**Public Health/Parks and Recreation Summit 2018**

**For the Sake of Connecting with Our Communities**

**Friday, March 2, 2018**

**8:30am – 4:00pm**

**Buck Recreation Center – South Suburban Recreation District, Littleton, CO**

**8:30am**

**Registration**

**Networking/Coffee and Tea** *Snack Break sponsored by MDH Law Group*

**8:45am**

**Let’s Sit - Correctly**

**Facilitator:** Judy Metz - Sit Tech

**Description**: Judy will be teaching the technique of power sitting so we can make the most of our educational summit.

**9:00am**

**Welcome – Jo Burns and Justin Cutler**

Special Greeting from Mike Braaten, South Suburban Parks and Recreation, Executive Deputy Director

**9:15am - 10:00am**

**Keynote**: **Together We’re Better**

**Speaker:** Janet Bartnik, (WECMRD, previously with Liberty (MO)

**Description:**  There is no single path forward to building a Culture of Health. Solutions are wide-ranging, and everyone has a role to play.  Come hear about the experience of one community in Missouri that sought to “Create a community in which the healthy choice was the easy and preferred choice.”

**10:00am - 10:30pm**

**Cultivando and the Community**

**Speakers:**Maritza Gutierrez(Cultivando)

**Description**:  Cultivando is a leadership, advocacy and capacity building organization that works in collaboration with community leaders and partners. Our work is built on a foundation of our organizational values of community-led work, social justice, and collaborative leadership. The key strategy to our work and success is to honor the capacity and voice of community leaders to impact sustainable change.

**10:30am - 10:45am**

**Healthy Snack Break -** *Snack Break sponsored by MDH Law Group*

**10:45am - 11:30am**

**Prescriptions for Health, from Parks to Places**

**Speakers:** Justin Cutler (Westminster), Chandi Aldena (TPL), Sandy Douglas (Groundwork Denver), and Dody Erickson (Denver)

**Description:** Join the Trust for Public Land, Groundwork Denver, City of Westminster and City of Denver, as we journey from your medical provider to your local park, and on to your recreation center, as we follow your prescription to health.  The panel speakers will share their experiences in developing prescription programs from parks to places, leveraging the power of partnerships, and helping underserved populations connect with health infrastructure.  Learn from our mistakes and gain a better understanding of how you can create a successful program in your neighborhood or across your community.

**11:30am - 12:15pm**

**Parks for Social Connection and Mental Health Promotion**

**Speakers:**Marc Garstka (Aurora), Sarah Johnson (Mesa County) and Traci Weiland (Grand Junction)

**Description:** What can your community do to promote mental well-being and foster a positive social environment for youth? Hear how two Colorado communities are utilizing parks, recreation facilities and libraries as vital spaces for social connection and mental health promotion.

**12:15pm - 1:15pm**

**Lunch & Networking**

*Lunch catered by Mod Market****Lunch sponsored by Tobacco Free 303, Design Concepts and Anonymous Donor***

*Get Moving Options - Walk with Sarah Schwallier from Walk2Connect begins at 12:45pm at the rear main door.  Or a facility tour with Buck Recreation Center Staff at 12:45 at the forward entrance to the room. Or visit the Colorado Skin Cancer Task Force Resource Table*

**1:15pm - 1:45pm**

**Colorado Collaboration Cafe - Topic Teasers - “We are Wiser Together”**

**Facilitator:** Brian Kates (Colorado Springs)

**Speakers:** See speakers and topics below.

**Description:** 10 topics to choose from - pick your favorite 4. The Café Table hosts will share one slide and a 2- minute overview of their table topic to entice the attendees to join them for a small group discussion about how their program, research or experience can affect and engage the community.

**1:50pm - 3:00 pm**

**Colorado Collaboration Cafe** (4 – 15- minute rotations with couple minutes to move tables in between)

**Facilitator:** Brian Kates (Colorado Springs)

**Speakers and Topics**

* **We’re Better Together** - Janet Bartnik
* **Cultivando and the Community** – Maritza Gutierrez
* **Prescriptions for Health** – Justin Cutler, Chandi Aldena and Sandy Douglas
* **Parks for Social Connection - Western Slope** - Sarah Johnson and Traci Weiland (2 rotations only)
* **Local Parks and Recreation Agencies Use of Systems Thinking to Address Preventive Public Health Factors** - Teresa Penbrooke
* **Outdoor Recreation Industry Office and their focus on Health** – Janette Heung
* **Smoke Free Parks** - Taylor Roberts
* **Diabetes Prevention - Community Based Programs** - Lynnzy McIntosh
* **Let’s Talk Campaign** - Monica Younger
* **Check Change Control** - Sarony Young
* **Mental Health First Aid – Why should I take it?** – Lena Heilmann

**3:00pm - 3:15pm**

**Hokey Pokey Break (yep, it’s tradition now)**

**3:15pm – 3:45pm**

**Where are we going next?  Questions to ponder? How do we work for health in Colorado better together??**

**Facilitator:** Justin Cutler (Poll Everywhere)

**Description:**Group discussion around areas we can make the most impact. How do you want to be engaged? Help the collaborative hone in on priorities.

**3:45 - 4:00pm**

**Closing Remarks by the Colorado PHPR Collaborative**

**Leaders:** Jo Burns, Justin Cutler and Janet Bartnik

**Description:** Summarize the experience of the day and share patterns, ideas and a-ha moments from the Colorado Collaboration Café and close the Summit.

**4:15pm - ??**

Social and Networking at The Tavern - (2589 W Main St, Littleton, CO 80120) 8-minute Walk from the Buck Recreation Center. All are welcome!

**PHPR Summit Planning Team:**  **Chandi Aldena**- The Trust for Public Land; **Matt Anderson**-Wheat Ridge Parks and Recreation; **Janet Bartnik**-Western Eagle County Metro Recreation District; **Jo Burns** – Jo Burns Consulting;  **Kate Cooke**-Independent; **Justin Cutler-** City of Westminster;  **Heidi Fritz**-Tri County Health Department; **Rebecca Gernes**-Denver Environmental Health; **Denise Hartsock**-Kaiser Permanente; **Annemarie Heinrich**-Tri County Health Department; **Barbara Joyce**-University of Colorado-Colorado Springs; **Brian Kates**-City of Colorado Springs Parks, Recreation and Cultural Services; **Ture Nycum**-City of Fruita; **Carey Overstreet**-South Suburban Parks and Recreation; **Ashley Perillo**-Colorado Parks and Recreation Association; **Dave Peterson**-Design Concepts; **Cate Townley**- Colorado Department of Public Health and Environment; and **Virginia Visconti**-Center for Public Health Practice -Colorado School of Public Health;

**PHPR Summit Partners:** Anonymous Donor, Center for Public Health Practice & Rocky Mountain Public HealthTraining Center - Colorado School of Public Health, City of Westminster, Colorado Department of Public Health and Environment, Colorado Parks and Recreation Association, Design Concepts, Jo Burns Consulting, MDH Law Group, South Suburban Parks & Recreation District, Tobacco Free 303 and Tri County Health Department