

Central NeighborhoodStat Working Group #2

Health + Well-being Conversation

March 17, 2021





Reminders

- Today's conversation will be recorded
- We encourage you to turn on your camera and be fully engaged
- Please mute yourself unless speaking
- Zoom features



To reiterate, here are
our Community
Agreements.

**Do you agree? Do you
not agree?**

- Respect everyone's opinions
- 1, 2, 3 then me
- One microphone
- Be present and remain engaged
- Be mindful of the time

Agenda: 4-6pm

- | | |
|---------------|---------------------------------------|
| 15 min | Welcome + Introduction |
| 10 min | WG #1 Recap + Survey Shareback |
| 85 min | Issue + Power Analysis |
| 5 min | Knowledge-Building |
| 5 min | Next Steps |

WG #1 Recap

- Reviewed work to date
- Drafted vision statements
- Expanded understanding of what policy is through Event Policy Analysis
- Evaluated impact + effort in past efforts
- Gained understanding of what is in an Action Agenda

Working Group Timeline



WORKING GROUP #1
WEEK OF 2/22

INTRO + CONTEXT

- Get to know each other
- Review what we know
- Set expectations
- Draft vision

WORKING GROUP #2
WEEK OF 3/15

IDENTIFICATION

- Identify issues, opportunities and challenges

WORKING GROUP #3
WEEK OF 4/5

RECOMMENDATIONS

- Develop recs

WORKING GROUP #4
WEEK OF 4/26

SUCCESS INDICATORS

- Review and finalize recs
- Develop metrics for success

WORKING GROUP #5
WEEK OF 5/17

WRAP UP + NEXT STEPS

- All Working Groups convene and share out their recs for the Action Agenda

Original Vision Statement: Health + Well-Being

"Our community is healthy and well when residents have the capacity, tools, and expertise to meet our own health needs related to mental and emotional well-being, strong relationships, healthy and affordable food, and healthcare free from structural barriers."

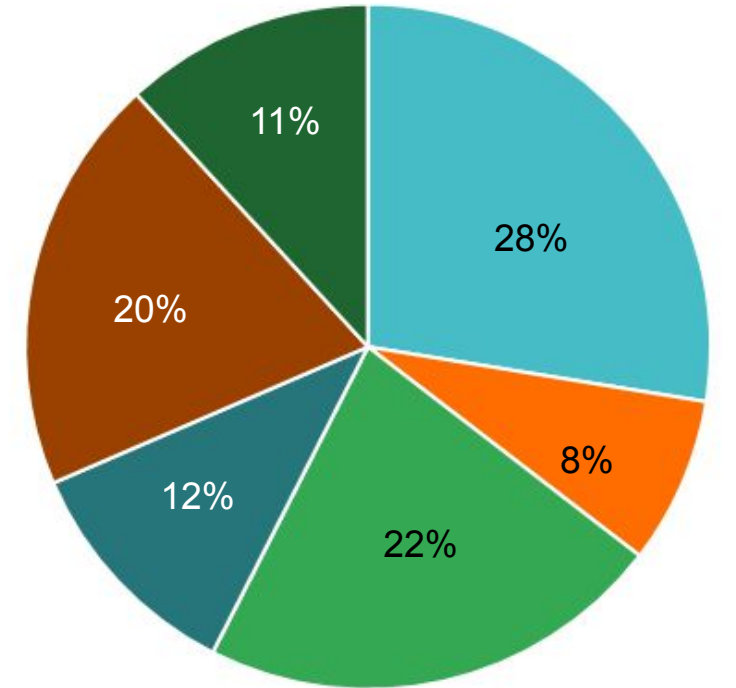
Ranked 4.5 out of 5 in relatability.

Adjusted Vision Statement: Health + Well-Being

Adjustments from community:

- Provide focus on COVID-19
- Add in work with health partners
- Provide focus on nutritional education
- Provide focus on mental health for all ages (especially youth)
- Add in food education (culturally appropriate food)
- Provide focus on senior health
- Democratic information on health for all residents
- “This is focused on the health of individuals in the community, not the health of the community.”
- Provide focus on financial abilities as it relates to healthcare
- Add in “community partners” after “Our community is healthy and well when residents...”

Survey Results: Health + Well-Being Top Issues



1. **Mental Health**
2. **Food Security**
3. **COVID-19 Information and Access**
4. **Relational Health**
5. **Trauma and Healing**
6. **Open Air Drug Use/Substance Abuse**

Survey Results: Health + Well-Being Top Issues

“Drugs and substance abuse is a constant in my community.”

“The impact on early youth development is significant.”

“The issue I have is that we as a development needs the right resources in a timely manner as needed when crisis occur.”

“It’s almost been a year because of COVID-19. Many people [have] quarantined themselves, some of the elders are home alone, there’s families in need, and they need access to our information [so we can receive COVID-19 information.]”

“Substance Abuse on the rise, Domestic Violence on the rise”

Survey Results: Health + Well-Being Actions Taken

- Farms
- Community health worker training
- COVID testing and vaccination
- COVID town hall
- Healthy cooking class
- Flu shots
- Vision screening
- Food donations
- Praying with residents
- Mental health services for teens
- Dissemination of information
- COVID response
- HEP B and HIV testing
- Exercise
- Activism (voter registration, Census)
- Talk to PSA
- Better lighting
- Garden
- Food distribution
- Resident wellness checks
- Healing sessions
- Being neighborly
- Wellness fairs
- More information
- Job assistance
- Rental assistance
- Resident outreach
- Educational programs to help residents fill out assessment forms
- Wellness webinars
- Respect each other
- Healthy Relationships capacity-building training series
- Family wellness

Survey Results: Health + Well-Being Resources + Assets

- DOHMH's Take Care NY efforts
- NYCHA's Smoke Free program
- Stopping garbage in halls
- Resident leadership
- NYPD
- Community centers
- DOHMH
- Campaign for Hunger
- Track + Trace
- Dr. Thorton COVID Testing Van
- Health fairs
- More affordable insurance coverage and clinics
- CBOs
- Wellness events
- Resident outreach
- Urban agriculture
- Helen Keller Institute
- Westside Campaign For Hunger
- Just put the gun down
- Exercise
- Book clubs
- Bible study
- STD / STI mobile trucks
- auntbertha.com
- Community center
- Mental health
- Food education
- Healthcare
- Residents
- Political Partners
- Local businesses

Survey Results: Health + Well-Being Resources + Assets Cont.

- Churches
- LegalShield
- GreenThumb webinar
- Relational Health coaching and development
- Podcast on all things healthy relationships
- App for on-the-go access to Coaches and tools
- Book filled with best practices for a conscious journey to healthy relationships

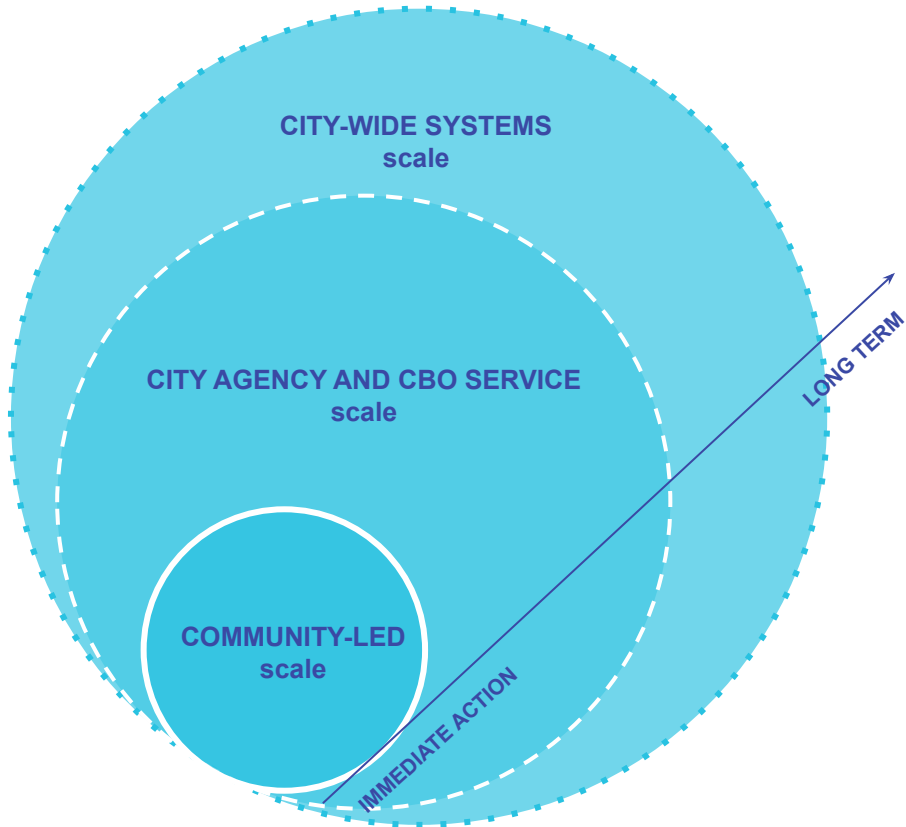
Survey Results: Ideas to Improve Health + Well-being

- Build on the Neighborhood Health Action Center model for all neighborhoods
- Public health education for NYCHA residents for peer to peer education and support.
- Open space
- "Affordable healthcare
- Training as health/wellness ambassadors"
- Social events for community cohesion
- Gather mobile cans for Health Screenings, Needs Assessments, and Mental Health providers on site
- Include more kids/teen's to share with drawings.
- Youth programs
- Health and wellness events
- Engage residents in conversations
- Mental health services
- COVID-19 vaccine for everyone
- Free health screenings
- Wash your hands
- "Cooking classes
- Conversation group"
- Healthy food pantry
- Resident outreach
- Mental health workshops
- Healthy eating
- Affordable healthcare
- Resident knowledge-share
- Conversation group
- Free exercise facilities
- Food pantries
- Involve the Mayor
- Healthy eating
- Stay 6' from each other

Survey Results: Ideas to Improve Health + Well-being Cont.

“**Normalize health in every area of life** by: Increasing images of health and wellness within the community, increasing discussions to **dismantle barriers to health and well being**, increase resources to provide wellness services within the community, **increase access to wellness services** within the homes of those with limited access.”

PROJECT SCALES



CITY-WIDE SYSTEMS/ NEW APPROACHES

Dedicated staff and programming
New investments
New initiatives
Laws/regulations

CITY AGENCY & CBO SERVICE

Location specific programs
Internal agency and CBO policies
Time-bound

COMMUNITY-LED

Programming and events
Outreach
Advocacy
Local connections

What each of the scales mean



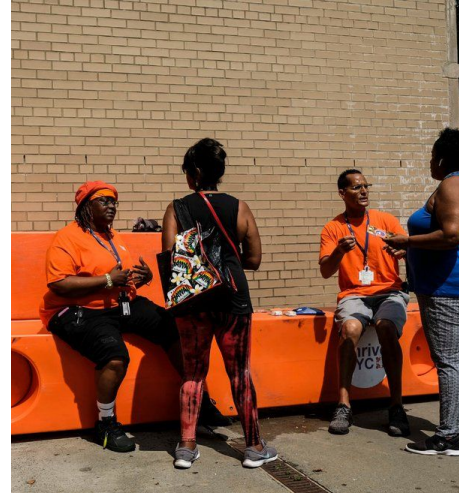
ISSUE

People need culturally competent mental health support



COMMUNITY LED

Residents connect with local mental health providers and learn about resources



CITY AGENCY

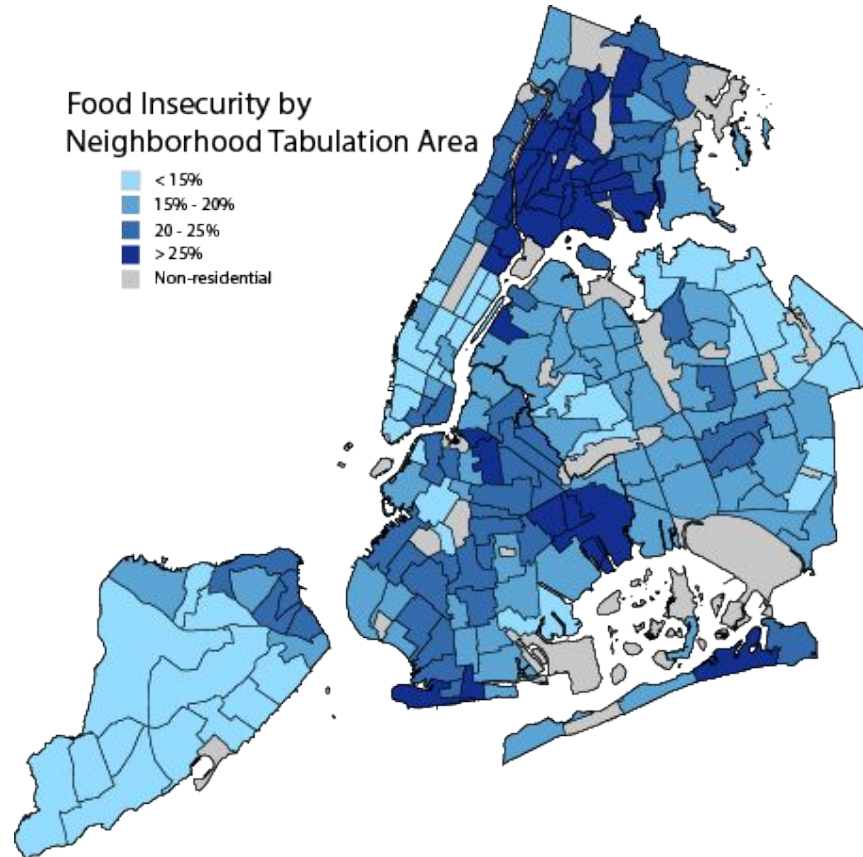
Agency helps make connections between local providers and communities, deploys professionals, trains ...



CITY-WIDE SYSTEMS

City operates system that connects anyone experiencing a mental health issue with service (NYC Well)

Primer on Food Security and Mental Health



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Next Steps

**Next Working Group:
Wednesday, April 7, 4-6 PM**

- Materials from today will be posted at:
<https://map.cityofnewyork.us/>
- Materials will also be shared via email.
- Review issues and recommendations with your partners and during resident meetings. What's feasible? What's missing?
- Questions?