



Principles for Community Health Care

Name of Organization: Keshet

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Mission: Creating a community of belonging where people of all abilities learn, play, work, live and grow together.

1. Keshet serves children, teens and adults with disabilities, a population that is at-risk, disadvantaged, and underserved compared to their nondisabled peers. People with disabilities face disparities in seeking physical and mental health services compared to the general population. Keshet provides accessible services and programs to improve and enrich the physical health and emotional wellness of its participants:

Recreation

- Fitness and dance classes
- Sports teams (baseball, bowling, basketball)
- Special Olympics (track, golf, and swimming)
- Art and music therapy
- Social opportunities for all ages

Education

- Adaptive physical education
- Related services team made up of speech, physical, occupational and behavioral therapists and social workers
- Art and music therapy
- Life skills development—personal hygiene, grocery shopping, behavior management, healthy eating, social skills, etc.
- Most students' Individual Educational Plans (IEPs) have individualized goals related to physical fitness

Adult Day Services & Residential Homes

- Social workers to provide mental health and wellness support specifically for adults
- Nurses on staff to administer and monitor medications
- Nutritionist who does assessments of residents and creates menus for Keshet's residential homes
- Transportation and support to schedule and attend doctors' appointments
- Emotional regulation strategies

- Life skills development—personal hygiene, daily exercise/fitness, cooking basic meals, maintaining a healthy diet, grocery shopping, budgeting, etc.
 - Programs addressing stress management, social skills, self-advocacy and more
 - Nearly every adult in Keshet’s programs has Personal Care Plans (PCPs) with goals about physical activity and fitness
2. Keshet subscribes to the disability community’s philosophy and mantra of “nothing about us without us.” This puts people with disabilities and their families at the table for making decisions about program offerings, participation, organizational direction and more. Their lived experience informs many of the actions taken by the Board of Directors. A longtime Keshet participant also serves on the Board of Directors as a program liaison.
 3. In addition to having health care professionals on staff, Keshet partners with other organizations to provide health-related services and activities. For example, Keshet works with a local pharmacy to provide free vaccine clinics at our programs. We contract with LifeSpeed to provide systematic behavior support and behavior plans for children and adults. Additional health and wellness-related partnerships include Special Olympics, JCFS Chicago, private therapists, Body Groove, Movement Junkies, Prospect Music Therapy, Stretch & Grow and more.
 4. Keshet employs a community-orientated approach to program development as often as possible. Our satisfaction surveys are administered not only to parent/guardians of participants, but also to the participants themselves. We use a variety of modalities to make these surveys accessible to all.

Example 1: A recent survey of Keshet adults and their parents showed a need to increase the number of low-cost, one-time special events. Before determining which activities we would run, we held a focus group to get suggestions from adults who are likely to attend.

Example 2: A longstanding program at Keshet offers travel opportunities for adults. We provide coordination and support so the adults can explore a new place, feel empowered and experience the fun of a vacation. The adults determine where they want to go and what activities they will do there. This past fall, we traveled to Las Vegas and we will be headed to New York City in the spring.

Keshet’s programming is sustained by participant fees, governmental reimbursements, and fundraising initiatives. Our finance team regularly reviews program expenditures to monitor their financial health and identify new opportunities to maximize reimbursements and ensure program sustainability.

5. Keshet serves approximately 550 people with disabilities each year.
6. The goal for Keshet’s One Community Campaign is \$20M.

7. The capital project and the One Community Campaign are not part of Keshet's operating budget.
8. There are no reimbursements included in the One Community Campaign. However, nearly 80% of Keshet's overall program budget comes from Medicaid and Illinois State Board of Education reimbursements.
9. We anticipate that 20% of the funds raised for the capital project will be from public/private grants.