

# Healthier Neighbors Impact Report (October 2018-March 2019)

[healthiertogetherpb.org/report/healthier-neighbors-impact-report-october-2018-march-2019/](http://healthiertogetherpb.org/report/healthier-neighbors-impact-report-october-2018-march-2019/)



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Neighborhood: Riviera Beach/northern West Palm Beach

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## Summary:

Healthier Neighbors, Access Granted

### 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.

Healthier Neighbors is no stranger to the Tamarack Institute and their leader Paul Born who, in his book titled “Deepening Community”, shares the four pillars of deep community: sharing our stories, taking the time to enjoy on another, taking care of one another, and working together for a better world.

This term Healthier Neighbors leaned on residents to further teach us how to create

community. Healthier Neighbors provided the tools and resources for each person to feel equipped to access even greater opportunity for themselves and their families. Through healing events, community plans, mini grants, meditation, and even jewelry making, we came together to explore and learn as neighbors.

In doing so we accomplished insight, process, outcome and capability wins along the way including:

Process

Wins

Completed Produce Pop-up Pantry walk-through with Ephesus Church and Palm Beach County Food Bank in preparation for pilot distribution of fresh fruits and vegetables.

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HN released 2019 Mini Grant Application

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HN meeting with Legal Aid of Palm Beach County to partner our mini grant winners with their grant project, Neighborhood Entrepreneurial Law Program-NELP. This project is

designed to assist PBC resident with starting a non-profit or for-profit business at no cost

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Insight

Wins

HN facilitated two mini grant community meetings. Interested residents and business owners were invited to hear about the upcoming opportunity and ask questions in preparation of the grant

release. HN also recorded through a community response board, the types of workshops residents

were interested in.

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Capability Wins    Community introduction to Healthier Neighbors 2019 Mini Grant Application process  
Faith-based leaders learning new skills during Social Media Workshop #3 including how to prepare congregations for live streaming services.

Planning a Community Healing event to introduce healing strategies to residents who have lost loved ones to gun violence

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Outcome Wins    West Palm Beach Mayor’s Village Initiative Strategy plan released via press conference by Mayor Muoio prioritizing young black males in Pleasant City, Coleman Park, and Northwood.

HN served as the Health Champion in developing the strategy for health in these

neighborhoods.

Formalized partnership with Palm Beach County Food Bank and Ephesus Church (HN

Ambassador Site) to begin a Produce Pop-up Pantry on the church’s site.

Through the Florida Blue Grant, 4 HN Residents were trained in Mental Health First Aid and will begin conducting trainings in the HN community.

120 HN residents were survey in Riviera Beach at JW Corner Store to learn more about the types of fruits and vegetables they would like to see in their corner store.

200 registered participants attended the Produce Pop-up Pantry a collaboration with Healthier Neighbors, PBC Food Bank and Ephesus Church (an HN Ambassador Site). 50 volunteers were trained by HN. 75% of participants did not attend the church. Food distributed impacted 700 individuals. Close to 10,000 lbs of food were distributed.

## Key Partners:

Please see partners noted in previous impact report:

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

## New Partners:

E-roadmap, Palm Beach Farm Yards, Don't Sugar Coat It, Bridge 2 Infinity Youth Entrepreneurship Camp,

Cooking with Trindy, Project Confidence, MLD Coaching Service, First Gen Mentorship, Leadership Haven Enrichment, The Perfect Fit, Cool Cops & Bully Program, Bashti's Diner, Youth Hydroponic Farming & Mentoring Project, Engaging Faith & Family Empowering Community Trust (EFFECT). The Arts Lounge, Environ(Mental) Impact Youth Panel, Wounded Veteran Spouse/Caregiver, Jump for Joi, Inc.. Talented Teens Youth  
Cosmetology. Eat Better/Live Better. Parent Project. Family Matters. Knowles Self. Sustaining Community Garden  
Conversations and a H.U.G., Suits for Seniors, Mothers Against Murderers Association, Plant. Grow. Eat., Children Eat Healthy, Dare to Be a Girl, Bella Vita Birth, SPARC Guidance

## Goals:

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1. To help change long term health outcomes of the residents in Healthier Neighbors
2. Implement pilot Produce Pop-up Market
3. Create mini grant opportunities for HN residents and stakeholders
4. Launch HN 2019 Mini Grant Application
5. Increase visibility in HN community

## Process and Implementation Outcomes:

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Outcome: **Please review previous impact reports.**

Progress:

Please review previous impact reports related to the "early years".

## Behavioral and Systems Changes:

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- Outcome: **Increased organizational responsiveness to targeted community needs**

Baseline:

Public safety and community outreach strategy to provide opportunities for the young African American men and boys of our North End Neighborhoods.

Progress:

February 12, 2019

Official launch and press release from the Mayor acknowledging the Mayor's Village Initiative as a priority for the City of West Palm Beach

Associated Attachments:

- [Download File "WPB-Mayors-Village-Initiative-4-pager.pdf"](#)
- [Download File "WPB-Mayors-Village-Initiative-Action-Plan.pdf"](#)

- Outcome: **Shifts in cultural norms and capacities that support healthier behavior changes**

Baseline:

Florida Blue Foundation Mental Health Grant Enables Palm Health Foundation to Impact Underserved Communities

Progress:

- January 1, 2019  
Palm Health Foundation Awarded Florida Blue Grant
- March 21, 2019  
16 new Mental Health First Aid USA trainers in Palm Beach County. Four from the Healthier Neighbors community including three (3) resident Steering Committee members and one (1) Minister.

Associated Attachments:

[Download File "Capture.png"](#)

- Outcome: **Shifts in cultural norms and capacities that support healthier behavior changes**

Baseline:

Downtown WPB has experienced a series of violent crimes resulting in grieving families, retaliation and a concerned community.

Progress:

- December 2, 2018  
Healthier Neighbors partnered with the City of West Palm Beach Mayor's Village Initiative to launch the first Community Day of Healing. 100 families participated. Participants experienced shifts in cultural norms related to healing. Participants were introduced to varied forms of healing including African dance, drumming, healing circles, jewelry making, journaling and art.
- January 8, 2019  
Committee decided it beneficial to host a second event during May (gun violence awareness month) for youth in the Downtown neighborhoods.

Associated Attachments:

[Download File "PublicCommunityHealingInvitation.jpg"](#)

Detailed Narrative:

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What does "ACCESS" look like?

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“Often times, the desire for change seems almost impossible, but what if we changed that perspective? With all that is going on in America, one could be overwhelmed, saddened, and discouraged, but what if we focused on being grateful, determined, and giving? During a time of perceived adversity, let’s see this as a chance for opportunity. Now’s the time for us all to make a philanthropic commitment to providing the financial capital and human capital needed to create a lasting social change.”

— Ashley M. Fox (<https://bit.ly/2ZUZOGC>)

## Nourishment.

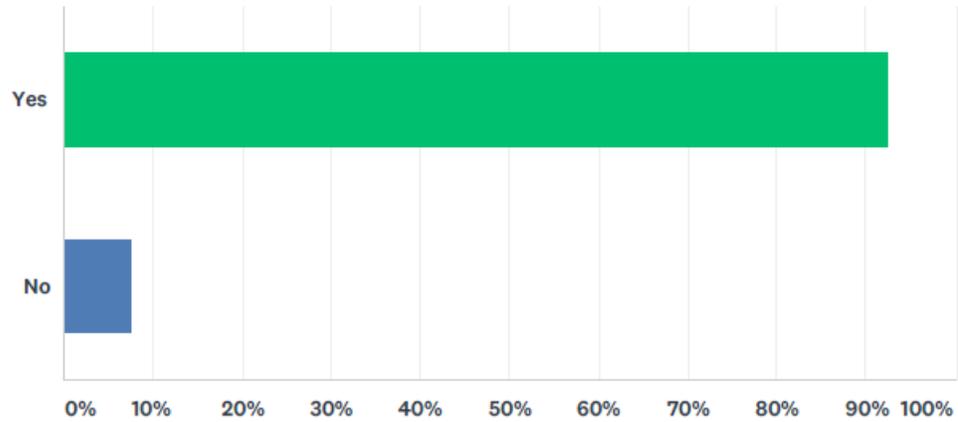
It is unfortunate our community is labeled a food dessert. In our last report we informed readers of the Healthy Corner Store pilot and how it prioritizes Riviera Beach residents who live nearby or are customers of JW Foods Corner Store (located at W 4th Street and Barack Obama Blvd in Riviera Beach). The purpose of this initiative is to increase healthy food access in Riviera Beach.

This term, Healthier Neighbors, along with United Way-Hunger Relief, American Heart Association and Trindy Gourmet conducted on-site food demonstration inside of the corner store. It was the first time the corner store patrons experienced a fresh food demonstration. Jay, the store owner, recommended the best times for the event and he was spot on. We conducted two demonstrations; the first on a popular week day and second demonstration during the weekend. Over 200 residents and patrons were surveyed. Here is a shot of some of the resident responses:



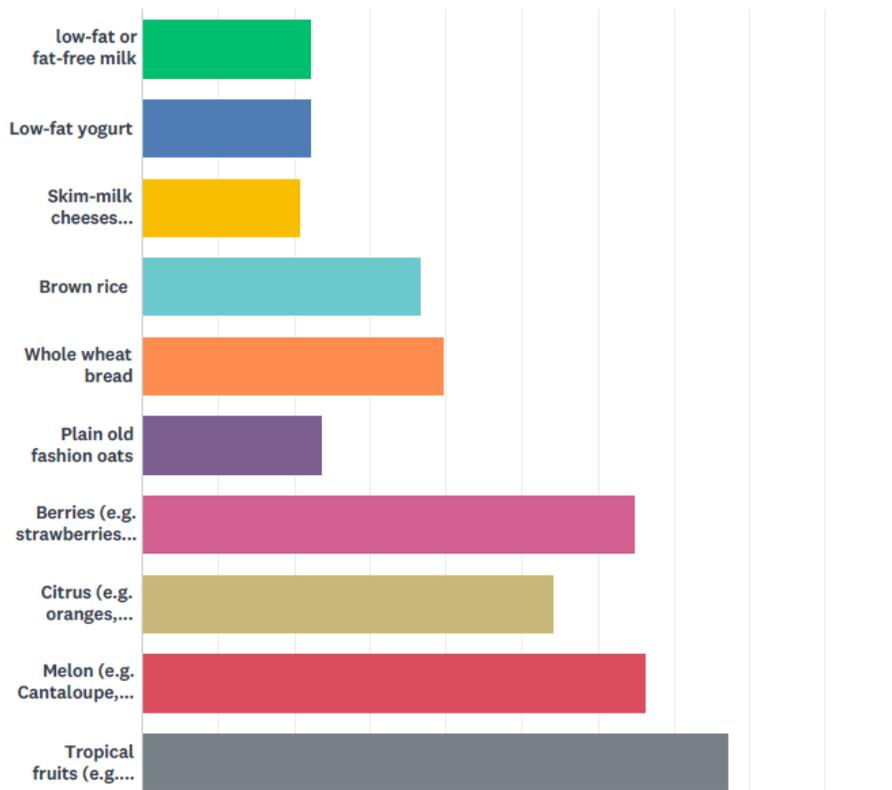
### Q7 Do you cook at home?

Answered: 133 Skipped: 4



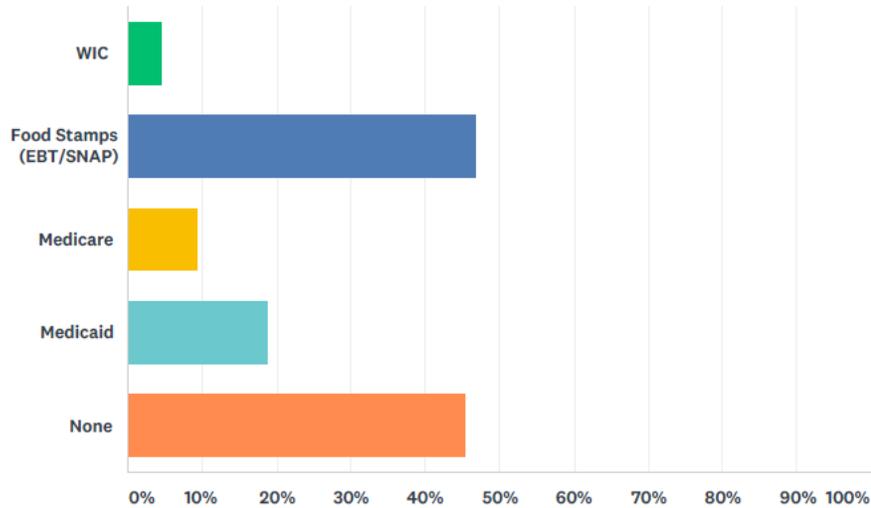
### Q11 What HEALTHY FOOD ITEMS would you likely purchase at your local corner store? Select all that apply.

Answered: 131 Skipped: 6



### Q10 Do you or your household receive any of the following assistance benefits? Select all that apply.

Answered: 128 Skipped: 9



During the later part of 2018 HN met with Cady Sadler, former Program Director with Palm Beach County Food Bank. Cady spoke about the Food Bank’s interest in starting pop-up produce markets throughout the community, most specifically the Healthier Neighbors community with a special interest in partnering with faith-based organizations. Needless to say, they had made the perfect connection. HN introduced the idea to Pastor Keith Albury with the Ephesus Church, an ambassador site for Healthier Neighbors, and he was thrilled about the partnership and begin his application and inspection process with the Food Bank.



The day proceeded to be the best it could have been. Residents showed up, many straight from church that Sunday, and were greeted with a Healthier Neighbors shopping bag, white tents lined with fresh vegetables, medical services inside, and food demonstrations and Zumba outside. Since this event other churches have reached to become a Pop-up Pantry site.



During this event we:

- Registered 208 Families

- Food distribution Impacted over 700 individuals (total number of persons in household)
- 75% (157 persons) of registered participants did not attend Ephesus Church. (this was the first time the church reached so many community members on their campus for a food distribution)
- Provided almost 10,000 lbs of food to families
- Were a feature on the evening news!!



A big thank you to all of partners for that day including: American Heart Association, Trinity United Methodist Church of West Palm Beach, Ephesus Seventh Day Adventist Church, Trindy Gourmet “Gourmet on the Go”, The New Zioniac Dance Fitness, and HANA of Palm Beach for all of their efforts to provide healthy foods, services, and resources to our community!

## Healing.

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### Mayor’s Village Initiative Event.

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In an effort to lead with resiliency, Healthier Neighbors partnered with the City of West Palm Beach-Mayor’s Village Initiative to produce the first Community Healing Event. The planning



team was strategic in combining two events in one: the day opened with a libation ceremony led by local resident and known drummer, Abasi Hanif of Livin the Rhythm. In partnership with Ms. Angela Williams of Mothers Against Murderers Association, we invited mothers and family members who lost their loved-one to gun violence to a day of healing. The morning session was exclusive to grieving families. At noon the event was opened to the entire community.

**[Please click here to see video from Community Healing Event](#)**

Over 100 families benefited from this day of healing. Using a Community Response Board, HN was able to capture from participants other activities and resources they would like access to. These responses have steered the direction of future events in downtown West Palm Beach. Next up, a youth healing event geared toward youth and young adults in downtown West Palm Beach.

**Florida Blue.**

This year Palm Health Foundation was awarded the Florida Blue Foundation Mental Health Grant. Through this grant resident in the HN community can access healing strategies not only for themselves but those they encounter. Through this grant 2,000 residents will be trained in Mental Health First Aid. In the Healthier Neighbors

community, 3 resident Steering Committee members (including Devon Lewis-Buchanan—posted below) and one local Minister were trained as trainers. They will lead the work in the HN community.



As stated in the release (<https://bit.ly/2V9iio3>), the funding will target communities where the need is high, but the number of residents seeking help is low because of stigma and access to services. According to the Health and Human Services Office of Minority Health, African Americans are 20 percent more likely to experience serious mental health problems than the general population, yet the majority don't seek professional help. Research has found that many African Americans rely on faith, family and social communities for emotional support rather than turning to health care professionals, even though medical or therapeutic treatment may be necessary.

Not only will the community have access to healing, they will receive this service in the comfort of their community from the people they know and trust.

Allies.



The Mayor's Village Initiative was developed as a result of the high violent crime rates almost exclusive to young African American men in the North End of the City of West Palm Beach, specifically in the neighborhoods of the Historic Northwest, Coleman Park and Pleasant City. Comprised of City of West Palm Beach staff, community leaders, community members and local organizations, the Mayor's Village Initiative is a collaborative multidisciplinary strategy to prevent and reduce youth violence and improve outcomes for African American boys and young men in the three target neighborhoods

Healthier Neighbors was asked to co-champion the Health pillar. This pillar is inclusive of mental and physical health. Numerous community conversations were held throughout downtown West Palm Beach (Pleasant City, Northwood and Coleman Park). The purpose was to gather resident input regarding their pressing health issues and the prioritization of said issues.



Prior to Mayor Muoio's departure (as Mayor of the City of West Palm Beach) she insured the allies behind this initiative were acknowledged and the plan was ready to roll out.

Chart 9: Detailed Action Plan - HEALTH			
<b>Goal:</b>	To improve mental and physical health outcomes in the Northwest community of West Palm Beach prioritizing African American males		
<b>Purpose:</b>	To increase life expectancy and decrease overall negative health outcomes inclusive of Social Determinants of Health		
<b>Long Term Change:</b>	Increased number of African American males enrolled in healthcare options and aware of local resources		
<b>Performance Measures:</b>	Increase rates of community members with health insurance in three target neighborhoods by 10%		
	Increased representation of young African American males in redefining their health and wellbeing		
	Data Collection: American Community Survey, Health Insurance Data Collection: Participation at health fairs and community conversations		
<b>Knowledge &amp; Skills</b>	Key partners participate in Racial Equity Institute, cultural competency, aware of Social Determinants of Health, and relationship building		
<b>Stakeholders:</b>	<ul style="list-style-type: none"> <li>• Resident Leaders</li> <li>• Inner City Innovators</li> <li>• City of West Palm Beach</li> <li>• 211</li> <li>• CHIP</li> <li>• County Clinics</li> <li>• Healthier Neighbors (HN)</li> <li>• PBC Sickle Cell Foundation</li> </ul>	<ul style="list-style-type: none"> <li>• National Association of Mental Illness</li> <li>• Palm Health Foundation</li> <li>• MOSAIC Group- Marketing</li> <li>• PBC Department of Health</li> <li>• Northwest Community Consortium Inc. (NCCI)</li> <li>• UB Kinsey planned Community Medical Center</li> <li>• FAU Community Health Center</li> <li>• Health Council of Southeast Florida</li> </ul>	<ul style="list-style-type: none"> <li>• Grassroots organizations within 33401</li> <li>• Southeast Florida Behavioral Health Network (SEFBHN)</li> <li>• Mental Health Association</li> <li>• Healthy Mothers Healthy Babies</li> <li>• Bridges at West Palm Beach</li> <li>• Tabernacle Missionary Baptist Church</li> </ul>

## Asset Based Community

The entire HN community is labeled a “food dessert”. During a conversation with a resident they stated “We not just a food dessert! We’re an education dessert, an employment dessert and so much more. Building of the principles of the Mayor’s Village Initiative, Healthier Neighbors is also focusing on Asset Based Community.

On the holiday of Dr. Martin Luther King, Jr., HN launched the first Healthier Neighbor’s Mini Grant opportunity. This opportunity was designed local residents and community stakeholders who made up the Mini Grant Team. Together this team designed a mini grant opportunity to strengthen grassroots initiatives-shedding light on local heroes, creating general wealth by creating small business opportunities and provides resources to residents ready to see change on their blocks.



Mini Grant One-on-One Volunteers.

Together the Mini Grant Team held community meetings, provided access to one-on-one assistance for applicants who needed assistance placing their ideas on paper, and reviewed 140 applications. We are excited about this new venture.



Mini Grant Team on Presentation Day. (Not Pictured: Teresa Johnson & Ron Dixon)

The best is yet to come Neighbors!

(This is part where we exit and leave you waiting until our next impact report to view the awardees and their awarded projects. Or you could cheat and view the awardees and their beautiful families on our [facebook page](#))

### Lessons Learned:

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- Through the mini-grant process we discovered more community assets than we planned for
- Engagement and feed-back loops are still relevant in the middle years
- Data collection is as crucial in the middle years as it was in the beginning years

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

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1. The progress Healthier Neighbors has made in the community. We have built trust with our Neighbors.
2. The community is better understanding the power of their voice.
3. The amount of community assets uncovered during our mini grant application period.

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

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1. Although many community organizations admire the work done by HN, they are unable to fully replicate due to their funding structures. This is difficult to address with residents when they ask "why can't other organizations do this?".
2. Our reach is growing and there is a greater demand for HN to sit at other tables. It is certainly an honor and proves our work is making an impact however additional engagement requires additional time and resources.

## Next Steps:

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- Increase faith-based organizations delivering the Produce Pop-up Market
- Engage the Mayor's Village Initiative-Health Pillar to move forward with the strategies identified
- Engage youth in downtown WPB in Youth Healing Event
- Determine mini grant awardees
- Add additional residents to the Steering Committee
- Engage subcommittees to view the "changes the community wanted to see" and determine where we are and if new measures are needed

## Additional Attachments:

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[Download File "HN-WINS-Board.xlsx"](#)