community Wellness
- Literacy
- Substance Abuse Prevention
- Zion-Benton Leadership Academy

As an organization, we have been able to have a deep impact within the Zion-Benton Community and help improve lives in our key focus areas. Yet, we still have work to do and are committed to growing our volunteer base, community partners, and fundraising efforts so that we can expand our programs and reach into the community. In order to ensure that we remain good stewards, we have developed this impact report to highlight our accomplishments and measure and readjust where appropriate.

Looking forward, we believe our task forces are properly aligned with the needs of the communities we serve and our charge is to continue to develop and deliver relevant programming. A few areas that have been identified through community surveys and participant feedback are food insecurity, mental & emotional health, and nutrition education. The generous support of our donors provides the needed resources to continue to research, develop, and deliver programs that have the greatest impact

Our Story So Far

OUR MISSION

The mission of the Coalition For Healthy Communities is to continue to lead our Zion-Benton Community to positively improve identified health, wellness, and social issues. We do this through collaboration of a growing network of community partners.

Since its inception in 1995, the Coalition has constantly lived up to the mission and we continue to strive and adjust our focus with the changing needs of our community. This impact report is assembled with the following goals in mind.

- Reviewing our projects against our mission and goals
- Improving and implementing changes depending on the outcomes achieved and feedback from volunteers and community members
- Building trust with funders, supporters, and beneficiaries alike
- Celebrating the achievements of staff and volunteers

Collaboration is a cornerstone of our success so we continue to cultivate a culture of learning among similar organizations

MESSAGE TO OUR FUNDERS

2020 seemed like a long and uncertain year. We were very pleased to receive funding for our endeavors and have a robust list of accomplishments despite the unusual events of the year.

Our task force structure continues to provide good work within the community by focusing on four areas: literacy, leadership via the Zion-Benton Leadership Academy, community wellness, and substance abuse prevention.

"To impact health, wellness and social issues."

Task Forces Impact

1 Literacy Task Force

Supplement Literacy opportunities for families through the Pandemic

The literacy task force was able to pivot after the shut down and stay at home orders were put in place. Not only was the team able to adapt, they also expanded digital offerings within the school and local library systems, while maintaining collaborative relationships with community partners.

2 Community Wellness Task Force

Support the community through health and wellness

The wellness task force chose to focus on advocating for healthy activities for individuals and families to be involved in.

3 Leadership Academy Task Force

Create New Leaders out of adversity

The leadership academy team persevered and graduated 12 new leaders in spite of the pandemic. Many of which immediately got involved and/or committed to completing the Year-2 practicum.

4 Substance Abuse Prevention Task Force

Digitally engaged high school youth to continue to promote healthy alternatives to drug use

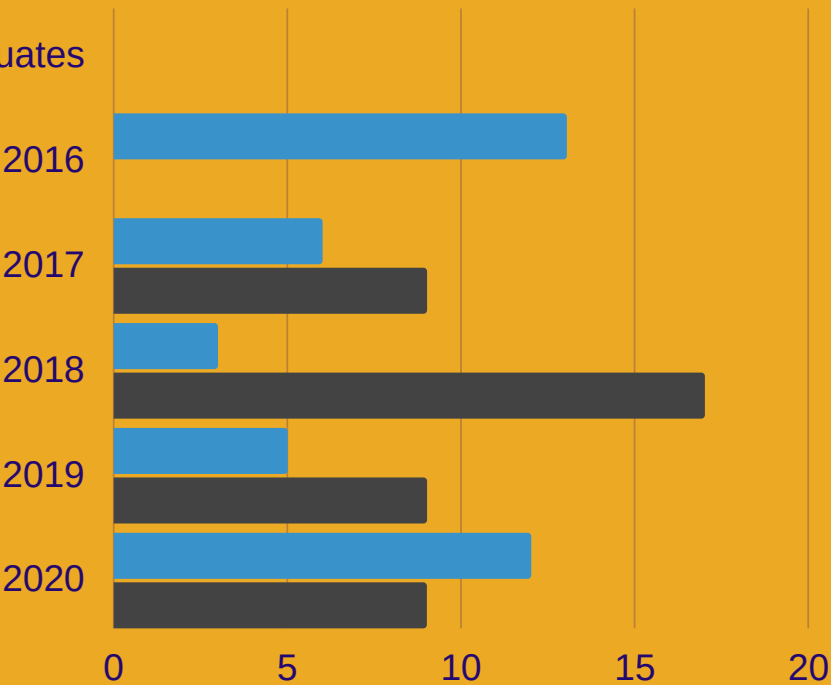
The substance abuse prevention task force was also able to make a successful switch to digital campaigns to keep students engaged and promoting healthy habits among teens.

The Zion Benton Leadership Academy Task Force (ZBLA) had great success during 2020. The Jr. ZBLA class was completed in February prior to the pandemic shut down. Nine students from 8th-12th grade participated in a four-week leadership program and delivered speeches regarding their learning experience at the graduation. The success expressed by these students from this wonderful program is really what the Coalition for Healthy Communities is all about. Bringing the program to the 8th grade level helps to set the learners up for a great high school experience. Zion's District 6 honored the program at a virtual Spring board meeting, the recognition is well-deserved for this initiative. The next Jr. ZBLA program is in the planning stage as a virtual event.

DEVELOPING AND
EMPOWERING NEW
LEADERS BUILDS
STRONGER COMMUNITIES

New adversity brought new opportunities

of Graduates



>50%

Are either opening a
business, volunteering,
or running for office

12

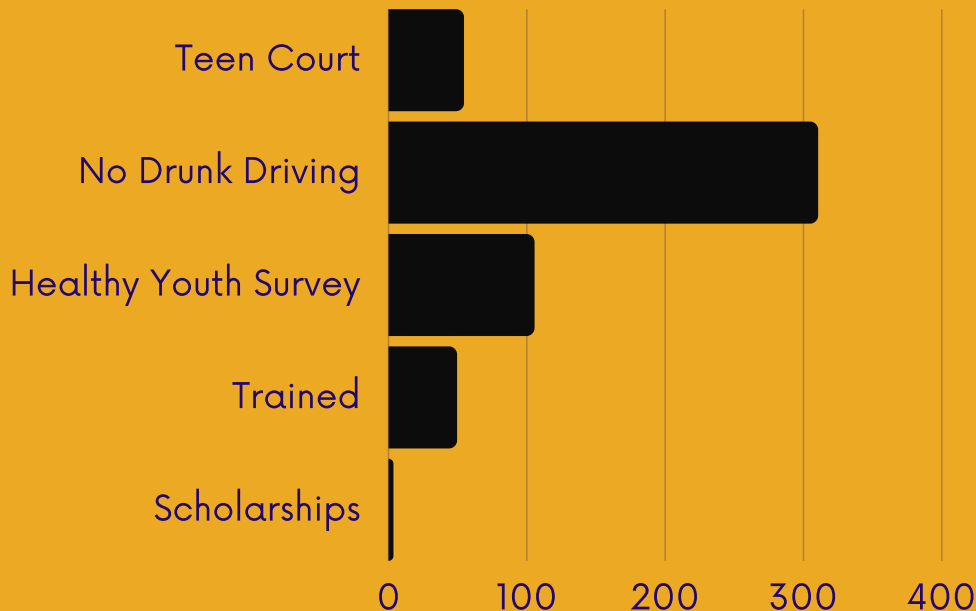
New Women Leaders

The adult program had the tough job to decide upon an all-virtual environment for the program. Ten brave women decided to give the virtual platform a try to great success. One of the sessions around racial healing was especially reinforcing to the Coalition's mission to break down barriers in our community. This group of women, similar to all of the previous classes, has been quick to get involved in the community. The participants took advantage of the mentorship available through the Coalition membership and will continue to provide impactful and emerging leadership within our communities. A virtual alumni event was held in July to foster connection and conversation.

The **Substance Abuse Prevention Task Force** is ever engaged in the health and welfare of our community, particularly with the youth in our schools. The task force members are passionate about encouraging participation by all middle and high school students in the Illinois Youth Survey. This involves key administrators at each school committing to the time for students to take the survey. The data collected about local youth substance use helps to drive the initiatives of the task force. Although the State survey was cancelled due to Covid; 105 ZBTHS students participated in an online survey during Red Ribbon week through an online survey developed by Healthy YOUTH and sponsored by the task force.

STUDENTS POSITIVELY ENGAGED

List of students positively impacted by a few of our programs



49

Students
Trained

>300

Participated in
no drunk/drug
driving
program

95%

Say No to
Alcohol

As distance learning was put in place for area high schools, the task force searched for ways to stay connected. Despite the difficult circumstances of distance-learning, 49 students still took advantage of membership training and projects.

- Two Healthy-Youth members were selected by Congressman Brad Schneider's STEM Scholars program and one was recognized by National College Board for Top % on the PSAT.
- The Great American Smoke Out was celebrated and face coverings with the sentiment "non-smoker," were distributed.
- A digital scavenger hunt was held to keep students engaged.
- 49 ZBTHS Students completed projects illustrating how to change the perception and prevent the use of alcohol, tobacco and other drugs in our community.
- 49 ZBTHS Students completed online training modules to increase their knowledge regarding substance use and prevention, including the Life of An Athlete Program that illustrates the effects of alcohol on the teenage brain and the impact on athletic performance.
- Implemented Red Ribbon Week Programming.
- Worked with the Cebrian Goodman Foundation and the Glenbard Parent Series to bring virtual speakers to students and staff at ZBTHS.

100%

Would attend another event

6 wks

90 minute workshop
plus 6 week digital
campaign

>5

Collaborated with
more than 5 different
organizations

>15

Live participants
engaged in the
resiliency workshop,
including local
teachers

100s

Hundreds of residents
received testing for
COVID-19

The **Wellness Task Force** has maintained an impressive array of projects and successfully pivoted to the virtual platform.

- Hosted a 90-minute workshop focusing on developing a resilience skill set around dealing with unwanted and unexpected change. The virtual workshop was designed to help busy people incorporate adaptability in their everyday lives. The session was followed up with a survey and a 6-week digital campaign to reinforce elements from the workshop.
- Collaborated with the University of Illinois-Extension Office to take advantage of programming for family health involving movement and nutrition.
- Hosted a virtual cooking workshop with Zion District 6 elementary families, as well as Coalition for Healthy Community member families.
- The annual Mama's Run event renamed itself to Red Ribbon Run and went virtual also.
- Several graduates of the Coalition's Zion-Benton Leadership Academy program joined the task force and continued their zeal for engagement with the Zion-Benton communities.
- Previous alliance with Rosalind Franklin University of Medicine and Science paid off when they requested our partnership to organizing a flu vaccine for the community.
- The local physical therapy business, Athletico, provided helpful resources for Coalition members, introducing the topic of recovery and rehab after contracting COVID during one of the general membership meetings.

In cooperation with the Zion Park District, the Coalition for Healthy Communities organized a COVID-19 testing program in July for the community. The Community Wellness Task Force continues to carry the message that we all can support healthy living in our community via several ways, and through great partnerships.

K-3

Grades targeted for
literacy programming

15

The number of Little
Free Libraries being
maintained

10

Schools served

3

Communities Served

The **Literacy Task Force**, co-chaired by the Beach Park School District Librarian and the Zion Benton Township High School Librarian continues to provide opportunities and community support to the tri-community of Beach Park, Zion, and Winthrop Harbor. The Task Force began the year with a vigorous agenda that included: expanding the little free libraries into the Zion community, planning a networking event for school librarians and literacy specialists, and hosting four successful family literacy nights at various schools to support the State Family Literacy Night under State Librarian Jesse White. Some of these plans worked out and some were stopped during the state shut down.

After the shut down the group pivoted to focus on the expansion of digital offerings within the school and community library systems, while maintaining collaborative relationships with community partners.

- The long-standing partnership with Bernie's Book Bank continued with actual book donations to Beach Park School.
- High School students worked to record audio books for younger readers, as part of Reading Buddies Program.
- The high school made weekly book deliveries to students during the remote learning time.
- The task force members took the opportunity to join a book study program offered through the Association of School Library educators, reading "Spark Change" The program sought to help us better reach our community.
- Kindergarten Readiness Calendars were virtually disseminated to families.
- The task force wrote a grant to the State Library Association to increase the selection of diverse books in our schools.
- National Library Card month was promoted at all schools, and through an agreement with the Coalition for Healthy Communities, area school districts, and the Zion-Benton Public Library District, any student who resides in the school district can now obtain a student library card-even if they do not live in the library district.
- The Little Free Libraries were maintained.
- Local author Ryan Nieves was honored by the task force.
- The Task Force created a website that supports literacy and provides schools and parents with literacy resources in our area. This website is linked on the CHC website and can be found at <https://tinyurl.com/ZBLF>

The Literacy Task Force has a strong commitment from its membership and has not been held back by the pandemic. The task force continues to keep our community engaged. The plans for 2021 will continue to focus on moving literacy forward in our Zion-Benton community.

>10

Volunteers

Dozens

Children/Families
reached


Zion-Benton Township H.S. IMC

Family Literacy Night

Free books for all ages

FEATURING STUDENT READERS

Read. Listen. Create.



Zion-Benton Shakespeare SLAM

"Oh, there has been much throwing about of brains." -Shakespeare, R.E. 3.3.34

Thursday, November 21st, 4-7 pm*
Attend Shakespeare Slam from 6-7 pm



Acknowledgements

Community Partners

- Stephenson Family Foundation
- Cancer Treatment Centers of America
- Lake County Health Department
- Zion Park District
- Zion Public Library
- Rosalind Franklin University Health Systems
- University of IL Extension
- Athletico
- Zion Elementary District - 6
- Beach Elementary Park District - 3
- Winthrop Harbor District - 1
- Zion Benton Township - 126
- State Rep Joyce Mason
- Congressman Brad Schneider - 10th District
- Oak Street Health
- United Way - 211
- Lake County State's Attorney
- Humanity First Program
- Zion Township
- City of Zion
- City of Winthrop Harbor
- City of Beach Park



We thank you for your
continued support in
our programs.

The Coalition for Healthy Communities

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100%

We have engagement
from volunteers in
each community we
serve

48%

Percent of our budget typically raised through fundraising
activities was significantly impacted due to COVID-19



Note From the Executive Board

We hope that the list of 2020 accomplishments, despite the challenges of a global pandemic, underscores the value and impact of your continued financial support. The work of the Zion-Benton Coalition for Healthy Communities does not cease and our mission of leading our community in a collaborative effort to improve identified health, wellness and social issues continues. The Coalition appreciates your consideration of assistance for 2021, so that the organization and its members can continue to impact the communities of Zion, Beach Park, and Winthrop Harbor.

Again, we invite you to join us at any of our monthly general meetings, which have continued to be held virtually throughout 2020 and 2021. Our membership remains dedicated to the health and wellness of our community and are engaged in efforts to serve the community. Monthly membership includes members from offices of state and national legislators, elected community leaders, members from several districts (park, school and library), local non-profits, area businesses, U of I extension, CTCA, police and sheriff's departments, and most importantly-community members who may not represent a particular entity, but who simply want to engage in a community they love.

Additionally, the Coalition has welcomed presentations from the State's Attorney Office, Rosalind Franklin Health Clinics, United Way's 211 system, Humanity First Program, and offered a legislative briefing day from staff members from state and national legislative offices. The Zion-Benton Coalition for Healthy Communities remains committed to providing assistance and services to meet the needs of our community. Our goal is ever more important as we continue to face growing challenges, but we wish to remain a vital link between the Zion-Benton community and important resources that advance health and wellness.

Executive Board Members - 2020

Past President: Joel Brumlik

President: Marilyn Krieger

Vice President: Richard Frierson

Secretary: Jennifer Smith

Treasurer: Cesar Cardenas

Thank you to the
**Stephenson Family
Foundation** for your
continued support in
our programs.

**The Coalition for Healthy
Communities**

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