

Central NStat Working Group #4
Health + Well-being
April 28, 4-6PM
Notes

Notetaker: **Devin Fields**

Introduction

- Icebreaker Question: What is something you've done recently that made you feel powerful?
 - Created a COVID-19 recovery site at Polo Grounds over the past weekend
 - Took some time off for self care. If you aren't taking care of yourself, how can you take care of others?
 - Resisted unhealthy food late at night last night and will continue to do so

Action Agenda Shareback

Macro Miro Board

Accountability / Resources / Time Section (Miro Board)

- Mental Wellness
 - Policy Event: Offer more small group "safe place" meeting to promote trust, sharing, and "group therapy" without calling it "therapy"
 - Resources:
 - "Group Therapy" should include what professionals can and can't do
 - Online places of meeting (i.e. zoom, teams, etc) reserved for this purpose
 - NYCHA Community Centers
 - Directory of Practitioners
 - Respite Centers - allow walk-in instant mental wellness care
 - A friendship bench
 - Champions:
 - NYPCC (New York Psychotherapy & Counseling Center)
 - THRIVE
 - WARM - We All Really Matter - domestic violence awareness group
 - DOHMH (Department of Health & Mental Hygiene)
 - WLWD (When Love Works Dynamically)
 - NY Psychotherapy + Counseling Center
 - Churches, health centers, and schools
 - Build Healthy Communities
 - Youth at BCJC

- They developed a mobile version of this with sensory chambers for aromatherapy, visual stimulation, and greenery (environmental therapy)
 - CBOs and FBOs (local orgs)
 - Local businesses may want to help and donate items
 - Resident leaders (council members, community board members, etc.)
 - Local artists could be engaged to help lead creative processes (writing, painting, music)
 - Local Gyms in the community.
 - Most of them have a studio or open space. Just an Idea, don't know if it is possible.
 - Parks and GreenThumb
- Other Notes
 - “Group Therapy” should include many forms of “therapy” through art, open forums, etc.
 - Tamara: “I think consistency is important and the opportunity to build a network of peers”
 - Create opportunities for the community to find healing together
 - Flore - “The more available services you have, the more they will use. Especially if they happen often and consistently.”
 - WLWD - If you go into a typical government-designed wellness building, people will not open up. But if you display love and separate yourself from that - people will feel safe, comfortable, respected and warm.
 - Cheryl - during the peak pandemic in 2020, we allowed people to create hearts with wings to celebrate the lives of those lost during COVID-19 - an emotional healing moment.
 - If you can provide something like this as a permanent institution - that would be wonderful (i.e. a living wall, etc.)
 - Serena - we should be able to have spaces where everyone is welcome and can be invited at any time. There is no exclusivity and no pressure
 - NYPCC - we can use how people take care of their physical health in the same way they should take care of their mental health.
- Food Security
 - Policy Event: Scale up mutual aid efforts - Call elected officials to fund mutual aid, funding from EFAP
 - Champions:
 - CBOs
 - Elected officials in the neighborhood
 - NYPD
 - PSAs

- NYC Food Czar
 - Mayor's Office of Food Policy
 - DOHMH
 - Green City Force
 - NYRP (New York Restoration Project)
 - GreenThumb
 - NYC Emergency Food Collaborative?
 - Major schools like NYU, Columbia, Hunter, CUNY
 - Community Schools as a connector
 - NYC Emergency Management may have funding or support for coordinating emergency food systems
 - Department of Probation (Maurice Whitney)
 - Local Business Improvement Districts (BIDS)
- Resources:
 - Food banks (i.e. West Harlem Group Assistance)
 - Local politicians - they get
 - Henry Street Settlement
 - Salvation Army
 - NY Common Pantry
 - RAP4Bronx Shana McCormick - a directory for food resources
 - (929)268-2448 shana@rap4bronx.org
 - Churches with food pantries/soup kitchens
 - Elite Learners Inc in Brownsville - provide pantry and distribution
 - Local PSA for transportation of Seniors
 - Make sure there is funding for food distribution and education in all NYCHA MAP neighborhoods
 - Training of local workforce, youth, volunteers/residents
 - Outreach to residents that these services are there
 - QR codes in every building, PSAs, etc. in every elevator, hallways, common place
 - HCZ(Harlem Children's Zone) used to have lots of services. they could be an organization worth including as well
 - Food Trucks
 - Other Notes:
 - Serena - it is harder for older folks to gather groceries, get on the bus, and make it all the way home.
 - There is also virtually nothing available in the Polo Grounds areas when it comes to healthy food options
 - Tara - we have been able to invest in local groups doing emergency food distribution-like work. Making sure families have access to groceries, then pair those families with educational opportunities
 - Andrea - This project is a few years old and brought together a lot of larger scale emergency food providers

<https://helmsleytrust.org/programs/place-based-new-york-city-new-york-city-food-assistance-collaborative#:~:text=Bringing%20together%20City%20Harvest%2C%20United,equitably%20and%20efficiently%20to%20residents>

- Mari - or any place with a cafeteria? Google, Microsoft building house these on their campuses?
- COVID-19 Recovery
 - Policy Event: Identify the credible messengers who are able to share accurate health information in a timely way
 - Champions:
 - Residents
 - DOHMH
 - Health Action Centers in Brownsville, BedStuy, Tremont
 - Padmore John
 - NStat Stakeholders
 - Resources:
 - Uptown needs a center that deals with individuals that are 25-61 years old (employment, adult age)
 - These are people who could be trusted messengers if they were engaged
 - Also, establish a pipeline for these people to access these type of opportunities
 - Serena's Group + NYU are reaching out into the community to learn and teach about COVID-19 with the public
 - Residents were the ones out getting people tested and vaccinated - they would use each other to see if the vaccine is safe, then get vaccinated afterwards
 - The more residents get vaccinated, the more others feel comfortable, so using the residents as credible messengers is key
 - For space/ convenience/ outreach, how about the Parks department as well? their public spaces can be used for distribution and to advertise these new initiatives
 - DOHMH teams up with Health + Hospitals to provide several community groups up-to-date information every week to be shared with their communities. They also trained people on how to present over-scientific COVID data to community orgs so they can put it in their own words (i.e. language translation, cutting down jargon/data talk, etc.) - this is the Test + Trace Community Advisory Board
 - A resident advisory board for COVID health and messaging - this exists as EPEC (Emergency Partner Engagement Council)

