

## Best Practices to Promote Health

May 6, 2015 (11:30AM-1:30PM)  
Peter Paul Development  
Center 1708 North 22nd  
Street Richmond, VA 23223

### Executive Summary

The City and RRHA have hired consultants from Urban Strategies to develop a plan for services for residents before, during, and after the redevelopment. We have a meeting scheduled with that group for May 20<sup>th</sup> to bring recommendations from this process and our informed neighbors process. The top services and programs that should be provided to Creighton residents were detailed, with several actionable items listed. Five general categories evolved from this process: communication, mental health/substance abuse resources, creation of a people plan for smooth transitioning, wraparound service accessibility, and respiratory illness issues within the community. Afterwards, a list was composed consisting of service providers and organizations the group wanted to see involved in the process. Towards the conclusion of the meeting, providers and residents discussed how they can continue to keep communication lines open.

### Open Discussion

- Postpone Wednesday monthly meetings until September 2<sup>nd</sup>, 2015
- Actions Teams will continue to meet for quarterly meetings; the next one being May 27<sup>th</sup> 8:30-10:30; electronic invitations will be sent out
- Richmond Promise Neighborhoods will be labeled as trauma informed
  - Dr. Alison Sampson-Jackson will be hosting Trauma Informed Care 101
- Informed Neighbors Corps: Health and Wellness Early Childhood Action Team has compiled lists of healthcare providers for children to train the community to prevent childhood obesity.
  - First training was held this past Saturday, and will have five more meetings.
  - Trainings cover reducing unhealthy foods and increasing healthy activities throughout the day.
  - Funding is provided through Bon Secours. Eating behaviors are reviewed with **Gretchen Manly** doing technical support and going out to centers to review action plans.
- Funding for Trauma Informed Community Building with the Informed Neighbors Corps
  - Grant application is in progress; goals must be set and actions planned at this current meeting.



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## Top Five Services and Programs Necessary

### Reassure effective communication across the board. The housing authority is sharing information with too few people

- Before coming to these meetings, providers were unaware of INC. Service providers should support for INC and **Coalition**
- Proposal of additional Action Team of 3-4 individuals to speak with the counsel in Creighton Court and **Stephanie Carrington**.
  - Team will deliver resident feedback in regards to bills and future housing concerns
  - Residents are uninterested in touring new residencies since they appear to be unaffordable.
  - Residents are also concerned that East End is being redeveloped to cater to local college students.
- Information needs to be presented on what will be done for child care and other important residential services during and after the redevelopment process.
- The INC has been working for over a year to reduce stigma and get information out to facilitators
  - Mentioned that residents might be getting false information from key leaders in INC: transparency and unity must be present within INC; rumors must be eliminated.
- A core message on redevelopment must be shared; additionally a clear calendar on when and where things are happening should be established.
- Current Creighton Court residents are concerned on communication with housing maintenance.
  - No timetables for redevelopment phases are clear and residents are unsure of maintenance request status.
  - Richmond Redevelopment and Housing Authority or City officials need to affirm what the INC is stating as a timetable.
  - Stress and chaos is being created in the current community, we do not want it carrying over to the redeveloped community.

### Trauma Informed Care training and mental health/substance abuse resources are needed- stigma around mental health/substance abuse and their services must be addressed

- Department of Social Services is trying to move over to TIC as an effective strategy to treat family issues.
- Once community trauma is addressed, health will improve throughout the redevelopment process and self-sufficiency will increase.

- Providers and staff need to personally adopt TIC to take care of their own traumatic experiences first.
- **Alise** from Family Lifeline introduced
- Mental Health First Aid courses are needed in the community to help reduce this stigma; both residents and staff need to be aware of trauma.
- Financial support should be found to cover the training of instructors and required materials for both the Youth and Adult courses.

**ACTION: Train at least 100 residents in MHFA**

- Training as a part of transition services was proposed, information needs to be shared and ideas learned in training should be dispersed throughout the community.
- Trauma tends to perpetuate substance abuse and vice versa.
  - MHFA and TIC trainings should be combined, especially when an individual is re-traumatized through the training process.
- Challenge Discovery offered to host activities to better inform the community on trauma.

**A people plan should be created containing specifics on residential amnesty, supportive housing during the transition into the new development, and community safety**

- Rumors regarding new lease include the absence of **“RAG”** as well as persons moving in with residents not added to the lease.
- Amnesty should be given to all currently being housed to prevent displacement.
- Amnesty should cover ex-convicts.
  - Information needs to be delivered on how previous inmates can restore their housing rights.
  - Current lease holders with criminal charges have to go to mediation in order to stay housed.
  - How will this be addressed when moving to the new development?
  - The Community Builders have some flexibility for rules pertaining to felons that can be advocated for.
- Supportive housing should be established to ensure a smooth transition during the redevelopment process.
  - Not enough units are currently available.
- The invisible population should be addressed and not continue to be ignored.
- Violence prevention through the Department of Health: Coalition for Youth Outcomes- will discuss specifics with TCB on sidewalk lighting, after school programs, and summer programs.

- The community should readopt past curfew laws in collaboration with the Richmond Police Department.
  - Past curfew stated that youth under the age of 16 cannot be outside after 10pm.
  - Current youth are aware of when patrols/drug sweeps occur and avoid activities during that time.
  - RPD should adopt a random undisclosed schedule.
- A new police officer has been active in the community.
  - Conversations with **Angela Johns**, **Michael Wiggins**, and Lt. Austin should take place to discuss Neighborhood Awareness Walks (NAWs) and a presentation on how to properly communicate with the police department (ex. what is a crime/details, take note of location, suspect appearance, etc.)
- Creighton Court residents should sign up for Neighborhood Watch or Guardian Angels patrol group and connect with INC to police community.
  - Scheduled patrol shifts and regular meetings should occur.
- A meeting should take place with TCB to discuss community safety features, proper street/sidewalk lighting, and status of existing private security patrols.

### Wraparound services need to be revised for those impacted by the redevelopment process.

- The Virginia Home for Boys and Girls should allow housing redevelopment to be a qualifier for services. If any youth is at risk or has lost housing, they should be offered VHBG's services.
- Any service provider, school, or housing department employee working with the family can request services.
  - The Recourse Centers can refer individuals although they are not licensed providers.
- VHBG capacity is not yet maxed, with more staff being added to the team when more children are referred.
- A meeting with the Family Assessment Planning Team must take place to approve wraparound services.
  - Once approved, care is delivered through systems of care, support partners, and intensive care procedures.
  - The age range of youth receiving care is 11 to 18+ years, with flexibility and accommodations for certain circumstances.
- Urban Institute's HOST (Housing Opportunity and Services Together) program- a multigenerational model between youth and adults should be considered; will research costs.

## Community issues with respiratory illness should be addressed. Smoking cessation programs should be implemented

- Studies have shown that pregnant women who smoke increase the risk of their children smoking.
  - Children in the community tend to start smoking at the age of 13.
  - Smoking and asthma awareness should be promoted.

ACTION: The Virginia Foundation for Healthy Youth's smoking cessation program needs to be implemented in The Resource Centers and recreational centers within the community by no later than September 2015.

- Healthy Homes/ Breathe Easy Housing focus group meetings should be established.
- Family Lifeline has family-home case workers for asthma and refers frequently to Healthy Homes. Referrals can be delivered through the community liaison, with the needs of the family analyzed with the CHIP program.
- Parent should work with Curtis Lee of Challenge Discovery; collaborate with Family Lifeline.
- Physical community center should be created in the new development.

## Organizations that should be involved in the redevelopment process

- Social Services- will provide better assessments for finances and services
- Richmond Behavioral Health Authority
- Boys and Girls Club for Children
- Salvation Army- provide clothes and sessions on preparing for job interviews
- Peter Paul Development Center
- Richmond City Health District
- Child Savers
- Family Lifeline
- United Methodist Family Services
- YMCA- support care and summer programs
- Challenge Discovery
- VA Center for Workforce Innovation
- Employment Commission
- J. Sargeant Reynolds Community College, middle college program: get GED and take college classes
- Richmond Redevelopment and Housing Authority
- **ACDC Career development center**
- Richmond Technical Center

- Shalom Farms
- Fatherhood initiative programs
- Bon Secours
- CHAT? CHAD?

## Processes to keep the lines of communication open between residents of Creighton Court and service providers:

- Identify the key person in every organization; everyone should be on the same email list regardless of meeting attendance.
- The INC should attend the quarterly meetings, and will develop common goals and principals
- Healthify, a referral website similar to Google Docs and case management programs should be looked into.
  - Monthly service provider meetings seem inefficient
  - Providers should connect on the same website and share information across sectors (similar to Code for America)
- The current ChurchHillRVA website should be utilized, with community meeting minuetts and timelines added.
  - A “word from our director” should be included and focus on specific information over story telling journalism.
  - The site should also provide a shared calendar of scheduled meetings.
- Social media is currently underused
  - Increase usage to build awareness and transparency across the community.
- Nextdoor, a free private social media website used in other communities, shares local information, messages from the precinct police chief, and is only accessible by residents.