

Healthier Neighbors Impact Report (April 2019 – September 2019)

Healthier Neighbors, Reaching Further



Key Takeaways:

Our vision is that individuals are, and the community is, self-reliant and resilient and have/has balance in body, mind, and spirit. The change we want to see is an engaged and empowered community.

This term Healthier Neighbors selected “Reaching Further” as our theme. As impactful as this project has been, this term we innovatively extended our reach to include more resident opportunities in areas they directly or indirectly expressed a need. We have put in the work building trust, initiating connections, expanding resources and changing the narrative around behavioral health and how it is viewed in black and brown communities.

During this term Healthier Neighbors followed the path of other Healthier Together communities by launching the 2019 Healthier Neighbors Mini Grant. This process, spearheaded by our devoted Mini Grant Team, provided an opportunity for residents to gain seeding dollars for ideas related to the following:

- A. Access or education related to healthy foods
- B. Root causes of trauma and violence
- C. Engaging faith-based organizations with the community
- D. Small Business Start-up

Our expectation, this cycle, was for the community to have increased access to resources that would ultimately increase behavioral health outcomes in a manner that was familiar and beneficial to the residents; in line with their lived experience. The wins gained were far greater than our expectations. Healthier Neighbors also gained an Ameri Corps VISTA in that of, Erin Fields. Erin serves as the Outreach Coordinator focusing on social media engagement, storytelling and youth engagement. In addition, Healthier Neighbors (HN) also introduced Nourish 2019 and well as listening more intently to the expanding needs of our residents. In doing so we accomplished related Outcome, Insight, and Capability Wins inclusive of:

<p>Outcome Wins</p>	<ul style="list-style-type: none"> • 140 applicants responded to the 2019 Healthier Neighbors Mini Grant • Healthier Neighbors invested \$54,000 in Mini Grants and awarded 41 applicants • 5 Mini Grant awardees utilized their Mini Grant award platform to gain additional funding and resource opportunities within the community • HN executed Nourish 2019 where professional women of color met together to experience a brain health retreat • Mini Grant winners have formed their own networks building off the wins of each other • Residents are increasing their connection to grassroots resources • HN gained a partnership with KVL Media to track and document Mini Grant awardees through storytelling
<p>Insight Wins</p>	<ul style="list-style-type: none"> • Many professional women of color who are known to be “community caretakers” do not take time to focus on their brain health needs • Residents who were new to HN also expressed a connection to the HN focus areas. This assured us are prioritizations are relevant outside of our “regular” participants • HN residents want to engage more in the work we are doing. They are constantly asking for more ways to be involved • Residents are ready to do the work and are willing to be led by trusted leaders
<p>Capability Wins</p>	<ul style="list-style-type: none"> • The confidence level of many of the Mini Grant awardees has increased and they are seeking additional resources for their ideas • Professional women of color learned new techniques to reduce stress, increase positive health through food and drink and health practices which increase energy, brain power and productivity

- | | |
|--|---|
| | <ul style="list-style-type: none">• HN subcommittees held the first Community Network Meeting where all subcommittees met together in one space. Residents were encouraged by the conversation, action items and ability to network• HN partnered with Legal Aid Society of Palm Beach County to construct an “Aspiring Entrepreneurs” series dedicated to residents interested in starting a for-profit business in Palm Beach County |
|--|---|

The Details:

Healthier Neighbors, Reaching Further

The Mini Grant Takeover

In the fall of 2018 HN director spent time speaking to residents and inquiring about the type of grant application they would be most comfortable completing. The thought was that if residents were receptive of the format, they would be less fearful about “writing a grant”. The response was a resounding “one page only!” This reply was delivered to the Mini Grant Team, which consisted of resident leaders and service providers, and the work began. Over the course of 5 months The Mini Grant Team held:

- **2 Community Workshops-** greeting over 60 interested residents, non-profit and for-profit providers and introducing the upcoming Mini Grant opportunity.
- **1 Grant Assistance Workshop-** 20 residents scheduled and took advantage of this workshop designed to help take the ideas they felt were trapped inside their brain and helped deliver it on to paper. 4 community volunteers assisted in this process. The volunteers met with interested residents for 20 minutes at a time.



- **1 Grant Finalists Presentation** – 78 finalists, from 140 applicants, were scheduled to present before the Mini Grant Team.



- **1 Awards Ceremony**- HN welcomed over 120 attendees inclusive of mini grant awardees along with their friends and family members who cheered in support.



- **HN invested \$56,000-** to assist in increasing brain health outcomes in Riviera Beach and Northern West Palm Beach.
- **All 50 awardees-** were also awarded professional head shots. This incentive may seem small to some, however this opportunity opened the network space for many of our awardees creating businesses and simply feeling proud to have a professional headshot to provide when asked. HN Steering Committee members and Mini Grant Team were also gifted headshots. Each awardee will also receive 1 coffee table book highlighting their win along with their fellow awardees.



- 4 awardees will be followed on their journey to completion. This process will be documented by KVL Media using storytelling. This was a \$13,000 investment by Healthier Neighbors.
- **All 50 awardees-** were provided in-kind services through a partnership with Legal Aid Society of Palm Beach County and their newly funded Neighborhood Entrepreneurial Law

Program (NELP). NELP will assist awardees with developing and executing their for-profit business. This in-kind service totaled \$2500 per person. This partnership forged the “Aspiring Entrepreneurs” series which welcomed residents each month to learn about a varied business processes. During the last workshop Legal Aid sponsored a pitch contest. 13 participants were given time to pitch their business idea. They were judged by a volunteer panel and the winner received \$500 toward their business.



The 2019 Healthier Neighbors Mini Grant not only gained attention from interested applicants but funders and providers alike. On occasion, HN has presented this concept of granting direct dollars to residents and trusting they have the knowledge and capacity to deliver. It is our sincere hope that this approach becomes a normal practice in our community; with funders and service providers similarly allocating dollars specifically for resident-led solutions.

Welcome Erin!



In the summer of 2019 Healthier Neighbors welcomed AmeriCorps VISTA, Erin Field, to the HN Family. Erin comes to us well educated in the field of journalism. As the Outreach Coordinator Erin will be working alongside residents and providers to:

- A. Create the process of gathering stories
- B. Develop and support activities, workshops and events to share with the public to increase engagement and participation
- C. Create a social media campaign that will engage youth in the decision making, employment and education process to create prevention strategies for trauma and violence
- D. Create a process to utilize data to create strategies for sustainability to support resident's access to care and resources

Erin did not hesitate in getting comfortable with residents. As a native of Palm Beach County and having lived in Riviera Beach, Erin was familiar with her surroundings and therefore fell into her comfort zone rather quickly. Erin is passionate about her work but most importantly, she is passionate about the way our community is captured and communicated with.

During her first months, Erin took leadership of the HN Facebook page, immediately increasing engagement and followers. As a part of her VISTA assignment, Erin also works closely with the Mini Grant Awardees; attending and documenting their events. Some of her most popular engagements and sharing on Facebook include:



Healthier Neighbors

Published by Erin Fields [?] · August 6 · 🌐

Healthier Neighbors would like to congratulate [Douglas Alexander Lawson](#) and his team on a successful Bridge to Infinity Camp!

The Bridge to Infinity Entrepreneur Camp was a week long camp that gave young black students (ages 12-17) the opportunity to tour successful black owned businesses, right in their communities. They were able to gather advice, tips, and wisdom that they will need to do well now and in the future. This included various aspects of business development, s... [See More](#)



Performance for Your Post

1,915 People Reached

140 Reactions, Comments & Shares ⓘ

78 Like	36 On Post	42 On Shares
-------------------	----------------------	------------------------

39 Love	21 On Post	18 On Shares
-------------------	----------------------	------------------------

1 Haha	0 On Post	1 On Shares
------------------	---------------------	-----------------------

8 Comments	4 On Post	4 On Shares
----------------------	---------------------	-----------------------

14 Shares	14 On Post	0 On Shares
---------------------	----------------------	-----------------------

285 Post Clicks

143 Photo Views	0 Link Clicks ⓘ	142 Other Clicks ⓘ
---------------------------	---------------------------	------------------------------

NEGATIVE FEEDBACK

0 Hide Post	0 Hide All Posts
0 Report as Spam	0 Unlike Page

Reported stats may be delayed from what appears on posts



Healthier Neighbors

Published by Erin Fields [?] · August 12 · 🌐

The [Talented Teen Club Inc.](#) has started their Youth Cosmetology Project! It will include an after school program at John F. Kennedy Middle School where students will learn all about health, hygiene, self-care, self love, and even entrepreneurship.

Pictured below is the club tabling at the JFK back to school bash. Students received complimentary combs and brushes for the new school year. They were also able to try out new skin/hair care products from Divine SpiriVana - DVSV (o... [See More](#)



Performance for Your Post

707 People Reached

68 Reactions, Comments & Shares ⓘ

28 Like	11 On Post	17 On Shares
-------------------	----------------------	------------------------

25 Love	7 On Post	18 On Shares
-------------------	---------------------	------------------------

6 Comments	1 On Post	5 On Shares
----------------------	---------------------	-----------------------

9 Shares	9 On Post	0 On Shares
--------------------	---------------------	-----------------------

117 Post Clicks

52 Photo Views	0 Link Clicks ⓘ	65 Other Clicks ⓘ
--------------------------	---------------------------	-----------------------------

NEGATIVE FEEDBACK

0 Hide Post	0 Hide All Posts
0 Report as Spam	0 Unlike Page

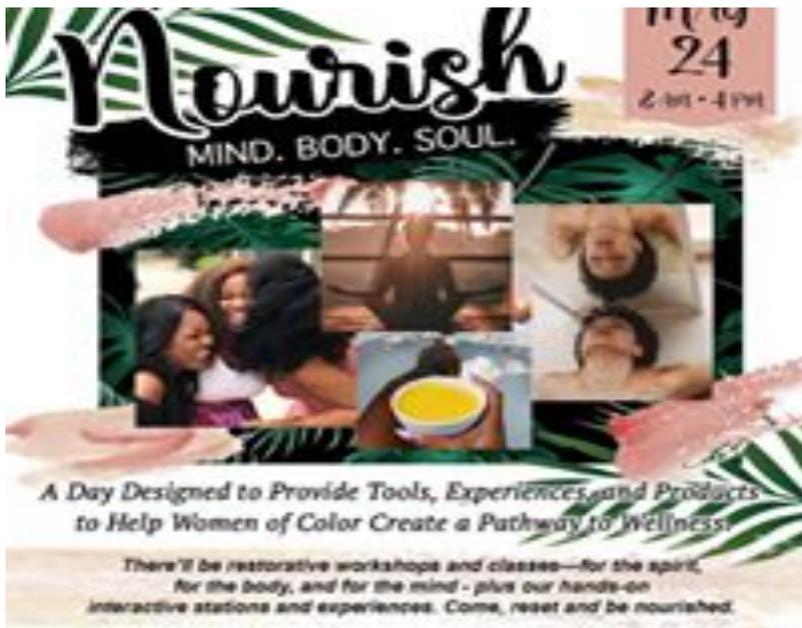
Reported stats may be delayed from what appears on posts

Erin has presented social media strategies to heighten youth engagement as well as strategies to normalize the stigma associated with brain health. The community has embraced Erin and we look forward to her vision for Healthier Neighbors.

Nourish 2019

The summer of 2019 also birthed *Nourish*. As penned by Vanessa Moss, Communications Manager at Palm Health Foundation in the July Newsletter,

One hundred professional women of color recently came together at Manatee Lagoon in West Palm Beach for Nourish, an all-day brain health event offered for free by Healthier Neighbors, a Palm Health Foundation [Healthier Together initiative](#). The event was designed to address the specific needs of the attendees as African Americans are 20% more likely to experience serious mental health problems than the general population according to the Health and Human Services Office of Minority Health.



This event was truly one of a kind. With months of planning, a team of professional women of color intentionally organized a day filled with activities, or none at all, to address the need for women of color to prioritize their brain health. As a part of the Get Your Green On Campaign, Nourish 2019 was designed to introduce to some and remind others of the beauty in taking care of one's mind, body and spirit (also a part of the HN mission). During the all-day event women could take part in any of the following activities, or simply choose quiet time:

Today's Events

TIME	MIND	BODY	SPIRIT	SOUL
9:00A	Introduction and Welcome Facilitated by Mashay Laren			
9:30-10A	Living w/ Intention & Urgency Renée Cole (Lecture Corner)	Yoga Amy/Ana (Banyan Tree)	Time w/ God Self Guided (Veranda East)	Adult Coloring Self Guided (Veranda North)
10:05-10:35A	Creating Powerful Affirmations Checcree Bryant (Lecture Corner)	Meditation Laverne (Banyan Tree)	The Art of Essential Oils Donald Baptiste (Teaching Corner)	Victim Bound Self Guided (Veranda North)
10:40-11:10A	Your Living Legacy Mallorye Curtis (Lecture Corner)	Dry Brushing Shauna Wittingham (Banyan Tree)	Spiritual Healing Cynthia Simmons (Teaching Corner)	Detoxing Trinette Morris (Food Corner)
11:15-11:45A	The Balancing Act Denise Albritton (Lecture Corner)	Yoga Shauna Wittingham (Banyan Tree)	Sage Donald Baptiste (Teaching Corner)	Food Associates w/ Trinette Morris (Food Corner)
11:50-12:20A	Intro to Journaling Shauna Pierre (Lecture Corner)	Meditation Shauna Wittingham (Banyan Tree)	Prayer Checcree Bryant (Veranda North)	Crystals & Energy Dani McHugh (Teaching Corner)
12:25-1P	LUNCH			
1:00P	Black Women at Work and in Society Group Conversation Facilitated by Moshay Laren & Christine Platt			
2:05-2:35P	Relax & Read Self Guided (Veranda East)	Fluidity Zion Fitness (Banyan Tree)	Soap Making as Therapy Tonya Burroughs (Teaching Corner)	The Eyes Have It Yulante Darling (Lecture Corner)
2:40-3:10P	Black Women & Depression Coach Debbie (Lecture Corner)	Dance Fitness Zion Fitness (Banyan Tree)	Releasing the Past to Embrace the Future Dr. Anita Davis (Veranda North)	Vitamins Tara Burgess (Teaching Corner)
3:15-4:15P	"Creating the SHE you want to BE" Group Discussion (Your Career, Family, Health & Beauty Kaleidoscope) Facilitated by Christine Platt			
4:20P	Sponsor Acknowledgements and Departing Reception			

This event impacted the attendees beyond our expectations. These women were humbled to be recognized, grateful for the sponsorship and rejuvenated by the experience. The tools, pep-talks, hugs, prayers, tears, laughter, and learning that occurred during Nourish 2019 is one that could only be experienced.



The article was also featured in South Florida Hospital News (https://southfloridahospitalnews.com/page/Healthier_Neighbors_Nourish_Retreat_Addresses_Brain_Health_for_Women_of_Color_Event_recognizes_mental_health_disparities_for_African_Americans/14580/25/)





Thank You

Committee Members:

Anitra Moss - Healthy Mothers Healthy Babies
Leontyne Brown - Salt 513
Jeanette Marshall - Healthier Neighbors
Sophia A. Nelson - S.A. Nelson & Associates
Shenetria Moore - SHE Holdings
Sheree Wolliston - American Heart Association

Produced By

 SA NELSON
& ASSOCIATES

in-conjunction with

Charisima Kendrick- Adams - Articulate Consulting
Roxanne Bowden - Bowden Luxury Design

 **COMMUNITY PARTNERS**
changing the odds.

 **Healthier Neighbors**
NORTH BEACH | SEVIERA
PALM BEACH | BEACH
MAKING HEALTH HAPPEN

 **Palm Health**
FOUNDATION

Engaging Community

In 2016 Manifest Church (formerly Shiloh Family Worship Center) welcomed Healthier Neighbors (HN) to a conversation around increasing relationships with church and community. At this time Manifest Church had been a staple in the Healthier Neighbors community for over 10 years.

During the conversation First Lady, Charlotte Wright, and Manifest Church Health Ministry Leader, Denise Williams, expressed their desire to begin a collaborative initiative prioritizing behavioral health within the black and brown community. Their idea was to facilitate a “Salon Secrets” and “Barber Shop Talk” series including not only the members of their church, but also any persons interested in attending and learning.

Together we met, planned and executed a most successful event. Salon Secrets was exclusive to women and Barber Shop Talk exclusive to men. Although both events were equally successful, in that there was full attendance and participation from church members as well as community, there was a unique response to Barber Shop Talk. The men actually enjoyed having their own space to discuss family, life, and work issues and how it affects their daily lives.

To date Manifest has held two Barber Shop Talks with audiences ranging from 50-75 black/brown males. It was no surprise when Manifest Church applied for the Healthier Neighbors 2018-2019 Mini Grant to continue Barber Shop Talk, expand their conversations and invite more black and brown males from the community; essentially normalizing discussion related to mental and behavioral health.

This video created by KVL Media introduces the story of “Barbershop Talk” with Bishop AJ Wright:

<https://www.facebook.com/kevinlawsonphoto/videos/10109381891705662/>

- A. 2 local barbers relocated their clients and equipment to Manifest Church
- B. Over 50 black and brown male leaders gathered for a discussion on behavioral health while receiving hair cuts
- C. Those in attendance expressed wanting to continue the conversation on an ongoing basis
- D. Over 50% of participants were not members of Manifest Church however they were willing to fellowship together and discuss solutions and needed resources for black and brown families to thrive

What We’re Learning

Reflections/Aha’s

Having a geographical presence has significantly assisted the reach of HN. Initially the idea of one project covering two cities did not seem as impacted as the norm; covering an entire county or region. However, in this project residents and providers have grown to appreciate the beauty within their neighborhoods.

Residents are also better able to connect with what we promote or share because it is within reach. There is no need for multiple forms of transportation to attend or feel included. Our residents are aware that all events or experiences shared by HN will be within reach and affordable for families. It is most important for us to remind those within the community of their community assets and resources. This ultimately promotes a sense of community pride and increased participation.

What Are We Most Proud Of?

We have so much to be grateful for this term. Our Outreach Coordinator has made her presence known and has a special gift for listening. Listening can oftentimes be overrated, however in this work it is most important to be still and listen to community:

- A. How do residents best communicate
- B. What initiatives receive a greater response
- C. What are residents asking for without even speaking
- D. What are residents ready for
- E. What do residents need a better understanding of

Erin has asked those questions, listened for the answers and outlined our social media content in a way that reaches the majority of our stakeholders in the HN community. Most recently Erin was reviewing the stats and engagement on one of our sites and realized the lack of youth content. She then presented an idea, inclusive of behavioral health tools, to increase youth engagement and create a platform for youth to feel most comfortable with engaging, receiving information and asking questions. We are excited about her desire to grow the project and tackle challenges.

What Has Been the Most Challenging?

Finding and utilizing tools with partners related to the audience, focus area, and uniqueness of this project has been challenging. Although most partners are excited about the concept of Healthier Together, the idea of “resident engagement” is oftentimes just a romanticized theory. Healthier Together was built from the ideas, direction and lived experience of the community. Residents are in the driver’s seat and most know exactly what they need for a healthier neighborhood.

When speaking about resident engagement with partners outside of the Healthier Together community they are often fascinated by the concept however not thrilled with the time it takes to build trust in community. It was once expressed that the time it took to build trust was not something they can afford invest in. Due to these limitations, there are challenges in maintaining these partnerships, knowing residents are not at the table, or choosing to respectfully decline the opportunity and risk the relationship with that partner. Most times we remain and choose to represent the thoughts and ideas of the countless number of residents we have engaged; allowing their voices to still be heard through us.

WIN WIN WIN WIN

Our greatest win this term was the exposure HN gained through the 140 applicants who applied for the HN 2019 Mini Grants and the 41 who we award. Our grant recipients have kept us

engaged throughout their entire process. Due to their enthusiasm, tagging #HealthierNeighborsMiniGrant on social media, or just dropping of a t-shirt to our team after their events, they have felt an incredible sense of worth and pride in the work they always knew they were capable of doing.

- Reggie Dee, and his Cool Cops Anti Bullying project at Inlet Grove High School. The students and cool cops practiced mindfulness through meditation, eating, and movement.



- Parianna Precious Hands Inc. for finding a fun and interactive way to educate our youth on how they can effectively protect themselves from STDs, how to battle peer pressure, and more.



- Dare To Be A Girl led a group of women of all ages in the three part event “Dare To Be Powerful”. It was an amazing opportunity to discuss the barriers that women face in leadership, how we are portrayed in media, and how both have affected each and every one of us.



- Love Completed honored mothers who have lost children due to gun violence with an event known as “Mothers United.”



The investment in the 2019 Healthier Neighbors Mini Grants was an ultimate WIN.