



Executive Summary

HAPPY BIRTHDAY HDB...We've Turned Five Years Old!!!! Healthier Delray Beach, a multi-year, community-driven project focused on supporting the behavioral health and well-being of Delray Beach residents and professionals. Beginning in September 2014, Palm Health Foundation presented their vision of Healthier Together to Delray Beach and engaged the community in developing Healthier Delray Beach. The Achievement Centers for Children and Families was chosen as fiscal agent and five years later, here we are growing strong!

Community compassion and action coupled with the ongoing support of the foundation, Healthier Delray Beach continues to strive to promote awareness and education of behavioral health, improve access to supports and services, and to encourage promotion of healthy positive individual and community growth. As we look toward year six and beyond we have identified solid action areas and dedicated leadership. With Kenya Madison grasping the director's baton and Healthier Delray Beach in position, we are making serious strides in funneling down to zero in on four specific areas of future focus. Namely, resident led community driven leadership, faith-based engagement, racial equity and positive social-emotional development for Delray Beach's students via our school based project.

A major identified win are our resident leaders that have experienced growth and success with their endeavors as result of our mini grant and larger grant dollars and support. We have made a commitment to building their capacity by way of next-level support for their growth and sustainability. When they win, we win! As we seek to further strengthen a deeply connected network of service providers delivering racially equitable and accessible services to the community, the role of the Senior Director is vital in overseeing the relationships and community connections. Healthier Delray Beach is taking a stance to make a lasting impact for the benefit of Delray Beach's residents.

A further look ahead has Healthier Delray Beach's identity is emerging as the community's hub for resident led behavioral health supports and services, a trusted partner in vetting organizational and

agency based supports, and a strong advocate for racially equitable practices and policies to be embedded and interwoven into the fabric of our community and the services provided there.

Detailed Narrative



Healthier Delray Beach's Maturing Identity: Continuously Striving to be a Racially Equitable and Healing-Centered Community

As we move forward to engage residents, providers, business owners, and HDB partners we constantly seek to maintain a racially equitable lens on our approach and practices. We continue our strong commitment to being the gateway to information that would help 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 that the Delray Beach community possess natural mental wellness supports, services, and means of providing healing-centered solutions.

Focused Funneling

Delray Beach's heart and soul known as The Set, has always been a very unique and thriving community that has sustained its deep roots throughout the many cityscape changes over the years. Since Healthier Delray Beach's arrival in 2014, the goal has been to connect with the community's residents as the most valuable assets to determine how to help them reach their goals as it relates to lifespan increasing, quality of life improving, positive mental health, and healthy behaviors. As we take a glance back from whence we've come and a gaze forward toward the future, we have identified some very solid priorities, next steps, and emergent gems that lie in the hands of Healthier Delray Beach.

For several months, Healthier Delray Beach's Steering Committee has taken on the task of deciding where our efforts and energy will land by way of our lasting impact. After hours of focused dialogue and some intensely reflective facilitated conversations to determine what we would have HDB's legacy be in the community, we were able to filter and narrow our focus areas to include the following action areas:

1. Build Our Blocks: Community Engagement and Resident Leadership
2. Faith-Based Engagement: The Church & Mental Health
3. Race Equity and Healing Centered Community: Keeping Trauma-Informed Care and Racially Equitable policies & practices in the forefront
4. School-Based Service Project: Creating a System of Care within a System

It is our intention that by identifying our “whys”, we can deeply focus on the question of “how”, thus moving us closer and closer to creating a tightly woven network and community based continuum of care.

For Example...

Resident Leadership

Residents are paving the road to a Healing Centered Community by creating and implementing rich programs, services and supports. Healthier Delray Beach’s Mini Grant recipients didn’t waste time putting their ideas into action. Of the six Mini Grants awarded in January, five of the ideas pitched have already taken place and left their indelible mark. As community leaders, these residents have taken their humble HBD investment to a next level experience by expanding their implementation, securing additional funding for their sustainability through their broad reach into our community. Additionally, Healthier Delray Beach has and will continue to invest in resident leaders by supporting their attendance at local and national community based leadership conferences. We have also supported residents in becoming Mental Health First Aid trainers and hosted Mental Health First Aid training in the community to deepen individual’s levels of understanding mental health challenges and mental health crisis.



Faith Based Engagement

Our Faith-Based Engagement has taken true form and focus on Mental Health & The Church. Through this avenue, Healthier Delray Beach is supporting the rich and robust conversation linking congregants’ faith practices, mental health supports, and healthy behaviors from the pulpit to the pews and beyond. Coordinated by Angela T. Williams, resident and Steering Committee member, Mental Health & The Church meets on the second Tuesday evening each month, rotating to a different house of faith in The Set each month. A designated topic of conversation is suggested and/or selected by participants and discussed each month with a licensed clinician in the midst. The safe space discussion is led and facilitated by either the church’s pastor, clergy leader, or congregant resident sharing their personal experiences and personal stories of positive growth in the presence of others seeking to learn, grow,

and be inspired. By intentionally mingling the discussion of professional services with faith-based practices leading to favorable outcome, participants are able to have examples of how, when, and where to engage with various levels of mental health supports.

- Angela T. Williams, is also the Founder and President of Say What Enterprises, LLC. Through her small business, she has taken a vital position to improve the community's physical and mental health. Her next-level leadership role with Healthier Delray Beach's Faith-Based Engagement has given a super boost to Angela's *Move from Church to Church* initiative. Having been awarded an HDB mini grant this year gave Angela the boost in capacity to launch Say What Enterprises' *Move from Church to Church's* mission at the May 2nd Kick Off that also doubled as Healthier Delray Beach's Get Your Green On Mental Health Awareness Month Kick Off. Upon witnessing the opportunity to further assist in the movement's success, our Steering Committee made the decision to award a large grant in the amount of \$4,250. Those larger grant funds have given her the capability to expand and deepen the connections for mental health awareness, resident education and empowerment, and faith-based supports already existing within our community. Through *Move from Church to Church's* quarterly implementation, we are able to take the conversation about the importance of positive mental health and healthy behaviors into the various churched in The Set. As a one-off from Mental Health & The Church, each participating church's clergy leaders agreed to host and facilitate an event centered around either mental health, financial empowerment, or healthy eating/healthy lifestyles. To date, August's hosting was provided by St. Paul African Methodist Episcopal Church, November's hosted by Mt. Olive Missionary Baptist Church. Future hosting will be held by St. John Primitive Baptist in February 2020 and St. Paul Missionary Baptist in May 2020. In between those offerings, resident can remain engaged and assist in growing our faith-based efforts by attending Mental Health & The Church (Group Therapy). Offered each second Tuesday of the month, also at a different house of faith, participants are invited to talk, listen, learn, share, grow, and heal with the presence of a licensed mental health clinician.

Capacity Building: A Tale of Two Determined Ladies



- Resident leader and Steering Committee member, Lisa McMiller-Harris had a wonderful opportunity of being panel presenter at the July 2019 Association of Black Psychologists Convention held in Orlando, Florida. She had the pleasure of discussing ***Cutz and Conversation***, her provision of a licensed clinician facilitated, safe space to host healing-centered conversations in a barbershop/salon setting. Barbershops and hair salons have a longstanding history of being a safe space for trusted conversation. Held on the last Thursday of each month, you can find approximately fifteen to twenty participants attending and engaged in the event. By intentionally creating a structure for the discussion and adding a licensed clinician to the mix, you have a recipe for yet another healing-centered community activity. With the support of Healthier Delray Beach, Lisa has been working diligently to expand her conversations to additional shops and has obtained multiple wins with her green light to add on three additional barbershops with the promise to add up to three more within a year's span. Healthier Delray Beach also supported Lisa's attendance at the Inaugural Florida Community Leadership Institute held in Tampa, Florida - November 2019, an opportunity to be a part of real change!

Rose Newbold Biffo

The African American Woman Misrepresented & Misunderstood

The goal is to inform the community as well as allow the community to gain knowledge in understanding the African American woman and women of color, as well as to give women of color a place to speak freely on health, finances, interpersonal relationships, and communication.

The above mentioned workshops will be interactive and engaging and run for four weeks quarterly encompassing all topics thoroughly. Light refreshments will be served.

On the 4th week, each workshop will culminate with a wrap up/review and a certificate of attendance.

This event is public and open to women of different ethnicities and backgrounds.

Health Workshop Series:
Death, Dying & Disease
June 1st, 8th, 15th & 22nd, 2019
9:30—Noon
Ebenezer Wesleyan Methodist Church
201 S.W. 6th Avenue
Delray Beach, Florida 33444



Rose Newbold Biffo
For further information, please
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- Mini Grant recipient and the newly appointed Community Engagement Workgroup Co-Chair, Rose Newbold-Biffo promoted healing hearts with her four-week series ***The African American Women: Misrepresented and Misconstrued Workshop***. Each Saturday in the month of June, ladies from the community gathered in an emotionally supportive setting to engage in trusted dialogue about grief and loss. The broad topic was deconstructed to identify the various forms of grief and loss. Rose and the ladies discussed the anticipated and unexpected loss of a loved one, grief and loss experienced by the demise of a marriage, relationship, or friendship. Through a unique blend of facilitated research based education to supportive group conversation, ladies' lives were forever changed as they experienced the start of healing from their traumatic experiences. The series culminated with a beautiful letter burning ritual held at ocean side as a symbolic emotional release. Following an overwhelmingly favorable response from more than twenty participants, Rose is currently planning her next series and exploring avenues to gain further financial support for growth.

As we move deeper into year five, Healthier Delray Beach has plans to further assist our identified resident community leaders by providing access to professional learning and development seeking to strengthen their existing skillsets through the creation of a Resident Advisory Committee. The intention is to create an incubator style program to assist residents with capacity building opportunities. Through that vein, will be providing workshops, business mentorship opportunities, tapping into our network of established non-profit leaders and business administrators for the benefit of sharing their individual strengths and knowledge to assist our resident leaders in preparing to springboard into the next levels of their ventures. Build Our Blocks will continue to host Community Connections as a forum for resident engagement and feedback about HDB's community impact and involvement.



School Service Project

The efforts of the Healthier Delray Beach school presence are currently centered at Village Academy and have expanded into Carver Middle School for the 2019-2020 school year for the provision of a continuum of care for staff, students and families. The principals have supported staff members' participation in Trauma Informed Care training, Youth Mental Health First Aid training and Racial Equity Institute workshop attendance. We are currently engaged in a fundraising process in partnership with the Delray Beach Initiative with 100% of the proceeds being allocated to the purchase of materials for "Cozy Corners" in Village Academy's Kindergarten through second grade classrooms as well as training and coaching for the teachers. Kristin Carstarphen has increased her commitment to the success of Healthier Delray Beach by adding on the responsibility of School Liaison and Care Coordination. Kristin has been spending about 20 hours per week at the local schools connecting our efforts at each respective school. Particularly at Village Academy, Kristin is utilizing her Early Childhood degreed skillset by supporting teachers in classrooms by observing students and providing supportive feedback about identified student needs. This effort is meant to deepen our relationships with teachers, and further assist with the use of the sensory materials for students' self-regulation skills. Kristin has aligned her time and presence to work in conjunction with the Family Strengthening Team from Achievement Centers for Children and Families by sharing materials and Mindfulness Room.

Mini Grants/Sponsorships/Community Support



Build Our Blocks: Dinner and a Pitch

Build Our Blocks Community Engagement

Mini Grants & Sponsorships

- \$1,500 Home Run mini grant recipient and instructor, Andrea “Lucy” Bruton wasted no time jumping into action to open up her already existing Zumba Fitness classes to the community at no charge. For a period of about three months, residents were invited to attend any of her three weekly Zumba Fitness class offerings at no cost. Each class is usually attended by 10 to 15 participants, as a result of our Mini Grant, class attendance increased by more than 50% for all classes over the three-month span. Growth inspired, Andrea set out to obtain her Aqua Zumba Certification in North Carolina to bring back for the community’s benefit. In July, 2019 residents were invited to her Aqua Zumba Class Kick Off and all subsequent Summer Aqua Zumba classes, also at no cost to the participants.
- With a \$1,000 mini grant, the teens of EJS Project, Emanuel Dupree Jackson’s teen outreach and mentorship program hosted their mini grant winning Community Cook Out for a Cause as a “Back to School” cookout event in August 2019. The EJS Project Teens developed the idea to create an extraordinary cookout with a purpose. The Teens met weekly to plan and execute an event designed for youth, by youth. In their brainstorm process they brought forth the idea to

collect school supplies specifically for high school students as they are an age & grade range that sometimes gets overlooked in traditional “Back to School” supply drives. The teens took their concept a step further by getting additional financial donors, setting out collection boxes around the community and Downtown Delray Beach areas to gather personal hygiene products along with secondary level school supplies to hand out personal hygiene packs. The EJS Project teens ensured that their peers in the community had the opportunity to go back to school confidently carrying the tools they need to be successful while providing a fun cookout in the park experience.

- On June 1, 2019 the West Atlantic Redevelopment Coalition hosted their \$1,000 mini grant winning Community Family Reunion Cookout. This event held at the Delray Beach Catherine Strong Park reunited friends, neighbors, and families from the historical Northwest and Southwest communities for a family reunion style cookout. It was an opportunity for countless families and individuals that have deep roots in both neighborhoods to reconnect and get reacquainted. Many of the folks that attended were able to see and catch up with old friends, see families that once were neighbors, and become better acquainted with new friends and neighbors. Many families that were once very closely connected and part of a natural support system have endured life changes and relocations. This event gave them a heart-warming and familiar space to reconnect and revive relationships.
- Atlantic High School’s Teen Life in HDb club students were awarded a \$1,000 mini grant to create the *Day of Zen at Morikami Park* specifically for student participants and their families to have a peaceful, conversation rich day together in a beautiful garden setting. The Teen Life in HDb students’ intention is to bring student and their families together for a bonding activity in a calming and thought provoking environment. Since school has been back in session, the Teen Life in HDb students are well on their way to planning this unique and peaceful day to be held on December 2, 2019. Outcome updates to come.

Key Learning

Healthier Delray Beach is truly growing, maturing and become an undeniable asset in the community. With our presence, assistance, and support, Delray Beach’s most historically vulnerable community is learning just how supportive their hometown can be.

- Residents are leading the way with existing and emerging ideas for supportive activities and provisions.
- The conversations and relationships are reciprocal. We are working hand-in-hand with residents, providers, and system partners to create the kind of emotionally supportive community that we all want to live in.
- Stepping up to have conversations with city officials and city leadership to ensure that they are aware of the community and resident efforts.
- 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.
- Steering Committee tackling the HDB budget again and again...acknowledging that sometimes you must go back to the drawing board and revisit financial designation decisions.

- When you're doing great things, it's difficult to decide where the funds will be allocated. Facing year five and beyond has been a difficult task as we must face the reality that we have swelling ideas for impact with shrinking financial resources.
- Fundraising has proven to be a challenge for our initiative housed within a non-profit as we have been ineligible to apply for grant dollars or met with various road blocks.
- Discernment is key as all partnerships aren't mutually beneficial. It's important to examine a potential partnership from all angles before entering into agreement.
- The work that we are immersed in is extremely fluid and has the ability to shift and change. We must always keep residents and their needs at the forefront of our decision making and intentions.
- Transparency, genuine authentic relationships, and the freedoms offered by our funding organization are the oil in the engine of all of the Healthier Together Communities

A Look Ahead

1. Healthier Delray Beach will be hosting a Youth Race Equity Institute this year in partnership with the Achievement Centers for Children and Families.
2. Additionally, REI Reflections will undergo a turbo charge by way of a REI Alumni All Call Event to reengage previous participants in conversation leading to changed-based action within the community and society at large. This event will also be hosted in partnership with Healthier Boynton Beach on Wednesday, November 13, 2019.
3. To further deepen the impact with resident leadership, HBD will be launching a Resident Leadership Advisory Council to provide mentorship, education, and provide next-step support for those existing and emergent resident leaders that are already providing support to the community via their existing ventures.