

**PHPR Summit 2022
For the Sake of Mental Health ~**

How built environment, recreation, parks and public health are creating hope, change, and optimism in the midst of a pandemic

Friday, March 11, 2022

8:30am – 3:30pm

“The HYBRID Experience” Beck Recreation Center & Zoom (IP=In-Person V=Virtual)

8:00am ~ Check-in is OPEN. Welcome In-person and virtual guests. Come and explore, visit a sponsor table, find a new colleague

8:30am - 8:50am ~ Welcome, Land Acknowledgement, Thank you and Introductions

Let's Dig into Trends in Community Mental Health – Jo Burns, PHPR Collaborative | JoBurnsConnects

Description: Rather than spew mental health stats from our state, thought it would be interesting to share perspectives from practitioners in the field. What trends and changes in mental health have therapists and counselors for families, couples, teens and individuals seen and experienced over the past two years?

Learning objectives:

1. Identify at least one trend in mental health during the pandemic.
2. Identify at least one therapy modality practitioners are using.

8:50am – 9:20am ~

Integrating Access to Nature for Mental Health in Our Communities – Teresa Penbrooke, GP RED & Berry Dunn

Description: The research is clear - getting outside and into nature improves mental, physical, and cognitive health! Learn a summary of why and how, and let's talk about how we can promote these benefits on all aspects of the social - ecological scale: individual, family, community, and society overall. We will discuss innovations in measuring access, dosing, new nature therapies, balancing conservation and access, and how we can tell the story to help improve preventive health.

Learning Objectives:

1. Identify research findings on how and why getting us into nature is beneficial for improved mental health.
2. Review various innovative tools and methods to measure, convey, and integrate access to nature into community preventive health.
3. Discuss how to convey both individual and community benefits for better integration and adherence.

9:20am-9:25am ~ Connectivity break

9:25am-9:55am ~

Working together to Improve Mental Health and Prevent Suicide – Emma Goforth, Tri County Health Department

Description: Did you know Tri-County has a Community Mental Health and Suicide Prevention Framework to help you identify ways you can apply strategies in your community! The Mental Health Framework and Suicide Prevention Framework were developed for Adams, Arapahoe, and Douglas counties' partners and any agency who would like to join us in making an impact on our communities. We're implementing these frameworks by involving multiple sectors in working to achieve the overarching outcome of a mentally healthy, suicide-free community where individuals have a feeling of hope for their future, a sense of purpose and meaning in their lives, and feel they belong in their families, communities, and culture. During this session we'll invite you examine the frameworks and find ways they may align with your work. The interactive session will spark ideas and opportunities to partner with us to improve mental health and prevent suicide across the life course in our community.

Learning Objectives:

1. Describe the current prevalence of mental health issues in the Tri-County Region.
2. Describe risk and protective factors associated with behavioral health conditions.
3. Recognize and apply information from the TCHD Mental Health and Suicide Prevention Frameworks.
4. Describe highlights from some of TCHD's current initiatives to improve mental health and reduce suicides.
5. Identify opportunities to partner with TCHD to improve mental health and prevent suicide across the life course in our community.

9:55am-10:10am ~ Healthy Snack Break – Grab some Coffee/tea – get moving (yoga/stretching)

10:10am – 10:40am ~

Asphalt Art, Paint Pots and Social Cohesion as Mental Health – Anna Kelso, Bike Fort Collins and Nick Heimann, City of Fort Collins/FC Moves

Description: Bike Fort Collins spearheaded the effort to bring street murals to our town in order to create placemaking, improve community cohesion, rethink how we use the built environment and elevate overall street beautification. Each Paint Pot mural has a unique story to tell based on the people who live there and the specific street dynamics of each location. While not the original

intent, the social cohesion it's created has done a world of good for the community's mental health. The Paint Pot project is a grant funded partnership with Bike Fort Collins and the City of Fort Collins made possible through the city's recently formed Asphalt Art program. Funding for the project was made possible through the National Association of City Transportation Officials', Pandemic Response and Recovery Grant Program. Project locations were selected using multiple criteria, with special attention and focus on historically marginalized and underrepresented neighborhoods.

Learning Objectives:

1. Identify 3 ways community engagement and capacity building can change the way we interact with our built environment.
2. Define how linking community cohesion can improve mental and community health.
3. Describe the intangible outcomes of community-based projects.

10:40am -10:45am ~ Connectivity Break

10:45am- 11:15am ~

Designing Outdoor Spaces for All – Karen Roof, Safe & Healthy Communities

Description: During the pandemic, outdoor spaces have shown to be crucial amenities to the mental, social, and physical well-being of populations, although they are often not designed to be fully accessible to all populations. To help design more accessible parks, Safe and Healthy Communities (SHC) developed an evidence-based tool, the Outdoor Livability Assessment Tool (O-LAT) so professionals and the public can evaluate the extent to which outdoor spaces promote the health and safety of all ages and abilities. Through reviewing existing research, collecting interview data, and piloting the tool across multiple Colorado neighborhood and regional parks, SHC created O-LAT. The tool evaluates several dimensions of outdoor spaces including their greenery, paths, programming, and management to ascertain how they can be improved, resulting in outcomes like reduced risk of falls, increased walkability, and improved mental and physical health, and wayfinding.

Learning Objectives:

1. Describe how well-designed and managed outdoor spaces create more equitable access for older adults and those with disabilities, leading to improvements in the physical, social, and mental health of people of all ages and abilities.
2. List five specific evidence-based health and safety indicators related to improving outdoor spaces for older adults and those with disabilities.
3. Discuss and be able to use the Outdoor Livability Assessment Tool (O-LAT) within the attendees' own service area and beyond.

11:15am – 11:20am ~ Connectivity Break

11:20am – 11: 50am ~

The Power of the Community Frig - Jessica Bobitsky, Wheat Ridge Poultry

Description: The pandemic has affected our health in a multitude of ways from reducing our access to each other, changing the way we do business, and decreasing our access to everyday needs...like food. It can do a number on your confidence and mental health when you no longer have the means to provide for your family due to a change in job status. In Wheat Ridge, the community came together with the city, Local Works and private business to provide food for families in need. Hear the remarkable stories of compassion, connection and cohesion on what it meant to have access to food and one company's commitment to community.

Learning Objectives:

1. Identify opportunities to partner with local business for health.
2. Describe the importance of training staff to be welcoming, engaging and sincere with customers regardless of income status

11:50am – 12:40pm ~ Lunch, Networking, Get Moving (have networking/engagement questions on tables)

Grab your lunch, find a table, start a conversation, Get Moving: walk, facility tour, yoga/mindfulness

12:40pm – 1:10pm ~

What are mental health challenges we're seeing most in our communities?

Description: Experiential activity. We will reflect on the education sessions previously presented, our own personal experiences and professionally observed/experienced challenges within our field. We'll discuss the different mental health challenges from as many diverse perspectives that are present and shared. We'll share through post it notes and conversation and then put all the notes on big butcher paper/virtually on white board or in chat) Then we'll have a facilitated discussion about what we're seeing. Share across IP/V

Learning Objectives:

1. Write at least 3 mental health challenges you've seen or personally experienced
2. Discuss with other attendees at least one challenge that is similar
3. Create group list and categories of the most pertinent mental health challenges being experienced by Colorado Communities

1:10pm-1:40pm ~

What are built environment, parks, recreation, and public health doing to create hope, change, optimism?

Description: Experiential activity and discussion. As a group both IP & V we'll have a facilitated discussion, small group discussion, big group share across virtual/in-person addressing the following questions: What things/programs/interventions/places/spaces are making an impact on the challenges previously identified, what are replicable? Share success stories and opportunities. How are you partnering? Are you partnering outside your field? Are you including Mental Health professionals?

Learning Objectives:

1. Identify at least 10 "things" that have been implemented in our communities
2. Discuss this topic with at least one new person
3. Identify at least one potential partner to create hope, change and optimism – and reach out!

1:40pm – 1:45pm ~ Cupid Shuffle – Get moving - You know you want to ☺ A good laugh and physical movement is great for your mental health

1:45pm – 2:15pm ~

Finding an Emotional Balance within an LGBTQ-Friendly Outlet – Laina Doyle and Vee Duran, APEX Park & Recreation District

Description: In response to an identified need in our community, we created a program that highlights LGBTQ+ opportunities for young teens. These opportunities focus on social-emotional challenges, safe resources, mental health supports, and creating allies within this community. Allowing youth to gather monthly, we've created an inclusive environment that fosters connection, acceptance, expression, and fun. We have experienced huge retention from consistent participants, witnessed growth in relationships, and noted a shift in emotional balance in our youth.

Learning Objectives:

1. Discuss teens navigating through safe/strong relationships
2. Identify at least 3 commonalities - program ideas that can bring youth together - targeting a specific group
3. Outline our current Pride Nights and Teen Take Overs
4. List at last 3 ways Pride Night programs provide engaging and acceptable environments lead to self-assurance, self-awareness, self-resilience and build socialization skills.
5. Discuss ways the program helps teens who identify as LGBTQ+ process emotions.

2:15pm – 2:20pm ~ Mindfulness break (Word from our Gold Sponsor – GOCO)

2:20 pm– 2:50pm~

Building Outdoor Leaders Today ~ Youth Leadership, Stewardship and Mental Health – Janelle Ross, Catamount Institute

Description: The BOLT (Building Outdoor Leaders Today) program is a partnership between community non-profits in response to the COVID pandemic. BOLT was launched as a pilot program designed to provide outdoor opportunities for students in the Southeast region of Colorado Springs. BOLT included outdoor recreation activities, stewardship projects, personal development, and career exploration all while incorporating positive mental health practices and environmental education. BOLT was formed on the foundation that engaging adolescents requires programming that feeds curiosity, incorporates active learning, develops self-knowledge, personal leadership and supports teens with positive adult role models. These opportunities reinforce positive self-esteem that becomes a catalyst for flourishing adulthood. They also support youth by introducing and providing access to the mental and physical health benefits the outdoors offers. Thus, leadership skills support dialogue and relationship building with unfamiliar peers while giving teens the confidence to create change in their circles of influence.

Learning Objectives:

1. Identify examples of the benefits of going, learning, playing, and being outdoors.
2. Discuss examples of how designing programs that promote social connection with their peers and staff amplifies the benefits of learning outdoors.
3. Examine the impacts of the place-based reasons, strategy, and implementation of how BOLT broke down barriers to the outdoors.
4. Discuss examples of how BOLT participants were positively impacted.
5. Learn 3 reasons why utilizing community partnerships extends resources, creates cohesion between community partners.

2:50pm – 2:55pm ~ Connectivity Break

2:55 – 3:15pm ~ i-Matter ~ Mental Health Support for Youth in Colorado - Jenn Conrad, Signal Behavioral Health Network

Description and learning objectives coming...

Back up - It's ALL About the People! Taking care of our mental health.

Description: Structured Networking Experience. Apply skills of the day. Practicing Social Skills – Reflecting on Social Cues we need to re-learn. Compile of list of activities to put in action.

Learning Objectives:

1. Connect with at least one person outside your field
2. Identify at least one activity you've been doing to nurture your mental health
3. Summarize at least one takeaway you've gained from the Summit

3:15pm-3:30pm ~ Closing Remarks & Thank you - Colorado PPHR Collaborative

3:30pm to 5:00ish~ Healthy Happy Hour will be Hybrid~ (hosted by the CPRA Emerging Professionals Network and the CPHA Emerging Professionals Committee) Join us Online OR at Launch Pad Brewery @ 884 S Buckley Rd, Aurora, CO 80017 immediately following the Summit for networking, connection, and fun.

PPHR Summit Planning Team:

Amira Shahid – HDR Inc; **Ashley Perrillo** – Colorado Parks & Recreation Association; **Brian Kates** – City of Colorado Springs Parks, Recreation and Culture; **Bradyn Nicholson** - Colorado Department of Public Health and Environment; **Cate Townley** – Colorado Department of Public Health and Environment; **Dave Peterson** – BerryDunn; **Derrick Tripp** – City of Aurora Parks, Recreation and Open Space; **Heidi Fritz** – Tri County Health Department; **Jo Burns** – JoBurnsConnects LLC; **Lauryn Bradley** – Denver Community Active Living Coalition; **Liz Young Winne** - Colorado Department of Public Health and Environment; **Olivia Egen** – Weld County Public Health; **Steph Leonard** - Colorado Department of Public Health and Environment

PPHR Summit Sponsors and Partners:

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