

Building Healthy Communities

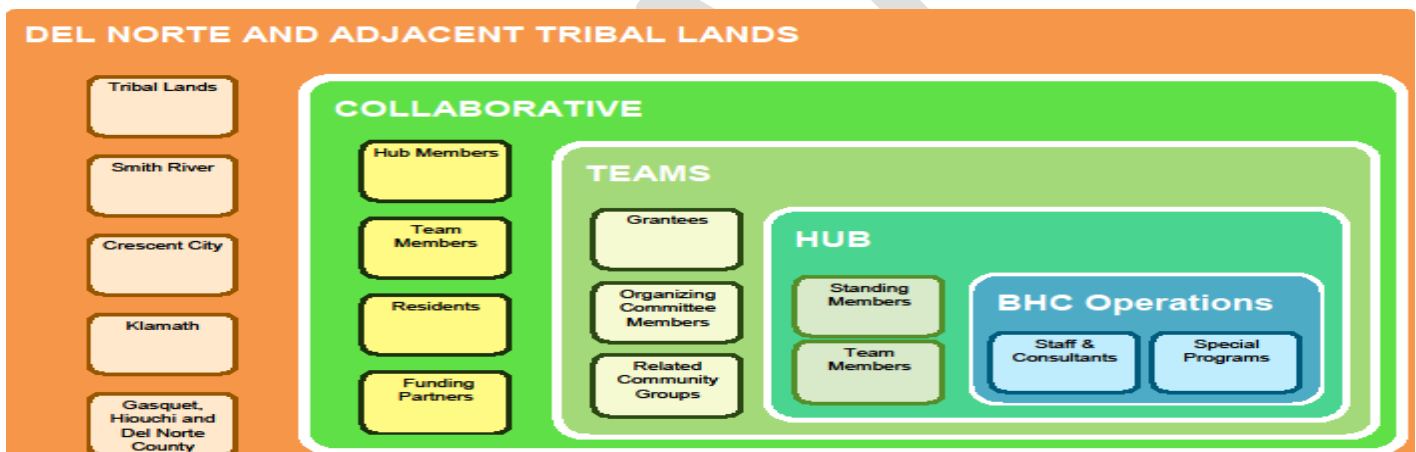
Del Norte County and Adjacent Tribal Lands

TEAMS Fact Sheet

In order for Del Norte and Adjacent Tribal Lands (DNATL) residents to come together for action on areas of common interest/passion which will improve the overall health and wellness of our region, TEAMS have been developed to provide leadership and direction. These TEAMS are self-directed, supported by BHC staff, and come and go as needs and issues arise within the region.

This is a process based on a fluid and flexible view of the needs of the region. At any time, data may indicate that there is a critical issue getting in the way of health for one or more groups of residents. As new information comes to light, BHC and the Hub will adapt and determine how best to move forward. Residents with passion about a particular issue are encouraged and supported to gather others to develop direction and approaches to solving that problem.

Here is an organizational chart to show how a TEAM relates to other groups in the BHC initiative:



1. What, exactly, is a TEAM?

A TEAM is a group of residents, who organize themselves around an issue or problem which they have passion to work on. Typically, a TEAM:

- ✓ Has members who agree to work towards achievement of a specific goal that relates to advancing the BHC outcomes, leading to a healthier community.
 - Examples of a “goal” might include: improving the health and taste of school meals; improving school attendance; improving access to fresh foods in all neighborhoods.
- ✓ A BHC TEAM embraces the key BHC principles and drivers of change, especially, involves residents in all aspects of the work. Ideally, the issue or idea – and the TEAM - has arisen through grass-root, resident agreement of what needs to happen to improve the health of their community. (See Building Healthy Communities Fact Sheet)
- ✓ The TEAM never forgets that it is a part of the community.
- ✓ With the support of a BHC staff member, develops an action plan – a step-by-step approach to accomplishing the project- we call them navigational charts.

- ✓ Meets regularly to accomplish their project. Appoints a member of the TEAM as a representative/member of the Hub.
- ✓ Reports regularly to the Hub about the progress of its work.

Note: If for some reason your TEAM loses momentum and/or is unable to meet or make progress on its plan, the Hub will assist your group in identifying the issues and/or barriers in order to help the TEAM move forward. If the issues cannot be resolved, the Hub may recommend that your TEAM be re-constituted and/or dissolved.

2. Should our TEAM become a part of the BHC work? Can it?

Any group that is doing good work focused on building a healthy community, aligned with the key principles of the BHC initiative, can become a part of this work via the Hub. The Hub is a larger group that networks, communicates, supports and reinforces both the work of building a healthy community and the projects associated with the BHC initiative. (See BHC and Hub fact sheets for more details.)

There is a brief application form to have your TEAM become a part of the Hub.

3. Is any work which is focused on improving the health and wellness of our region considered a part of BHC?

No. Some excellent projects deliver services to people who have existing health problems or needs, such as drug use, obesity, smoking, violence issues, etc. These valuable service groups and agencies help residents who are already having problems.

The BHC initiative is focused on changes that prevent problems from ever occurring, such as early education for pre-school children, healthy food choices in neighborhoods and schools, violence prevention programs for new parents, and so on. Thus, BHC and the Hub consciously work to identify and include work across the region that moves toward the key BHC outcomes using critical change strategies that enhance the communities' abilities to continue forward well into the future.

4. Why would our TEAM be interested in joining the Hub?

A good question. There should be really good reasons for any person or group to align with building a healthy community via Hub membership. Here are some of those reasons:

- ✓ The Hub is a group focused on improving the overall health and wellness of the region through prevention. Your work may have that in common with all other representatives on the Hub. You would become aware of other, related important work in progress.
- ✓ Every meeting is an opportunity to learn about the other good work in the community and to present your good work - the opportunities for networking, sharing, and learning are critical benefits;
- ✓ You will be able to connect your important work to the overall outcomes of the Community Plan. (Note: the Community Plan is posted on bhconnect.org, see below for details);
- ✓ System and community leaders in our region are standing members of the Hub. Their participation ensures that linkages to existing programs, opportunities for growing your work, communication about your work are present on an on-going basis;
- ✓ The California Endowment offers frequent training and technical assistance "gifts" to the BHC sites. Even if your TEAM is not a formal BHC grantee, you can learn about and participate in these opportunities;
- ✓ Logistical and staff support may be available to your TEAM.
- ✓ The Hub manages a small grant process. Your TEAM may qualify for a small grant.
- ✓ There may be opportunities to borrow or obtain equipment to support your work.

TEAMs have opportunities to benefit in significant ways – and to find the "sweet spot" of benefits that have to do with helping the community and growing the work together.

Note: if your TEAM is BHC initiative funded work, it will automatically become a part of the Hub.

5. What does a TEAM have to do to participate in the Hub?

If you wish to have your work represented at the Hub, you can begin the process with either of these first two steps.

- a. Talk to a staff member and/or Hub members about your work. These conversations will help determine where, and if, your project relates to building a healthy community overall and/or to the BHC initiative itself.
- b. Fill in the application form (it's an easy, one-pager).
- c. Submit it to the Hub (via BHC staff, see the form for address).
- d. Attend a Hub meeting to present your work and answer questions that members may have. Following this meeting, the Hub will make a decision and communicate that information to you.
- e. Keep your work going and making progress.
- f. If asked to join the Hub, elect/appoint one member to represent your TEAM at the Hub (for one year or the length of your work, whichever is shorter).
- g. Be willing to work with other groups and consultants as necessary to effectively collect data or other information about your work.
- h. Attend a training and complete a process to develop a plan of action- the Navigation Chart (a simple form to help the Hub understand exactly what you are trying to accomplish). Hub staff are able to convene and facilitate the process.
- i. Provide the Hub with brief, regular, periodic reports about how your work is going, as requested.
- j. Present your work to the community via written articles, speaking at Collaborative meetings and other means.
- k. Take advantage of the benefits of being involved in the Hub and this important work.

6. How do we meet other TEAMS?

You meet other TEAMS through the Hub and through connections you establish with Hub members, BHC staff and others.

7. What kind of resources are there to help?

There are some financial resources to support resident involvement and logistics which your TEAM may be able to access. There are the considerable, collective resources of the Hub and its members. If your TEAM is a BHC grantee, the "anchor organization"- or grantee's- contract with The California Endowment specifies some of the resources to be applied to the work.

As with all TEAMS and collaborations, organizations and community leaders must leverage their own resources, expertise and funds to make it work.

BHC staff serve as facilitators, trainers and conveners.

Note that item 3, above, addresses resources and benefits for involved TEAMS.

8. Where can I get more information about Building Healthy Communities, the Hub and TEAMS?

You can go to The California Endowment, Building Healthy Communities website at www.calendow.org/healthycommunities Additionally, each BHC site has a webpage on BHC Connect, www.bhcconnect.org

BHC has several Facebook pages:

www.facebook.com/bhcdnatl

www.facebook.com/HealthHappensHere

And don't forget to follow on Twitter:

https://twitter.com/BHC_DNATL/bhc-hubs/members

https://twitter.com/CalEndow_HERE/health-happens-here/members

9. How do I get a TEAM application form?

Call the Wild Rivers Community Foundation, BHC staff at 707-465-1238. An opportunity to talk with a BHC staff member will be offered to you and/or an application will be emailed/mailed to you.

Or, stop by the office at 879 J Street, Suite 1, Crescent City, CA 95531.

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