



**Food is
Medicine**



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Adult Community Services Supervisor
Serving Marshall, Pottawatomie & Riley Counties

About Pawnee Mental Health

- Pawnee Mental Health provides community-based services for adults with Severe Mental Illness (SMI).
 - Services are offered in the home and community based on each person's treatment plan.
 - Our programs promote dignity, recovery, and independence through personalized support for **holistic wellness**
- Adult Community Services (ACS) helps individuals build stability and wellness through:
 - Life skills development
 - Behavioral health support
 - Symptom management
 - Resource connection



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Food is Medicine

- Nutrition plays a key role in holistic wellness:
 - Emotional balance
 - Physical wellness
 - Social connection
 - Financial stability
 - Spiritual wellness
 - Environmental wellness
 - Intellectual function

Community Based Approach

- Helping individuals thrive where they live.
We connect the dots for each person based on their strengths and goals through:
 - Psychoeducation
 - Resource connection (collaboration)
 - Individual and group sessions
 - Support
 - Closing the loop

Program in Action

- We bring the Food is Medicine concept to life through:
 - Group trips to the food bank
 - Cooking & Nutrition Groups: learning to cook healthy, enjoyable meals
 - Peer Services: individualized support to access food and build skills
 - Case Management: budgeting, meal planning, identifying challenges, and finding solutions



The Power of Food

- When people are nourished—body and mind—they can:
 - Heal and recover
 - Build confidence and independence
 - Engage fully in their community
- Food truly is medicine.

Questions?

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