Building Community Leadership, Power, Influence and Partnerships to Improve Health and Well-Being Through a Resident Leadership Academy

Welcome!

We will get started momentarily

April 30, 2021
10:00am - 11:00am PST / 1:00pm - 2:00pm EST
Our Panelists

Dana Richardson, Community Health Improvement Partners

Alexis Aviña, County of San Diego

Janice Luna Reynoso, Mundo Gardens 501c3

Andrea Nasser, County of San Diego
A MODEL OF COMMUNITY ENGAGEMENT: THE RESIDENT LEADERSHIP ACADEMY

Dana Richardson
The College for Behavioral Health Leadership (CBHL)
Friday, April 30, 2021
Presentation Outline

• Describe what the Resident Leadership Academy (RLA) is

• Describe how RLA informs and empowers local leaders to make change

• Highlight how CHIP RLA has adapted/pivoted in times of COVID-19

• Showcase how CHIP RLA has worked tirelessly to continue to fortify its community of leaders and partners & build capacity to affect change
The **Resident Leadership Academy** is a curriculum-based, public health leadership program that empowers residents from under-served and under-resourced communities to make positive changes in their neighborhoods, especially as it relates to improving food and physical activity environments, and public safety in high need communities.
October 2010 to April 2011: A 25-30 person External Review Committee made up of public and private sector representatives oversaw the development and implementation of the curriculum.

CHIP produced a 450-page RLA Participant manual consisting of 10 - 2.5 hour sessions & 10 prep articles

April 2011 – November 2011: CHIP staff successfully facilitated 4 RLAs in North, Central, East, and South regions of the San Diego County.

Find RLA Curriculum (1st Edition):
https://www.livewellsd.org/content/livewell/home/community/resident-leadership-academy.html
RLA: Curriculum Overview

SESSION 1: ORIENTATION
SESSION 2: COMMUNITY BUILDING PRINCIPLES
SESSION 3: SOCIAL DETERMINANTS OF HEALTH
SESSION 4: SAFE, WALKABLE COMMUNITIES; INCLUDING CRIME PREVENTION THROUGH ENVIRONMENTAL DESIGN (CPTED)
SESSION 5: HEALTHY FOOD SYSTEMS
SESSION 6: LAND USE AND COMMUNITY PLANNING
SESSION 7: LEADERSHIP, ADVOCACY & POLICY DEVELOPMENT
SESSION 8: COMMUNITY IMPROVEMENT PROJECT: NEEDS & OPPORTUNITY ASSESSMENT
SESSION 9: COMMUNITY IMPROVEMENT PROJECT: PLANNING & IMPLEMENTATION
SESSION 10: COMMUNITY IMPROVEMENT PROJECT: EVALUATION & CELEBRATION

BUILD A FOUNDATION FOR ACTION

SHARE EVIDENCE BASED STRATEGIES FOR COMMUNITY TO DETERMINE WHAT’S BEST FOR THEM

FACILITATE THE NEIGHBORHOOD’S SELF DETERMINATION: MOBILIZE DATA, ASSIGN GROUP ROLES, DEFINE WHAT SUCCESS LOOKS LIKE, DEVELOP ACTION PLAN, & CONDUCT SMART CELEBRATION
2012 HIGHLIGHTS – Show & Prove

• **Finished CPPW (March 2012):** (a) Created the RLA Trainer Guide (125 pages), (b) Created 3rd edition of the RLA Participant Manual in English & Spanish

• **Business Development & Marketing Plan:** Created RLA marketing materials, and defined a cost structure for RLA replication at new sites

• Worked with CCPA and Prevention Institute to complete 6 community engagement in public health trainings across CA (Fortuna, Oakland, Santa Ana, South LA, Sacramento, showcasing RLA as a replicable model)

• Earned 3 new contracts for RLA implementation in FY 2012-2013: Central Santa Ana, CA (Madison Park); San Diego – City Heights; Lemon Grove, CA
2013-Present: HIGHLIGHTS - Influencing the Field

• Summer 2013: CHIP was commissioned by County of San Diego HHSA – Community Action Partnership (CAP) to create the RLA Train the Trainer Workshop Series, 4 non-consecutive days (8 hours/day)

• Completed 9 RLA Train the Trainer Workshop Seminars (Cohorts) in San Diego County. Total number of certified RLA Trainers: 140; Number of RLA Graduates countywide: 850

• At least 30% of our certified RLA Trainers speak a language other than English (Spanish, Vietnamese, Arabic, etc.)

• RLA has been replicated 75+ times in San Diego (urban/rural areas), and have launched dozens of community improvement project campaigns to improve health in underserved communities
General Outcomes

- RLA is a mainstay in San Diego County. RLA has been replicated over 75 times in San Diego (urban/rural areas).

- Established a RLA Council that meets on bi-monthly basis that spans participation across all 6 regions of San Diego County.

- There are RLA certified trainers and participants who are now Mayors, members of City Council, members of Community Planning Groups, middle management + directors of public and private organizations, Paid RLA Consultants & Facilitators, etc.

- A tool like the RLA, catalyzes sustainability, and inspires real leadership but the greatest blessing has been experiencing the transformative feeling of building real trust across a wide diversity of leaders.
WHAT DETERMINES HEALTH STATUS?

- Health Care: 55%
- Behavior: 30%
- Genetics: 10%
- Social Conditions: 5%

Source: senatorfeldman.typepad.com/senator_dede_feldmans_blo/2009/03/focus-on-health.html
HOW DO ENVIRONMENTS MATTER?

COMMUNITIES OF OPPORTUNITY
- Parks
- Sidewalks
- Grocery Stores
- Financial Institutions
- Better Performing Schools
- Good Public Transportation

POOR HEALTH STATUS contributes to health disparities such as:
- Obesity
- Diabetes
- Asthma
- Infant mortality

GOOD HEALTH STATUS

LOW-INCOME COMMUNITIES
- Fast Food Restaurants
- Liquor Stores
- Limited Public Transportation
- Unsafe/Limited Parks
- Poor Performing Schools
- Increased Pollution; Toxic Waste Sites

GOOD HEALTH STATUS is better performing schools, parks, sidewalks, grocery stores, financial institutions, and good public transportation. These factors contribute to a healthy community.

POOR HEALTH STATUS is fast food restaurants, liquor stores, limited public transportation, unsafe or limited parks, poor performing schools, increased pollution, and toxic waste sites. These factors contribute to health disparities such as obesity, diabetes, asthma, and infant mortality in low-income communities.
Link to Behavioral Health Services

Figure 3. The Emerging Pillars of Wellbeing

BELONGING/CONNECTEDNESS
Sense of acceptance and being part of a community

CONTROL OF DESTINY
Sense of purpose, ability to influence events that shape life’s circumstances

DIGNITY
Sense of one’s value, honor, and respect

HOPE/ASPIRATION
Belief that something better is possible and achievable

SAFETY
Experience of security

TRUST
Belief in the reliability, truth, ability, or strength of self and others

Experiences in our environment

In an unsafe neighborhood

Frustrating situation at work

Mental Illness

Health & Wellbeing

Traumatic Injury

Heart Disease

Asthma

COPD

Substance Abuse

Diabetes

Parks closed in neighborhood

Junk food more than healthy food

Ongoing Trauma
Linkage To Trauma-Informed Care Framework

COMMUNITY INITIATIVES LEARNING COMMUNITIES
2018-2019

HEALING COMMUNITIES: INFUSING TRAUMA-INFORMED PRACTICES IN COMMUNITY DEVELOPMENT ORGANIZATIONS

SIX KEY PRINCIPLES OF A TRAUMA-INFORMED APPROACH
1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical, and Gender Issues

Figure 1: Six key principles of a trauma-informed approach, as identified by the Substance Abuse and Mental Health Services Administration

Figure 2: Four dimensions of safety, as articulated by the Sanctuary Institute
RLA ACTIVITIES & IMPACTS (FY 19-20)

RLA GOES VIRTUAL!!
RLA ACTIVITIES & IMPACTS (FY 19-20)

RLA Supplemental Trainings 2019-2020

- #13 Speak Well Spokesperson Training 11/15/19 (39A)
- #14 Community Organizer 12/6/19 (20A)
- #15 The Art of Inclusive Communication: Law Enforcement/Resident Workshop 01/14/20 (42A)
- #16 Moving Beyond the Buzz Words: The Role of Upstream Prevention in Community Health, Wellbeing, and Resiliency 03/13/20 (52A)
- #17 Changing Systems for Greater Responsiveness, Unity and Inclusion 04/02/20 (45A)
- #18 Land Use & Community Planning 05/15/20 (28A)
- #19 Trauma Informed Care: Understanding the Fabric of Communities One Thread at a Time 05/22/20 (70A)
- #20 Changing Systems: Failing Men and Boys of Color 06/05/20 (43A)
- #21 Implicit and Explicit Bias in the time of CV-19 06/30/20 (58A)
RLA ACTIVITIES & IMPACTS (FY 20-21)

COURSE DESCRIPTION
Community leaders and community-based organization staff will gain knowledge and skills to facilitate their own Resident Leadership Academy (RLA). RLAs are an authentic way to engage residents to bring positive changes to neighborhoods. RLAs provide powerful leverage to realize healthy, safe and thriving lives for all.

We are inviting local leaders and community-based organization staff who are passionate and already active in improving low-resource communities in San Diego. Every participant is expected to make a commitment to working towards initiating an RLA after the training is completed.

INSTRUCTORS
Dana Richardson, President & CEO
Community Health Improvement Partners

Yerli L. Palomino, Vice President, Community Health & Engagement
Community Health Improvement Partners

COURSE INFORMATION
This will be an online course and space is limited to 25. Register early to reserve your spot.

COURSE SCHEDULE
WINTER 2021
This course will run through March 10, 2021 through April 9, 2021 with four mandatory Zoom sessions: 3/16/21, 3/22/21, 4/1/21, and 4/8/21.

ZOOM TRAINING DATES
Course Length: March 10, 2021-April 9, 2021
MANDATORY ZOOM SESSIONS
Zoom Class #1: 3/16/21
Zoom Class #2: 3/22/21
Zoom Class #3: 4/1/21
Zoom Class #4: 4/8/21

TIME
10:00am-12:30pm All days

HOW TO APPLY
You must complete all steps below to confirm your spot.

Register through Eventbrite to reserve your spot:

Take the RLA Community Experience Survey:

Once you have completed all steps, you will receive a confirmation email that you are registered for the training.

For more information, contact:
Yerli L. Palomino
yerli.palomino@cheip.org
858-603-7969
RLA COVID-19 FOCUSED TRAININGS & SUPPLEMENTAL TRAININGS (FY 20-21)

- Using Social Media Strategies to Move Health Equity Work Forward (10/23/20)
- Preparing High Schoolers for College in Times of COVID-19 (11/6/20)
- Expungement Informational Workshop (12/11/20)
- Teaching Parents How to Educate Their Small Children at Home (12/18/20)
- Suicide Prevention in the Times of COVID-19 (1/15/21)

- Historical Trauma & COVID-19 (1/28/21)
- Resource Day #1: Climate Change & Health (3/12/21)
- Learning the Basics of Zoom (3/19/21)
- Understanding Homelessness & How to Address It (3/26/21)
- Understanding Gang-Related Documentation (4/2/21)
- Restorative Practices (4/9/21)
- Resource Day #2: Housing Rights During COVID-19 (4/16/21)
How has the COVID-19 pandemic and its preventative measures impacted your life?

- Mental Health: 133 responses
- Social Isolation: 130 responses
- Technology Needs: 90 responses
- Physical Health: 75 responses
- Employment: 75 responses
- Closure of Schools: 41 responses
- Housing: 67 responses
**CONTINUUM OF PUBLIC PARTICIPATION**

<table>
<thead>
<tr>
<th>INFORM</th>
<th>CONSULT</th>
<th>INVOLVE</th>
<th>COLLABORATE</th>
<th>EMPOWER</th>
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<tr>
<td>Public Participation Goal: To provide the public with balanced and objective information to assist them in understanding the problems, alternatives and/or solutions.</td>
<td>Public Participation Goal: To obtain public feedback on analysis, alternatives and/or decisions.</td>
<td>Public Participation Goal: To work directly with the public throughout the process to ensure that public concerns and aspirations are consistently understood and considered.</td>
<td>Public Participation Goal: To partner with the public in each aspect of the decision, including the development of alternatives and the identification of the preferred solution.</td>
<td>Public Participation Goal: To place final decision-making in the hands of the public.</td>
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Source: International Association for Public Participation
Dana Richardson
President & CEO
Community Health Improvement Partners, CHIP
drichardson@sdchip.org
858-609-7968
ACTION FRAMEWORK

Live Well San Diego Action Framework

1 VISION of a Region that is
- Building Better Health
- Living Safely
- Thriving

4 STRATEGIC APPROACHES
- Building a Better Service Delivery System
- Supporting Positive Choices
- Pursuing Policy & Environmental Changes
- Improving the Culture Within

5 AREAS OF INFLUENCE
- HEALTH
- KNOWLEDGE
- STANDARD OF LIVING
- COMMUNITY
- SOCIAL

TOP 10 LIVE WELL SAN DIEGO INDICATORS
- Life Expectancy
- Quality of Life
- Education
- Unemployment Rate
- Income
- Security
- Physical Environment
- Built Environment
- Vulnerable Populations
- Community Involvement

that measure the impact of collective actions by partners and the County to achieve the vision of a region that is Building Better Health, Living Safely and Thriving.
COLLECTIVE EFFORTS TO ADDRESS WELLNESS HOLISTICALLY

Collective Impact

Social Determinants of Health

Live Well San Diego

Cities & Governments

Social

Health

Businesses & Media

Health

Knowledge

Schools & Education

Health

Community

Standard of Living
ACTIVATING THE COMMUNITY FOR SIGNIFICANT AND SUSTAINABLE RESULTS

Benefits of Collaborating with Community Leaders

Service Extender
• Bring Services
• Role Model
• Lead Community Improvement Plans

Cultural Broker
• Trusted relationship
• Provide Quality Social Support
• Information
• Empathy & Reinforcement

Social Change Agent
• Capacity building through RLA curriculum
• Taught how to access to tools and resources

Policy, Systems and Environmental Changes
Adopting positive behaviors
Reduction in health disparity
RESIDENT LEADERSHIP ACADEMY

- Supports community members to create better, healthier neighborhoods
- Participants learn ways to involve local grassroots networks in Community Improvement Projects
- Engages residents in activities and knowledge that lead to healthier neighborhood environments
For more information visit:

LiveWellSD.org

Alexis Avina, EdD, MPH
Manager, Live Well San Diego Support Team
Office of Strategy & Innovation
Health and Human Services Agency County of San Diego, CA
Alexis.Avina@sdcounty.ca.gov
NATIONAL CITY’S FIRST COMMUNITY GARDEN
Inscríbete Hoy!
Espacio Limitado

RLA
National City Resident Leadership Academy @ ARTS

24 DE ENERO

PARTICIPE EN DECISIONES DE LA COMUNIDAD
UNASE AL RLA @ ARTS

SESIONES DE 10 SEMANAS
MIERCOLES DE 6PM-8PM

Aprenda como su comunidad puede volverse más saludable y más feliz con su liderazgo
(Clases son en inglés solamente)

INFORMACIÓN: 619.488.4392
juliana@naicultureorganizers.com

Gratuidad

ARTS 200 East 12th Street National City, CA 91950

CREATE A CULTURE OF HEALTH
PARADISE CREEK FAMILY GARDEN
Janice Luna Reynoso
619-988-4392
janice@mundogardens.com
Creative Arts Youth
Resident Leadership Academy

Andrea Nasser
Background

- First-generation American
- Grew up & still live in Southeast San Diego
  - Culturally rich and diverse community in San Diego that has been historically and systemically underserved
- Bachelors in Public Health (SDSU)
- Peace Corps Volunteer in Benin, West Africa
- County of San Diego
  - Live Well San Diego – Health Information Specialist
  - Probation – Admin Analyst
CREATIVE ARTS
YOUTH RESIDENT LEADERSHIP ACADEMY

A SAFE SPACE TO BE HEARD

WHO:
Youth ages 14 - 19

WHAT:
A free 10 week leadership training that will empower you with the skills, knowledge and confidence to use your artistic and creative abilities to create positive change in your community

WHEN:
January - March 2020, 4:00 - 6:00 PM

LOCATION:
National Conflict Resolution Center
Center for Community Cohesion
220 Euclid Ave, Suite 110, San Diego, CA 92114

WHAT YOU GAIN FROM THIS:
• Develop leadership skills
• Learn strategies for improving the community
• Learn how to navigate city systems and processes
• Create new friendships and have fun
• Volunteer hours & Resume building
• Meet community leaders & get mentorship
• Express your creativity through a team project

MEET & GREET + INFORMATIONAL SESSION:
January 15, 2020 • 4:00-5:30 PM

TO GET INVOLVED, VISIT:
www.bit.ly/36ct122

FOR MORE INFORMATION, PLEASE CONTACT:
Andrea Nasser, andreanasser4@gmail.com
619-560-8811
Walk Audit & Tour of Complete Street

Checking in

Leadership Panel
Maxx Moses
CIP Ideas

- Affordable Housing
- Gathering Place
- School Mural
- Fix Sidewalks
- Community Clean Up
- School gardens
- Music club/performance

CIP

- Gathering Place
  - Mural/art installations
  - Garden boxes
  - Live music

- Location: 68th & Imperial Ave
8 RLA IN PERSON TRAININGS

13 YOUTH PARTICIPANTS

20 ZOOM CIP DESIGN PLANNING SESSIONS

20+ COMMUNITY IMPROVEMENT PROJECT WORKDAYS (100+ HOURS)

A FEW ARGUMENTS

6 NEW COMMUNITY MEMBERS ENGAGED IN VOLUNTEERING

30 PLANTS & 9 PLANTER BOXES DONATED
Impact on Myself

- Pushed me personally and professionally (led this via capacity as a community resident, invested 300+ hours outside of work)
- Created new networks and strengthened existing networks
- Showcased my abilities to key players within the County and in the community
- As of recent, 3 interviews for higher level positions focused on community services/social justice
- Interviewed by the RAND corporation
- Asked to be on source selection committees for large procurements for community programs
- Professional MBA w/ focus on Corporate Social Responsibility and Sustainability
Thank You!

Questions?

Let’s connect! Linkedin.com/in/andreanasser
The College for Behavioral Health Leadership
Holly Salazar, CEO
hsalazar@leaders4health.org
https://www.leaders4health.org/join-now/

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