

Healthier Boynton Beach Impact Report (April 2017 – Sept. 2017)

 healthiertogetherpbc.org/report/healthier-boynton-beach-impact-report-april-2016-sept-2017/

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Reporting Period: 04/01/2017 to 09/30/2017

Neighborhood: Boynton Beach

Summary:

Healthier Boynton Beach is on the MOVE!!!

Healthier Boynton Beach (HBB) is moving energetically in to the second year of the community-driven initiative developed by Palm Healthcare Foundation. HBB is focused on improving the well-being of an almost forgotten and overlooked population, **Family Caregivers** in the 33435 zip code, with a special emphasis in census tract 61 also known as “The Heart of Boynton Beach” community.

The **VISION:** To identify family caregivers and strengthen their understanding and accessibility of resources.

The **MISSION:** Inspire, Support and Improve the lives of caregivers in Boynton Beach.

Objectives:

- Promote awareness of family caregiving
- Provide education to improve access to services and support.
- Promote health & wellness of family caregivers

Defining Family Caregiver

A Family Caregiver is a family member who is responsible for the physical, emotional and often financial support of a loved one who is limited in daily living activities or independent activities of daily living due to illness, injury, disability or the aging process.

Accomplishments:

During this period, Healthier Boynton Beach accomplished each of the set goals from the previous period as they move working diligently to fine tune the focus and direction of the initiative. The Steering Committee and workgroups meet consistently and work collaboratively to positively impact the lives of family caregivers in Boynton Beach. The

Project Director has been meeting with community stakeholders, attending local events and collaborating with partners to promote and educate the community about Healthier Boynton Beach.

- Healthier Boynton Beach participated in 4 community events and was able to engage over 600 residents and attended over 20 community meetings. The Project Director held over 20 one on one meetings with program providers and community stakeholders to inform them about Healthier Boynton Beach and learn about their resources and partnership opportunities.
- The Marketing and Outreach workgroup created the mission statement, vision and defined family caregiver. The information was presented and approved by the steering committee. The group developed a flyer to promote and educate residents about Healthier Boynton Beach.
- The Advocacy workgroup support for the Caregivers Employee Leave Act was selected as Priority number 2 at the 2018 Palm Beach County Legislative Summit. This was presented to the Palm Beach Delegation at the summit.
- Healthier Boynton Beach, Healthier Delray Beach and Palm Beach CJC Community Engagement Law Enforcement Taskforce Collaboration to host a Community Conversation to strengthen the relationship between law enforcement and residents. There were over 100 residents in attendance.
- Summer Youth Institute program created partnerships and provided opportunities for youth caregivers to learn valuable tools and become aware of family caregivers as well as available resources.
- Seven steering committee members and four residents complete the Racial Equity Institute Training.
- Healthier Boynton Beach collaborated with Genesis Community Health and Palm Beach Coalition to provide the Mental Health First Aid training to 12 local residents and providers.
- Social Media presence with Facebook, Instagram and Twitter

Key Partners:

Genesis Community Health Center, Area Agency on Aging, Boynton Beach Mental Health Committee, City of Boynton Beach, Pathways to Prosperity, American Association of Caregiving Youth, Community Caring Center, Caridad Center, Boynton Beach Community High School, Sankofe Securities, Inc., St. Paul A.M.E., The Lord's Place, St. John Missionary Baptist Church, YMCA SPBC, Alpert Jewish Family & Children's Service Boynton Beach Fire Rescue, and Boynton Beach Police Department, Kidship Care Program, FAU CARD Program, Trust Bridge, Wellington Cares, Inc., NAMI (National Alliance on Mental Illness), Boynton Bay (55+ Community), Iberia Bank, City of Boynton Beach/Rec & Parks Senior Center, Connect to Greatness, Inc., Alzheimer's Community Care, HCR Manorcare and Morselife Pace program.

New Partners:

City of Boynton Beach Utilities Department, FAU/Charles Schmidt College of Medicine, School District of PBC/Wellness Promotion Taskforce, HealthCorp

Goals:

1. Increase awareness and community engagement - 1. Increase the number of residents on the steering committee by adding at least (3) new residents with lived experiences to the committee during the next reporting period. 2. Increase the knowledge of Healthier Boynton Beach by hosting (2) community conversation meetings during the next reporting period.
2. Increase access to services and resources - 1. Create a Caregiver Assessment/Survey to identify needs and services. 2. Healthier Boynton Beach will host a local conference to inform and educate caregivers about available services and resources. 3. Healthier Boynton Beach will create a Family Caregiver Registry for residents.
3. Improve health and wellness - 1. Participate in the Train the Brian Campaign to reduce stress amongst community and achieve balance in their lives. 2. 7. Participate in the Let's Move Campaign to motivate community to engage in physical activity to improve overall health.

Process and Implementation Outcomes:

Outcome: **Quality, meaningful collaboration**

Progress:

In collaboration with the City of Boynton Beach Utilities and Parks and Recreation Departments, Healthier Boynton Beach was able to provide 10 youth the opportunity to have a summer learning experience.

Healthier Boynton Beach collaborated with Genesis Community Health and Palm Beach Coalition to provide the Mental Health First Aid training to 12 local residents and providers.

Healthier Boynton Beach, Healthier Delray Beach and Palm Beach CJC Community Engagement Law Enforcement Taskforce partnered to bring over 200 residents together for a Community Conversation to strengthen the relationship between law enforcement and residents.

Associated Media:

[Healthier Boynton Beach Summer Youth Institute Program](#)

[Post]

Associated Attachments:

- [Download File "Summer-Youth-Program-4.jpg"](#)
- [Download File "6-22-17CETF-Event-Flier.pdf"](#)
- [Download File "MHFA-Flyer-Final.pdf"](#)



Detailed Narrative:

Summer Youth Institute

This summer, a handful of youth in Boynton Beach were given the rare and valuable opportunity to come together and learn from some of the city's most dedicated coaches and employees, all while learning more about themselves and their potential. Healthier Boynton Beach, in partnership with Pathways to Prosperity, Inc., the City of Boynton Beach Utilities Department, Genesis Community Health, Community Caring Center, and American Association of Caregiving Youth created the first-ever Summer Youth Institute.



The Summer Youth Institute was created by these organizations to help students between the ages of 15 and 18 in Boynton Beach learn more about family caregiving and develop the life skills needed for social, professional and personal growth. Many of these family caregivers are youth who are juggling school and a job in addition to caring for a loved one, such as a grandparent or special needs sibling.

Ten Boynton Beach youth, many of them are direct caregivers, were selected to participate in the program on a first come, first served basis. The group came together for the first time on June 26th 2017, marking the beginning of a summer-long journey together that forged strong bonds over shared experiences. The participants spent their first week of the summer at Pathways to Prosperity, a community organization committed and dedicated to strengthening the community by improving outcomes for children and families through education and social services. Throughout the week, participants learned about professionalism, college preparation, social media etiquette, money management, and resume writing. They also learned about various program providers throughout the community that could aid their neighbors, friends and family.

For the following four weeks of the program, the youth split between two learning sites: The City of Boynton Beach Utilities and Boynton Beach Parks and Recreation. At both sites, the youth got hands-on learning and job shadowing experience, and a better understanding of the city they live in and all the job opportunities available to them someday.

In the final week of the program, the youth came together to reflect on the past weeks and discuss their experiences as family caregivers. Ricky Petty, Healthier Boynton Beach Project Director and co-organizer of the Summer Youth Institute, remembers that week as the most powerful of them all. “It was incredible to see the kids develop comradery as well as a support system and help one another by the end of the experience,” he reflects. “In the first week, everyone was quiet and hesitant to share their experiences as caregivers. But, by the end of the Institute, they had formed strong bonds and relationships. They were eager to learn from one another and share some of the things they were experiencing in their families.”



The youth bonded so well that they decided to form their own group called the “Youth Empathizers” and continue meeting on a monthly basis. The Youth Empathizers is a support group and also provides a way for the youth to continue to improve their community together. The kids came up with this idea and purpose themselves, because they wanted to continue working together and make a positive impact in the community.



Youth Caregivers Graduation

Healthier Boynton Beach had the opportunity to collaborate with multiple partners to engage the community during this reporting period. On May 31st 2017, Healthier Boynton Beach supported the American Association for Caregiving Youth at the Youth Caregivers Graduation. The event was held at the Intracoastal Park Clubhouse in Boynton Beach and there were 48 youth caregivers and their family members were present to celebrate their high school accomplishment. The youth shared their stories and experiences as a youth caregiver. Each youth received gift cards and some received scholarships for college and continuing education.

Racial Equity Institute

On June 22nd and 23rd Healthier Boynton Beach participated in the Racial Equity Institute (REI) and had seven steering committee member and four local partners complete the training. The training was held at Tabernacle Missionary Baptist Church in West Palm Beach Florida. REI is designed to build the capacity of educators, health practitioners, child welfare advocates, judicial representatives, other professionals and those persons who are interested in understanding and eliminating racial inequities and disparities within our society. There were over 40 participants and many shared their experience and the impact it had on their perspective on race and equality.

Community Conversation

Healthier Boynton Beach, Healthier Delray Beach and Palm Beach CJC Community Engagement Law Enforcement Taskforce Collaboration to host a “Community Conversation” to strengthen the relationship between law enforcement and residents. There were over 100 residents in attendance. Four police departments were represented, a school board member, a judge, federal and state attorney as well as representatives from several elected officials were in attendance as well. A video from an episode of the television show “Blackish” was shown and well received by the audience. The show used humor to display race, injustice and inequality that takes place in communities across the country. After the video was shown, a panel discuss was held and questions were asked by the audience and answered by the panel of law enforcers, judge, federal and state attorney and psychologist.



Unity in the Community

On July 29th 2017 the Heart of Boynton Community Association hosted the Unity in the Community Festival. The purposed of the event is to bring the community together to celebrate unity. Healthier Boynton Beach was a sponsor and partner in the event. HBB was able to engage over 200 residents and inform them about the initiative.



Health Fair/ Back to School Event

On August 5th 2017 Pathways to Prosperity provided its annual Health Fair/Back to School event. Healthier Boynton Beach was a present as a vendor and the Youth Empathizers was manning the table and informing residents about HBB. There were over 800 adults, children and volunteers in attendance and HBB engaged over 200 adults. The Youth Empathizers was extremely helpful in the event. They manned the table, provided water and food to vendors, assisted with set up and break down of the event. Pathways to Prosperity expressed their gratitude to the youth for their assistance and provided them with community service hours.



Senior Health Fair

On September 21st 2017 Healthier Boynton Beach was present as a vendor for the Senior Health Fair hosted by the City of Boynton Beach. The event was held at the Boynton Beach Civic Center and it was well attended with over 200 participants and 30 vendors. Healthier Boynton Beach provided information to participants to raise awareness about HBB and family caregiving.

Lessons Learned:

Healthier Boynton Beach continue to learn as they continue this important work. Ensuring community buy-in with the process has been an important lesson. To ensure buy-in, HBB created an ad hoc group comprised of 80% of community members NOT serving on a HBB workgroup to handle the planning of our first annual caregiver's luncheon. This has allowed HBB to be presented to a whole new segment of the Boynton Beach population. Secondly, HBB learned that this takes time, serious time. It has taken the Steering Committee 5 months to establish our measurement goals. It is taking the work of an ad hoc group to further 'tease' out the details to ensure the goals are realistic and measurable. Thirdly, listening to the voice of everyone is key. HBB has several Steering Committee members that have been key in helping to be more intentional in the work that is done. As a result, the work that we do will be marketed to the community in a different way.

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

1. Forward Progress: Initiating workgroups to work actively on projects to enrich the initiative and participating in 5 community events and engaging over 600 residents.
2. Collaboration: Partnering with the City of Boynton Beach and other local organizations to provide opportunities for youth with the Summer Youth Institute program.
3. Caregivers Leave Act selected as Priority number 2 at the 2018 Legislative Summit.

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

1. Maintaining the balance between providers and community members in the work. Healthier Boynton Beach do not want to be perceived as a provider led initiative.
2. Administrative support for the Project Director- the Project Director is very busy trying to increase partnerships. There was turnover within the VISTA volunteer. Losing this support has been an administrative strain on the Project Director.

Next Steps:

- Develop a balance on the Steering Committee and Workgroups by adding at least 3 – 4 residents.
- Increase knowledge of services and resources to caregivers by hosting the Fearless Caregivers Conference in Boynton Beach.
- Develop a Healthier Boynton Beach Caregiver’s Registry to identify and engage caregivers in Boynton Beach.
- Create a Caregivers assessment tool/survey to identify caregiver needs and wants.
- Create a Caregivers awareness campaign to bring attention to caregiving.
- Provide mini grant opportunities to local churches, organizations and programs to support the Healthier Boynton Beach initiative.