What are Built Environment, Parks, Recreation and Public Health doing to create hope, change and optimism?

Safety

Non-denominational churches hosting mutual aid distribution events with other non-profits.

Being present and listening for our recreation community

Providing opportunities to be active.

Students are self advocating for mental health services to get the help they need.

This seminar! It's bringing together agencies and organizations with similar missions and efforts to collaborate and streamline efforts.

Engaging young people in co-imagining spaces which meet their support needs!

We are reminding people that connection is still possible in spite of all the challenge faced by our communities today.

Creating opportunities and a safe space for all to come and have a sense of belonging.

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What are Built Environment, Parks, Recreation and Public Health doing to create hope, change and optimism?

Intentional programming

Parks. Trail, vaccine booths

We are forming coalitions to address a variety of social determinants of health-focused issues - from there, we are able to identify and address issues at a community level.

Allowing an opportunity for the community to come together through sport and enjoying parks. I think COVID has taught us the importance of extreme value of social connection.

Arts integration

Coming up with new programming to not only bring people together, but to bring people of multiple generations together <3

healthy living

Free youth programming

Listening to young voices

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What are Built Environment, Parks, Recreation and Public Health doing to create hope, change and optimism?

Policy change

Positive and diverse programming

Reducing resources consumption to adapt with climate change

Providing covid testing and vaccination opportunities

Creating access to resources for COVID prevention by providing access to hand sanitizer stations, COVID education materials, and testing site access for communities

Vaccination busesRapid testsParks, trails and open spacesCommunity gardens

Give the power back to the people with collaboration meetings to build a future they want to see

Create community space for people to come together and share, show empathy, and be present. I started a gratitude journaling group and the positive emotions, and connections just within the class were heartwarming and inspiring.

Nature prescriptions to get people outdoors for mental health benefits

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What are Built Environment, Parks, Recreation and Public Health doing to create hope, change and optimism?

Restaurants opening up more outdoor seating

Free youth programming, community gardens, vaccination clinics

Implementing art in way-finding, parks, signs, out other outdoor spaces that reflect that community

Getting community input for direction of recteation ptograms

Access to quality parks

Being a resource for community members for information and help.

Revisiting use regulations for public spaces to make them more adaptable, inviting, usable and equitable

Creating programs that encompass all demographics

Community support groups, fitness groups, nutritional seminars, inclusivity

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What are Built Environment, Parks, Recreation and Public Health doing to create hope, change and optimism?

Parks and Rec: shifting our focus to traditionally programming to a real thoughtfulness for how our programs will affect mental wellness and creating access for underserved populations.

Discussing healthy coping mechanisms to stress

Oportunidades para todos

Spaces are more flexible allowing for many different ways to use a space

recognizing the need to think about how we can create hope, change and optimism

Valuing the voices and decision making power of community members.

Expanding outdoor dining, gathering in parks and outdoor spaces, increase in funding opportunities and options, creative programs/projects/activities

Youth engagement in improving their community

Offering free entry to local youth into rec centers to offer a safe place during spring break.

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What are Built Environment, Parks, Recreation and Public Health doing to create hope, change and optimism?

Including high schoolers in discussions about Mental Health. Teaching how to use essential oils, planners (to stay organized), coloring books to relax, and nature bathing.

Equinox Counseling and Wellness Center offers a systemic environment change that addresses the whole family system. Through outdoors, safety and addressing changes to the systemic environment, the individuals (ages10-28) can sustain changes.

Creating opportunities for all ages

Funding support

Creating programs for youths

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In 3-5 words summarize BE, PH and P&R 's impact on mental health for youth and adults.