



Connecting you to a healthy life.

November 2019 – October 2020 Impact Report Kenya C. Madison, Senior Director

Executive Summary

“Out of adversity comes opportunity” – Benjamin Franklin

Leading a community based initiative during the COVID-19 global pandemic has been one of my life’s most challenging experiences. Supporting the community through loss and fear was a test of abilities and limits. Having to figure out the Initiative’s next steps in the face of uncertainty was something I wasn’t sure I could do. I mean, these are indeed unprecedented times, how would anyone know that they’d be able to offer the very support that they needed themselves.

This time has taught the value of faith, family, and being connected to a community that cares. While challenging, it has also been extremely rewarding and a revelation of strength and tenacity. Healthier Delray Beach, a multi-year, community-driven project focused on supporting the behavioral health and well-being of Delray Beach residents and professionals has grown, shifted, and positioned itself to be a leading behavioral health beacon for the most vulnerable residents of Delray Beach.

Detailed Narrative



Healthier Delray Beach:

Connecting Community, Prioritizing, & Thriving Through Challenging Times

The quote from the Spider-Man comic series "with great power comes great responsibility" is known as the Peter Parker principle. When you put power in the context of the ability to convene decision makers, community leaders, and systems partners to influence positive change, the responsibility becomes clear



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and apparent. The responsibility lies in capturing the voice, desires, and needs of the community while ensuring the integrity of the initiative's mission.

Healthier Delray Beach's pride is anchored in the strong commitment to being the bridge to greater access and awareness helping others to view practices, policies, and behaviors from a cultural and racially competent perspective. In an effort to destigmatize mental and behavioral health, we strive to keep in the forefront of our vision, the Delray Beach community possession of natural mental wellness supports, services, and means of providing healing-centered solutions to challenges known and unknown.

Power in Partnership

As an initiative, we've come to realize the value in partnerships with other organizations, individuals, and systems to reach our desired outcomes for the Delray Beach community. When entities partner up with a shared vision, operating from their individual strengths, we're able to accomplish much more and make a deeper impact. As we transition into year six of the Healthier Delray Beach initiative, we recognize the value that we've grown to bring to a circumstance is our ability to provide resources by way of convening power, access to quality behavioral health providers that have been vetted through our HDB standards of care, and the capability to create a network that has a wingspan that exceeds the Delray Beach community. We've leaned on the existing relationships and discovered new partners along the way resulting in growth that exceeded what we initially dreamed of.

Over the past twelve months, prior to and while navigating an unprecedented global pandemic, and facing escalating racial tensions across the nation, Healthier Delray Beach managed to find a way forward with its mission. Through the amazing support of Palm Health Foundation, collaboration, and collegial relationships among the Healthier Together and BeWell PBC leadership, including the leadership of the HDB initiative, we challenged ourselves in the midst of a challenge to band together, figure out the existing and emerging needs of our communities. We found ways to adapt our efforts with new methods of convening and communication while holding on to the same spirit in which we've always operated; community first.

Build our Blocks: Community Engagement

Healthier Delray Beach's heart & soul is tied to the Community Engagement Work Group. Through that sector, we are able to build strong relationships within the community, maintain close community connections through feedback loops, identify resident & community behavioral health needs and build the capacity of resident leaders to provide supportive programs and spaces.



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Mini Grants are our pipeline to resident capacity building. Since 2018 Healthier Delray Beach has offered an opportunity to support the creativity and innovative nature of resident leaders by investing in their ideas. Those innovative ideas transform into support spaces that lead to a better opportunity to solve the challenges we face in this community. Always maintaining a behavioral health focus, residents have brought forth ideas that have gone on to expand, becoming a part of the fabric of our community. It is through partnerships with amazing resident leaders that Healthier Delray Beach continues to serve as a trusted advocate for the Delray Beach Community.

Below are listed a few of our Resident Leaders and their programs or initiatives. Some are nonprofit organizations, for profit businesses, or individuals.

Resident Leader	Organization	Name of Program/Event	Current Status
Emanuel “Dupree” Jackson	EJS Project	Youth Mentoring	Year 4 of his initiative, expanded fundraising & leadership capacity, multifaceted focus
Lisa McMiller Harris	Golden Parents, Inc	Teen Talk Cutz & Conversation	Year 5 of her initiative Cutz & Conversation expanded into additional barbershops, increased funding capacity
Morris Carstarphen	Resident Leader	Movie Night in the Set	Picked up by City of Delray Beach Parks & Recreation Department
Angela T. Williams	Say WHAT Enterprise, LLC	Move From Church to Church	Coordinates HDB’s Faith Based Community Engagement PHF – Train The Brain activist
Andrea Bruton	SkyeHigh Fitness, LLC	Zumba/Aqua Zumba in The Set	Ongoing physical Fitness activities, Partnerships with multiple organizations to include community focused physical wellness PHF – Let’s Move initiative



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Rose Newbold-Biffo	Resident Leader	Hearts Renewed	Healing Centered Dialogue Series
Andre Dildy	Resident Leader	Iron Sharpens Iron	Original 2018 recipient for a community garden. Went on to be employed by an agricultural NPO, began his initiative to support residents returning from incarceration

It is important to note that Resident Leaders are driven by their desire to assist and support the community that they live in & love. Their efforts and the community’s feedback is instrumental in Healthier Delray’s unique approach to the initiative. Through the authenticity of grassroots’ endeavors, we are collectively attracting partnership from more traditional funders. The 2019-2020 fiscal year gained match funding from Children’s Services Council of Palm Beach County. As a traditional funder, they are exploring the notion of resident led projects and supporting organizations as an opportunity to grow their capacity. Again, as a pipeline to larger funding and growth opportunities this partnership prepares and educates recipients on the required elements that exist at that level of donor and grant funding.

Racial Equity & Healing Centered Community

Healthier Delray Beach and Healthier Boynton Beach leaned hard into the Healthier Together concept and took both initiatives to new levels by officially partnering up for Racial Equity projects in our communities. As sibling initiatives and neighboring cities, it was a natural fit for us to come together to discuss the existing challenges and changes we’d like to see in our respective communities.

In partnership, we hosted two Racial Equity Alumni All Call events with the objective of identifying existing disparities across sectors that could be addressed in advocacy and/or action by the community. Additionally, we partnered with the Palm Beach County Criminal Justice Commission and Everyday Democracy to hold a series of Dialogue to Change conversations between local law enforcement and community members with lived experience with the criminal justice system or law enforcement. While COVID-19 caused us to pivot to an online platform, the conversation, organizing and strategizing continued.



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The Healthier Delray Beach and Healthier Boynton Beach collaborative continued to meet monthly to discuss various matters that affect our nation and our communities here at home. We collaboratively discussed ways to address them, seeking out themes, identifying programs or projects that could come as a result. While navigating a global pandemic we found ways to address the rising racial crisis that our country is facing in the wake of the murders of George Floyd, Breona Taylor, Ahmaud Arbery, and numerous others. We discovered allies in advocacy that worked with Healthier Together communities to provide a space for residents and decision makers to connect and identify solutions for what seems to be insurmountable challenges.

What's next? We continue the conversation. We continue the collaboration with community and partners. Most importantly, we continue what we've always done, advocacy and awareness.



Faith Based Engagement

Mental Health & The Church (Group Therapy), Move From Church to Church, and Mental Health First Aid are the cornerstones of Healthier Delray Beach's Faith Based Engagement. Coordinated by Angela T. Williams and Freslaine St. Louis, our mission to bring greater awareness and access to behavioral health supports is being realized.

Mental Health & The Church (Group Therapy):

- Sponsored by Healthier Delray Beach
- Held on the 2nd Tuesday of each month
- Supported or facilitated by a mental health clinician
- Relevant topics vary



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- Hosted by a different church monthly
- Community & congregants encouraged to participate

Move From Church to Church:

- Sponsored by Say WHAT Enterprise, LLC
- Held quarterly
- Supported or facilitated by a mental health clinician
- Topics include: mental wellness, physical fitness, financial empowerment, teamwork

Mental Health First Aid:

- Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.
- The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.
- Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.
- Bringing this greater awareness helps to equip residents with a foundational skillset to better understand mental health challenges and the associated warning signs & symptoms.

Through these projects, Healthier Delray Beach is supporting the rich and robust conversation that links faith practices, mental health supports, and healthy behaviors from the pulpit to the pews and beyond. The larger goal of building a support network within the city of Delray Beach where the community can identify & select from a variety of spaces. We have made connections with multiple churches in the Delray Beach community in partnership to host the various event offering and as a next step we seek to deepen the connections by supporting those churches that would like to further embed mental & behavioral health within their ministries and services.

One Delray Beach Church in particular has recently answered the call to join us in a deeper community impact. St. Paul Missionary Baptist Church, led by Rev. Howard Barr, Jr. has expressed a desire to partner with Healthier Delray Beach in a manner that would support the establishment and growth of a Mental Health Ministry for not only St. Paul's congregants, but also to be offered to the community at large. Through this partnership, we will explore together various ways we can connect individuals and families to the tools they need to build a healthier lifestyle.



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School Service Project

The 2019-2020 school year shifted in an unanticipated manner. Following our November 2019 Clash of the Decades fundraiser in partnership with the Delray Beach initiative, we prepared to convene the kindergarten through second grade teachers at Village Academy to discuss school how best to purchase *Cozy Corner* materials. The funds were specifically raised to purchase sensory materials to equip primary grade classrooms with items that assist students in building a self-regulation skillset. Some teachers and administrators had been previously trained in the Conscious Discipline modality. It is designed equip educators to integrate social-emotional learning, discipline and self-regulation so they spend less time policing behavior and more time teaching vital life skills.

Kristin Carstarphen, previously HDB's Outreach Coordinator, brought a unique skillset and perspective with her degreed background in Early Childhood Education. With school administrator support, she was able to partner with primary grade teachers, observe student behaviors, provide supportive feedback, and make recommendations for various materials and strategies to lead to better teacher-student engagement and social emotional learning fir students. This partnership effort led to deeper relationships with teachers and school administrators.

Additionally, there was alignment with Family Strengthening Team from Achievement Centers for Children and Families by sharing materials and Mindfulness Room as well as making referrals for clinical support with partnering agencies such as Families First of Palm Beach County. Students, families, teachers and school administrators reported feeling supported and had an increased awareness of challenges and how to intervene to decrease adverse behaviors and/or emotional distress.



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Palm Heath Foundation frequently reminds the Healthier Together leadership about the concept of safe to fail projects. We are encouraged to test borders and boundaries with regard to the benefit of the community’s identified needs and interests. This partnership with Delray Beach schools has many intersections of support. However, the school system is one of the most challenging to work with to make transformative changes. As a next step in partnership exploration, Healthier Delray Beach will explore the connections it has with the school district’s School Behavioral Health Department. We will meet to discuss previously existing gaps and attempt to identify those gaps and disparities uncovered by the COVID-19 residual shifts & shake ups. Undoubtedly, there and will continue to be behavioral health needs that will appear now and into the future. Through a partnership of this nature, we’ll be able to directly and intentionally inform the school districts work to positively influence their decision making on funding and resources based on community need. A partnership of this nature demonstrates the benefits of public-private partnerships, systems and organizations working together to best serve the community.

Build Our Blocks Community Engagement

2020 Resident Mini Grant Recipients & Programs

Program Name	Program Description	Award Amount	Type
1. Girl's Day	The focus of Girl's Day is to empower the young middle school, high school, and college-aged women within the community through providing “season” specific	\$1500	Resident



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	<p>information relating to their health spiritually, mentally, financially, as well as academically. Attendees will be separated into 3 groups by age so that information can be presented to better suit their needs. Our hope is that this day will provide each participant with the knowledge to handle the next season of their lives, as well as share (engage) the information with others within their age group.</p> <p>In March, we had a total of 41 young ladies register and show interest to attend Girl's Day. We will open up registration again to meet our goal of hosting a total of approximately 60 young women.</p> <p>This event will serve as a kickoff to our Girl Talk program where the issues that our youth/young women face are discussed in a more intimate setting.</p>		
2. First Aid Skills Fair	<p>First Aid Skills Fair</p> <p>If I am allocated the funds I will be hiring different professionals to teach each skill at the stations, to purchase the prosthetic dolls to demonstrate the skills as well as purchase the certification cards for those who complete the skills fair so that they may be licensed at the end of the event.</p>	\$1500	Resident
3. RISE: Building New Leaders for Tomorrow	<p>RISE: Building New Leaders for Tomorrow</p> <p>I plan to use the grant on bringing forth ongoing experiences that will be intended to enrich the community and build a better foundation for the youth and generations to come. These events/ experiences will include projects such as arts & crafts, mentorship, financial literacy, social events and many more. I know how important a imagination is, I've been fortunate enough to still be able to hold onto mine through adulthood. During these troubling times I've noticed how easy it can be to be influenced by the wrong things; the youth and next generation are our fondest assets; and it's our responsibility to ensure that the world we leave behind, is in the best hands possible.</p> <p>By seeking out help from community partners I intend to</p>	\$1500	Resident



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	make this an ongoing event that attracts a crowd from all ages.		
4. Social-Emotional Development for Youth	Constructive Social-Emotional Development of our Youth on The Set. The South Palm Beach Alumnae Chapter of Delta Sigma Theta, Sorority, Incorporated (SPBCAC) intends to utilize the funds from the mini-grant to support an ongoing youth mentoring program designed to create community around and pride in black culture and identity. Focusing on the well-being of the body, mind, and spirit, the adolescent participants will be nurtured socially, emotionally, and academically with the goal of cultivating a positive self-image within each mentee and creating a healthy sense of belonging within the community as a whole. African-American middle and high school aged females that reside or attend school in Delray Beach is the target demographic.	\$2000	Sorority, Local Chapter
5. Kid's Virtual Zumba Fitness	Kid's Virtual Zumba Fitness This program will consist of concepts in cognitive fitness, such as healthy eating, regular exercise, and managing stress for ages 7 to 17. This program features age-appropriate music and moves that get kids moving and dancing, to Latin beats, pop, Caribbean, and hip-hop music. These activities will directly address the poor physical fitness and high rates of obesity among young people in the community. Kid friendly activities also build leadership, confidence, and respect among their peers.	\$2500	Resident Organization
6. Character Matters	Character Matters is a character education program that teaches students leadership, emotional intelligence, conflict resolution, respect, compassion, and lots more. The turnkey written lesson plans build character through research-based activities, original poetry, original hip hop music, art, reflection, and lots of group creativity! Students will meet with coaches for one hour over 15 weeks. This program can be done either virtually or in-person.	\$2500	Non profit organization
7. Angel Tree	Angel Tree. Since 2016, Resurrection Life Fellowship has partnered with Prison Fellowship Ministries to provide Christmas gifts for kids in our community that have a parent who is incarcerated. During the event we provide	\$2000	Local Church



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	the families with a dinner and information pertaining to the youth services our church provides. Funds will be used to purchase gifts during the holiday season, provide a dinner for the families participating, and then provide school supplies for the kids.		
8. Heart Renewed	Heart Renewed formerly known as The African American Woman Misunderstood and Misrepresented. The goal is to continue to inform the community as well as allow the community to gain knowledge in understanding women of different ethnicities, as well as give a place to freely speak on interpersonal relationships and communication. It matters because within the community, women didn't have a safe space where they could go and allow their voices to be heard.	\$1500	Resident
9. Project 12, 2021	72 Black Men who are fathers, husbands, entrepreneurs, educators, physicians, attorneys, athletes, community leaders, politicians and more whom I have all had the honor and pleasure to acknowledge as men of powerful positive impact here in their communities. I understand now the need is even greater today than in was on May 2014, it's inception. The purpose of Project 12 is to encourage and esteem our black men and the generations to come in a society where the black man is commonly viewed as a threat. It is imperative that we help change the negative imagery that is often depicted in the media such as television, social media and printed publications. Some of our community feels they have no value for their existence or trapped due too traumatic and violent events throughout their environment. Our publication is here to create hope and allow them to dream again through visualization of seeing persons whom they can relate to whom have obtained their goals. We are experiencing great success with our publication and have been acknowledged throughout Palm Beach County with a proclamation acknowledging the calendar. I have a passion for our black men and vowed to utilize my skill set to encourage them through a platform which was customized with them in mind.	\$1,000	Resident



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10. Love Matters	<p>This project is one phase of the Love Matters Movement Slogan “Show your Love because it Matters” An initiative that encourages the one race “Human Race” to act in Love by exemplifying Love in various ways. Show your Love Festival Artist & Vendor Showcase. (Visual or Live) This project will highlight the local talent & small businesses. Local youth & community members will be honored & recognized. The planning process will involve the input of our local youth & community members (mentorship / apprenticeship). The event will be a free admission event. Youth & community members will be honored & awarded. Artist will receive exposé & a stipend check. Local small business will get an opportunity to showcase their business at no cost (free vendor space)."</p>	\$1,000	Resident, LLC
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Key Learning

Healthier Delray Beach is transforming and transitioning, positioning the initiative to truly be a part of a community based hub for behavioral health supports. Many changes are on the horizon and we’re excited to share just a few of them as key learning that has transpired.

- Healthier Delray Beach is positioning itself to transition away from the Achievement Centers for Children and Families as a fiscal agent and backbone agency to move over to the EJS Project in partnership as a Community Hub. This will be an unprecedented step for a Healthier Together Community fortifying the true spirit of community partnership for the benefit of Delray Beach residents.
- 2020 Resident Mini Grant recipients are getting capacity building support through Healthier Delray Beach Community Engagement Mentorship and collaboration with previous Mini Grant recipients. They are also being linked to additional funding and or capacity building opportunities as they arise.
- Racial Equity and Healing Centered Community conversations and connections are highly important during the current social and political climate locally and across the nation. These spaces provide empowerment and healing to participants.
- Stepping up to have conversations with city officials and city leadership to ensure that they are investing in equity matters as a resident behavioral health partner.
- Steering Committee is looking within, ready to tackle the notion of changing the way we govern, meet, and are structured for the benefit of the initiative. Making sure that we too are being responsive to changing needs.



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- Intentionality is a key component when creating new partnerships. Ensuring that they are mutually beneficial while consistently examining the goals & effectiveness of the partnerships.
- In order to be resilient as an initiative, we must always keep residents and their needs at the forefront of our decision making and intentions. Even in the face of challenges & uncertainty, always remember the mission and vision.