

Healthier Delray Beach Impact Report (October 2018 – March 2019)

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Creation Date: May 13, 2019

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Reporting Period: 03/31/2019 to 03/31/2019

Neighborhood: Delray Beach

Keywords: access to care, behavioral health, Collective Impact, community engagement, Delray Beach, Healthier Delray Beach, healthier together, Healthier Together Initiative, Impact Report, mental health, mental health first aid, Palm Health Foundation, Racial Equity, residents, Teen Life in HDb, Village Academy, youth

Summary:

Plan Your Work and Work Your Plan:

Healthier Delray Beach is putting its plan into action and making steady strides toward the future by planning our work and working our plan. Over the past six months we have implemented our action plan, revised our vision and plotted our course to become the change that we intend to see in our community. Healthier Delray Beach is undoubtedly committed to continuing the mission of being a community driven, resident led initiative aiming to improve Delray Beach's behavioral health by building deeper community connections. During the past six months we have taken some deliberate steps to get there by way of continuing to lean on the strong pillars that we've selected in our action plan, we have prioritized our focus and we're confident that our impact on this community's transformation will be felt for years to come. We accept our social responsibility of continually evolving into a hub of care coordination for Delray's valued citizens.

HDB's Action Plan:

We set goals for our future that are focused on the community connections, leadership capacity building within residents, and focused on their access to equitable care. We further identified the methods of achieving those goals via Build Our Blocks, Faith-Based Engagement, a School Service Pilot Project at Village Academy, and the provider's Equitable Standards of Care.

Changing Of The Guards:

Following four years of dedication, Lauren Zuchman, HDB's first Senior Director has taken on her new mission as the Executive Director of Palm Heath Foundation's newest county-wide initiative BeWellPBC. We welcomed our next leader, Kenya Chaney Madison as Senior Director. Kenya is a life-long Delray Beach resident whose purpose and passion in life is service to others. She is a graduate of Florida A&M University and Barry University. She has spent the past nineteen years of her career as a dedicated educator with the School District of Palm Beach County, having spent fourteen of those years as a Certified School Counselor at both Village Academy and Carver Middle School in Delray Beach. Most recently, Kenya served as a Specialist with the Department of Safe Schools and assisted with the development of the School District's School Behavioral Health framework for the implementation of Student Social Emotional Supports.

Kenya has a strong desire to make an impact in her hometown and leave a positive mark in the world. Her diligent work includes community advocacy, equity activism, and educational awareness as she is an influential member (past and present) of several community-based organizations and boards that include the Palm Beach School Counselor Association, Healthier Delray Beach Steering Committee which has a primary focus on Mental and Behavioral Health, Delray Beach Kids and Cops Board, Delray Beach NWSW Neighborhood Alliance Committee.

Key Partners:

Please refer to previous Impact Reports for partners.

New Partners:

N/A

Goals:

1. The Set and Greater Delray Beach are aware, have access to, and utilize community-driven services and supports from both residents and providers guided by equitable practices – leading to personal, family, and community well-being and connectedness.

Process and Implementation Outcomes:

Outcome: **See Early Years Impact Reports (Reports dated March 2015-March 2017)**

Progress:

Process and implementation outcomes achieved. Results can be viewed in Early Years Impact Reports.

Behavioral and Systems Changes:

- Outcome: **Increased base of support in the community**

Baseline:

June 2017: The HDB Team tracks new, unduplicated residents that they connect with and provide initiative and behavioral health information.

March 2018: 37 new residents are engaged on average per month from October 2017 thru March 2018.

SEPTEMBER 30, 2018: An average of 35 new community members are engaged monthly through Ambassador efforts and community outreach. From these efforts, 1 new Steering Committee member, 4 new Ambassadors, and 9 new Workgroup representatives have joined the HDB Team. As a result of steady engagement, HDB has been asked by community partners to share "secrets" to resident outreach.

Progress:

March 31, 2019

- One New Ambassador
- Three New Steering Committee Members
- Two New Co-Chairs
- One New Senior Director
- Six residents awarded mini grant funds to plan and implement programs in the community to directly benefit fellow residents and youth.
- HDB Ambassadors serve as Mini Grant Mentors

- Outcome: **Shifts in cultural norms and capacities that support healthier behavior changes**

Baseline:

June 2017: Key influencers (people representative of different groups in the community and considered to have “a pulse on Delray Beach”) are identified to participate in ongoing interviews to establish trends in the community over time.

September 2017: Partnership Agreements were created as avenue to track data pertaining to resident participation and satisfaction with behavioral health services offered in Delray Beach.

March 2018: HDB Partnership Agreements were signed with the following agencies: Healthy Mothers, Healthy Babies Coalition of Palm Beach County Inc; Community Partners; Families First of Palm Beach County; Boys Town South Florida; Achievement Centers for Children and Families; and Center for Child Counseling.

7 of 7 (100%) key influencers noted that there should be a greater emphasis on behavioral health. Across all interviews, the Parkland school shooting was mentioned as a top of mind concern and directly linked to community mental health needs. HDB was recognized as an advocate and growth of resident-led services was perceived as a positive step for the community.

Progress:

March 31, 2019

The School Service Pilot Project saw some significant wins at Village Academy. With the major support of the school principal, the staff members were offered Youth Mental Health First Aid training, teachers gained access to support services and groups, and held courageous conversations with providers. Additionally, one staff member joined an HDB workgroup and was supported to become a Mental Health First Aid trainer.

Provider agencies were asked to review and reflect on their common practices to ensure equitable standards of care. They participated in the Self-Assessment tool, The First 30 to look at their programs and policies and identify areas of improvement. Our fiscal agent formed a Racial Equity Taskforce to further evaluate their policies and practices across department and agency lines.

Detailed Narrative:

HDB is strong and growing

Over the past several months, Healthier Delray Beach has added and shifted several roles within the initiative. We've had some great transitions in leadership with Lauren Zuchman transitioning into the BeWellPBC Executive Director position and welcoming Kenya Madison on board as the Senior Director. Kenya is a Delray Beach native that has been connected to HDB's mission for the past three years on the Steering Committee and is the immediate past co-chair. Dr. Seth Bernstein has also passed on the co-chair torch after serving in the role for nearly three years. Dr. Raiko Knight, a resident and Certified School Counselor and Emanuel Dupree Jackson of EJS Project are now leading the way as our new co-chairs. HDB's Steering Committee grew with the addition of FAU's Lucinda Bratini, resident business owner Alexius Burns, resident educator and entrepreneur, Angela T. Williams, and Delray Beach's newly sworn-in Chief of Police, Javaro Sims. Finally, we welcomed Andrea Bruton as an HDB Ambassador. We look forward to growing deeper and stronger in the community with the increased support system and capacity within our resident leaders.



HDB is walking the walk...putting the plan into action

Build Our Blocks Hosts Dinner With A Pitch

On January 25, 2019 HDB hosted Dinner with a Pitch as a Resident Mini-Grant award process. Residents were given the opportunity to explain their unique ideas to their fellow residents for an opportunity to win their vote. Candidates promoted their ideas ahead of the event and garnered support for their ideas. Residents were encouraged to vote online in advance and attend Dinner With A Pitch to support the resident candidate of their choice with a night-of vote. Following a high energy dinner event where the candidates openly discussed and answered question about their proposed idea, Six residents were awarded funds (\$1,000-\$1,500) to implement their program for the community. Recipients and applicants were a diverse range of residents from youth to seasoned citizens. Each awardee was assigned an HDB Ambassador as a mentor that had previously been awarded a mini grant to assist them with bringing their activity or program to fruition. As a result, we saw increased capacity within the residents to serve in leadership roles, increased community support and buy-in from residents that may not have otherwise been engaged.



HDB and Care Coordination of the School Service Pilot Project (SSPP)

- HDB is supporting residents to direct decision making for the community by providing input to community partners in the creation of guidelines for organizations providing services in Delray Beach.
- Grow a network of partners/organizations who follow the guidelines and work together with residents
- Residents choose the programs and services offered in Delray Beach
- Highest quality services are offered, honoring and respecting the needs of every person in Delray Beach



- The Delray Beach Network is established and grows – beginning with partners/organizations in the schools
- Youth Mental Health First Aid, Trauma Informed (ACES) training offered to school staff
- Shifted the perspective of how support within a school setting is viewed
- School staff members joined HDB workgroups
- School Service Pilot Project (SSPP) included providers offering brief presentations during monthly School Based Team meetings
- HDB coordinated efforts to send materials home in student backpacks including local resources for families
- Teacher support group was offered on campus as a direct result of the HDB teacher survey at the beginning of the school year (teachers asked for the group)
- Stock Our Schools campaign launched to support Cozy Corners (calming areas) in the classrooms

HDB Educates

Atlantic High School’s Teen Life in HDb students led the charge to educate more Delray Beach youth and residents by creating and organizing an educational presentation on the facts about mental health. The students plan to present the research-based facts to a variety of audiences in an effort to dispel myths, reduce the stigma surrounding mental health challenges and mental illness, while increasing the knowledge base of their audiences. The Teen Life in HDb students will debut their presentation at the Mental Health Awareness Month Get Your Green On/Move From Church to Church Kick Off event on May 4th at the Libby Wesley Amphitheater. Atlantic High School’s Teen Life in HDb students have also expressed a desire to partner and train alongside other students at Carver Middle School and Village Academy to expand the Teen Life outreach.

School Service Pilot Project

Following years of offering best practice trainings, new partnership agreements, and networking opportunities to increase collaboration and access to services, HDB took every effort, examined practices through an equity lens, and integrated them to create a new strategy called the School Service Pilot Project. Through the project, students, families, school staff, service providers and the community at large could learn together, support one another, employ new skills, and work towards improved health outcomes.

Through the school service pilot project came the idea of Stock Our Schools. Healthy Delray Beach has partnered with THRIVE and Eagle Academy to provide students with the resources and tools they need to thrive. Please join Healthy Delray Beach's social and emotional support efforts by coming out on March 27th for Save the Animals. HDB has the honor of being this year's beneficiary. Thank you to the Community Development Authority, Delray Beach, and Boca Raton Highways.

STOCK OUR SCHOOLS

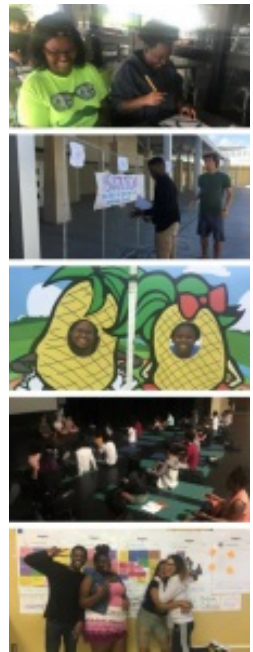
HOPEFUL YOUTH DELRAY BEACH CHILD TO LEARN, GROW AND THRIVE!

With the Delray Beach Community Foundation, the school district and several local businesses, the Stock Our Schools campaign is designed to provide students with the resources and tools they need to thrive. Please join Healthy Delray Beach's social and emotional support efforts by coming out on March 27th for Save the Animals. HDB has the honor of being this year's beneficiary. Thank you to the Community Development Authority, Delray Beach, and Boca Raton Highways.

THRIVE

Mental Health in the Church

Facilitated by HDB Steering Committee members, Angela T. Williams and Freslaine Saint



The Church and Mental Health headed by local Delray Beach champions, organized and helped to provide a Mental Health First Aid training to a group of faith-based leaders. Thank you Mental Health First Aid Trainers, Freslaine Saint Louis and Kathryn Bellocchio for facilitating.



MENTAL HEALTH IN THE CHURCH

The objective of The Church and Mental Health is to gather individuals and churches in the Delray Beach area to discuss behavioral health and its importance. Freslaine St. Louis, HDB Ambassador and Angela T. Williams, HDB Steering Committee Member lead this journey on community conversation regarding mental health and how to make sure our community is supported. Angela has embodied this movement and developed a series of workshops called Move from Church to Church. In these workshops she focuses on the spiritual, mental, physical, and financial well-being of an individual but also the community at large. Join Angela for the Kick Off to Move from Church to Church on May 4th at 9:30am located at the Libby Wesley Amphitheater.

Lessons Learned:

HDB builds on lessons from the past to address strategies in the future...

1. **Community *still* knows best.** HDB's efforts will continue to walk in sync with the community residents to set the pace of our efforts. We will continue the two-way dialogue to determine the effectiveness of our efforts and next steps.
2. **Unity in the Community is an HDB priority.** October 2018 we hosted an overwhelmingly successful community gathering for 103 residents (90% residents) where they provided feedback about the HDB Action Plan and brainstormed ideas for the Build Our Blocks grant process.
3. **Intentions Matter.** Participation in community committees (Delray Chamber of Commerce/Nonprofit Council, Homeless Initiative Task Force, Interfaith Committee & Church and Mental Health, Drug Task Force, PBC Action Alliance) provide HDB with opportunities to spread our message and align with partners to strategize a deeper more sustained impact.
4. **Resident Leadership is rising.** Joycelyn Patrick became the Community Co-Chair for the Governance and Sustainability Workgroup in December (Stephanie Seibel remains Co-Chair).
5. **Partnerships are increasing.** Prime Time Palm Beach County and Florida Atlantic University Department of Diversity and Inclusion were partners for Racial Equity Institute workshops in December and February.
6. **Fundraising is Fun.** HDB raised funds as beneficiary of 11th Annual Savor the Avenue event (sponsored by the Delray Beach Downtown Development Authority) and awarded a fundraising grant from the Delray Beach Initiative for an event to be held in October 2019.
7. **Relationships are Vital.** Our relationship with our backbone agency grew stronger as we discussed the future direction of Healthier Delray Beach. We found continued agreement and alignment with the focus of our vision.

Top three things you are proud to have accomplished through your work with Healthier Together:

1. Community is building capacity. HDB is partnering with residents to offer their own services, supports and activities. HDB has provided its second round of Build Our Blocks grants, sponsored 4 resident events, and helped EJS Project grow its mentoring program.
2. Community is supporting HDB growth. Relationships strengthened with WARC and other resident leaders, creating another avenue for HDB to gain community perspective.
3. New Resident Leaders: Delray Beach's very own Freslaine Saint Louis, Kristin Carstarphen, and Angela Burns on becoming Mental Health First Aid Instructors.

Top three challenges you have faced with your work with Healthier Together:

1. While community is building capacity, HDB needs to figure out how it all fits together. HDB spent considerable time determining how initiative activities supported community growth while also working to remove barriers standing in residents way.
2. While community is supporting HDB growth, the initiative needs to sustain the team. HDB paid attention to the needs of the Steering Committee and Workgroups (i.e. convenience of meeting times, avenues for keeping in touch), built new relationships with additional community groups, and discussed who and how to sustain leadership for the good of the initiative.
3. While community is having hard conversation, HDB needs to bring it back to behavioral health. HDB was challenged by the community to connect equity conversation to behavioral health needs. The monthly Racial Equity Reflections helped conceptualize how health disparities are a product of systematic racism.

Next Steps:

What will Healthier Delray Beach do next?

May – July 2019

Ambassador Orientation – Newest HDB Ambassador Team will undergo a formal welcome orientation and instruction.

Teen Life in HDb – Teen Life HDb youth will have the opportunity to present their great work countywide as they have been invited to participate on workshop panels about youth civic engagement.

Racial Equity Reflections – New facilitators will lead conversation, the groups will craft a timeline of history and data, and participants will offer reading and responses on Delray Beach Reflections page on Facebook.

Get Your Green On campaign – All month-long, residents, schools, organizations and businesses can participate in mental health awareness events across the county – beginning with City of Delray Beach adopting a proclamation, community events throughout the month, concluding with social media blaze of people wearing green on May 23rd.

Cutz and Conversation – Longstanding HDB Ambassador and recent Steering Committee addition, Lisa McMiller hosts an event on the last Thursday of each month at Uppercutz Barbershop providing residents an opportunity to come in and have guided conversation on many important topics facilitated by a licensed clinical professional (Julia Sanna, LMFT).

Mental Health First Aid for Faith Based and Community Organizations– Palm

Beach County MHFA Coalition will partner with HDB to provide training in the summer months.

Partnership Agreements – Programs and Practices Workgroup are re-developing a concentrated support plan for Delray Beach schools, evaluating partners that are invited to the table.

Build Our Blocks – Continue focus on deepening Community Connections

Community Sponsorships – HDB will continue supporting a variety of activities and events that align with the scope of our efforts and so much more.

June, July and beyond in 2019

Teen Summit – Teen Life youth and HDB will help deliver the annual IGNITE Teen Summit

Racial Equity Workshops – HDB is in early stages of partnerships to host additional Racial Equity Institute workshops

Community Stewardship – HDB will continue to look at community building and strengthening from a trauma informed perspective.