

## PHPR Summit 2024 Agenda with Descriptions and Learning Objectives

### The Joy of Togetherness: Sowing the Seeds for Socially Connected Communities

**8:00am ~ Check-in is OPEN. Welcome Everyone. Come and explore, visit a sponsor table, find a new colleague**



**8:30am - 8:55am ~ Welcome – The Joy and Magic of Togetherness, Remembering Dave Peterson – Jo Burns, PHPR Collaborative**

**9:00am – 9:30am ~ Let’s Talk about Loneliness: Identifying and Addressing Loneliness in Our Communities - Stacey Halvorsen – Colorado Mtn Club and CO Center for Primary Care Innovation**

*Description:* You may have heard about the loneliness problem in recent articles and news publications. One in 3 adults and 1 in 5 school-aged children are affected by loneliness. Loneliness isn't about being alone, but rather about not feeling connected. People can feel lonely even when among family and friends. Research shows that loneliness has a similar health impact to smoking 15 cigarettes a day. It is evident that loneliness is a health problem in our community and many organizations are well-positioned to be a part of the solution. In this session, gain exposure to the research on loneliness, learn about evidenced-based screening tools and interventions, and identify how you can partner with community organizations to address loneliness in our communities.

*Learning Objectives:* Participants will be able to 1) Identify theories and research supporting the benefits of nature/outdoor immersion on mental health. 2) Describe research on loneliness and evidenced-based screening tools. 3) Identify how you can partner with organizations to address loneliness.

**9:35am – 10:05am ~ Cultural Wellness: Whole Person, Community-Based Approaches to Overcoming the Loneliness Epidemic – Ryan Acker, All People Thriving**

*Description:* The loneliness epidemic is impacting people from across the country, but hope is just around the corner. Cultural Wellness combines the whole person lens with Cultural Validation techniques to enable public health agencies and partners to effectively intervene in their communities. This training includes the firsthand account of the presenter’s journey as an LGBT person living in rural America whose own loneliness and isolation played a significant role in his mental health breakdown and subsequent incarceration. Through the power of storytelling, this training explores the impacts of loneliness on people and communities, presents powerful tips for overcoming loneliness and isolation (which includes parks and public health), and demonstrates how Cultural Wellness can be used to bring people together, foster authentic relationships and promote a sense of belonging. Participants will receive information about key Cultural Wellness concepts, steps for implementing intervention techniques, and sample strategies for effective change that can be used particularly in parks, recreation, and public health initiatives.

*Learning Objectives:* Participants will be able to 1) Discuss the importance of Cultural Wellness and how these techniques can be utilized to intervene in the loneliness epidemic, particularly for high-risk populations. 2) Identify key steps for implementing Cultural Wellness techniques. 3) Examine strategies for implementing Cultural Wellness techniques into their own programs and services.

**10:10am – 10:40am ~ Art a la Carte: A mobile arts and culture studio that is building Community and enhancing Community Connections – Kate Cooke, City of Westminster**

*Description:* Art a la Carte is the City of Westminster’s mobile arts and culture studio which provides arts and culture instruction led by local artists. Programming takes place outdoors in our parks during the warm months. Art a la Carte began as a response to the COVID 19 pandemic to bring arts and culture programming to the community outdoors when we were unable to meet indoors and needed to maintain social distancing. However, the program has continued to grow in the post-COVID period and has had measurable outcomes related to community connections, intergenerational participation, and inclusivity and diversity of both participants and the artists who teach the sessions.

*Learning Objectives:* Participants will be able to 1) Discuss the effectiveness of arts and culture programming in increasing sense of community and enhancing community engagement. 2) List ways a mobile arts and culture

program increases inclusion and diversity in a community.3) Produce an example of a creation of a mobile arts and culture program in any community.

**10:45am – 11:00am~ Healthy Snack Break – Grab some Coffee/Tea, Connect with Colleagues, Get Moving**

**11:00am – 11:45am ~ Collaboration Multiplier- Multi Sector Collaboration to build Socially Connected Communities through Partnership** Facilitated by ??

Description: Togetherness is a joy! It's even better when you can bring participants together across sectors and geographic areas to identify how they are engaged in, creating and supporting socially connected communities. This mini-workshop will use the Collaboration Multiplier tool created by the Prevention Institute to provide participants an opportunity share what they are doing in their organization and/or community to eliminate social isolation and loneliness across a variety of populations.

Learning Objectives: Participants will be able to 1) Identify at least 3 other efforts people are using towards social connectedness in a community. 2) Name at least 3 new connections in their geographic area. 3) Discuss at least one impact loneliness has on the health of their community.

**11:45am -11:55am ~ PPHR Collab Success Story & Connection Break**

**12:00pm - 12:30pm Reducing Loneliness through Acts of Connection -** Micaela Sanchez, North Range Behavioral Health and Dannon Cox, CO School of Public Health @UNC

Description: The Thriving Weld Healthy Mind and Spirit (TWHMS) Committee, a multi-sector partnership, is planning on launching a program, titled Acts of Connection, to combat social isolation and promote social connection and wellbeing. The program will have two phases, the first is an awareness campaign aimed at increasing awareness and community member action towards connection while the second phase aims to increase grassroots efforts and activities of organizations and individuals that promote opportunities for social connection. This session will introduce our pilot awareness campaign and delve into topics such as how collaboration has been key in creating the program, our phases and what they entail, strategies to increase committee involvement, major partnerships and how to build them as well as a look at our awareness campaign materials and our practices to ensure community co-creation. Participants will be able to share their thoughts and experiences as well as learn about TWHMS's Acts of Connection campaign through a Round Table discussion with committee members.

Learning Objectives: Participants will be able to 1) Recognize the harmful effects of social isolation and loneliness. 2) Describe the Acts of Connection phases and activities aimed at increasing connection. 3) Discuss ways to improve Connection Campaigns and ensure community input.

**12:30pm – 1:30pm ~ Lunch, Networking, Get Moving**

- **Walk for Health, Connection and Healing - Sarah Schwallier (25 min)**
- **Tour of Northglenn Recreation Center (25 min)**

**1:30pm - 2:00pm ~ Magic of Intergenerational Connections -** Rachel Cohen, LinkAGES & Aging Dynamics

Description: Research shows that intergenerational connection alleviates social isolation and loneliness, enhancing quality of life for younger and older persons. In this session, we will pair the extensive research in favor of connecting generations, with case studies of several successful intergenerational programs, providing practical tips, cross-generational communication strategies and lessons learned.

Learning Objectives: Participants will be able to 1) Discuss the importance of intergenerational connections for both social connection of individuals and strength of communities. 2) Examine the benefits of utilizing an age-friendly communities' approach when creating opportunities for intergenerational connections and how this can benefit community building. 3) Learn tips and skills to outline actionable steps for their own communities to move towards actively fostering intergenerational connections that lead to reduction of social isolation and loneliness.

**2:00pm – 3:00pm ~ Storytelling Workshop – Creating Connection & Belonging through Stories –** Healthy Jeffco Alliance~Connection Action Team

Description: Isolation and lack of meaningful connection can negatively impact both mental and physical health. Society often disproportionately isolates people based on components of their non-dominant identities such as race, gender, spoken language, culture, sexual orientation, and socio-economic status. The Healthy Jeffco Alliance's Culture of Connection Action Team planned and implemented a storytelling project to learn how people find connection and if sharing uplifting stories of connection and belonging could help Jeffco residents feel more connected. The results of the pilot exemplified how the process of listening to and sharing stories can help us learn about ourselves, relate to others, find ways in which we are more similar than different, and connect within shared human experiences regardless of one's held identity. These findings demonstrate opportunities for storytelling to be used as a method for preventing feelings of isolation across populations the most negatively affected by a lack of social connection. In this interactive workshop session, we will practice storytelling by leading the participants to learn about the process and share stories, as well as discuss opportunities for using this method across different platforms.

Learning Objectives: Participants will be able to 1) Create and share their own story. 2) Examine how storytelling can be used in community settings. 3) Recall how the process of telling and/or listening to stories can foster connection and belonging.

**3:00pm – 3:10pm ~ PHPR Collab Summit Success Story and Connection Break (transition room to world café)**

**3:10pm– 3:55pm ~ The Joy of Social Connections and Sowing Seeds via a Variety of Mediums ~ World Café – (2 rotations 20 minutes each)**

- **Community Art - I-70 Corridor Mural Project** - Jamie Zerr-Lockwood, Corridor Creative Arts & Libby Harrington – Adams CO PH) Description: Learn about the recipe for a successful multi-sector inter-generational community mural project that was completed in 2023 and installed in Trupp Park in the Town of Bennett. Gain the perspective of both artists and local public health and will have an element of sharing -audience will be asked to share other examples of art projects that were successful in building community connection. The I-70 Corridor mural project aims to engage and empower the community, particularly its youth, to raise awareness about the value of connection among community members and the need to support one another in our shared efforts to lead a healthy, active, and tobacco and substance-free lifestyle. Learning Objectives: Participants will be able to 1) Recall at least three essential elements that make for a successful community mural project. 2) Give an example of how community driven art projects support youth substance-use prevention efforts. 3) Identify at least two community partners that might have the capacity and interest in collaborating on a mural project.
- **Health Equity - Explore Health Equity and Social Connection with Colorado's Equity Compass** – Rachele Espiritu, Change Matrix Description: Across Colorado, communities are grappling with health inequities influenced by various factors, collectively known as social determinants of health (SDOH). Systemic racism, social contexts, economics, and health services play crucial roles in shaping the well-being of individuals and communities. Amidst these challenges lies a powerful force that is related to health outcomes – social connection. We will spotlight the Colorado Equity Compass (CEC), an innovative platform designed to empower communities and the organizations serving them to leverage data and stories in the pursuit of health equity. Join us to explore Colorado community-level data available on mental health and other factors related to social connection, such as economic status, educational attainment, and civic engagement. Through interactive, small group activities, participants will explore the Equity Data Navigator, view detailed health data at the census tract level in their own communities, and identify stories related to health factors that are having an impact on Coloradans. Learning Objectives: Participants will be able to 1) Examine the availability of social connection data at county and Census tract levels across the state of Colorado. 2) Investigate how tools within the CEC can serve to expand upon and strengthen current public health efforts. 3) Uncover resources and stories that support communities to create an integrated, powerful, and actionable narrative about health equity.
- **Nature Therapy & Forest Bathing - A year of forest bathing and togetherness in Eagle County – Youth, Nature Connection and Community Building** – Jane West, Heart of the West Counseling and Zuza Bohley, Love 4 Nature Inc. Americas for Conservation + the Arts, Promotores Verdes Description: In 2021 we received a grant from the Eagle Valley Health Foundation, created to curb the high suicide rates in Eagle

County, supporting youth and fostering community connections. We brought together county-wide thought leaders, diverse community groups serving the latino community), family and mental health services and recreation agencies to connect with nature via forest bathing, and to build and strengthen county-wide community connections. We will share the nature connection activities we offered and the lessons we learned from this year-long joy of togetherness. We discuss how guided forest bathing walks address loneliness and a sense of belonging, fostering genuine connections with nature, oneself and the world. Guided Forest Bathing walks strengthen community and build social support networks that have ripple effects such as improving mental and physical health and well-being, feeling inspired to become civically engaged and practice environmental stewardship, thus advancing planetary health. We share inspiring stories from individuals who have triumphed over (childhood) trauma, loneliness, and isolation, discussing access, equity, inclusion, and diversity issues we encountered along the way. We will close with a call to action. **Learning Objectives:** Participants will be able to 1) Recall the benefits of forest bathing and it addresses social determinants of health. 2) Recognize the results and ripple effects of our collaborative work in Eagle County. 3) Discuss ways to improve access to health and nature, health equity and inclusion.

- **Special Events – Bringing People Together-Build Community through Special Events** – Leah Krumpholz, Alex Reaves and Mikayla Hudak, City of Westminster **Description:** It's no secret that events and cultural programming can transform a community. Learn how the City of Westminster has created successful, equitable, community-driven events to build social and community connections. Westminster's signature event, Westy Fest, draws over 30,000 people year after year, with a record-breaking attendance of 42,000 in 2023. Their Movies in the Park/Neighbor Nights series not only provides family-friendly fun throughout the summer months, but also showcases the benefits of collaborating across divisions and departments throughout the City. In addition to family-friendly and kid-centric events, Westminster has also introduced unique events to bring together the oft-overlooked adult population of singles, couples without children, and empty nesters, including the Adult Egg Hunt, Zombie Golf, and Ballerina Dodgeball. **Learning Objectives:** Participants will be able to 1) Identify opportunities to engage adult community members with unique event offerings. 2) Discuss the positive impact of collaboration between divisions and departments or sectors. 3) Give examples of diverse events that can help community members without children find connection to their community.
- **Transportation - Community Engagement with RTD** – Brandon Figliolino, RTD Community Engagement **Description:** In 2023, the Community Engagement Team at the Regional Transportation District (RTD) recommitted itself to promoting the agency's vision to "make lives better through connections." This presentation focuses on the core strategies the team employed during the year to foster a sense of community, both internally at RTD, and for its customers. Strategies include participating in parades, launching "parade buses," hosting transit-themed story times at local libraries, presenting to high school classes, offering no-cost transit rides, and joining cherished community festivals. **Learning Objectives:** Participants will be able to 1) identify techniques for building meaningful relationships with community partners that can increase their organization's ability to connect with diverse populations. 2) Describe how to access to transit increases opportunities for connection in their community. 3) Discuss low-cost and creative ideas that can be used to increase community connections.
- **Volunteering – The Power of Volunteering Through the Lens of 4-H** - Rachel Juritsch, CSU Extension - Adams County 4-H Youth Development **Description:** America's largest youth development organization is 4-H, a nonprofit with the mission to empower young people. One way we fulfill our mission is through the power of community service. Volunteerism is a mutually beneficial service. Not only does it connect you with people, but it also brings many benefits to your mind and body. Moreover, it can be an enjoyable experience! **Learning Objectives:** Participants will be able to 1) Summarize the benefits of volunteerism on their overall health and well-being. 2) Identify local organizations where they can volunteer and connect with their community. 3) Reproduce the art of volunteering through a brief activity to support Project Angel Heart.

**3:55pm – 4:00pm ~Closing Remarks, Make a Connection, Evaluation, Thank you!- Colorado PPHR Collaborative Crew - Jo**

**4:00pm to 6:00ish~ Healthy Happy Hour at Prost Brewing – Northglenn Biergarten 351 West 104th Avenue, Unit A, Northglenn, CO 80234 (yes, they have adult & NA beverages) hosted by the CPRA Emerging Professionals Network and the CPHA Emerging Professionals Committee immediately following the Summit for networking, connection, and fun.**