

*University of Delaware*

# SHIP Quarterly Meeting

*March 2026*



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



# Meet the Team

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**Dr. Alexandra Wynn**  
Postdoctoral Researcher  
Department of Epidemiology



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Program Manager, Partnership  
for Healthy Communities



**Dr. Yendelela Cuffee**  
Associate Director, Partnership  
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**Dr. Jennifer Horney**  
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**Sequoia Rent**  
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University of Delaware



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Undergraduate Assistant  
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# Meeting Agenda



Welcome + Meet the Team

SHIP Maternal and Infant Health Report

SHIP Town Halls and Legislative Scan Updates

Campus Compact Conference Overview

Community Engagement: Reports, Resources and Upcoming Events

Open Floor for SHIP Coalition

Guest Speaker: Community Health Advocacy Mobilization Group (CHAMG) of Delaware

Q & A Session + Door Prizes (for those in-person)

# SHIP Maternal and Infant Health Report



A Special Thank You to Everyone Who Provided Feedback!

What is it?

- The Maternal and Infant Health Report was developed to inform SHIP priorities and guide future action.
- The report summarizes key data, trends, and strategies related to maternal and infant health and is intended to reflect current conditions across the state.
- Feedback was collected to ensure the content is accurate, relevant, and aligned with SHIP efforts.

The Report is currently under review the the Division of Public Health (DPH).



## A Comparative Analysis of Maternal and Infant Health Programs

January 2026  
Delaware State Health Improvement Plan (SHIP)

By: Athena Bruess, SHIP Implementation Coordinator  
Dr. Alexandra Wynn, Postdoctoral Research Fellow  
Dr. Yendelela Cuffee, Associate Director  
Dr. Jennifer Horney, Principle Investigator, Founder, and Director

For more information about Delaware's State Health Improvement Plan, visit:  
<http://www.delawareship.org/> or email [info@delawareSHIP.org](mailto:info@delawareSHIP.org)

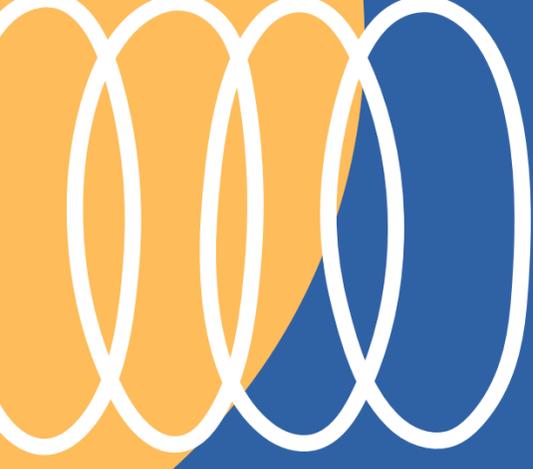
### Acknowledgements

Structure and formatting based on "A Comparative Analysis of State-Level Physical Activity, Nutrition, and Obesity Prevention Programs" written by Esther Dawley, MPH.



# SHIP Community Conversation Updates

- We plan to have two in each county between April - June (pending approval from UD and DPH)
    - Delaware State University and Camp Rehobeth confirmed so far
  - Based on our bimonthlys, these are the populations we are focusing on.  
**Populations of focus:**
    - People with intellectual and physical disabilities
    - Students
    - Veterans
    - Seniors/older adults
    - LGBTQIA+ community
    - Unhoused/housing insecure population
- 



# SHIP Community Conversation Updates

## Structure of Community Conversation

- Community conversation length: 90 minutes
  - Time of day: Lunch-time or evening
  - We will have:
    - An area for young children to have coloring sheets with health themes
    - A simple feedback board for families to write on/stick sticky notes on
      - Ex: “What helps our family stay healthy?”
    - A resource table with coalition member hand-outs/resources/one-pagers
    - Provide health snacks and beverages
    - Offer small door prizes, including SHIP swag and prizes from other coalition organizations
  - Names will be not collected. Conversations will not be recorded to protect community members' privacy.
  - The SHIP team will be present to take detailed notes.
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# Legislative Scan Updates

- The SHIP Team are currently tracking and sorting legislation by vital conditions for health and well-being domains from 2024-2026.
- This information was last shared when the SHA was published. We are providing an update to ensure you have the most current version readily available as needed.
- The SHIP Team aims to published this information alongside the SHIP Annual Report.



# Campus Compact Conference 2026

## What is Campus Compact?

Compact26 is the largest and most inclusive national conference focused on the role of higher education in building healthy communities and fostering health equity. Sessions explore topics such as civic learning and democratic engagement, publicly engaged scholarship, practice, and teaching, community-engaged partnerships, institutional action, and anchor initiatives.

## SHIP's Presentation

### Pollinators in Action: Building Bridges Through Delaware's State Health Improvement Plan

This session will showcase how SHIP functions as a connector: facilitating community-defined priorities, gathering input through one-on-one conversations and events, and supporting coalition partners in developing action plans. We will also illustrate how we bridge the needs of community-based organizations with university and student capacity.



Campus Compact

When: March 16-18, 2026  
Where: Chicago, IL



# Campus Compact Conference 2026

## SHIP Ecosystems-Mapping Worksheet

After learning about the SHIP's process, projects, and outcomes, participants will be able to use the presentation to reflect on their organization and map their own ecosystems of engagement with the SHIP Ecosystems Mapping Worksheet.

They will be able to identify who their "pollinators" are, where gaps exist, and what resources could be leveraged.

 Partnership for Healthy Communities

### POLLINATORS IN ACTION: ECOSYSTEM MAPPING HANDOUT

Identify connectors, gaps, and opportunities in your organization or community.

**1. KEY PLAYERS**

Community Organizations: \_\_\_\_\_  
Government/State Partners: \_\_\_\_\_  
Academic Institutions: \_\_\_\_\_  
Students/Volunteers: \_\_\_\_\_  
Residents/Community Leaders: \_\_\_\_\_

**2. POLLINATORS**

Who connects across sectors? Why are they effective?

Name / Role:  Trusted  Responsive  Neutral  Well-Networked  Other  
Name / Role:  Trusted  Responsive  Neutral  Well-Networked  Other

**3. MOMENTUM & GAPS**

Where do ideas get stuck? Where is duplication happening?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. YOUR POLLINATOR ROLE (CHECK ALL THAT APPLIES)**

Listener  Convener  Advocate  
 Connector  Capacity builder  Translator

**One action** you could take in the next 30 days:  
\_\_\_\_\_

**REFLECTION:**

What **would change** if connection improved?

Remember:

- You **don't need** funding to lead connection.
- **Trust** is infrastructure.
- **Small**, consistent follow-through builds impact.



# Community Engagement

Sharing upcoming events, resources, and reports.



# Empowering Community Wellness Symposium by MHA

When: Tuesday, March 10, 2026

Where: Delaware State University's MLK Jr. Student Center  
*(1200 N Dupont Hwy, Dover, DE 19901)*

This event is dedicated to mental health advocacy, with inspiring presentations, interactive workshops, networking opportunities, and more.

The SHIP Team will be a vendor, so we hope to see you tomorrow!



# LGBTQ+ Legal and Healthcare Readiness Day

When: Tuesday, March 24

Time: 9:00 a.m. to 12:00 p.m.

Where: Delaware Technical Community College – Jack F. Owens Campus

Address: 21179 College Drive, Georgetown, DE 19947

Description: Community day created by and for LGBTQ+ to make sure our legal and healthcare needs are taken care of. Together, we'll create space for connection, support, and empowerment while tackling some of life's most important planning steps.

If you have questions, email: [phc-info@udel.edu](mailto:phc-info@udel.edu)

**EMPOWERED FUTURES**

**LGBTQ+ Legal and Healthcare Readiness Day**

**YOUR FUTURE, YOUR VOICE, YOUR CHOICE.**

Join us for a community day created by and for LGBTQ+ to make sure our legal and healthcare needs are taken care of. Together, we'll create space for connection, support, and empowerment while tackling some of life's most important planning steps.

- Talk with affirming legal and healthcare professionals
- Learn about local resources for ongoing support
- Build community in a safe, welcoming space

This event is free and affirming. Come as you are, leave with peace of mind and a stronger plan for your future!

**Date:** Tuesday, March 24, 2026

**Time:** 9 a.m. to 12 p.m.

**Location:** Del Tech-Georgetown: Jason Technology Center Gym (21179 College Drive, Georgetown, DE 19947)

For Questions Email: [phc-info@udel.edu](mailto:phc-info@udel.edu)

 **CAMP Rehoboth Community Center**

 **DELAWARE TECHNICAL COMMUNITY COLLEGE**

 **Partnership for Healthy Communities**  
A COMMUNITY ENGAGEMENT INITIATIVE

# The Pathways to Thriving Summit

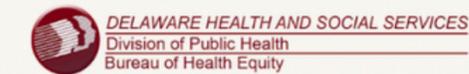
When: Wednesday, March 18

Time: 8:00 a.m. to 4:30 p.m.

Where: Bally's Dover Conference Center

Register at: <https://whova.com/web/lwRrCAac92t-eLbSj4e6ntirr5DvvmGkpEuFV64jYo4%3D/>

Description: Bringing together 450 health care and national experts, policymakers, educators, community advocates, and leaders for a dynamic day of learning, collaboration, and multi-solving. Participants will share ideas, build strategies, and advance bold cross-sector solutions using the Vital Conditions for Health and Well-Being Framework to create healthier, thriving communities across Delaware.



The Delaware Division of Public Health's  
Bureau of Health Equity Presents

## THE PATHWAYS TO THRIVING SUMMIT 2026

Bringing together 450 health care and national experts, policymakers, educators, community advocates, and leaders for a dynamic day of learning, collaboration, and multi-solving.

Participants will share ideas, build strategies, and advance bold cross-sector solutions using the Vital Conditions for Health and Well-Being Framework to create healthier, thriving communities across Delaware.

### KEYNOTE SPEAKER



**Becky Payne**  
*President & CEO*  
The Rippel Foundation

### AGENDA AT A GLANCE

- Registration and Breakfast
- Welcome
- Keynote: Fostering Well-Being Through Belonging
- Breakout 1: Understanding Vital Conditions
- Breakout 2: Recognizing Vital Conditions and Partnerships
- Lunch and Networking
- Breakout 3: Designing Strategies for Thriving
- Breakout 4: Multi-Solving Across Sectors
- Panel: Belonging Across Vital Conditions
- Closing and Call to Action

SAVE THE DATE

**March 18, 2026**  
8:00 a.m. – 4:30 p.m.  
Bally's Dover  
Conference Center

Register today at  
[pathwaystothriving.events](https://whova.com/web/pathwaystothriving.events)  
[.whova.com/registration](https://whova.com/registration)



# MCH Block Grant Application

The Title V Block Grant, authorized under the Social Security Act, supports programs that improve the health and well-being of mothers, children, and families, including children with special health care needs.

Currently welcoming review of their FY2026 Title V Block Grant Application, which also includes their FY2024 Annual Report. The application, along with their State Action Plan, will guide the work they plan to accomplish during this five-year grant cycle. They welcome your ideas, suggestions, and comments on the Title V Block Grant Application.

Visit: <https://dethrives.com/providers-and-community-partners/title-v-block-grant#mch-block-grant-application>

If you have any additional input reach out to:

- Title V MCH Coordinator, Elizabeth Orndorff at [Elizabeth.Orndorff@delaware.gov](mailto:Elizabeth.Orndorff@delaware.gov)
- MCH Deputy Director, Crystal Sherman at [Crystal.Sherman@delaware.gov](mailto:Crystal.Sherman@delaware.gov)



# Delaware Department of Education's Strategic Plan 2025–2028

On March 3, the Delaware Department of Education's Strategic Plan 2025–2028 was released.

The plan is organized around five building blocks:

- Bright Beginnings
- Safe Supportive Schools
- Great Teaching and Learning
- Fair Opportunities for Every Learner
- Families and Communities as Partners



Each building block includes specific strategies, measurable metrics, and defined responsibilities across the state, districts, schools, educators, and families. Implementation is already underway statewide, with professional learning, coaching, and aligned investments supporting these goals.

Read the Plan at [https://education.delaware.gov/wp-content/uploads/2026/03/DDOE\\_strategic\\_plan\\_final.pdf](https://education.delaware.gov/wp-content/uploads/2026/03/DDOE_strategic_plan_final.pdf)

# Report: Intentional Investment in Delaware's CVI Ecosystem

End Community Violence Now (ECVN) released a Community Violence Intervention (CVI) Investment Report, highlighting the importance of sustained funding and coordinated strategies to address violence in Delaware communities.

- The report emphasizes investing in evidence-based programs, community leadership, and long-term solutions to break cycles of violence
- By sharing this data and analysis, ECVN aims to guide policymakers, funders, and community organizations toward effective investments in public safety and community well-being.

Read the report here: <https://ecvndelaware.org/resources/delaware-cvi-investment-report/>



# We Serve Together Impact Report

ChristianaCare, recently published their "We Serve Together," 2025 impact report.

It focuses on telling the stories of the many ways their nearly 15,000 caregivers bring their values to life, from gene editing research that's changing how we fight cancer, to new hospitals in communities that need them, to a first-of-its-kind affiliation with Children's Hospital of Philadelphia, bringing world-class pediatric care closer to home.

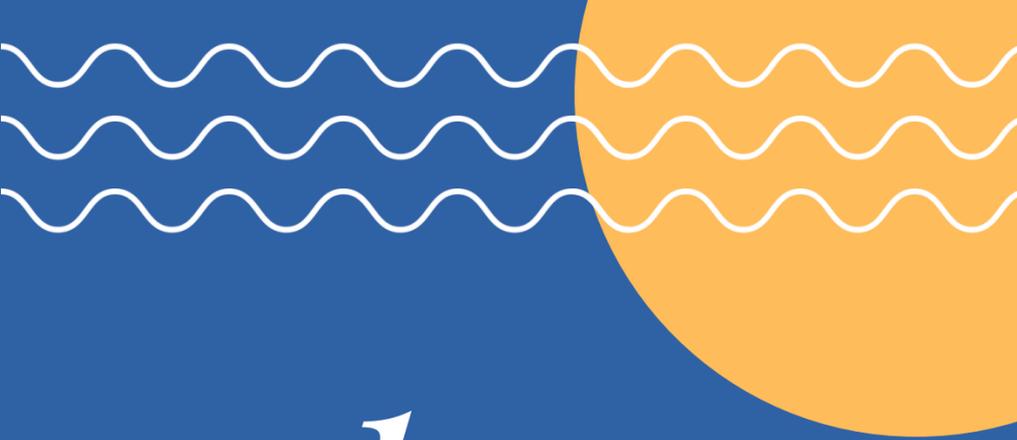
[Read the full report here: https://christianacare.org/us/en/about-us/we-serve-together](https://christianacare.org/us/en/about-us/we-serve-together)



# *Open Floor for Coalition*

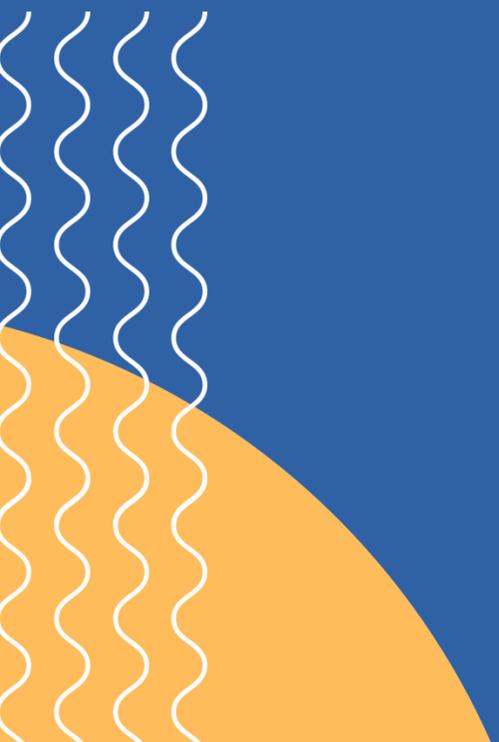
This is an opportunity for participants to share organizational updates, including legislative developments, recent reports, new programming, upcoming events, or recent accomplishments.





# *Welcome Guest Speaker*

Community Health Advocacy  
Mobilization Group (CHAMG)  
of Delaware



# 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

Title	Year	Author/Organization	Topic (i.e. physical activity)	Type	Brief Description	Priority Population	Inclusion of blank worksheets/cheatsheets	Link/PDF	Reference
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://ncclh.ca">https://ncclh.ca</a>	Natio
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 16 stories of where these programs worked in 16 cities.	N/A	No	<a href="https://www.lci.pastor">https://www.lci.pastor</a>	Pastor
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 campaign 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/doi/10.1177/1043986215571111">https://journals.sagepub.com/doi/10.1177/1043986215571111</a>	Han, et al.
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.annals.org/lookup/suppl/doi:10.1177/0003496914528111/-/DC1">https://www.annals.org/lookup/suppl/doi:10.1177/0003496914528111/-/DC1</a>	Brown, T. & Fee, E.
Community Organizing and Public Health rapid review	2025	Jimenez, C. & Heller, C.	public health, environmental health, justice, social capital, policy, community organizing, community organizing, frameworks, models, sexual and reproductive health, access to health care and equity and substance abuse and chronic disease management	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://bmco.org.uk">https://bmco.org.uk</a>	James
Community Organizing Frameworks, Models and Processes to Improve Health	2023	Kadaria, et al.	public health, environmental health, justice, social capital, policy, community organizing, community organizing, frameworks, models, sexual and reproductive health, access to health care 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.mii.ac.uk">https://www.mii.ac.uk</a>	Kadaria, et al.
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/doi/10.1177/1043986219851111">https://journals.sagepub.com/doi/10.1177/1043986219851111</a>	Minkler, et al.

Click [here](#) to access the workbook.

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

# Key Principles for Community Health and Well-Being Practice

This one-pager outlines clear strategies for community-based organizations to plan and run community health programs. These efforts should be fair, respectful of different cultures, and long-lasting.

Dr. Wynn will be presenting on the Key Principles and the Evidence-Based Workbook at the next CHAMG meeting taking place on March 25, 2026.

Please contact Dr. Gwen Angalet at [gangalet@comcast.net](mailto:gangalet@comcast.net) for the meeting information if you would like to attend.

## Key Principles for Community Health and Well-Being Practice

### Purpose

This one-pager outlines clear strategies for community-based organizations to plan and run community health programs. These efforts should be fair, respectful of different cultures, and long-lasting.

### Key Principles

#### Engage Trusted Messengers and Local Resources

- Work with community health workers (CHWs), faith leaders, and local champions
- Use community resources, such as schools, places of faith, recreational centers, and grassroots groups.
- Build on ties and trust within the community.

#### Utilize Culturally Responsive and Tailored Approaches

- Create programs that show the community's traditions, languages, and real-life experiences.
- Include activities and practices that are common in the local culture.
- Co-create messaging and programs with the community to ensure fit and trust.

#### Ensure Accessibility

- Deliver services and programs where people meet (faith spaces, schools).
- Reduce barriers to transit, cost, language, and scheduling.
- Make health services available in common places.

#### Support Community Engagement

- Involve community members in planning, carrying out, and reviewing.
- Raise community voices and lived experience.
- Encourage people to make decisions together to help sustainability and ownership.

#### Build Partnerships with Local Organizations and Stakeholders

- Work with faith-based groups, schools, employers, and nonprofits.
- Align goals and resources to maximize reach and impact.
- Build networks that support long-term community health efforts.

#### Utilize Peer Support and Social Networks

- Encourage peer-to-peer learning and support.
- Use social networks to promote duty, motivation, and shared learning.
- Encourage a sense of community around healthy habits.

#### Evaluate, Adapt and Sustain Programs

- Use feedback and data to keep making programs better.
- Adjust strategies to better meet changing community needs.
- Plan for long-term continuity through building skills together.

### Evidenced Based Practices for Community Health and Well-Being Workbook

This workbook supports community-based groups in identifying evidence-based programs that promote health and well-being. It collects peer-reviewed resources from global, federal, and national organizations, with strategies organized by key health topics, including obesity, cardiovascular disease, diabetes, and depression. For access, visit the [link](#) or email [info@delawareship.org](mailto:info@delawareship.org).

*Thank You for  
coming today!*

*Any Questions?*



Email

[info@delawareship.org](mailto:info@delawareship.org)

Website

[delawareship.org](http://delawareship.org)