

CHC/SEK Food is Medicine & Recovery Court Program



**Community Health Center
of Southeast Kansas**

Program Introductions

Between 2023 and 2024-

- Expanded FIM partnership with local food pantry
 - 12-week program
 - K-State Create Better Health Education
 - Weekly produce from local grocer
 - Access to shelf-stable food and monthly produce boxes from KS Food Bank
 - Dietitian onsite
 - Referrals to Diabetes Care Team
- Integrated CHWs into service delivery (**key** for retention and care coordination)
 - Experienced challenges in sustaining CHWs and K-State Extension Courses



Program Introductions

In 2024, CHC/SEK launched a pilot with the 11th Judicial District Recovery Court in partnership with the judicial system, corrections, and local treatment providers

Why Recovery Court in SEK?

- Only rural multi-county district in the entire Midwest where all counties are designated High-Intensity Drug Trafficking Areas
- New admissions for methamphetamine treatment increased by 161% from 2014-2019
- 71% of nonviolent arrest in Crawford County were drug or alcohol related
- CHC/SEK treating 2,485 adults with substance use disorder



Program Design Includes:

- Court every other week
- Multi-disciplinary care team, including CHWs
- Community education and engagement
- Behavior intervention programs
- Skills and employment assessment

FIM Pilot with Recovery Court Participants

- Classes held on days when Recovery Court is Scheduled
- Participation is not required
 - 9 of 15 RC participants enrolled in FIM
 - Family members invited to enroll
- Judge approved hours spent in FIM class toward required community education/service hours
- Coordinate care and engagement with Recovery Court CHWs

Jackfruit Tacos and Mango Salsa


Mango Salsa:
Mango
Tomatoes
*Red Onion
Yellow Onion
*Minced Garlic
Cilantro
Roasted Bell Pepper
Roasted Jalapeno
*Lime Juice

Guacamole:
*Avocado
Tomatoes
Cilantro
*Garlic
Onion
*Lime Juice

Queso Fresco

Jackfruit Taco:
Sauteed Onion
Jackfruit
*Minced Garlic
*Taco Seasoning

*Was not provided by pantry



What Are We Learning?

- Strong engagement & retention
- Create Better Health Curriculum
 - great introduction to nutrition and health across population groups
- Social drivers of health
 - Support system
 - Transportation
 - Kitchen access
 - Housing
- Community connection & purpose
 - Volunteering
 - Accountability and mutual care
 - Sense of agency



What do our participants say?

“The class has been supportive of my goals to treat my body better- now I am paying attention to what I eat.”

“My attitude toward the class and food changed. I feel like I am not just a number and have a more positive energy about healthy foods.”

“Of the 20 hours I spend in education each week, this is the one class I’m not treated like a criminal. It’s not often those of us in recovery have access to resources about our overall health.”

Thank you for investing in the recovery community!



Thank you!



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