

2008 Report

Kaiser Permanente Educational Theatre Programs

Healthy lives. Dynamic partnerships. Vibrant communities.





Our Mission

Through the **arts**, we **inspire** people to make **healthy** choices.

Kaiser Permanente Creates **Innovative Health Education Programs** To Benefit our Community

The reviews are in. Kaiser Permanente's Educational Theatre Programs got raves in 2008.

For nearly 25 years, Kaiser Permanente, Colorado's largest nonprofit health organization, has brought health education to our communities through the Educational Theatre Programs.

What started as a single play for elementary school children at the program's inception in 1985, has become a series of award-winning theatrical productions, skill-building workshops and residency programs designed to meet the unique health needs of the communities we serve.

Kaiser Permanente has assembled an ethnically-diverse group of professional actors, who also serve as skilled workshop facilitators, health educators and role models to the people they meet every day. Through theatre, Kaiser Permanente seeks to measurably improve the health of our communities.

These programs, offered free of charge as a community benefit of Kaiser Permanente, have been presented to nearly two million people in the greater Metro Denver area.

"What I learned is that I can do anything I set my mind to – thanks to the Kaiser people," says Olgo Arreola, a 12th grader at Jefferson High School. "I love you guys!"

Winner!

Colorado Business Committee for the Arts 2008 Innovation Award.



Kaiser Permanente Educational Theatre Programs reached more than 43,000 people in 2008.



Healthy Eating & Active Living

What does it mean to be healthy? To make good food choices? What's the right amount of physical activity? We tackle poor nutrition and inactivity among our young people through *The Amazing Food Detective*, *The Amazing Food Detective Family Night* events and *Teens Take It On* programs. These presentations support Kaiser Permanente's Community Health Initiative, a national effort to promote healthy eating and active living through a prevention-driven approach to health.

The Amazing Food Detective

This 45-minute play helps children in grades K-3 uncover the mystery of what it takes to eat healthy and be physically active. Program messages include:

- Eat five fruits and vegetables daily.
- Eat regular meals – breakfast, lunch and dinner.
- Be physically active 60 minutes daily.
- Spend less than two hours daily in front of the TV or a computer.

The Amazing Food Detective Family Nights

Parents and their elementary school children enjoy a healthy dinner and a bilingual performance of *The Amazing Food Detective*. These families learn about healthy food choices together and commit to making one change to improve their food choices or activity level. At the end of the evening, each family receives a healthy food cookbook. These family night events are presented in partnership with Community Resources, Inc., and the University of Colorado Denver Integrated Nutrition Education Program.

“The children were spellbound. Because your production was such a high quality, I believe that the lessons about how to maintain good health will be remembered and practiced by the children.” Daphne Hunter, Lincoln Elementary School, Denver

Amazing Food Detective – 2008

Served more than 20,000 people.

Improved learning and retention of key health messages.

- Before the program – 66% of 3rd grade audience members surveyed knew the health messages presented in the Amazing Food Detective.
- After the program – 88% of children surveyed knew the health messages.
- After three weeks – 86% of children surveyed retained the health messages.

Amazing Food Detective Family Nights – 2008

Served more than 700 families in 11 family nights.

Teens Take It On

This residency program empowers high school students to become advocates for healthy eating and active living. Under the guidance of Educational Theatre Programs actor-educators, teens learn the importance of nutrition and physical activity. In turn, the teens educate their peers about what they have learned through a touring theatre program and the creation of a media literacy presentation.

The program:

- Engages teens to create an advocacy campaign and gives them a leadership opportunity as ambassadors for change as they share their knowledge with their elementary and middle school peers.
- Encourages teens to make healthy changes in their own lives as they learn to educate others.
- Gives communities the opportunity to work with teens to implement healthy changes that benefit young people.

Students from Wheat Ridge and Jefferson high schools in Jefferson County used the program to advocate for more nutritional offerings in the school cafeteria. The students made presentations to the PTA and school board, resulting in a raised awareness for the need to improve food choices. Students now serve as advisors to the food and nutrition services as they look to improve cafeteria offerings. The entire Jefferson County School District, serving 84,000 students in 148 schools, will benefit from the changes promoted by students in the *Teens Take It On* program.

Teens Take It On participants from
Wheat Ridge High School.



Teens Take It On – 2008

Twenty-five teens served as peer educators, reaching 2,500 Jefferson County students with healthy eating and active living messages.





Healthy Emotional and Social Connections

Young people sometimes feel they don't have control over the things that happen to them. Research has shown that social and emotional learning programs not only help students become more adept socially, they also help young people do better in school. With the *Keys to Personal Power* and *What Would You Do?* programs, educational theatre gives kids the tools they need to look inside themselves as they learn how to manage their feelings and relationships and engage in the world around them.

Keys to Personal Power – 2008

Delivered 80 *Keys to Personal Power* programs, serving more than 7,000 people.



Keys to Personal Power

This fast-paced 45-minute program targets 3rd-5th graders, who benefit from using their personal power to feel confident about their abilities to navigate the social challenges in elementary school and avoid hurtful confrontations. Children learn the self-talk process that helps them take charge of their feelings and their lives. The program stresses the four keys to personal power:

- Name your feelings.
- Take responsibility for your behavior.
- Identify choices.
- Celebrate successes.

“Every time I’m about to do something wrong, I think about the four keys.” Ella, 3rd grade student, Teller Elementary School, Denver

“Thank you so much for putting on the responsibility plays for us. I learned in order to have friends, the first step is to be respectful to them.” Casey, 3rd grade student, Teller Elementary School, Denver

What Would You Do?

Kaiser Permanente actors challenge upper elementary students to resolve conflicts in ways that demonstrate respect for themselves and others. This one-hour interactive program sets the stage for:

- Discussions about how to create a caring school environment.
- How to deal with the issues of bullying and peer pressure.
- Dialogue about respecting differences and recognizing individual strengths.



What Would You Do? – 2008

Delivered 28 *What Would You Do?* programs serving more than 5,000 people.



“In my 27 years of teaching, that’s the best program I’ve ever seen. It’s particularly applicable as we have students from different cultures joining the school.” Bill Kowalski, 5th grade teacher, Knight Elementary School, Denver

Healthy Communication



SitComm family participants.

Good communication skills are key in navigating a challenging world. The Educational Theatre Programs present *SitComm*, a four-session workshop designed to give families ideas on how to communicate more successfully.

SitComm

Challenges families to create positive relationships by improving communication between youth and adults. The Educational Theatre Programs presents different episodes in the life of a family – as if it were a sitcom on TV. The Daleys, a family like other families, works to communicate effectively with each other in a variety of scenes. The goals of the four-session workshop series are to:

- Use scenes as a springboard in which families can practice and apply positive communication skills.
- Give adults and young people the tools they need to communicate more effectively and build positive relationships.
- Create an understanding that youth who maintain strong relationships with parents and other caring adults are more likely to avoid risky behaviors and achieve success.





Educational Theatre Programs actor/educators in a scene from *SitComm*.



SitComm – 2008

Served 75 families in two community settings with 14 *SitComm* workshops.

“(You) did a masterful job of performing, integrating, and involving us in the tools of positive communication. I know from first-hand testimony that many conversations were had between parents and kids afterward.” Colin Campbell, *SitComm* participant



Appreciation of Our Diverse Community



VOICES Just So Stories – 2008

Reached more than 2,100 people to raise awareness of persons with disabilities.

Of audience members who knew a participant: 96% surveyed said the experience was life-changing for the participant.

After seeing the presentation: 96% surveyed said they learned people with disabilities are more capable than they previously believed, and the presentation helped them confront their stereotypes of persons with disabilities.

Kaiser Permanente Educational Theatre reaches out to different communities with its VOICES project, which uses the arts to empower people to do their part to create healthier communities. Participants use theatre, writing, film making and photography to raise awareness of issues that affect their health and well-being. We work with community partners to identify and create projects that are presented in different community forums. The goal of a VOICES Project is to:

- Educate the public and personalize health challenges by capturing the unique voices of people affected by a health issue.
- Promote discussion and increase understanding of vital community concerns.
- Empower people to engage in creating healthier communities.
- Give voice to a disenfranchised population and create educational arts and theatre experiences for them.

Just So – Celebrating Ourselves Just As We Are

VSA Arts of Colorado and PHAMALY (Physically Handicapped Actors and Musical Artists League) collaborated with the Educational Theatre Programs on a VOICES Project to give a voice to teens with disabilities. Fourteen teens with disabilities participated in an eight-week program to create a play based on Rudyard Kipling's *The Elephant's Child* from the *Just So Stories*. Our team assisted the teens in such creative activities as mask making, puppet construction, storytelling, improvisation and performance skills. The project culminated with live performances of *The Elephant's Child* in May 2008 in the VSA Access Gallery. A gallery display of the teens' work, their photos and personal stories remained in the gallery for a month.

“The community at large is scared of people with disabilities, so this information is really really important. I thank you so much for what you are doing.”
Pat Black, parent of Just So Stories participant



On the Streets – Stories of Youth Homelessness and Health Disparities

This VOICES Project was created to raise awareness and start a dialogue about homeless youth and their health disparities. Kaiser Permanente worked with seven youth from The Center's Rainbow Alley to create a theatrical performance based on their stories. The project provided opportunities for community and health providers to address issues faced by homeless youth, particularly LGBT youth and how that affects their health. All the participants said they felt they had made an impact in helping the medical community understand the challenges faced by LGBT homeless youth.

VOICES On the Streets – 2008

After seeing *On the Streets*:

- 90% of audience members surveyed said the program helped them better understand barriers to health care faced by the lesbian, gay, bisexual, transgender (LGBT) community.
- 74% wanted to take action on an LGBT health care issue.
- 97% said the youth performers presented a valuable voice in addressing health care issues for the LGBT community.



Diverse Community 11

Helping Create Effective Teams At Kaiser Permanente

“Your presentation at the Primary Care Leaders meeting was outstanding. People were amazed at how well you brought to life two areas that were quite sensitive. It set up our conversation perfectly.”

Scott Smith, MD

Our actors make outstanding contributions to our communities, but they also provide invaluable assistance in helping make Kaiser Permanente a better place to work and receive health care services. Internal coaching sessions give staff and physicians tools to become better communicators and improve customer service.

Laughaceuticals

The Educational Theatre Programs also are an effective resource for the 5,000 staff and physicians at Kaiser Permanente. The actor/educators hold specialty workshops to help employees build effective teams and focus on communication skills that create positive interactions with their colleagues and customers.

Helping Create Effective Teams At Kaiser Permanente

Laughaceuticals – 2008

- Served more than 500 employees.
- Of employees surveyed, 98% said the actor/educators' theatrical presentation helped them be more engaged in learning and increased the workshop's effectiveness.
- 78% of those surveyed said they applied a tool, tip or reminder from the workshop directly to patient care.

“You have taught me so much about what it means to be an adolescent advocate; you have exponentially improved my public speaking skills; you have given me the invaluable opportunity to work amongst this incredible group and for that I will always be grateful.”
Alyssa Yang, former advisory council member

Effective

Kaiser Permanente Youth Advisory Council members hold photos used for a display on teen health.

Youth Advisory Council

The Educational Theatre Programs facilitate a meeting of diverse Kaiser Permanente members, ages 14-18, who meet every six weeks. The teen advisors provide feedback to staff and physicians on how to best care for teens. Also, research suggests that if youth are provided meaningful roles in their community, they develop the strengths to avoid risky behaviors and become contributing members of society.

Youth Advisory Council – 2008

- Served more than 150 people in meetings and projects.
- Created *Is It Abuse?*, a DVD about teen dating violence.



Teams



Educational Theatre Programs team.

On We Go

In 2009 and 2010, Kaiser Permanente will continue to develop innovative programs for our Colorado communities. A new bullying prevention program for upper elementary students called *Choose Your Life* will debut in spring 2009.

We will enhance our work in the areas of healthy eating and active living with *It's Your Health*, a game show that increases knowledge about nutrition and physical activity. *It's Your Health* can be presented at community events.

The Educational Theatre Programs also seek to replicate its work, increase impact and, reach into new geographic areas. We will work in partnership with two Colorado colleges, sharing our scripts and expertise so that theatre departments or community actors can present our programs.

On We Go

Education is not the filling of a pail,
but the lighting of a fire.
William Butler Yeats

About Kaiser Permanente

Kaiser Permanente
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Kaiser Permanente is the nation's oldest and largest nonprofit health care organization, serving 8.7 million members. In Colorado, Kaiser Permanente serves nearly 480,000 members in the six-county Denver/Boulder metropolitan area. Colorado Permanente Medical Group physicians provide health care for Kaiser Permanente members. Kaiser Permanente's mission is to provide high quality, affordable health care services to improve the health of our members and the communities we serve.