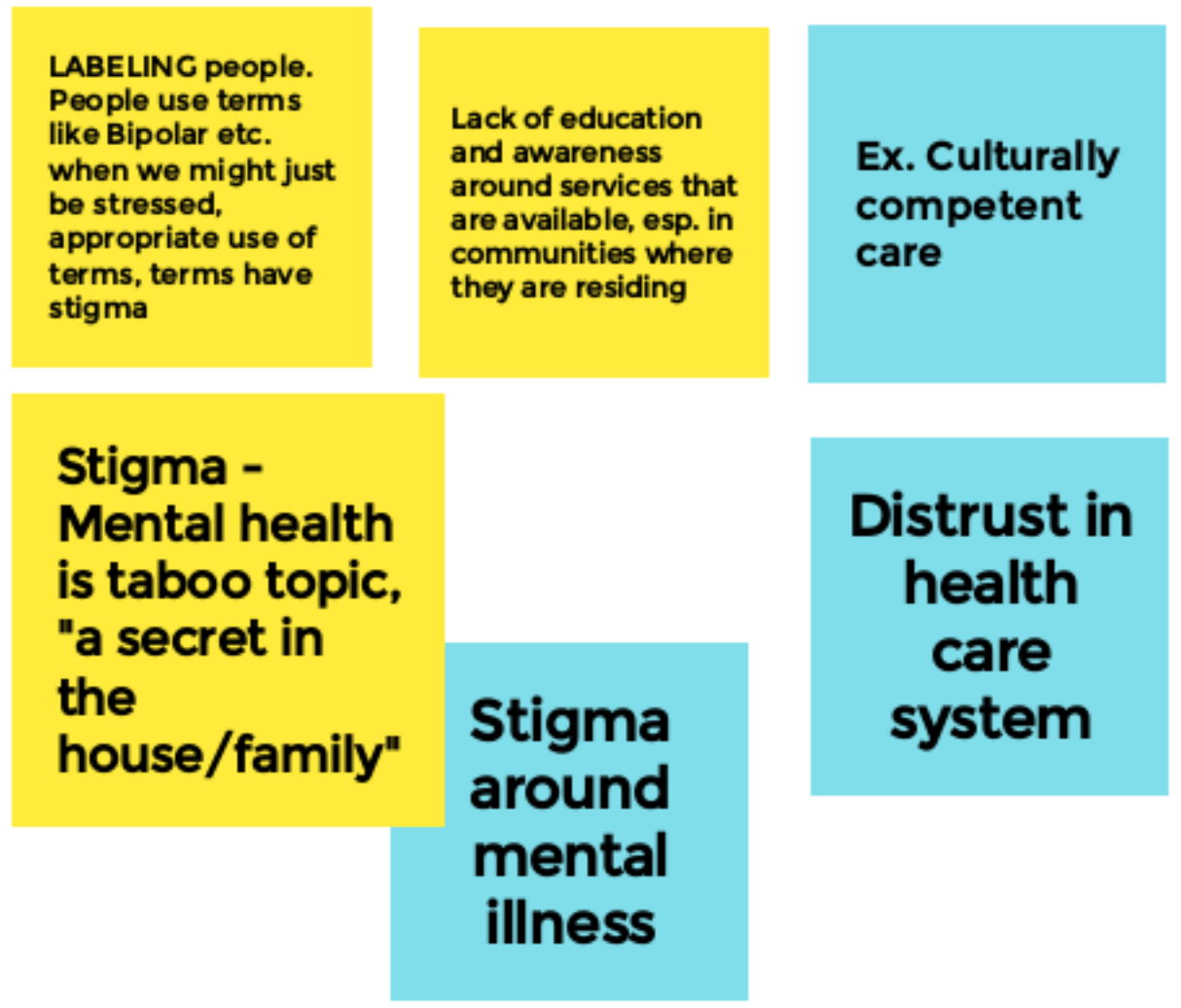


ISSUE #1 Mental Health

What are our mental health concerns?



Why is mental health an issue in our communities?



ISSUE #1 Mental Health

Who has been most impacted by this issue?

- Everyone
- Black and Brown communities
- People who have been out of work due to mental health issues
- Families
- Women who are care-takers in their family
- Children - (do we ask them what they might be going through) dealing with home-school or remote learning. To notice if their behaviors are changing (acting out) and how they're coping with stress
- All of us in society, across culture, race - we don't know one another's lives what's going on with them
- Men who are staying home

Does this affect everyone equally?

- Racial traumas and disparities in access to care
- Black/Brown communities - but is it being weaponized against our communities? If one person has mental illness - it affects everyone - but DENIAL prevents getting the help they need. PRESSURE to
- Until we all get to the place of going to get help for mental health as readily as we would go for a broken ankle, nothing will change
- Alcohol and drug abuse - is a symptom of mental illness -SELF MEDICATING. But we lose thousands of people to this coping strategy that people have taken it upon themselves
- How many lives would be significantly improved IF we were to actually address MENTAL HEALTH - it's all interconnected
- CHANGE our attitudes to remove the Stigma. WE need to do this AS A COMMUNITY.
- Resilience - in terms of how are we getting BETTER (not just going BACK to where we were)

Where does this issue occur? All development

- It's a human issue.
- How to shift mental health solutions from PERCEPTIONS (stigma) vs. EMPOWERMENT of the individual to take care of themselves - that that should be their primary concern OVER what people Think of you.
- We're social creatures. How much Back to back crisis and trauma can we humanly take? We need to BE together to grief as a community, and supportive each other.
- FITNESS VS. ILLNESS
- This is far-reaching beyond any development. Covid is making that real.
- No one wants to feel weak. Especially in our communities - you will be a mark. It's a reality. Leading to stigma.
- Have we had a chance to grieve openly.
- Homeless has been affected. Polo Grounds is seeing a great deal of mental health issues. After Covid - more people are saying out loud and more often the issues of anxiety. Are we at the point where we are ready to deal with it?
- Wagner - has been through a tremendous and tragic amount of loss in our communities. Too many tragic losses, esp of our young people...

ISSUE #1 Mental Health

Of things tried before, what has worked? What hasn't worked? Or what could be improved on?

Health Engagement Access Team (HEAT) - community engagement (ie. Wagner, Harlem), education on services/resources, opioid training, public consumption, homelessness, etc. - to expand

Platform for being heard (group therapy without calling it therapy) that comes out of conversations to express and share, build self-esteem and trust



Resource Fairs and groups that provide that care/support



Better outreach to educate,

More regular meetings

Policy needs to change and get updated on what IS reportable (to ACS), or in crisis

Every person deserves to be HEARD. Any new initiative should start with Small intimate groups to start that off - will encourage building relationships and trust

Harder for youth to see help - institutions and NYPD and other official entities deter



Tele-health in COVID: esp. in communities that do not have best reception/wifi access.

DOE's campaign in schools - revamped or rethought how to do this in a way that suits students in this new context of remote schools. How can it be MORE accessible.

ISSUE #1 Mental Health

What actions can we take? What policies do we want to see?

Residents

Boots on the ground - ID crisis, what the needs might be, access to supportive groups, connect with mental health professionals (support network). "Charity starts at home"

To be the boots on the ground: need more TRAINING to identify/discern crisis vs. support.

Visibility - NYC Well - has been advertised BUT word of mouth is important; community ambassadors; trusted relationships within communities = important for information sharing

CBOs

HEAT is in 10 areas in the city - act as health ambassadors

City Agencies

HOTLINE - NYC Well (24/7) is available. Text or call. Trained counselors, free behavioral help service, apps, staff provide referrals in 200+ languages.

MORE PR around this services? How do we make it so EVERYONE knows about these services?

COVID 19 community conversations - modification of mental health first aid to center racial equity, skill building, coping skills

If immediate need - call 911 but if you're experiencing/ observing someone having some issue - you can call NYC-WELL

Train the trainer type program (mental health first aid)

ISSUE #1 Mental Health

What changes do you want to see?

What are the obstacles?

RESIDENT

AGENCY /
CBO

NEW
INITIATIVES
/
PROGRAMS

ISSUE #1 Mental Health

What do we need to do to change this issue?

**POLICY
EVENT**

**Sensitivity
training**

**Space to
practice**

**Assess what
terminology
exists**

**If residents, CBOs
could see the
language through
visuals + trainings
among CBOs on
shifting language,
agencies could hold
space for practicing
language shift**

ISSUE

**Labeling =
issue we
want to
tackle**

**Establish
common
language
(affirming
language)**

ISSUE #1 Mental Health

Who holds the power to this issue?

**POWER ANALYSIS:
WHO ARE THE
DECISION MAKERS?
WHAT
RELATIONSHIPS DO
WE NEED? WHO HAS
CONTROL? WHAT DO
YOU WANT FROM
OTHER PEOPLE TO
TAKE ACTION?**

ISSUE #2 Food Security

What are our primary food security concerns?

- Access to affordable fresh food**
- Emergency food quality is subpar**
- Emergency food doesn't get to my apartment**
- Quality of food at the local supermarket doesn't have a long shelf life**
- Accessibility to emergency food resources has been an issue - especially for seniors**
- Healthy food is inaccessible in some areas - "food swamps" "food deserts"**
- Related: Gaps in food (and other) services for diverse immigrant communities, esp those that don't speak English primarily (I know folks here are v. familiar & working hard to bridge these gaps.)**
- Inn polo grounds we do city harvest but folks don't always know how to cook or incorporate food into their daily habits**
- Information inequity. What about SNAP and other benefits? Health bucks?**

Why is this a pressing issue in our communities?

- My family's health depends on food security**
- Joblessness/unemployment making it hard to afford food and/or rent**
- Chronic**
- Worse in COVID**
- Supermarket price gouging on essential items (toilet paper, hand sanitizer, etc.)**
- Price gouging on food is a major problem for those who cannot afford regular food prices**
- In polo grounds and St Nicholas it has been since the start of the pandemic, we made multiple complaints to 311 some folks came out and did an assessment but no follow up after that**
- Food deliveries have become more essential than previous**
- GCF - thinking of ways to make food growth/access more transparent**
- Meal prep could be a great way to have food for the week**
- Incorporating trainings and outreach to food distribution is a great combination. At St. Nicholas - all volunteers required to take a training before distributing food. Must understand the community before serving it**
- Concerns about the longevity of food resources**

ISSUE #2 Food Security

Who has been impacted by this issue?

Families with mobility issues

Individuals with mobility issues

Food pantry stigma with young people

Immigrant communities (language barriers)

People with comorbidities

Does this affect everyone equally?

Large families have it hard

Small families - single mothers/fathers are impacted as well as large families

Certain communities have carried the brunt of COVID-19, especially when it comes to health and food security

Just naming for our jamboard what we all know and folks here are repeating: **Black, Brown, Indigenous, and POC communities most impacted by concentrated poverty, economic instability, and more**

Where does this issue occur? All developments?

MAP developments have been hit hard by COVID

ISSUE #2 Food Security

What changes do we want to see?

Ability to get deliveries easily so more options are available to residents

Residents

High Quality Fresh Food for folks who live uptown

Food should be available to anyone who needs it - not to specific groups under certain qualifications

Intergenerational farming, resource sharing etc

All residents to know what's available (currently flyer/do outreach/word of mouth - trying to do more email/texting communications as well)

What are the obstacles

there's better produce in wealthier neighborhoods, crappier food in lower-income neighborhoods

Local stores are overpriced and have poor quality food

How do residents get information about opportunities to get fresh produce or pantry bags?

No doormen for deliveries - can be hard to get things straight to door

CBOs and Agencies

NYAM - New York Academy of Medicine. Making a library of healthcare and food health resources

More GCF!

Door to door delivery of emergency food

General barrier: Lack of trust or relationships with existing agencies/resources

Food resources eligibility limited by age

Emergency food deliveries are just 1 box for any family size

Price gouging food right around the time when beneficiaries receive SNAP benefits

New initiative

Food Equity. Programming. Health Care For All.

Equal access to quality, affordable food in the stores

Are there ways to scale up and fund current successful mutual aid efforts: shared refrigerators, other community-led work? Are there donations from suppliers/restaurants?

"Farmacy" - prescriptions from Dr for fresh produce

Farragut Buying Club to get reduced costs on bulk items and coordinate delivery

Food resources (Farmacy) not always known by community residents; need outreach

If food sits outside in hallway, residents will often reject it due to concerns about who has handled it

Price gauging around SNAP benefits and when people receive them

ISSUE #2 Food Security

What's been done before? What has worked? What hasn't worked? Or what could be improved on?

When residents are more involved in the program = its is more successful



Partnerships with volunteer-based orgs like GCF

Cooking demos

Virtual cooking classes

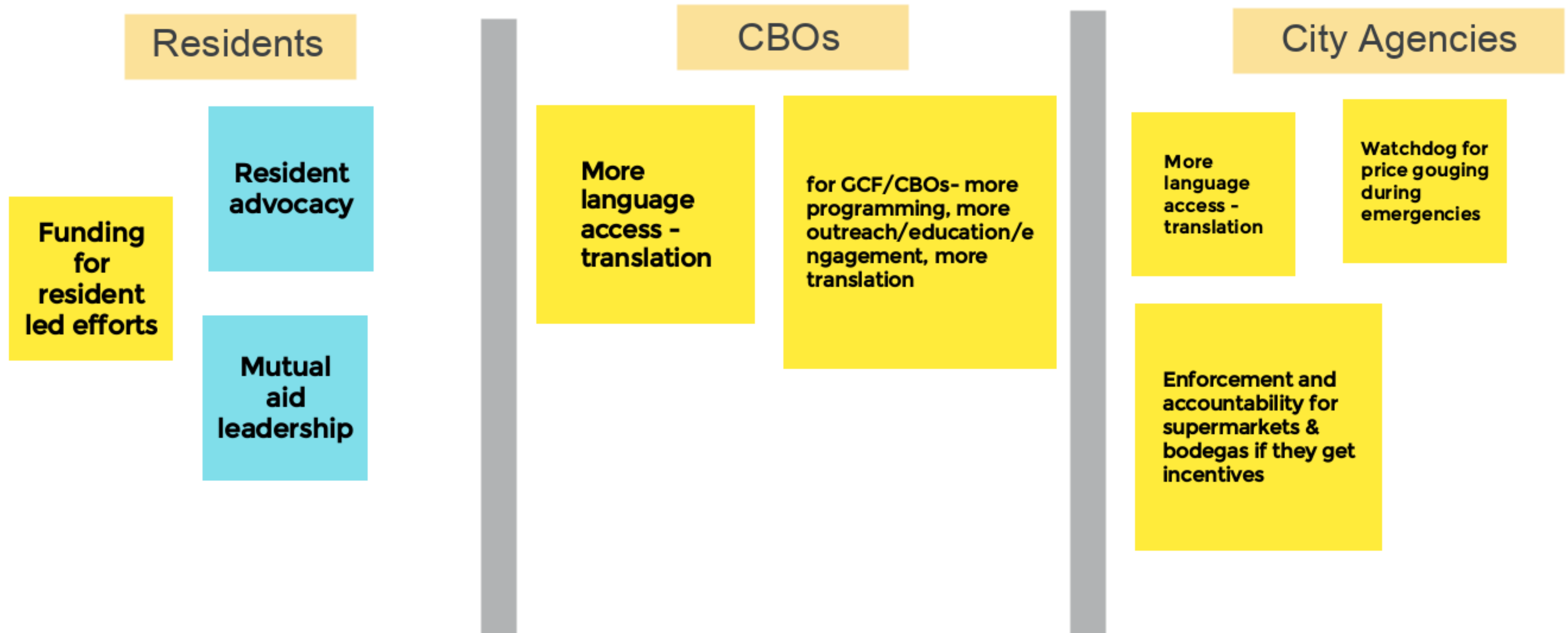
More info on the Farragut Food Club - <https://www.enterprisecommunity.org/blog/online-snap-access-plus-quick-pivot-bring-health-equity-brooklyn>

Only junk is at the registers when checking out, not healthy. They should push healthy all over the store and stop incentivizing people to buy un-healthy



ISSUE #2 Food Security

What actions can we take?



ISSUE #1 Food Security

What do we need to do to change this issue?

**POLICY
EVENT**

**Building
strong
referral
systems**

**Get resident
input on local
programs**

**Get residents
to fill out
needs
assessment so
we have good
data on needs**

**Make call to
elected
official to fund
mutual aid**

**Food
sovereignty -
more
community
agency and
ownership**

**Share the needs
assessment data
with City to try to
improve how
programs are
designed and
delivered**

**Google map
with resident
feedback on
local stores**

**Community
advocacy campaign
to improve quality
of produce & meat**

ISSUE

**Make a phone
call to elected
official to fund
resident effort**

**Example of a google
food map in Astoria,
that could be modify
around food security.
<https://www.google.com/maps/d/u/0/viewer?ie=UTF8&oe=UTF8&msa=0&mid=1ttJlbqldtCXuQ0HTX2xSp02iuaw&ll=40.76438950288222%2C-73.9145595&z=14>**

**more
education/informatio
n on using EBT for
online grocery
shopping**

**Call EDC to enforce
and monitor the
supermarkets that
are receiving the
grants**

**Check fridge to
make sure
supermarkets are
cleanly and keeping
the right
temperature.
Guidelines need to
be upheld.**

ISSUE #2 Food Security

Food-based
entrepreneurs

Funders
for GCF

Who holds the power to this issue?

DOH -
BODEGA
PROGRAM

Store
owners

Lobbyists

EDC

Stakeholders

GROWN
NYC

DOH
MH

**POWER ANALYSIS:
WHO ARE THE
DECISION MAKERS?
WHAT
RELATIONSHIPS DO
WE NEED? WHO HAS
CONTROL? WHAT DO
YOU WANT FROM
OTHER PEOPLE TO
TAKE ACTION?**

CITY
HARVEST

Agriculture?
Industry

ELECTED
OFFICIALS

Tenant
Associations

What do we need to know to develop solutions?

