**2019 PHPR Summit Unconference Notes**

**Sessions in the A Corner!**

TOPIC: How to Tackle Loneliness and Isolation

Discussion Leader: Christian Steward

Definition:

* Lack feeling connected, sense of belonging, sense of purpose
* Geographic
* Phase of life
* Intimacy
* Person to person connection
* Support system
* Positive active outlets
* Independence > interdependence

How many have felt loneliness? How does it emerge? Loneliness decreases resilience

Thoughts:

* Exercise
* Get to know me
* 3rd places and group opportunities to connect
* Get past fear of rejection – make yourself vulnerable
* become own best friend/self discovery
* Culture idolizes extroverts
* Signs of loneliness – negative attention seeking
* Some isolation factors are not accidental

How to Tackle

* Everyone belongs (place)
* Everyone wants to go
* Everyone can go (accessibility)
* balance relatable but heterogenous
* not just physical but social inclusion
* Community involved to define needs
* Teach kids when young
* Incorporate in work
* Listen with undivided attention
* Find commonalities
* Soft and hard skills within work – give increased value to soft or real skills
* How to talk to people about things
* Quantitative & qualitative – how to quantify love, abstract concepts
* Give equal voice to positive and negative (champions and naysayers)
* Celebrate
* PH: silence is the success

TOPIC: Innovative ways to communicate values and vision

Discussion Leader: Kevin Colon

Thoughts:

* Don’t come back to it often
* Need to have intentional conversations
* Don’t forget the “why”
* Passion, love for what you do
* How your treat people
* Connect with audience
* Find common ground
* Text Graphics
* Translation
* Common wavelength

Innovative Ways

* Bright idea box
* Baldridge measures (eval process)
  + vision/mission/values
  + Why what you do is important to the big picture
* Put your Values on signature line and tie in with organization’s value
* Celebrate with guac and chips
* Use the words of your values
* Action of the vision and values – the how
* Permission to change
* Pause to identify successes – bubble blowing
* In promotions put in your vision
* Measure what is right, not wrong

TOPIC: How to include schools in our collaborative work

Discussion Leaders: Jenna Katsaros

Thoughts:

* Schools are more than kids – staff, admin, school board, parents
* Increase attendance at middle school sports
* Self Care
* Service days/experiential learning
* Camp In at the school
* Schools are good starting place for Communication
* Support vs. one more thing on the plate
* School is 3rd place, invite them
* Contact PTA’s, Admin, Principals
* Meal, transportation, relieve pressure on educators
* Need more wellness to do well, find approaches on how can to it together
* Clinics in School

**Sessions in the B Corner!**

TOPIC: PHPR and youth, mental health, wellness

Discussion Leaders: Unknown

Common Language

* PH: social determinants, risk/protective factors, mental health, substance abuse, prevention, benefits, outdoor rx
* PR: preservation, straight forward, action-based, positive, recreation, get outside
* Internal/external messaging and language
* Culturally responsive
* Engage/bring in more voices and collaborators
* PH – educate yourself on PR resource/contacts, disseminate resources
* Community, schools, forums

Opportunities, Intersections and Existing Programs

* Extra-curricular activities (CPRA Forum)
* Communities that Care (CTC) youth skill development
* PR Programming – Bridge PH expertise
* Economic impact assessments

Moving Forward

* Information sharing – coalitions, email lists
* Resources for rec center, after school programs, tool kits
* Cross promotion of multiple outcomes
* Continuing education credits
* Learning Community – rotating topics, facilitation, keep track of similarities/differences, zoom calls, quarterly connections. (CPRA Connected Community - <https://cpra.connectedcommunity.org/communities/community-home?CommunityKey=3098a02f-2218-473f-8c61-7aad9df13c45>)

Research Needs/Findings - Connection to nature and mental health benefits

* Substance abuse
* PTSD
* Youth
* Multiple benefits are emerging
* One Health – animal/human/environment (CSU)
* Challenges include data gathering
* Examples
  + Prairie dog education – classroom field trip
  + Horticulture therapy – indoor plants/gardens
  + Therapeutic landscapes – in schools, CMHCS
  + Humane education – animal exposures (videos or real paired with discussion)

Questions:

* Institutional supports/barriers
* Affordability, sustainability, how to fit with cost recovery
* Funding – where does it fit in PH? Where could it fit? Multiple streams and common goals
* Active living includes Mental and Environmental health
* Needs:
  + unifying language to bring these sectors together,
  + political will to fund these up front, demonstrate long term cost savings in substance use
  + Space to share success

TOPIC: Sharing Data across disciplines

Discussion Leaders: Unknown

PH: Demographic, health needs/ benefits, evidence-based practices, storytelling, equity/disparities (place based)

PR: Facility data (programs, staff, amenities, historical), masterplans (surrounding projected land use), case studies, planting guides, procedures/rules, utilizations (who/why)

Moving Forward

* Research guide
  + Open data sources
  + Methods, interpretations
* Prioritization of Community needs
  + Data on pop-ups
  + Community driven data
  + Youth, qualitative
* Pay attention to other benefits, mental health
* Parks talk to Rec!

Challenges

* Emphasis on aggregation/joining – miss out on qualitative
* Connecting data questions/needs to community-identified issues
* Share existing assessments
* Identify similar/peer areas
* Finding data – what it out there? What is relevant? Communication to public decision makers. Understanding failures, methodology, ownership

Successes

* Social media tracking, YELP rankings
* NRPA Blog - <https://www.nrpa.org/our-work/Three-Pillars/health-wellness/>
* Project for public spaces

Data Sharing

* Background/Overarching Goal
* Evidence/Funding – WHAT work for WHAT populations and WHY?
* Connect on larger scale
* Awareness of what/how often we are asking of communities – avoid oversurveyed/underserved
* Examples:
  + Data sharing website – all assessments
  + Metro Denver Nature Alliance
  + Denver Urban field Station

TOPIC: PHPR and Climate Change

Discussion Leaders: Leanne Jeffers

Opportunities to Scale up

* Green houses, green roofs/buildings
* Land use codes
* Sustainable gardening, landscaping, native plants (CSU)
* Air Quality at schools – integrated with curriculum
* KIDS – high concern/passion/power
* Bike Streets-Regional build-out – include Air Quality info in apps
* Collaboration on signage – health/environment
* PH – plug into communities, share language, funding community gardens

What can we ask for with PR?

* Water in all parks – health water ways, low water landscapes (cooling)
* Shade (cooling)
* Forest Management
* Material – garden compost
* Multi-modal access/connections

Strategies and Messaging

* Sustainability 101
* Advocacy – be partners
* Positive /Action based framing (regionally)
* Leverage funding, knowledge and private dollars

What is Resiliency?

* PH perspective:
  + Understand relationship between Built Environment (BE) and Health
  + Active transportation – multi sector collaborations
  + Climate change exacerbates disparity
* Issues/Areas
  + Heat
  + Air pollution
  + Drought
  + Food Supply
  + Impacts/Adaptation
    - Reverse gentrification
    - Infectious disease
    - Ecosystem impacts
    - PR facilities as shelters
    - Emergency management

**Sessions in the C Room!**

TOPIC: Play Opportunities for Low (or no) income families

Discussion Leaders: Sarah Konradi & Karen Fleming

Thoughts shared:

* 3rd place is missing in their community
* Scholarships
* Not just a schedule, but a warm handoff
* Re-introduce, Co-location of services – Community Center with WIC center in it
* Shared use spaces
* Partner with school for transportation to Recreation
* Aurora mobile playground – go to apt complexes and set up play street – van full of equipment
* Park Rangers switching approach to encourage interaction with nature – touch the leaf instead of put leaf down – more from enforcement to encouragement
* Reduce toxic stress

TOPIC: Outdoor Rx

Discussion Leaders: Teresa Penbrooke and Leslie Beckstrom

Thoughts shared:

* Sustainability – how to make it succeed long term
* Evidence- reduce impact of nature access (more people using the outdoors are more likely to take care of it)
* Healing power of nature – easier to pop a pill, compliance is a challenge
* How do we leverage stewardship programs
* How to foster connection of people in nature to each other
* Have programs that are out there connect with each other in a prescription programs
* The more connected you are the more invested you are.
* Teach people how to find nature in urban areas
* How to foster connection
* Not everyone feels safe outdoors
* Teresa ParkRx national level
* Opportunity for the freedom thing vs the rules
* School Swap
* Media can create a scarcity and scared perspective of what can happen outdoors
* Rx can be from anyone with a perceived authority on health (doc, nurse, np, therapist, mh professional)
* Person on receiving side – to reduce barriers need some sort of warm handoff
* Funding equals breakdowns – no monetized benefit for the prescriber
* Formalize things that are working, build evidence for improving mental and physical health
* Greeley – 3 health systems, bringing the 3 systems together around Nature Rx – Aetna on board, FQHC, need to figure out backend and how to measure.
* Poudre learning center – could be a destination and place to track it
* Nature and Forest Therapy Guide Association
* How to we identify safe parks, could a park apply to get a health certificate, schools,
* Appalachia Club
* Park Rx – Golden Gate (NPS), Park Rx America (DC), REC-Rx, How do we connect everyone?

TOPIC: Accessible Hiking/Nature Trails

Discussion Leaders: David Klingensmith

Thoughts shared:

* Levels of Ability
* Guidebook for trails
* For northeast - City Park Hill – get them to other parks
* City buses could add levels of accessibility
* Bobcat Ridge
* Is accessibility listed on COTREX?
* Different perspective on accessibility – ADA, need transportation, affordability, knowing where places are in their community.

**Sessions in the D corner!**

TOPIC: Engaging Youth

Discussion Leaders: Colter DeWitt and 2 others from Pueblo area

* Started with these questions to the group – In what capacity do you work with youth? What impact do youth have on you? What are your communities doing to engage youth?
* Some cities value youth voice and some ask why should teens have a say?
* There can be stigma about youth as being troublemakers
* Many in the group had no experience engaging youth and wanted to know what works
* Pay or incentives + food definitely help to get youth there initially, but what keeps them there is listening and following through on their ideas
  + Successful incentives have included: Beatz by Dre headphones, a backpack full of school supplies and a tablet (for the person getting the most surveys turned in), reimbursing parents for gas money to drive teens to meetings, gift cards or pay for X amount of time, extra incentive for bringing a friend who comes to at least 3 meetings.
* Let youth lead the process – use their passion! Ask them what skills they would like to develop in the process (e.g. public speaking); the skills learned are an incentive too.
* Important for youth to have their own space, with few adults in the room, and ask them to set their own ground rules for meetings.
* Social media for engaging youth? Mixed bag; doesn’t always help. Personal connections can be more effective.
* Leaders meet 1:1 with each student to ask them about their interest and confirm engagement.
* What if some youth are quiet and don’t want to speak up in a group?
  + Everyone is willing to write their ideas on a whiteboard/flip charts if the whole group is asked to walk around the room and brainstorm this way
  + If youth are allowed to self-select into small groups, they will usually speak in that group and on behalf of that group.
* Remember, it’s not school! Don’t create similar power dynamics/rules. Meet in circles so no one has all the power.

TOPIC: Addressing Stigma

Discussion Leader: Kayla Gilbert from DDPHE

* Started with a question to the group: What are some of the stigmas about? (gender, race/ethnicity, physical or mental ability, weight, family status, etc.)
* How and why do stigmas change?
  + Education – learning and understanding
  + Messaging – supportive, positive, can change framing
  + People first – relationships
  + Change in social norms over time
* How do we keep issues of stigma at the forefront of our work?
  + No “shoulding”
  + Be strong and call out/bring up stigmatizing - with love and understanding
  + Share personal stories – be brave and honest
  + Look at the words we use
    - E.g. Queer now okay word (reclaimed), unless meant with negativity
    - “communities of color” offensive to some – why is there a need to distinguish?
  + Address personal ignorance
  + Talk about it!
* How can we help change stigma at the systemic level?
  + Start with you and your team
  + Encourage health equity training; helps prime staff for next level of deeper conversations
  + Create a safe environment for dialogue
  + Message than health equity is mandatory, not optional
  + Ex: CDPHE changed the name of their Margaret Sanger conference room (she was a women’s rights/birth control activist, but also had ties to the eugenics movement)
* Whose job is it to address stigma?
  + Everyone – self-educate/Google it to learn
  + Whoever created, perpetuates, or benefits from systems that stigmatize people
  + Speak up if you are not comfortable with a conversation
* Resources shared:
  + CDPHE’s office of health equity directed by Web Brown: <https://www.colorado.gov/pacific/cdphe/health-equity-resources>
  + CO School of Public Health researcher Daniel Goldberg: <http://www.ucdenver.edu/academics/colleges/medicalschool/centers/BioethicsHumanities/faculty/Pages/Daniel-S.-Goldberg,-JD,-PhD.aspx>

TOPIC: Strategies for Building Inclusive Spaces

Discussion Leader: Robby Layton

* First question to group – What does inclusive mean? (open to all, accessible, respectful, feeling welcome, equity)
* What are strategies for creating inclusive spaces?
  + Talk to the community/users of the space and get their ideas
  + Promote social inclusion and encourage communication via community tables, buddy benches
  + Make it a place where people want to be; draws people in because it’s irresistible
    - Fireplaces, water features, great views (for watching sunsets)
  + Inclusion Assessment Certification: <https://inclusiverec.org/inclusion-u-online>
* Inclusive does NOT equal everything for everybody. Different user groups may need their own spaces (e.g. skate parks).
* What are barriers to inclusiveness? Safety, economic, distance/transportation, distractions, technology, lack of awareness
* How to overcome barriers?
  + Offer sliding fee scales
  + Place parks within 10 min walk of everyone (not 10 min as the crow flies)
  + Consider buddy system for rides to the park/rec center
  + Create awareness through marketing – Have you been to this park lately? Reach out and remind people they are welcome.
  + Ongoing communication through user feedback loops
  + Cultivate stakeholders
  + Look for sponsorships through business community to help cover costs