



University of Delaware

# SHIP BIMONTHLY MEETING



August 2025



# Meet the Team



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Postdoctoral Researcher  
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Partnership for Healthy Communities



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**Dr. Jennifer Horney**

MPH and PHC Director  
Professor & Founding Director  
Epidemiology Program



**Catlynn Senquiz**

Health Promotion  
Graduate Assitant



**Lauren Camphausen, MS**

Assistant Director  
MPH Program





# AGENDA

Welcome and Team  
Introductions

Communication Platforms:  
Up to Date Contact Info

SHIP Website Update:  
Programming Page –  
Coming Soon

Evidence-Based Practices for  
Community Health & Well-  
Being Workbook


“At a Glance” Project  
Recognition

New SHIP Leads

Guest Speaker:  
Alta Porterfield  
Delaware Division of Libraries

Breakout Groups:  
Action Planning

Q & A  
Closing Remarks



# Communication Platforms: Help Us Keep Your Info Up to Date

We're asking all coalition members to check either the [Google Drive](#) or [Microsoft Teams](#) to ensure your contact information is up to date.

- Look for the file titled “Coalition Members”
- Please verify that your organization name and email address are correct
- Email us to make any corrections at [info@delawareship.org](mailto:info@delawareship.org)

*Please Note: You do not need to join both Google Drive and Teams – they contain the same information. Choose the platform that works best for you!*

*Click the links above or use the icons to join.*



Google Drive



# SHIP Website: Programming Page

We're excited to introduce a new section on our website dedicated to Programming Resources.

This page offers up-to-date information and links for various programs across the state of Delaware. This resource hub is designed to connect our community with reliable, accessible support—whenever it's needed.


Programs are organized by priority health outcome and county.

You can visit the SHIP Website at [www.delawareship.org](http://www.delawareship.org)




## Coming Soon

### Maternal and Infant Health




New Castle County

- [Smart Start](#)
  - Smart Start offers special services to help women have healthy babies and raise healthy children. Services include home visits to teach new mothers and mothers-to-be about pregnancy, labor and delivery, and caring for children.
- [YWCA Delaware](#)
  - Offers emergency community housing to women and families in need of it. They offer case m



Kent County


- [New Directions Early Head Start](#)
  - NDEHS provides pregnant people, infants, toddlers and their families with quality care and family services. Their goal is to promote children's success and families' self-sufficiency through community collaboration and partnerships. This includes both home-based and center-based services for families.
- [Bayheal](#)



Sussex County


- [Do Care Doula Foundation, Inc.](#)
  - Do Care Doula Foundation, Inc. provides support for birthing people and their families through

### Mental Health




New Castle County

- [Sean's House](#)
  - Sean's House is a free, 24/7 mental health resource for young adults ages 14-24, offering a safe, confidential space to talk with Peer24 Support Specialists who have



Kent County


- [Project THRIVE](#)
  - Project THRIVE provides free, trauma-informed mental health services to eligible Delaware students in public, private, parochial, and homeschool settings, from pre-K through 12th grade. The program supports students dealing with trauma—such as abuse, violence, racism, or bullying—by helping them manage stress, improve emotio



Sussex County


- [Delaware Guidance Services for Children and Youth, Inc.](#)
  - DGS is a nonprofit organization that provides comprehensive mental health services to children, adolescents, and their families across Delaware. With a focus on accessible, community-based care, DGS offers counseling, crisis intervention, and psychiatric services to support emotional

### Chronic Disease




New Castle County

- [YMCA of Delaware](#)
  - The YMCA of Delaware's Community Health Programs focus on improving the overall well-being of individuals and families through accessible, evidence-based health initiatives. These programs include support for chronic disease prevention and management (like Blood Pressure Self-Monitoring and Diabetes Prevention), mental hea



Kent County

- [Dining with Diabetes](#)
  - Dining with Diabetes is a program offered by the University of Delaware Cooperative Extension that helps individuals with type 2 diabetes — as well as their families and caregivers — learn how to manage the disease through healthy eating and lifestyle changes. The program typically includes nutrition education, cooking



Sussex County

- [Healthy Delaware](#)
  - Healthy Delaware - Chronic Disease Self-Management Program is a free, evidence-based six-week course designed for adults managing ongoing health conditions like arthritis, diabetes, asthma, heart disease, and more. Offered both in-person and virtually, the program teaches practical skills to handle symptoms, improve commun

# Welcome to the Evidence-Based Practices for Community Health & Well-Being Workbook

## Developed in collaboration with:

- The SHIP team
- Community Health Advocacy Mobilization Group (CHAMG) of Delaware

## Purpose:

- To support community-based organizations (CBOs) in identifying evidence-based programs and interventions that promote health and wellness.

## Workbook Features:

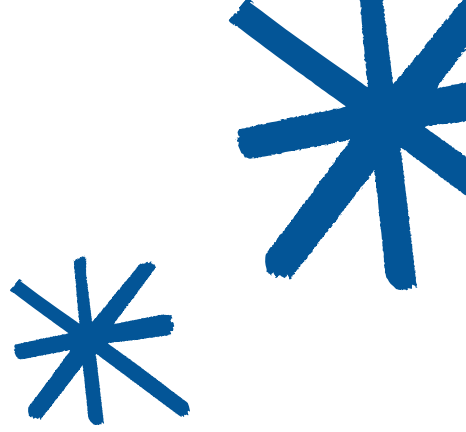
- Topic-specific strategies & successful intervention examples
- Peer-reviewed literature & global/national health agency resources (e.g., WHO, CDC, APA)
- Organized by health focus areas: (aligned with CHAMG Strategic Plan)
  - Obesity
  - Cardiovascular Disease
  - Diabetes
  - Depression

Evidenced Based Practices for Community Health and Well-Being									
File Edit View Insert Format Data Tools Extensions Help									
Welcome to the evidence-based practices for community health and well-being workbook! Created in collaboration with the University of Delaware State Health Improvement Plan (SHIP) team and the Community Health Advocacy									
Welcome to the evidence-based practices for community health and well-being workbook! Created in collaboration with the University of Delaware State Health Improvement Plan (SHIP) team and the Community Health Advocacy Mobilization Group (CHAMG) of Delaware, this workbook offers resources for community-based organizations (CBOs) to identify evidence-based programs or interventions that can enhance health and wellness within their communities. It includes strategies focused on specific topics, examples of successful community interventions, and literature or reviews related to promoting health and wellness. The selected resources feature peer-reviewed journal articles, materials from global or federal health agencies (such as the World Health Organization and Centers for Disease Control and Prevention), and resources from national organizations (such as the American Planning Association). The "primary sheet" is a collection of all the resources that we have found thus far. The following sheets, including Obesity, Cardiovascular Disease, Diabetes, and Depression (inspired by the CHAMG strategic plan), pull the evidence-based strategies from the resources found in the primary sheet. This workbook is designed to be a living document, with updates planned on a quarterly basis. We welcome any suggestions for additional resources to be included. Please contact <a href="mailto:Info@DelawareSHIP.org">Info@DelawareSHIP.org</a> for any questions, concerns, and/or suggestions.									
*last updated July 2025									
	Title	Year	Author/Organization	Topic (i.e. physical activity)	Type	Brief Description	Priority Population	Inclusion of blank worksheets/che...	Link/PDF
24	Public Health Speaks: Public health's role in community organizing	2024	National Collaborating Centre for Determinants of Health	community engagement, intersectoral action, power	Literature/resources	community organizing discusses their experiences and reflect on working in community organizing groups as public health practitioners	N/A	No	<a href="https://nccdh.ca">https://nccdh.ca</a>
25	Leading Locally: A Community Power-Building Approach to structural change	2020	Pastor, et al.	community power, local projects	Literature/resources	Discusses community power and the methodology for these programs in relation to community health. It also lists 10 stories of where these programs worked in 16 cities.	N/A	No	<a href="https://www.lc.org">https://www.lc.org</a>
26	Mental Health among Pacific Island Youth in New Zealand	2015	Han, et al.	mental health, low income, pacific island, youth	Examples of successful community ...	Community campaigns led by pacific island youth and use of focus groups and reporting sense of agency and mental health status	pacific island youth in New Zealand	No	<a href="https://journals.sagepub.com">https://journals.sagepub.com</a>
27	Social Movements in Health	2014	Brown, T. & Fee, E.	child health, mobilization, substance use, urban conditions, activism	Literature/resources	Review discussing the impacts of social movements focused on urban conditions and health, children and behavioral and substance related determinants of health	Urban residents/ Children	No	<a href="https://www.anthropology.org">https://www.anthropology.org</a>
28	Community Organizing and Public Health rapid review	2025	Jimenez, C. & Heller, C.	public health, environmental health, justice, social capital, policy, community organizing	Literature/resources	Rapid review of 24 articles focused on advancing health equity and structural determinants of health and power imbalances. Community organizing to cultivate community power.	N/A	No	<a href="https://bmcpublishing.com">https://bmcpublishing.com</a>
29	Community Organizing Frameworks, Models and Processes to Improve Health	2023	Kadariya, et al.	community organizing, frameworks, models, sexual and reproductive health, access to healthcare and equity and substance abuse and chronic disease management	Literature/resources	Review of 38 studies that promoted healthy lifestyle and discussion of models and frameworks to implement these programs	N/A	No	<a href="https://www.mindgarden.org">https://www.mindgarden.org</a>
30	Growing Equity and Health Equity in Perilous Times	2019	Minkler, et al.	community organizing, health equity, community based	Literature/resources	137 organizers leading equity organizations qualitative interviews to discuss strategies, barriers, and leadership	N/A	No	<a href="https://journals.sagepub.com">https://journals.sagepub.com</a>
Primary Sheet Obesity Cardiovascular (Heart) Disease Diabetes Depression									

Questions or Suggestions?  
Email [Info@delawareship.org](mailto:Info@delawareship.org)



# “At a Glance” Project Recognition



## Coming this Fall!

We are looking to spotlight coalition members working in each priority health outcome area (chronic disease, avoidable injury, mental health, premature death, and maternal and infant health) and speak to the current landscape in each area.

## Thank you!

- Mental Health – **Marie Wenzel** from NAMI Delaware
- Chronic Disease – **Shebra Hall** from the Chronic Disease Bureau for the Division of Public Health
- Maternal and Infant Health – **Erica Allen** from Do Care Doula Foundation, Inc.
- Premature Death – **Joanna Champney** from Substance Abuse and Mental Health
- Avoidable Injury –
  - **Joe Myers** from Delaware Coalition Against Domestic Violence
  - *Coming soon* – **Bryna Clark-Braverman** from Mothers Against Drunk Driving



# NEW SHIP LEADS

As we transition our breakout groups to focus on priority health outcomes, we are looking for new SHIP Leads.

If you're interested in taking on this role, please let your breakout group facilitator know. You can also reach out by emailing us at [info@delawareship.org](mailto:info@delawareship.org).

## Current Leads:

- Avoidable Injury – Britt Salen
- Chronic Disease – Natalie Andrews
- Premature Death – Esther Curtis

## Need Leads for:

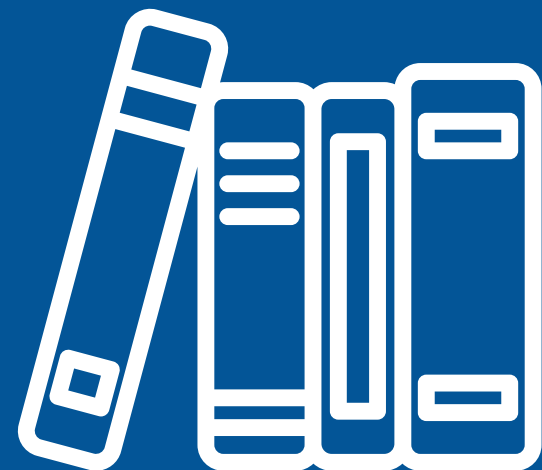
- Maternal and Infant Health
- Mental Health



# **WELCOME OUR GUEST SPEAKER**




**Alta Porterfield**  
**Delaware Division of Libraries**





# **BREAKOUT GROUPS: ACTION PLANNING**

- **Action Plan Review – Picking Up Where We Left Off!**
  - **In our last bimonthly meeting, we began reviewing the action plans associated with each priority health outcome group. Today, we'll finish going over them together!**
    - You should have received your assigned group and action plan in a previous email. If you need to change your group, please reach out directly.
    - If you'd like to review action plans from other groups, they are available in the SHIP Teams folder and on Google Drive.
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A thick, yellow, hand-drawn brushstroke graphic in the top-left corner, consisting of several overlapping, slightly curved lines that create a sense of movement and energy.

**THANK YOU  
FOR JOINING  
TODAY!**

**TIME FOR Q&A**

A thick, yellow, hand-drawn arrow graphic on the right side of the slide. It starts as a curved line at the top, loops around, and ends as a pointed arrowhead pointing downwards and slightly to the left.