

# Rensselaer County Wellness Committee

## Purpose

Strength in numbers, relationships, diversity and resource sharing were all foreseen benefits of the collaborative process we undertook to enhance our Community Health Assessment and Community Health Improvement Plan. We believed in forming partnerships and pooling our resources to work on a healthier Rensselaer County. The collaborative process followed three steps.

1. Identify, discuss, and select from the five health priorities.
2. Divide, manage, and execute the agreed upon health priorities and initiatives.
3. Observe, evaluate, and repeat the initiatives when appropriate throughout the community.

To actualize this process, the **Rensselaer County Wellness Committee** was formed as a coalition of committed individuals to work with the health department and the other community members to increase the services and education of health issues that impact our community. Our member's professional knowledge, insight into the services our communities need and commitment to protecting our community from health risks are benefits of the development of the committee.

## Wellness Committee

In February 2012, the RCDOH decided that in order to best serve our community we must engage and develop a collaboration with the agencies and members within our county. Staff observed webinars on multi agency collaborations and coalition building to help inform the development of the County Wellness Coalition. Outreach included looking at Community Resource Guides for possible partners. Contacts already established by RCDOH staff attending established community meetings were also considered.

The County Wellness Committee will continue to meet the first Monday of every month to address health concerns, promote multi-agency collaborations, and work towards improving the health of the residents. We are continually reviewing our membership and a positive consequence of our committee is increasing awareness between agencies of programs already at work addressing identified concerns. This formation of multiagency collaborations is giving us the opportunity to build trust, cooperation, mutual respect, as well as, newly forming partnerships providing service, care, and working towards improving community problems.

## VISION

Rensselaer County, a healthy place to live

## MISSION STATEMENT

To enhance the health and wellbeing of Rensselaer County residents by providing integrated health programs through the formation of partnerships and unified goals with organizations in the community. We will collaboratively build awareness through traditional and non-traditional promotion of wellness.

## Development of Subcommittees

In March 2013, we were able to move to the next step in our collaborative process, we began to divide, manage, and execute plans to improve the areas selected. Subcommittees were established in line with the identified need to address mental health with the physical diseases in each of the focus areas. Our subcommittees were established as:

- Mental Health/Tobacco
- Mental Health/Obesity
- Mental Health/Risky Sexual Behavior

## Plan

The continuing step of our collaborative process is to observe, evaluate, and repeat or modify the initiatives when appropriate throughout the community. As the Community Health Improvement Plan initiatives begin, the Wellness Committee will continue to meet monthly and work together to reach our goals. Subcommittees will meet every three months to assess the progress of their Community Health Improvement Plan. The plans may be expanded or adjusted based on the subcommittee's insight and expertise.