

Healthier Delray Beach Impact Report (Oct 2016-Mar 2017)

healthiertogetherpbc.org/report/healthier-delray-beach-impact-report-oct-2016-mar-2017/



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Summary:

Healthier Delray Beach digs deeper

In the initiative's second year, Healthier Delray Beach (HDB) further explored root causes (i.e. poverty, racism, trauma) of the behavioral health challenges faced by Delray Beach residents. The HDB team then responded with actions that address how to truly impact the health of the community overall.

Planting the seed

Following months of participation in equity training, collective impact conferences and trauma-informed conversation, HDB began work in October 2016 with a new consultant through Palm Healthcare Foundation who facilitated community development of HDB's evaluation plan, entitled "Changes We Want To See." Simultaneously, HDB continued Delray's education with a poverty simulation, racial equity workshop, social emotional learning (SEL) training, and reflection meetings.

Nurturing the efforts

HDB recognized neighborhood talent by celebrating resident accomplishments at the December Wrap Up Party, sponsoring and partnering on events created by Delray community members, and offering professional development opportunities to residents.

To strengthen service delivery locally, HDB cultivated provider collaboration at the quarterly Resource Roundtable (provider meeting), approved funding for the Community Liaison position for a second year, and began work on a partnership agreement between HDB and behavioral health agencies. To share the initiative's activities and highlight local resources, HDB launched a new website and maintained monthly newsletters covering topics such as holiday stress, community health, and the mind-body connection.

Growing the initiative

Important collaborations with the City of Delray Beach and other local initiatives led to HDB's involvement in shaping the City Comprehensive Plan, creating shared awareness campaigns (Healthier Neighbors, Birth to 22: United For Brighter Futures), building a system of care (Delray Collaborative), and enhancing Teen Life in HDB efforts by including 2 additional schools. Appointment of new Steering members (more resident voice!) and HDB's first Letter of Intent for a grant application fostered conversation about future sustainability of the initiative. Prepping for activities going into year 3, HDB designed Build Our Blocks, a resident project aimed at increasing community connectedness within and across the NW/SW neighborhoods.

Blossoming Success

Thanks to the initiative work, HDB has realized that success comes from lessons learned. Although HDB is proud of the events the initiative organized in the first year, there has been even greater satisfaction in supporting residents to lead their own events in the second year. With increased sponsorships and trust in HDB building, an internal process was needed and developed to manage the incoming requests and ensure the activities fall within HDB's scope of work. With each new project, more people power has been needed. HDB has to be weary of consistently pulling from the same volunteer base in order to prevent burnout. Finally, resident representation is the true key to success and the challenge continues how to reach them, support them and ensure they lead the way.

Key Partners:

Community residents, Delray Beach youth, HDB Ambassadors, Achievement Centers for Children and Families, Boys Town South Florida, The City of Delray Beach, Delray Beach Community Redevelopment Agency (CRA), EJS Project, Families First of Palm Beach County, Florida Atlantic University, National Alliance on Mental Illness (NAMI), West Atlantic Redevelopment Coalition (WARC), Golden Parents Inc., Pine Grove Elementary

School, Delray Sports Exhibitors, MorseLife, Palm Beach County Substance Awareness Coalition, Delray Beach Drug Taskforce, Living Skills In The Schools/The Crossroads Club, CaliBrand Consulting, School District of Palm Beach County, Village Academy, Palm Beach County Youth Services Department, Legacy of Frog Alley Ancestors, City of Delray Beach Parks and Recreation, Ruth and Norman Rales Jewish Family Services Inc., Greater Delray Beach Chamber of Commerce, Alpert Jewish Family and Children's Services, Chrysalis Health, Genesis Community Health, Atlantic High School, Delray Beach Police Department, City of Delray Beach City Manager's Office, Skye High Fitness, Coalition of 100 Black Women, Old School Square, Milagro Center, Digital VibeZ, Boca Raton's Promise, Palm Beach County Action Alliance for Mental Health, Mayor's Taskforce, Carver Middle School, Toussaint L'Ouverture High School, Legal Aid Society of Palm Beach County Inc., Southeast Florida Behavioral Health Network (SEFBHN), Kerri Berkowitz/Restorative Justice Practices National Trainer, Center for Child Counseling, Delray Beach City Commission, New Generation of Frog Alley, Gulfstream Goodwill Industries, The Caring Kitchen, 2-1-1 Palm Beach/Treasure Coast, St. Matthews Church, Elite Business Growth Solutions, Elizabeth Heir, Southgate Design

New Partners:

Spady Cultural Heritage Museum, Delray Full Service School, Caring Kitchen, Aid for Victims of Domestic Abuse (AVDA), Community Greening, Bethel Evangelical Baptist Church, Delray Beach Marketing Cooperative, ILG and Associates, Orchard View Elementary School, Birth to 22: United for Brighter Futures initiative, Palm Beach County Community Services Department, Human Powered Delray, Community Partners, Ronik-Radlauer Group, Racial Equity Institute, Sugar Love Foundation, Mental Health First Aid Palm Beach County Coalition, Delray Divas, Converge & Associates Consulting, S.D. Spady Elementary School, Palm Beach County Criminal Justice Commission, Sigma Peace Dove Foundation of Phi Beta Sigma Fraternity Inc.

Goals:

1. Community Engagement - Increase community knowledge of behavioral health and confidence in HDB; Increase community partnerships and collaboration.
2. Programs and Practices - Increase knowledge of evidence-based practices through research and training; Support implementation and evaluation of prevention and early intervention pilot projects; Increase knowledge and awareness of community-based behavioral health services to bridge the gap between the community and the behavioral health delivery system (information and referral); Increase support for community residents accessing the behavioral health system (support services); Increase availability and access to high-quality, cost-effective community-based behavioral health services (one stop shop).

3. Governance and Sustainability - Distribute funds to support Healthier Delray Beach initiatives; Provide oversight of Steering and Workgroup membership to support HDB infrastructure; Develop a sustainability framework.
4. Marketing - Increase awareness of Healthier Delray Beach; Decrease stigma associated with behavioral health challenges.

Process and Implementation Outcomes:

- Outcome: **Community-led process**

Progress:

HDB encourages community...

- Delray Beach community members participated (over a 3-month period) in development of the “Changes We Want To See” Evaluation Plan for HDB.
- New Steering members representing the neighborhoods and the City of Delray Beach brought new energy and aptitude into the fold. HDB is excited to introduce Dr. Raiko Knight (resident and S.D. Spady Elementary School Counselor), Kenya Madison (resident and Village Academy Guidance Counselor), and Mark Stivers (City of Delray Beach Principal Planner).
- Residents on HDB workgroups contributed to administrative oversight of the initiative - reviewing finances, projecting next year activity and designing a grant application process.
- The Community Engagement Workgroup created the Build Our Blocks project to encourage neighbor-to-neighbor support, resident leadership and professional development opportunities.
- HDB’s Wrap Up Party in December 2016 celebrated resident accomplishments and community action with 91 neighbors in attendance.
- HDB sponsored 6 community events completely planned, organized, and led by Delray Beach residents.
- HDB also co-hosted 2 events after residents shared their great ideas:
 - 1 - Two senior Atlantic High School students invited HDB and Community Greening to partner on Barwick Park “Clean the Park and Clear Your Minds” event – 70 people attended.
 - 2 - Morris Carstarphen, resident and Neighborhood Block Captain, worked with HDB to develop Pledge for Peace Bike Ride – 50 people attended.
- Abby Murrell, HDB Ambassador, joined the PBC Criminal Justice Commission Community Engagement Taskforce as the Healthier Delray Beach representative.
- The Community Liaison position – held by a Delray Beach resident and advocate - was funded by HDB for a second year.
- 6 HDB team members – Ambassadors, Steering, Workgroup and Teen Life students - received praise and community awards for their work.

Associated Media:

- [HDB Hosts First Wrap Up Party](#)
[Post]
- [Teen Life in HDb Cleans Up Barwick Park](#)
[Post]

Associated Attachments:

[Download File "Wrap-Up-Party-2.png"](#)



- Outcome: **Diverse community engagement and communication**

Progress:

HDB reaches the community...

- HDB brought Racial Equity Institute to Delray Beach for a 2-day workshop to educate and encourage the 32 participating community members to speak the same language.
- Local churches – Bethel Evangelical Baptist Church and St. Matthews Church – asked HDB to provide Mental Health First Aid training to their staff and congregation. Trainings are currently being scheduled at their sites for their convenience.

Associated Media:

[HDB Spreads Mental Health First Aid to Bethel Evangelical Church](#)

[Post]

Associated Attachments:

- [Download File "October-2016-Newsletter.pdf"](#)
- [Download File "November-2016-Newsletter.pdf"](#)
- [Download File "December-January-2017-Newsletter.pdf"](#)
- [Download File "February-2017-Newsletter.pdf"](#)
- [Download File "March-2017-Newsletter.pdf"](#)

- Outcome: **Quality, meaningful collaboration**

Progress:

HDB partners with the community...

- From October 2016-March 2017, HDB collaborated with a total of 29 resident groups, providers, and government entities.
- Palm Beach County Community Services and HDB welcomed 45 participants and 18 volunteers to the Cost of Poverty Experience. A Sun Sentinel reporter whom participated in the poverty simulation expressed her reaction to the event in 2 newspaper articles and said the experience “changed her life.”
- The City of Delray Beach requested HDB lead the health and wellness portion of the Always Delray Workshops, influencing the direction of the City Comprehensive Plan for the next 20 years.
- HDB coordinated with Mental Health First Aid Palm Beach County Coalition to schedule 8 trainings for the entire Delray Beach Police Department. Trainings to be held in May 2017.
- A partnership between Families First of Palm Beach County and Achievement Centers for Children and Families begins the build of a new collaborative – the Delray Collaborative – where direct care staff and families work as a team to get needed services to residents instead of making residents go to the providers.
- Teen Life in HDb extended into Village Academy and Carver Middle School beginning in the fall 2016. Along with Atlantic High School, the groups at each school met monthly for behavioral health seminars, games and trivia, and student-bonding.
- HDB received in-kind support (meeting space, training materials, staff support, and free advertising) from 10 local agencies, schools and city organizations.
- The Delray Beach community has provided approximately 878 hours of volunteer time from October 2016 thru March 2017 - estimated at \$20,194 of total investment (based on United Way of Palm Beach County guidelines). Since October 2015, HDB has logged a grand total of 2,475 volunteer hours or \$56,925 total investment.

Associated Media:

- [HDB Hosts Cost of Poverty Experience](#)
[Post]
- [Teen Life in HDb at Village Academy Grows](#)
[Post]

Associated Attachments:

- [Download File "Sun-Sentinel-Poverty-Simulation-Article.pdf"](#)
- [Download File "Please-join-us-for-5.png"](#)

Detailed Narrative:

HDB and Equity

In the newly-developed “Changes We Want To See” Evaluation Plan, Healthier Delray Beach envisions a community that supports our residents to connect to a happier, healthier lifestyle. The impact HDB wants to achieve is for Delray Beach youth and families have improved behavioral health and well-being, with a focus on promoting health equity.

To ensure HDB is on the right track, important questions must be answered:

1) What does HDB mean by health equity?

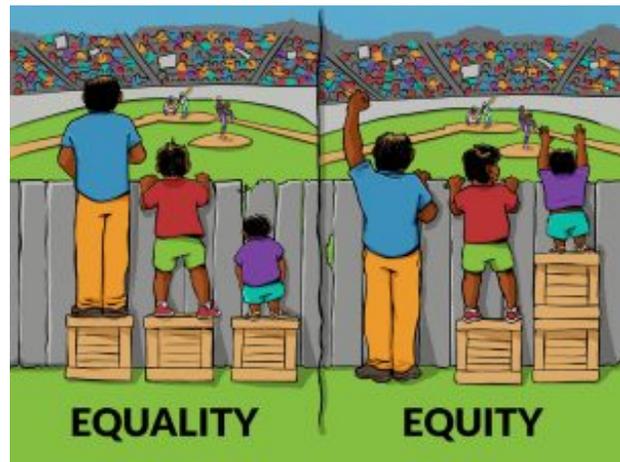
Healthy People 2020 (healthypeople.gov) defines health equity as the “attainment of the highest level of health for all people” – with health explained as “a state of complete physical, mental, and social well-being and not just the absence of sickness or frailty” (Centers for Disease Control and Prevention).

With this definition in mind, HDB has spent considerable time discussing what equity means to Delray Beach and how it affects resident health. HDB is careful to note that equality and equity are not the same – both relate to fairness but equity controls for people starting from different places (due to access, social position, economics, environment) when it comes to health needs and opportunities.

2) How does HDB plan to promote health equity?

Healthier Delray Beach looked to address this question through the sustained efforts of the initiative from October 2016 to March 2017.

A big step in the process was to take the current strategic plan and hammer it into a well-defined, easy-to-follow blueprint for how to measure the initiative’s success over the course of the next few years. With the expert guidance of Dr. Shelley Robertson, consultant provided by Palm Healthcare Foundation, the “Changes We Want To See” document was created, revised, and reviewed by Steering and Workgroup members based on the collective community energy and information gathered all along the initiative way.



As the evaluation plan was implemented and workgroups continued taking action, HDB followed the 3 chosen areas for making impact: community engagement and connections, programs and evidenced-based practices, and awareness and reduced stigma of behavioral health, all along threading equity through every conversation and activity.

Community Engagement and Connections

Staying focused on developing Delray Beach’s greatest asset – the residents – allowed HDB and the Community Engagement Workgroup to get involved with more community and grow the reach of the initiative.

- Following the successful block party hosted by a neighborhood group in August, HDB was inspired to move from planning events to engaging residents who were already doing it themselves. HDB offered support and sponsorship dollars to 6 resident-led activities (Men For Others Conference, Teen Career Day, Walk Against Violence, Let’s Move Community Pep Rally, Alfred “Zack” Straghn Walk, and the Know Your Worth Conference).
- HDB also met more community of all ages while serving as a vendor/presenter at 10 additional, diverse Delray activities – Kidsfest, Walk A Child to School, 30 Days of Love Health Fair, On the Ave, Carver Middle School FSA Parent Orientation, City of Delray Thanksgiving Turkey Drive, Youth Empowerment Summit, Volunteer Delray, Delray Beach Rotary Club Meeting, and Carver Middle School AVID Day.

Changes We Want to See
Delray Beach, FL

Our intention is to serve as a trusted advocate for the behavioral health needs of the Delray Beach community by creating awareness, encouraging acceptance, and developing a system of care.

Our vision is that the Delray Beach community will support its residents to connect to a happy, healthier lifestyle. The change we want to see is that Delray Beach youth and families have improved behavioral health and well-being, with a focus on increasing health equity. In short, it will take the things we make that support community engagement and connections, more programs and evidence-based practice, and increased awareness and understanding of behavioral health. This document lays out goals, what we will do, and what we want to achieve.

Goals	What we will do and what we want to achieve in the next four years (SMART enough, right?)	What will we achieve long term?	
Community Engagement	<p>Activities: Increase collaborative and partnership between neighbors, individuals, diverse organizations, businesses, institutions, faith-based...</p> <p>Activities: Advocate program to create connections between the initiative, services, and the community?</p>	<p>Activities: Increase participation and collaboration that promote health equity</p> <p>Activities: Increase community connections between community knowledge of behavioral health</p>	<p>Our vision of residents that connect to a happy, healthier lifestyle</p> <p>Our vision of residents that support behavioral health and health equity</p>
Marketing	<p>Activities: Brand and market the Neighbor Delray Beach initiative in a way that promotes health equity</p> <p>Activities: Disseminate messaging related to behavioral health in a way that promotes health equity</p>	<p>Activities: Increase awareness of the Neighbor Delray Beach initiative</p> <p>Activities: Connect citizens associated with behavioral health challenges</p>	<p>Our vision of residents that connect to a happy, healthier lifestyle</p> <p>Our vision of residents that support behavioral health and health equity</p>
Programs and Practices	<p>Activities: Identify evidence-based practices and programs responsive to the community and support their implementation</p> <p>Activities: Bridge the gap between the community and the behavioral health system with community listening</p> <p>Activities: Provide training on health disparities and social-determinants of health</p> <p>Activities: Actions including to increase through a peer specialist, pilot a one-stop shop (Delray Beach)</p>	<p>Activities: Increase awareness and ability to address behavioral health</p> <p>Activities: Increase awareness and ability to address behavioral health</p> <p>Activities: Increase awareness and ability to address behavioral health</p>	<p>Our vision of residents that connect to a happy, healthier lifestyle</p> <p>Our vision of residents that support behavioral health and health equity</p>

* Youth and families in zip codes 33444 and 33445, over the six approximately 5000 people.



- HDB co-hosted 2 events after being approached by residents to work together:
 - At Barwick Park in December, approximately 70 youth and adults cleared, cleaned and planted during the “Clean the Park and Clear Your Minds” event. In preparation for the Barwick Park gathering, Carver Middle School students invented “Happy Rocks” – rocks with positive messages – to be planted with the new trees throughout the grounds.
 - In February, Morris Carstarphen and the Phi Beta Sigma fraternity partnered with HDB, Spady Museum, Human Powered Delray, the Delray Beach Police Department, Fire Rescue, and City of Delray Parks and Recreation for the first annual Pledge for Peace Bike Ride. The ride through Delray Beach included that highlighted city history, identified current resources available and encouraged relationship-building between residents and the police.



- Envisioned and executed by Delray neighbors on the Community Engagement Workgroup, HDB threw the Wrap Up Party on December 15th where 91 residents dined together, shared their accomplishments, got to know each other, and were reminded that a strong social support system is so important to their behavioral health and wellness.



- More youth got involved as Teen Life in HDb kicked off groups in 2 additional schools – Carver Middle School and Village Academy. Both groups followed Atlantic High School’s lead by engaging students in monthly behavioral health workshops and game/trivia competitions at all 3 sites.

- Recognizing the strong voice of Atlantic High School’s Teen Life youth, consultants for Southeast Florida Behavioral Health Network’s Needs Assessment conducted a focus group with the students to gather their thoughts about mental health care in Palm Beach County.
- HDB stayed active in many local initiatives (Delray Beach Homeless Taskforce, Greater Delray Chamber of Commerce Non-Profit Council) while receiving new invitations to join citywide and countywide alliances (Team Delray, Birth to 22: United For Brighter Futures).
- Recognition abounded for the HDB Team. Emanuel “Dupree” Jackson (Ambassador and Steering Member) – PBC Medical Society Heroes in Medicine 2017 Award and the MLK Heroes of Delray Beach nomination, Prentice Mobley (Ambassador) – MLK Heroes of Delray Beach nomination, Dr. Seth Bernstein (Steering Co-Chair) – PBC Action Alliance for Mental Health Community Voice Award, Lauren Zuchman (Project Director) – PBC Medical Society Heroes in Medicine 2017 Award and the MLK Heroes of Delray Beach nomination, and individual Atlantic High School Teen Life students received awards through multiple forums for their hard work and dedication.

- HDB invited 4 residents to hone their skills at the Health Dialogues Facilitator Training, offered by Converge & Associates and Palm Healthcare Foundation.
- Abby Murrell, Ambassador, was appointed as the Healthier Delray Beach representative for the Palm Beach County Criminal Justice Commission Community Engagement Taskforce.
- With intent to invest in the community directly, the Workgroup designed Build Our Blocks – an innovative grant proposal that invites priority neighborhoods to apply for funding and support to work on projects (of their choosing) together. When the projects begin summertime 2017, HDB Ambassadors will be the point of contact and provide technical assistance as needed.



Heroes In Medicine 2017

Programs and Practices

Staying open to difficult discussions and examining current behavioral health practice through an equity lens motivated HDB to offer experiences and support programming that

challenged the healthcare status quo.

- After offering intensive training in Restorative Justice Practices (RJP) last summer, HDB noted school and afterschool staff implementing RJP circles not just with youth and their families but also in staff meetings – as an alternative to punishment and top-down management. Teen Life in HDB also adopted RJP techniques – beginning and ending each monthly group meeting with circle discussion.
- In October, HDB was asked to lead the conversation around health and wellness in the City of Delray Beach’s Always Delray community workshops – guiding the City Comprehensive Plan for decades to come.
- Forty-one (41) providers joined HDB in December at the Resource Roundtable Meeting to rethink service access and make commitments for stronger collaboration.
- During the month of January, HDB and the Mental Health First Aid Palm Beach County Coalition was busy scheduling trainings in Delray Beach. The Delray Beach Police Department committed to train all 160 officers in a series of 8 Mental Health First Aid trainings during the month of May. Bethel Evangelical Baptist Church will host 2 trainings for clergy, church staff and congregants in June. Matthews Church and Delray Beach Public Library began planning for their own staff/volunteer trainings come summer/fall 2017.
- In February, 45 participants and 18 volunteers took part in the Cost of Poverty Experience (poverty simulation) to bring awareness to the problem of poverty in the community. Reviewing the follow-up surveys, one participant summed up all the comments by stating:
 - The Racial Equity Institute facilitated the Racial Equity Workshop in March for 32 Delray Beach leaders, citizens and providers to encourage everyone to “speak the same language” and understand the same historical disparities.
 - From connections made through HDB, the Achievement Centers of Children and Families (ACCF) and Families First of Palm Beach County have teamed up with additional agencies to develop the Delray Collaborative – a growing support system of providers focused on serving the behavioral health needs of youth and families in the priority neighborhoods.



" Poverty effects the individual, family, and community dynamically. Mind. Blown. "

- The HDB Project Director teamed up with a professor and psychologist at NOVA Southeastern University to train Orchard View Elementary School teachers and Administrators about social and emotional learning – at their request.
- HDB funded the Community Liaison position at ACCF for a second year. Along with assisting families to navigate the service systems, the Community Liaison – currently held by a Delray resident – has expanded duties to take the lead on implementing Restorative Justice Practices at Village Academy.

Awareness and Acceptance

While stimulating dialogue around resident equity, HDB continued to acknowledge the importance of raising awareness about behavioral health and thus promoting acceptance.

- Residents began to access local behavioral health resources, catch-up on HDB news, and view upcoming events by clicking on healthierdelray.org – the new website that launched in December.
- HDB continued informing the community through monthly newsletters, covering topics from holiday stress to the physical-mental health connection.
- HDB has teamed up with Healthier Neighbors, our sister initiative in Riviera Beach/NW Palm Beach to collaborate on a shared awareness campaign about behavioral health. Marketing efforts will focus on messaging in priority areas in each city to meet neighbors where they are and spread much needed knowledge.



- The Marketing Committee also focused on activities for May to honor Mental Health

Awareness Month. Expanding its reach countywide this year, HDB worked with Birth to 22: United for Brighter Futures on the “Get Your Green On” campaign. The 2nd annual campaign encourages Delray Beach and cities throughout Palm Beach County to wear green on May 25th – in support of people caring for their mental health and communities being trauma-informed. In addition, HDB’s Proclamation for Mental Health Awareness Month 2016 is being used as a template for cities across the county to proclaim their own mental health awareness and trauma-informed care.



With so much great activity happening across the initiative, HDB acknowledged the need for the 4th workgroup to oversee process and membership.

Governance and Sustainability

Healthier Delray Beach



Steering Committee Members



Name: Kristyn Cox, Steering Committee Co-Chair
Organization: Community Redevelopment Agency
Starting year: 2014
Workgroup: Marketing, Governance and Sustainability



Name: Dr. Seth Bernstein, Steering Committee Co-Chair
Organization: United Way of Palm Beach County
Starting year: 2014
Workgroup: Programs and Practices, Governance and Sustainability



Name: Lauren Zuchman, Project Director
Organization: Healthier Delray Beach
Starting year: 2014
Participates in all Workgroups



Name: Emanuel "Dupree" Jackson
Organization: Resident and EJS Project
Starting year: 2014
Workgroup: Community Engagement, Co-Chair



Name: Dr. Sara Selznick
Organization: Achievement Centers for Children & Families
Starting year: 2014
Workgroup: Programs and Practices, Co-Chair



Name: Stephanie Seibel
Organization: Achievement Centers for Children & Families
Starting year: 2014
Workgroup: Governance and Sustainability, Chair



Name: Dr. Marlene Brennen
Organization: Florida Atlantic University
Starting year: 2014
Workgroup: Programs and Practices



Name: Janet Meeks
Organization: City of Delray Beach
Starting year: 2014
Workgroup: Marketing, Co-Chair



Name: Julie Swindler
Organization: Families First of PBC
Starting year: 2014
Workgroup: Governance and Sustainability



Name: Yvonne Odom
Organization: Resident and retired teacher
Starting year: 2016



Name: Captain John Crane-Baker
Organization: Delray Beach Police Department
Starting year: 2016
Workgroup: Community Engagement



Name: Dr. Raiko Knight
Organization: Resident and S.D. Spady Elementary School
Starting year: 2017
Workgroup: Programs and Practices, Co-Chair



Name: Kenya Madison
Organization: Resident and Village Academy
Starting year: 2017



Name: Mark Stivers
Organization: City of Delray Beach
Starting year: 2017



Name: Abby Goodwin
Organization: Palm Healthcare Foundation
Starting year: 2014
Workgroup: Governance and Sustainability

By seeking the first grant to fund equity training and forging conversation from intern to Board member about the underlying causes of community stress, HDB set the tone for future action of the initiative.

- Palm Healthcare Foundation and HDB wrote a Letter of Intent (LOI) for Impact 100 to support Racial Equity Workshops in Delray Beach. Although the LOI was not accepted, HDB was motivated to seek new grant opportunities.
- As one Steering Member stepped down, passionate residents and professionals stepped forward bringing Delray Beach experience, behavioral health knowledge, and fresh perspective. Healthier Delray Beach welcomed Dr. Raiko Knight (resident and School Counselor at S.D. Spady Elementary School), Kenya Madison (resident and Guidance Counselor at Village Academy), and Mark Stivers (City Planner for City of Delray Beach).
- All HDB Workgroups participated in budget exercises to project funding for year 3 of the initiative – giving special attention to funding approaches that challenge institutional thinking.
- Kirsten Sleeman, Americorps VISTA, agreed to stay for a second year of service, exchanging enthusiasm and labor for valuable education in community action.
- With intent to offer an experience beyond clinical practice, HDB and ACCF accepted a new intern from Florida Atlantic University – School of Social Work for the year.
- HDB visited ACCF's Operational and Foundation Boards and Palm Healthcare Foundation's Community Investment Committee to discuss initiative direction and invite members to attend equity activities.
- HDB joined all the Healthier Together Steering Committees and Palm Healthcare Foundation for a lunch-and-learn meeting that emphasized initiative interest in making equitable practice a top priority.

3) Why does HDB want to promote health equity?

Simply stated, all people deserve the right to attain their full health potential.

While HDB honors the diversity that makes residents and neighborhoods in Delray Beach unique, that same diversity should not be what holds people back from receiving highest level of services without barriers. To make true impact through the work of the initiative, Healthier Delray Beach recognizes that the community as a whole can only reach its full behavioral health potential if every resident has equitable opportunities to be healthy.

Lessons Learned:

With the initiative delving deeper into equitable community work, Healthier Delray Beach learns every step of the way – from engagement to planning to implementation.

- 1) **Resident engagement makes the initiative go round.** To have the most success at getting the work done, people on the receiving end must have the loudest voice and make the most decisions.
- 2) **Anything an initiative can do, residents can do too!** Community events are enriched by planning and prepping completed by neighbors. This approach energizes the activities, ensures reach to new parts of the community and supports development of more community leaders.
- 3) **Not everyone starts at the same place, and not everyone has the same needs.** Plan accordingly.
- 4) **Make it fun!** Work success should be celebrated, meetings can become a party, and people are most invested when they feel useful and appreciated.

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

1. Taking the lead: HDB has been recognized as the behavioral health voice of the community, guiding health conversation for efforts such as the City of Delray Beach Comprehensive Plan and the Delray Beach Homeless Taskforce.
2. Building the team: HDB has seen Teen Life in HDB expand to 2 more schools; the Build Our Blocks project emerge from an idea in a meeting; and Ambassadors, Steering and Workgroup members, the Project Director and students recognized with awards for their drive and dedication.
3. Having a plan: HDB has developed the “Changes We Want To See” Evaluation Plan based upon community involvement, direction and response – including feedback that dates back from the first months of the initiative until present day.

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

1. Taking a seat: As HDB shifted from initiative events to resident-led events, an internal process was necessary to successfully take a backseat and determine support for new activities. The process helps workgroups decide what activities are within HDB’s scope of work, provides guidelines for HDB assistance, and endorses resident success in their events.
2. Building capacity – With HDB pursuing new projects while maintaining current activities, sustainable infrastructure and people power have been essential but easy to overwhelm. With a wonderful cast of volunteers always offering to lend a hand, HDB is working harder to spread out the tasks and trying not to overburden any one person.

3. Having success – With success comes more responsibility for HDB. The initiative remains receptive to uncomfortable conversation, disruptive activity and overcoming old beliefs to commit to true change in the Delray Beach community.

Next Steps:

HDB workgroups are looking forward to these activities in the months ahead...

April 2017

Marketing –

April is Stress Awareness Month – Highlighting tips and tools for staying stress free in the monthly newsletter and social media posts throughout the month of April

Community Engagement –

Resident Health Conversation – Partnering with WARC and NW/SW Neighborhood Alliance to encourage open resident dialogue about their experiences with healthcare

Teen Life in HDb – Supporting all 3 school-based groups to manage their stress through their April student workshops about mental health and self-care

Always Delray Workshop – Presenting the data around Delray Beach health at the next City of Delray Beach workshop and influencing the Comprehensive Plan for the next 20 years

Programs and Practices –

Racial Equity Reflection – Gathering Delray Beach participants from past workshops to continue important but uncomfortable conversations together

Evaluation Process and Evaluator Training – Implementing the components of the new evaluation plan with help from Delray Beach residents trained to be evaluators

Resource Roundtable Meeting – Examining provider practice through the health equity lens and brainstorming for improved community outcomes

Governance and Sustainability –

Sustainability Planning – Considering the future as Steering discusses initiative direction and grant opportunities

Steering Membership – Inducting new members to enhance resident representation

May 2017

Marketing –

May is Mental Health Awareness Month – Emphasizing the importance of mental health care and education by way of awareness events in Delray Beach schools, community meetings and on social media

Get Your Green On – Campaigning for everyone countywide to wear green on May 25th in honor of mental health awareness and trauma-informed care

Community Engagement –

Build Our Blocks – Engaging residents to plan their own neighborhood projects

Programs and Practices –

Mental Health First Aid – Training Delray Beach Police Officers to effectively respond to residents in mental health crisis

Governance and Sustainability –

Healthier Together Steering Committee Learning Community – Assembling the team members together for cross-community learning

Summer Months 2017

Marketing –

Shared Awareness Campaign – Working with Healthier Neighbors to spread the word within the neighborhoods about behavioral health

Community Engagement –

Teen Summit – Getting youth involved through workshops and interactive activities to challenge their thinking and inspire action

Resident Leadership Conference – Developing Delray Beach citizens through learning, networking and think tank activities

Programs and Practices –

Mental Health First Aid – Teaching Bethel Evangelical Baptist Church clergy, staff and congregants the basics of behavioral health and how to help someone in crisis

Racial Equity Workshop – Educating more of Delray Beach about institutional racism in the 2nd training hosted by HDB (and facilitated by Racial Equity Institute)

Restorative Justice Practices – Piloting a supported, expanded RJP program at Village Academy to experience the full scope of how youth can benefit from this best practice

Trauma-Informed Care Training – Enhancing community/professional skills to encourage highest level care for residents living with trauma

Partnership Agreements – Brokering relationships with behavioral health providers to grow the service system and increase access for residents in need of support

Governance and Sustainability –

Bylaw Review – Re-examining guiding procedures for relevancy and consensus

Grant Awards – Funding programs and projects that further the HDB cause