

Summit 2021
Friday, February 26, 2021
8:30am – 2:30pm
VIRTUAL

Note: all learning objectives are prefaced with “Participants will be able to ...”

8:30am

Welcome, Land Acknowledgement, Thank you and Intros
Our definition of Resilience

8:45am – Morning Keynote Speaker

Resiliency Reset: Science-Based Solutions for Burnout Relief - Margit Henderson

Description: We will kick-off today's Community Resilience Summit with a restorative and energizing session to help you reset before jumping into connection and collaboration with your colleagues. You will learn why burnout happens in general and especially now. I will show you how to release stress from your body and calm your mind, even when the challenging circumstances haven't changed. Together, we'll play with simple and effective reset actions that take less than 2 minutes to do. You will start your conference refueled and refreshed!

Learning Objectives

1. Recognize why burnout happens in general and especially now.
2. Summarize the difference between situational stressors and embodied stress.
3. Recall simple and effective reset actions that take less than 2 minutes to do.

9:15am-9:45am – Building resilience thru creative spaces and community engagement opportunities – Panel Discussion

- Rethinking Public Space for a Post-Pandemic World - Amirah Shahid and Anthony Mazzeo, HDR Inc.
 - Description: COVID transmission rates inside vs. outside provides an interesting argument for moving certain inside programs outside, and in doing so, the potential for creating more meaningful public spaces. in the process. By investigating how we design and program urban surfaces to support community needs during times of adversity, we discover a useful lens for rethinking public open space in a post pandemic world. We discover how site design might be guided more by “strategic organization” than formal composition; a framework (for developing flexible uses as needs and desires change) vs. fixed design solutions.
 - Learning Objectives
 1. Identify design principles for creating frameworks and stages that support interactive outdoor public spaces that are flexible in use and open to change.
 2. Explain how quality public spaces can catalyze community development
- Micro Grants for Neighborhoods to Promote Engagement – Phuong Tran and Lauryn Bradley, Denver CALC
 - Description: There is nothing that has prepared us for COVID-19. While the initial shock has been swift, fully sweeping over our plans as both collectives and individuals, these brushes of abnormalities have taken a hold of our economy, our health, our jobs, our families, our day-to-day lives. Even so, we saw communities inspire creativity and courage in what seemed to be the darkest of circumstances. CALC's Summer 2020 COVID Response Micro-grant program shifted \$12,000 of grant funds to create 30 quick win, community-implemented projects to implement active living opportunities. Over the summer, these 30 micro-grant projects across the Denver region that kickstarted community gardens, bike rides, public art, and more, reaching over 7800 residents. This winter, CALC is excited to team up with Denver Streets Partnership and the Trust for Public Land to run a Winter Micro-Grant program to grant out over \$30,000 in micro-grants to Denver residents and organizations. The program has already funded 10 local projects with more applications being reviewed and approved every week.
 - Learning Objectives
 1. Identify resources for support to hard-to-reach populations (equity)
 2. List at least 2 ways to build community leadership capacity and invest in neighborhood champions

9:45am-9:55am

Healthy Snack Break – Grab some Coffee/tea – get moving

9:55 – 10:55am How we Engaged our Communities - panel discussion and Q&A

- FUN! ~ Not a word commonly used during a pandemic - Amber Rotramel & Nicole Reeves, Widefield Parks & Recreation
 - Description: Widefield Parks and Recreation hosted a Fall Fun Day Picnic in the midst of the COVID-19 pandemic, which brought families and a community together for a much needed, FUN-filled event. We will share

- interdepartmental collaboration, innovative programming for all age and interest groups, adaptability to regulations and restrictions, as well as promoting mental and physical health and wellbeing
- Learning Objectives
 1. Identify at least 3 examples of activities that engage all age groups
 2. Describe the impact of providing safe and fun family activities for a community during a global pandemic
 3. Identify at least 2 examples of the benefits of interdepartmental collaboration
- A Garden of Opportunity: Cultivating Community Engagement and Resilience with Native Plants - Christine Gust, Wild Ones
 - Description: Are you looking for ways to engage community members across all ages, maintain safe physical distancing, increase access to and opportunities to connect with nature, reduce isolation, loneliness and stress, create beauty, conserve resources, AND benefit birds, insects, other animals and the environment (without spending a lot of money), then this session is for you.
 - Learning Objectives
 1. Describe the importance and benefits of native plants
 2. Identify 2 things to look for in possible site locations
 3. List collaborators & resources that could help them move forward
- Chalk of the Town Public Art Program - Jenny Snell & Carolyn Doran, Localworks
 - Description: Showcase of a new community program supporting public art, local business, and connecting neighbors, mid-pandemic.
 - Learning Objectives
 1. Identify at least 2 benefits of participating in a community art project.
 2. Recognize at least 2 methods to keep costs down, while engaging with community and supporting local businesses in a safe way.
 3. Identify at least 3 public gathering places in their own communities where they could put this program into play

10:55am- 11:45am Through Resilience we can re-imagine and re-immerge – Small Group Breakout

Description: This 2-part breakout session is an opportunity for participants to re-imagine and re-immerge from our pandemic experiences and learn from both our successes and our failures. Each of you has a unique lens in which you view this pandemic both professionally and personally and we want to provide an opportunity to share those stories with colleagues from other sectors.

Learning Objectives:

1. Recall at least 2 stories of resilience from their group
2. Identify at least 2 practices, programs, or policies, etc. they want to keep post pandemic.
3. Identify up to 2 practices, programs, policies, etc. they never want to see again.

11:45am – 12:30pm Lunch, Networking, Get Moving

Grab your lunch, find a table, start a conversation, talk a walk, shake your groove thing, or meditate

12:30pm – 1:05pm Afternoon Keynote Speaker

Up on the High Wire: Mental Resilience During Tough Times - Dr. Sally Spencer Thomas, Speaker and Impact Entrepreneur

Description: Are we doing enough to invest in mental health and “mental resiliency”? What does it actually mean to be emotionally fit and psychologically hardy? With increasing demands to do more with less and perform with polish, people need coping tools and emotional inoculation to get them through challenges. This presentation looks at the issue of mental wellness and gives participants the tools to help themselves and others sustain a passion for living over the long haul. As a psychologist, mental health advocate, and survivors of her brother’s suicide, Dr. Sally Spencer-Thomas brings a unique perspective to the topic. From storytelling to discussing the effects of stress on the brain, Sally will help participants know how to stay mentally fit, avoid burnout and remain focused on wellness.

Learning Objectives:

1. Identify need for comprehensive “upstream” mental health
2. Define mental resiliency and positive psychology
3. Articulate the four approaches to resiliency – be bold, belong, be well, and believe

1:05pm-1:35pm

Integrating Preventive Public Health into Parks and Recreation Planning – Teresa Penbrooke, Green Play|GP RED

Description: As the value of parks and recreation becomes known as increasingly essential, forward thinking P&R agencies are integrating public health factors and determinants into overall system master and strategic plans. In this session we will discuss which health factors are modifiable through P&R, methods to assess them, and how to prioritize them. Recent examples from Golden, Fruita, and other communities around the country will be highlighted. An interactive method for prioritizing will be used to show how we do this quickly with key leaders in communities.

Learning Objectives:

1. Identify the health factors that have been proven to be modifiable by parks and recreation agencies.
2. Discuss methods for determining priorities for funding and resources.
3. Examine examples of strategies and outcomes Colorado and other P&R agencies have achieved through these methods.

1:35pm – 1:40pm – Cupid Shuffle – Get moving - You know you want to 😊

1:40pm - 2:15pm

Love My Air: Exploring Air Quality Opportunities Through Parks and Recreation Programming - Seve Ghose – City of Thornton and Annemarie Heinrich Fortune – Tri County Health Department

Description: In 2019, Tri-County Health Department and Thornton Parks and Recreation joined to pursue and adapt the Love My Air program in Thornton. The Love My Air program increases community air monitoring and data by installing hyper-local, real time air quality sensors at community locations. The program not only seeks to provide public access to community air quality data, but also pairs educational opportunities and programming and policy change to promote air quality awareness within our community. This presentation will cover air quality basics, background of the Love My Air mission and scope, and innovative opportunities to promote air quality within parks and recreation programming.

Learning Objectives:

1. Articulate sources of air pollution, air quality impacts on health, and individual behavior changes to reduce exposure to harmful pollutants.
2. Give examples of low-cost, innovative programming opportunities to promote public health messaging related to air quality in existing parks and recreation programming and operations.
3. Discuss ways partnerships, community engagement, and programming can help to address air quality and resiliency efforts in their community.

2:15pm-2:30pm

Closing Remarks & Thank you from the Colorado PHPR Collaborative

2:30pm – 3:30pm

Healthy Happy Hour and Networking on Remo

PHPR Summit Planning Team:

Amira Shahid – HDR Inc; **Ashley Perrillo** – Colorado Parks & Recreation Association; **Brian Kates** – City of Colorado Springs Parks, Recreation and Culture; **Cate Townley** – Colorado Department of Public Health and Environment; **Dave Peterson** – Green Play LLC; **Heidi Fritz** – Tri County Health Department; **Janet Bartrik** – Mountain Recreation; **Jo Burns** – JoBurnsConnects LLC; **Lauryn Bradley** – Denver Community Active Living Coalition; **Lisa VanRaemdonck** – CU Denver School of Public Affairs; **Phuong Tran** – Denver Community Active Living Coalition

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