



# GLADES RESIDENTS ANSWERING THE CALL

## Executive Summary

With the launching of the Healthier Together Initiative, Palm Health Foundation has committed a \$1 million dollars to a community/resident-driven process and within the past six months, Glades residents have begun to *author in a new narrative* that speaks directly to creating opportunities to address complex health-related issues affecting residents.

Palm Health Foundation learning communities approaches its work from a place of cultivating an 'appreciative mindset'. Simply, what everyone is looking for, is already in place – in small amounts, just focus on building on what the residents want more of.

Healthier Glades (HG) has offered residents new ways to think about complex health issues and institutions that leads to new opportunities for action, driven by residents. In a small but impactful way, the activities and events that will be showcased further in the report, will provide a glimpse into how this Initiative has created a safe space

for the sharing of new ideas, the celebration of collective aspirations – collaborating together for a better future. The momentum harnessed in this space have removed barriers residents often thought were in place and too challenging to overcome. A few of the notable Milestones are highlighted below, sharing with the reader ways in which residents have collectively come together to work towards creating a “Healthier Glades”.

# HEALTHIER GLADES: MILESTONES

## Insight Wins

- The number of Glades residents responding to HG mini grant came as a surpris. A total of forty-one (41) proposals were submitted.

## Outcome Wins

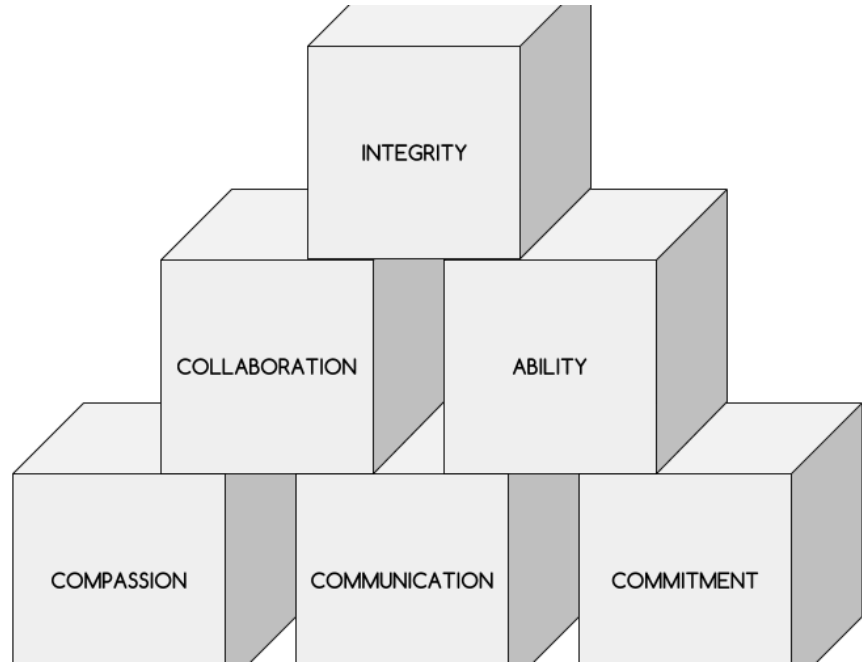
- Over one-hundred (100) Resident Surveys Collected in Canal Point - United Way Corner Store Project
- \$60,000 to fund Corner Store Projects in Canal Point & South Bay, leveraged by United Way of Palm Beach County

## Capability Wins

- A total of thirty (30) residents were trained in First Aid Mental Health
- A total of forty-one (41) residents successfully completed the Open Table training and was recognized as official "Open Table Circle Leaders".

# TRUST IS BUILT

## BUILDING BRICKS OF TRUST



- HG MINI GRANT – HONORING RESIDENT “VOICE”
- PALM HEALTH FOUNDATION RESIDENT LEADERSHIP SUMMITT



PAHOKEE



CAVAL  
POINT

# Healthier Glades

Unlocking Our Community Strengths



BELLE  
GLADE

SOUTH  
BAY

# MINI MINI GRANTS GRANTS



Got an idea for an event or project?  
We can help with funding!

**DEADLINE:**  
**SEPTEMBER 20, 2019 @ 5:00 PM**

Glades residents were very clear and provided specific examples during community conversation sessions as to what they would like to see more of in the community. Healthier Glades Steering Committee honored the “Voices” of the residents by launching its first “Pilot” Mini Grant.

The goal of the Mini Grant:

- A. Providing residents an opportunity to “showcase” their aspirations for a Healthier Glades;
- B. Providing residents an opportunity to enhance their skills specific to basic grant writing along with presenting their ideas to the broader community; and
- C. Providing residents with funds to move their ideas to “Action”.

The mini grant process engaged the community at-large by inviting residents to attend the information sessions and the sessions were held at the municipal libraries in Belle Glade, Pahokee and South Bay. Over fifty (50) residents attended the information sessions and a total of forty-one (41) proposals were submitted.

The next steps in the Mini Grant process will be to have a diverse volunteer team, made up of trusted Glades residents to score and select the Mini Grant awardees, in October 2019.



#### Palm Health Foundation Resident Leadership Summit 2019



# QUALITY MEANINGFUL COLLABORATION



- *United Way of Palm Beach County & Glades Residents*
- *Mental Health First Aid (MHFA): Albert Jewish Family Service/BRIDGES at Belle Glade & West Area Senior Center*

## United Way of Palm Beach County (UWPBC) & Glades Residents Partnering Together

The purpose of the partnership is to increase access to healthy foods for residents of Canal Point and South Bay. UWPBC advocacy efforts leveraged funds in the amount of \$60,000, to be divided by each of the communities (\$30,000 per community). The funds can be used for marketing assistance for the implementation of a Healthy Corner Store, materials such as shelving and alike. The neighborhood corner stores selected by the residents will use funds to increase its variety of fresh fruits and vegetables and other healthy food items. In this effort, prior to deciding on the fresh fruits and vegetables along with other healthy items that will be housed in the corner store, residents supporting the corner store project in Canal Point were trained to conduct a neighborhood survey, to learn more about what fresh fruits and vegetables residents prefer eating and will purchase from the corner store.

On Friday, September 27th, a healthy food demonstration was conducted along with residents getting surveys from residents and patrons who frequently visit the corner store. Over 120 residents/patrons were surveyed over a three (3) day period (September 27<sup>th</sup> – 29<sup>th</sup>).



## About Mental Health First Aid (MHFA)



As Glades residents embark upon unpacking and discovering a myriad of issues surrounding behavioral health, discussions about the impact of stress over-time, and its connection to mental health makes the Mental Health First Aid (MHFA) training timely and relevant. Alpert Jewish Family Service along with Palm Health Foundation have provided leadership in making it possible for residents residing in the Glades an opportunity to engage in MHFA training in venues comfortable for residents (e.g., churches, youth afterschool programs, neighborhood centers, etc.).

Mental Health First Aid is an 8-hour course that give residents the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.

Healthier Glades along with community partners has sponsored two (2) session during this period. BRIDGES at Belle Glade and the West Area Senior Center provided space in addition to recruiting community members to enage in the training. A total of 30 residents sucessfully completed the 8-hour training. In an effort to ensure Glades residents have access to the training, facilitators are bi-lingual and are residents of the community.



### Who Takes The Course?

The course helps anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. The course gives people the tools to help friends, family members, colleagues, or other in their community.

### ***Healthier Glades – Community Led Process***

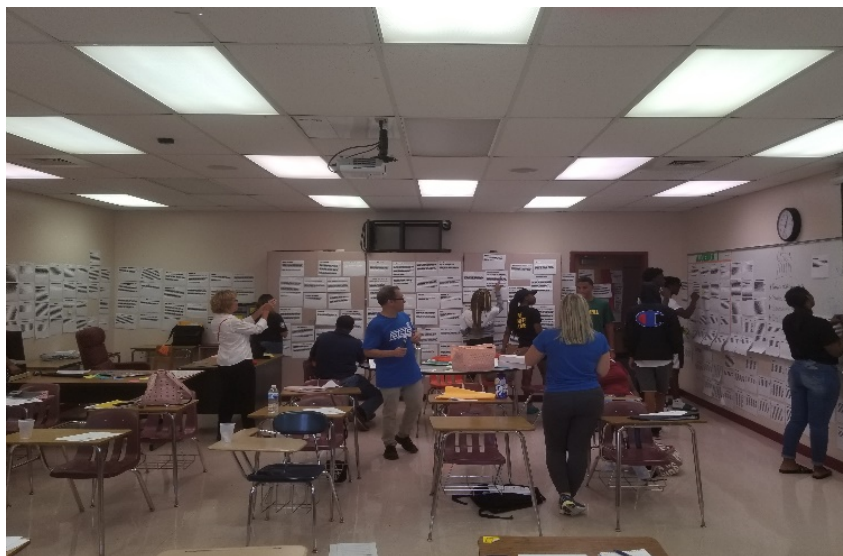
On July 17, Student ACES hosted a “Gallery” walk for area residents, stakeholders and agency partners at Glades Central High School. The “Gallery” walk allowed those in attendance the opportunity to survey the stories collected using the Sense Maker tool. More than 300 stories have been collected from residents representing the Glades, Boynton Beach and Delray Beach.

Students were given IPADS to capture resident’s responses to the prompt below:

- A. Recall a time growing up in your community and what would you like to share about your experience?

All of the stories captured were recorded and copied for the participants to review. All of the stories were placed along the wall throughout the room. The goal of the exercise was to have everyone quickly review the stories looking for themes, similarities and alike. After the “Gallery” walk was complete, participants were ask to convene in small groups and discuss their experience with regards to reviewing the stories captured. A total of 21 participants engaged in the activity (youth & adults).

Overwhelmingly, the adults in the room were very interested in hearing from the youth in the room. There were various personal testimonies shared by the youth, and it was apparent diversity and sensitivity training was echoed by several youth participants. As a next step in moving the dialogue to action, Healthier Glades agreed to partner with Student ACES in hosting an Implicit Bias training in the Fall 2019. The training is a great first step in creating space for youth in the community to reflect on their experiences in the context of how they see themselves, and others in the community.





## Mini Grants/Sponsorships/Community Support

### Healthier Glades Sponsorships:

*Senior Prom – June 30<sup>th</sup> – Lakeshore Middle School... over 185 seniors participated*



### Key Learning

*In order to truly appreciate authentic community engagement efforts, a leader who's not afraid to take risks, share their journey with others in addition to knowing when to pivot if changes are needed if rare to find, but Palm Health Foundation leadership is definitely a "Win" for Healthier Glades. How has this been accomplished:*

- *Palm Healthcare Foundation leading the effort from behind. It is important to note, based on historical experiences and lesson's leaned, the fact PHF continues "Honor" their commitment to the community, speaks volume.*

*Healthier Glades engagement efforts have attracted members from the community who are ONLY interested in doing their part. It is important to note, its not always members from the community who were born & raised who want to contribute, but you have those who have elected to remain in the community to help wherever needed.*

- *Diversifying the Steering Committee with Glades residents who have demonstrated their commitment by investing in making a change for everyone.*

### **Opportunities Emerge When You Focus On The Target**

- *In the first year of the project, grappling with the reality that the Initiative is not a one size fit all can be exhausting. Glades residents have their own unique story to tell, and the stories shared may or may not sit well with those leading efforts in the community. Understanding the context in which the stories are told is complex within itself and then to layer the mirrored of inequities encountered, makes the Initiative focus seem impossible. Getting everyone to realize the problems/issues shared impacts everyone and its not an "Us" against "Them", but rather what contributions can everyone make together - changing the narrative. The target is the same – Improving the Quality of Life for Glades Residents.*

