

# Healthier Boynton Beach Impact Report (April 2019 – September 2019)

Together Each Achieve More..... Collaboration



Over the past six months Healthier Boynton Beach (HBB) intentionally focused on building and sustaining relationships with partners to enhance the efforts to improve the lives of family caregivers in Boynton Beach. Establishing relationships with Community Greening, FAU Schmidt College of Medicine and All Girls United Inc. are just a few of the many partnerships developed which has allowed HBB to expand its reach to serve the community. HBB has acquired a level of respect in the community in which partners recognize and use to channel their engagement with the community. These relationships have created many opportunities to support family caregivers and residents in Boynton Beach.

Healthier Boynton Beach continue to engage the community through awareness, education and promoting health and wellness. Through community engagement, HBB has developed healthy relationships that has created connections between the initiative, service providers and residents. Nationally known organizations are partnering with mini grant recipients and local organizations are reaching out to HBB to engage residents. These efforts are indications and reminders that progress is being made and HBB is headed in the right direction for a healthier community.

<p>Outcome</p>	<ul style="list-style-type: none"> <li>• Haitian creole speaking resident join the HBB steering committee to bring value and help engage creole population.</li> <li>• HBB increased social media followers by 38% on Facebook and Twitter from 241 in January 2019 to 387 as of September 2019.</li> <li>• HBB Increased sponsorship for the Caregivers Luncheon from \$2,575 in 2018 to \$3,350 in 2019.</li> <li>• HBB and All Girls United hosted the Celebration for the Summer Youth program. Fourteen youth successfully completed the program.</li> </ul>
<p>Process</p>	<ul style="list-style-type: none"> <li>• HBB and Community Greening met to discuss the possibility of a partnership to collaborate on a beautification project for residents, school and park in the Heart of Boynton area. HBB agreed to the partnership.</li> <li>• HBB Director working with FAU Community Engagement Council on a project called Partners in Justice. HBB Director and Dr. Julie C. Servoss discuss the opportunity to work with medical students and introduce them to the poverty experience and engage residents.</li> <li>• HBB Mental Health First Aid trainee, Gerda Klein, obtained partnership with the City of Boynton Beach to train employees</li> <li>• A resident leader (Vontell Mills) with lived experience as a caregiver stepped up to become a Co-Chair for HBB.</li> </ul>

<p>Capability</p>	<ul style="list-style-type: none"> <li>• The youth began training and learned about the importance of family caregiving, life skills, and job training.</li> <li>• HBB Mental Health First Aid trainers completed 3 MHFA trainings in the community of Boynton Beach.</li> <li>• Residents and community members learn about the Mini Grants projects at the HBB Community Meeting. Each project was presented to the community and mini grants were awarded from \$2000 up to \$5000.</li> <li>• Nine HBB residents including Steering Committee members attended the full day Tamarck Leadership Conference/Workshop and learned valuable tools to enhance HBB.</li> </ul>
<p>Insight</p>	<ul style="list-style-type: none"> <li>• HBB Director and Mental Health First Aid trainers met to discuss key learnings and strategies to reach goals. We discuss possible partners and opportunities to work with local churches and City of Boynton Beach.</li> <li>• HBB Director attended the Groundwater REI training for the first time and learned that it may be a great training for stakeholders to attend that cannot commit to the full 2 day REI training.</li> <li>• Data and Resource workgroup recognized that the caregiver survey was no longer sufficient and it was modified.</li> </ul>

## Detailed Narrative:

Boynton Beach has three nationally certified MHFA (Mental Health First Aid) trainers for the Boynton Beach community . They are member of the HBB Steering Committee (Gerda Klein, Margaret Newton, Charlee Rorie). Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or who are in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Collectively, the trainers facilitated 10 classes and trained over 140 participants. They partnered with the City of Boynton Beach and local churches to successfully facilitate the trainings.

In the past two years, Healthier Boynton Beach and Pathways to Prosperity, Inc. has hosted the Summer Youth Institute program. The summer program was designed to help young people living in Boynton Beach between the ages of 16 and 18 learn about family caregiving and develop life skills and social growth. HBB was grateful for the collaboration with All Girls United Inc. that took the lead on the summer program. Brianica McLaurin, President and Founder of the organization which focus on empowering young females to become trailblazers in the community. Although her program focus on young women, the Summer Youth Institute program was comprised of 14 young men and women who successfully completed the program. Over 12 weeks, participants had the opportunity to learned about family caregiving, develop life skills. All Girls United Inc. maintained previous partnerships that were developed by HBB and was able to develop new relationship with local business. The youth completed a service learning project and hosted a summer BBQ to celebrate life. Their goal was to bring together the community and celebrate being alive and well. The youth realized that many people in the community have lost family members or close friends to illnesses, violence, or other tragedies. They felt it was important for the community to come together and celebrate life and wellness.



In recent years, scientists have quantified the eco-services of trees and strengthened the need for healthy urban forests. Benefits include cleaner air and water, energy savings, higher property values, food production, reduced flooding, crime reduction, and mental health benefits. Increasingly cities around the country are adopting tree planting campaigns for these economic, health and environmental benefits. Minority neighborhoods with lower average incomes have lower tree canopy coverage and environmental benefits than neighborhoods with higher incomes. Community Greening programming focuses on these areas in Palm Beach County because studies show that environmental amenities disfavor racial and ethnic minorities with lower incomes. The partnership between HBB and Community Greening created an opportunity for an urban orchard, residential trees for 80 homes, two tree giveaways and one school/public park community tree planting. This means 580 new trees for the Heart of Boynton which will lead to a safer healthier community.



HBB Project Director is a member of FAU Medicine's Community Engagement Council. The primary purpose of this Council is to serve as a forum to assist and advise the Charles E. Schmidt College of Medicine in fulfilling its clinical, service, educational and research missions in a way which is responsive to the healthcare needs of community residents, with particular emphasis on access to high-quality, value-based healthcare. HBB was selected to work with the Partners in Equity & Engagement (PEE) program which was designed to help students gain a broader understanding of the factors affecting health in underserved and economically disadvantaged communities. PEE allows students to collaborate with community-based organizations and personnel who work directly with community members and faculty-research mentor. HBB organized two days for the students. Day one, students volunteered with the food pantry located at St. John Missionary Baptist Church in Boynton Beach. Five medical students participated with the distribution of the food to residents. The students had the opportunity to engage the residents and ask them questions about their well-being and needed services. Day two, 27 medical students participated in the COPE Simulation (Cost of Poverty Experience). This was a partnership with CSC, Community Partners of South Florida and Healthier Boynton Beach. Before the start of the simulation, the participants receive an overview of the experience and their roles for the simulation. The students had the opportunity to experience a glimpse into the lives of low income individuals and families living in our community. The experience allowed students to understand the obstacles that are faced, the decisions that are made, and the consequences that impact families in these situation each day. After the simulation, the students engaged into a 45 minute debriefing to discuss experience. Students expressed their feelings and concerns about individuals living in these situations. They are having conversation about bring healthcare services to the community and volunteering their time.



On May 20, 2019, Healthier Boynton Beach, awarded nine organizations a combined \$33,000 to improve the health of the community through activities such as line-dancing classes, grandparents support initiative, and caregiving education and safety care programs.

The mini-grants awarded were between \$2,000 to \$5,000 to nonprofits, churches, and other community groups for the purpose of making caregivers and families healthier in an often overlooked and forgotten part of Boynton Beach known as “The Heart of Boynton Beach” in the 33435 zip code. These grants were aimed at engaging community members and allowing them to use their creativity to have a positive impact on the lives of family caregivers. In addition, the aim was to build capacity and confidence amongst local organizations so they can apply for other grant opportunities and grow as organizations.

The following groups were funded:

- All Girls United Inc.: Take Care of You Initiative Amount: \$5,000

- St. Paul AME Church Ella Johnson Women's Missionary Society Project: A Ministry with a Caring Heart Caregiver Support Seminars 2.0 Amount: \$5,000
- Eta Eta Philo Affiliates of Sigma Gamma Rho Sorority Inc. Project: Bridging the Gap: Grand Parents Raising the Millennial Grandchildren Amount: \$2,500
- Heart of Boynton Beach Association Project: Health Speaks: Living for a Healthier Life Amount: \$2,500
- Connect to Greatness Inc. Project: Family Care Aware 2.0 Project Amount: \$5,000
- Boynton Beach Mental Health Committee Project: Yoga Mediation Self Care Workshops Amount: \$2,000
- Elite Line Dancing of Palm Beach Project: Soul Line Dancing Amount: \$2,500
- Questers Community Service Fund Inc. Project: Caregivers Block Curb Appeal Amount: \$3,500
- Zeta Pearl Foundation, Inc. Project: Share to Care Amount: \$5,000

For more information about the mini grants awardees, please visit the link below: <https://healthierboyntonbeach.org/awarded-partners/>

### **Storytelling:**

Share To Care (STC) is an education and awareness program for Family caregivers, presented by Zeta Pearl Foundation, Inc. in collaboration with Zeta Phi Beta Sorority Inc., Omicron Delta Zeta Chapter. The program is funded by a mini-grant provided by Healthier Boynton Beach. An invitation, for caregivers to meet for lunch and share information related to family caregiving, is distributed within the community. Caregivers are asked to respond to the invitation and bring a family member or a friend/acquaintance to each session.



## **Major highlights:**

In July 2019, 24 individuals (family caregivers and individuals who are a part of the social network of each family caregiver) shared a meal in a relaxing environment at a local restaurant. Participants practiced stress relief strategies and discussed how family caregiving was impacting their lives. Two months later, another session was held at the same venue and 25 were in attendance. Participants were given materials to create a self-care kit, shared useful tips, enjoyed lunch, and learned about resources.

## **Impact made in the community:**

This program has empowered the community. Participants indicate that the strategies and resources they receive are impacting their lives. Participants have indicated that they appreciate being given a chance to speak, the space to be listened to, and the opportunity to practice stress relief strategies. Some program participants have also indicated that they plan to share what they have learned and what they have experienced, with others who were not in attendance. The organizations implementing STC have developed a relationship with and received assistance from AARP (Florida). Within each session there was laughter, there were tears, there were expressions of frustrations, and there were some joy as participants explored and made connections to their daily lived experiences as family caregivers.

Link: <https://zetapearl.org/share-to-care-1>



It is amazing to how HBB has grown over the years. Residents, stakeholders and program provider highly respect HBB and the value it brings to the community. Residents look to HBB to link them to services and resources and provider rely on us to link them to the community. The expectations can sometimes be a bit out of range for HBB, however efforts are always made to work together for the advancement of the community.

Although HBB is making progress, there are still challenges. Administrative support for the Project Director continues to be a challenge. As the initiative continues to grow, the responsibilities and tasks continue to increase. Having limited support continues to be an administrative strain on the Project Director. HBB goal is to identify grant opportunities to leverage resource to bring on a part time staff person in the near future.

The attendance has decreased amongst the HBB steering committee. Many of the members participate in multiple organizations which causes conflict between HBB meetings and activities. The steering committee discuss the concerns and discuss ideas and strategies to resolve the issue. Although attendance has decrease, HBB is proud to have a resident leader assume the role of co-chair for the steering committee. Vontell Mills understands the challenges caregivers faced each day through her lived experience as a caregiver for her mother. She comes to serve with HBB with a great wealth of knowledge and an open mind to learn. HBB is grateful to have her a member serving in a leadership role.