

# Healthier Neighbors Impact Report (April 2018- September 2018)

[healthiertogetherpbc.org/report/ending-the-early-years/](http://healthiertogetherpbc.org/report/ending-the-early-years/)



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## Summary:

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 intentionally focused on building and sustaining vital partnerships to enhance the work we need to accomplish in the areas of healthy foods, the root causes of trauma and violence and**

**engaging faith-based communities. Healthier Neighbors focused on building capacity and understanding the unique needs of our community and pairing those needs with local resources.**

As we inched closer to the end of The Early Years, Healthier Neighbors built momentum from early wins; getting people on the bus, starting growth/change and focusing on the beginning of the story. Our first two years were spent understanding the needs of our community and ensuring we heard the expressed needs correctly. We accomplished this through walking focus groups, organized focused groups, and force field exercises during community convening. As we advanced, the wins became more prominent and we dug deeper into identifying our Process Wins, Outcome Wins, Insight Wins and Capability Wins. Here's a snapshot of wins gained by Healthier Neighbors term:

**Process Wins:**

Meeting with a local high school and formalizing relationships with providers providing healthy after school programs for youth

Contributing to the curriculum of the City of School District of Palm Beach County Internship Program for Summer 2019

**Insight Wins:**

Meeting with residents one on one and gaining a greater understanding of their communication preferences

Contributing to Palm Health Foundation Ad-hoc Equity Committee and the development of an Equity Statement

Hearing from faith leaders regarding workshops that would help enhance their community service delivery

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**Outcome Wins:**

Secured additional funding for the Healthy Corner Store Initiative through Unity Way PBC and Feeding Florida

Maintaining consistent presence of Steering Committee members for the monthly meetings and providing orientation for new members

Securing an additional youth ambassador site at a local middle school

**Capability Wins:**

Ongoing Social Media Workshops with faith leaders

Working with local service providers through the Riviera Beach Collaborative and discussing how systems can contribute to the healthy growth of communities

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**Key Partners:**

Please see partners noted in previous impact report:

<http://healthiertogetherpbc.org/report/healthier-neighbors-impact-report-oct-2017-march-2018/>

## New Partners:

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Healthier Glades, Purpose Built Communities- PBC, United Way PBC-Hunger Relief, Living Hungry, PBC Food Bank, JW Food, Feeding Florida, Feeding South Florida,

## Goals:

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1. To help change long term health outcomes of the residents in Palm Beach County
2. Successfully implement Healthy Corner Store Pilot Project
3. Increase resident engagement through ongoing activities
4. Increase faith-based community leadership

## Process and Implementation Outcomes:

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- **Outcome: Trust is built and nurtured**

Progress:

We have increased our support of Community Health Fairs and encouraging partners to host events within the Healthier Neighbors community. This summer we supported over 600 children and families with access to health care resources.

Associated Attachments:

- [Download File "37791973\\_1010915942415489\\_181860382875320320\\_n-2.png"](#)
- [Download File "37956549\\_652334095132158\\_3971824784261513216\\_n.jpg"](#)
- [Download File "37963603\\_652334111798823\\_5330128000010682368\\_n.jpg"](#)

- **Outcome: Quality, meaningful collaboration**

Progress:

Healthier Neighbors has been extended the invitation to join a number of progressive health opportunities to assist in moving the behavioral health needle in Palm Beach County. A few of these collaborations include: Purpose Built Communities, Healthy Corner Store Pilot Project, Pilot Pop-up Farmer's Market with PBC Food Bank and faith-based ambassador site, Ephesus Church. Growing our community partners within Palm Beach Lakes Community High School.

Associated Attachments:

[Download File "Healthy-Corner-Store-Survey.pdf"](#)

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

Progress:

During year two Healthier Neighbors Steering Committee saw wisdom in investing in a marketing specialist. Our consultants aid us in insuring our messages are transparent and easily received by the audiences we wish to reach. This has been extremely beneficial during our corner store planning and mini grant opportunity.

Detailed Narrative:

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## Without You, Our Puzzle Wouldn't be Complete.

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“The hardest thing to do at times is to put our problems in the right perspective. Every problem may not exactly be a bad problem; some problems are solutions to bigger problems. Like solving a puzzle-it is advised we don't get used to guessing; if you don't have a clue, just ask for help and move up the next level.”

— Asuni LadyZeal

This term Healthier Neighbors looked at our problem areas with greater perspective. For each of our pillars- Healthy Foods, Engaging Faith-based Organizations, Root Causes of Trauma and Violence- we looked at partnerships that could enhance the work and help us “move up the next level”.

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In the area of **Healthy foods**, our partnership with Florida Health Palm Beach County advanced us to partnerships with United Way and later to include Feeding Florida, University of Florida- Family Nutrition Program. These partnerships quickly developed into a pilot Healthy Corner Store Initiative. More details about this great project coming later in this report.

Our **Faith-based Subcommittee** has committed to increasing partnerships with additional ministries. We have welcomed many new faces to the table and have enjoyed learning alongside them in our Faith-based Workshops. These workshops are geared toward increasing the knowledge based within churches and ministries in the areas of marketing, effectively



communicating with community and resources to enhance their ministries primarily in the areas of behavioral health.

This term our **Root Causes of Trauma & Violence** is back and ready to roll. The group has already been asked to assist in spearheading and planning the first Community Healthy Gathering with the City of West Palm Beach- Mayor's Village initiative. We look forward to helping guide our community to healthy healing options.

## Changing Pieces

We began this term riding off the momentum established during a previous performance challenge:

*By June 2018, Healthier Neighbors will create a governance structure and shared ownership which will aid in long-term success and sustainability. We will know success when we have increased the number of Steering Committee members by five people, have shared ownership by leaders as evidenced by formal MOUs signed and HN leader participation and attendance at meetings and events, and have 50/50 representation.*



This year Healthier Neighbors transitioned leadership within the Steering Committee to what now includes two resident Co-chairs, Craig Glover and Katrina Blackmon. Both leaders have spent a significant amount of time learning the Healthier Together philosophy and have found innovative ways to infuse their knowledge of community and health equity to guide this initiative.

Here are the “3 to 7 thing” Healthier Neighbors’ leadership strategically focused on to rebuild our Steering Committee Team:

### “3 to 7”

- Contact all SC members to verify commitment to HN
- Recruit new members. Prioritizing residents within the HN community
- Finalize HN Governance Documents
- Complete an accurate roster of SC members
- Establish MOU and/or agreement with SC members
- Representation from each subcommittee on the SC

These simple, yet significant, areas played a key part in the rebuilding process. We were intentional about our invitations, conversation, and follow up with Steering Committee members and recruitment of new members.

## The Corner Store Piece

This pilot prioritizes Riviera Beach residents who live nearby and/or customers at JW Foods Corner Store located at W 4th Street and Barack Obama Blvd in Riviera Beach. The pilot program will focus on JW Foods exclusively in 2018-2019. We plan to provide two in-store interviews; one on a weekday and one on a weekend day to capture the responses of residents and frequent shoppers.

The survey questions the options residents and frequent shoppers are most interested in having for in-store purchase. Our partner and store owner, affectionately known as “Jay”, advised the best times to capture the residents are between 2pm and 8pm. He assured we would also get the most traction by proving food sampling and on both a weekday and weekend. During our subcommittee meetings we learned much about how our community shops and what attracts them most.



The lessons learned during these talks are immeasurable.

We're also planning to implement the Fresh Access Bucks program in 2019. JW Foods currently accepts Supplemental Nutrition Assistance Program (SNAP). SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. As a part of the project we will be providing coupons for customers to purchase healthy foods. In addition, a cooking demonstration will be organized outside JW corner-store to market the program and introduce/familiarize the community to foods they may not know how to prepare.

### **Below is a summary of some of the project's reporting objectives:**

- Pounds of food distributed
- Number of items sold/served
- Percentage increase in healthy food consumption
- Number of clients who participate in food and nutrition programs)
- Number of community gardens/urban gardens created



- Number of partners engaged
- Number of volunteers engaged
- Number of policies promoted, enacted or modified

**Some of our key partners for this pilot include:**

Healthier Neighbors Residents

United Way Palm Beach County

Feeding Florida

University of Florida- Family Nutrition Program (FNP)

Fresh Access Bucks

Trindy Gourmet

Wholesome Wave

Feeding South Florida

The Food Trust

Palm Health Foundation

American Heart Association- Palm Beach County

Florida Health Beach County

## Community Health Fair Piece

This summer Healthier Neighbors partnered with the T. Leroy Jefferson Medical Society (TLJMS) for their 18th annual TLJMS Community Health Fair. TLJMS, according to their mission, is comprised of dedicated healthcare professionals working together to improve health and wellness, access to quality care and academic and career opportunities for underserved populations in Palm Beach County.



TLJMS has held this event each year since the year 2000. They are most proud the fair provides the underserved, uninsured and at-risk members of the community access to free healthcare services and health education. The event provides hundreds of attendees with information on asthma, HIV, diabetes, heart disease, physical fitness, and many other health-related issues. Those attending leave with educational materials, information on their health status, and knowledge about healthy living strategies.



This summer We also partnered with the City of Riviera Beach Back to School Community Block Party and Tabernacle Missionary Baptist Church Annual Health & Wellness Fair. Initially some of our partners did not believe we could commit to supporting multiple partners on almost the same day during the summer. What we learned is having multiple sites allowed for multiple families across the Healthier Neighbors community to receive viable resources. These community-service events provided school physicals, immunizations, street art, back packs, and medical and dental screenings and a safe place for fun, free of charge for over 600 families unable get these services elsewhere.

### **Partners & supporters for this event included:**

Major Supporter — The Jack and Jill of America Foundation

Venue Sponsor — Palm Beach Lakes Community High School, The City of Riviera Beach, Tabernacle Missionary Baptist Church

Community Partner — Healthier Neighbors

Community Partner — Black Nurses Rock

Community Partner — Vitas Healthcare

Vaccine Partner — FoundCare

Supporter — Quantum Foundation



### **Future Pieces**

Another great adventure this summer was partnering with The City of West Palm Beach Summer Jobs Program. Healthier Neighbors worked alongside the city to help recruit students from Palm Beach Lakes Community High School and Forrest Hill High School for this summer-long paid opportunity.

Healthier Neighbors along with Anitra Moss, Director of Outreach Education, with Healthy Mother, Healthy Babies- Palm Beach County to present to a 4 hour long workshop to the students on civic engagement. We morphed this workshop into a group contest where students competed in creating a health related public service announcement of their choice. The creativity SHINED through.



Students helped critique local marketing material geared toward educating young people



on various health conditions. Those students held no punches providing us the good, the bad and the ugly with their direction. It was genuine and most appreciated.



We have partnered with Palm Beach Lakes High School through their Student Government, to promote self-love and self confidence among the students on campus.

When asked and surveyed, the leaders of the campus identified low confidence as a major issue among today's youth. Constant visuals of unrealistic and un-attainable beauty flood them daily through television and social media. The students felt this is what leads to teens making poor decisions and choices. Ultimately comparing themselves to figures who may or may not be real or true.

In an effort to highlight and address this issue, during the week of Valentine's Day, the students have identified activities they will host and promote, that will include the students writing and speaking positive affirmations daily, a day in which students are celebrated for who they are in their own skin, introducing meditation and yoga during lunches, resource vendors and photo booths to capture it all.

### Lessons Learned:

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- **This term Healthier Neighbors focused on community based assets as our driver.** Through this process we learned what was important to residents and also what they needed.
- **Healthier Neighbors was intentional about utilizing a bottom up approach to engagement.** This process prioritized citizen participation to frame the project.
- **We do not have to reinvent the wheel.** We've learned to partner and become more effective and productive.
- **The provider voice is important.** We encouraged provider feedback after community events.

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

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1. Connecting with community in their language.
2. Starting to see the fruits of our labor.
3. Active residents as Co-chairs of our subcommittees.

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

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1. Breaking down barriers related to mental health.
2. Potential funding partners to aid in the sustainability of the project.
3. Engaging new residents as connectors in the community.

## Next Steps:

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- Engaging residents within the Purpose Built Community sector of Palm Beach County.
- Bringing awareness to the Healthy Corner Store initiative and receiving feedback through resident surveys.
- Introducing mini grant opportunities to residents, for-profits and non-profits.