

NEAR EASTSIDE QUALITY OF LIFE PLAN

HEALTH, WELLNESS, AND FAMILY STRENGTHENING

Lead Agency: Westminster Neighborhood Services

Our Vision: The near Eastside fosters innovative partnerships to ensure all community members have access to health, wellness and family strengthening resources.

Priority #1: Improve mental and behavioral health and wellness among neighbors	
Action 1.1:	Increase access to mental health services and substance abuse treatment
Performance Measures:	Additional mental health and substance abuse treatment service hours are made available
	Additional mental health and substance abuse treatment service providers locate facilities and/or staff in the neighborhood
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, and other service providers
Action 1.2:	Provide mental health and substance abuse wraparound services at supportive housing sites
Performance Measures:	Residents in supportive housing have on-site access to mental health and substance abuse wraparound services
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, housing sites, and other service providers
Action 1.3:	Provide education on coping skills and Wellness Recovery Action Plans
Performance Measures:	Education on coping skills and Wellness Recovery Action Plans was provided
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations and other service providers

Action 1.4:	Launch a community-based initiative to address trauma and promote resiliency
Performance Measures:	Community-based initiative to address trauma and promote resiliency was launched
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, faith-based Community Based Organizations, local schools, service providers, and others

Action 1.5:	Train community service providers in trauma-informed care
Performance Measures:	Community service providers were trained
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, faith-based Community Based Organizations, local schools, service providers, and others

Action 1.6:	Train educators, police officers, first responders, and others to identify and respond to mental health and substance abuse issues
Performance Measures:	Educators, police officers, first responders, and others were trained to identify and respond to mental health and substance abuse issues
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, faith-based Community Based Organizations, first responders, service providers, and others

Action 1.7:	Provide public education about Adverse Childhood Experiences and related public health issues
Performance Measures:	Public education was provided about Adverse Childhood Experiences and related public health issues
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, faith-based Community Based Organizations, service providers, and others

Action 1.8:	Create a mental health taskforce and expand behavioral health teams
Performance Measures:	A mental health taskforce is created
	Behavioral health teams are expanded.

Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, and other service providers

Priority #2: Improve physical health and wellness among neighbors

Action 2.1:	Reduce the incidence and severity of infant and maternal mortality, heart disease, diabetes and cancer
Performance Measures:	The incidence and severity of infant and maternal mortality, heart disease, diabetes and cancer is reduced
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, and other service providers

Action 2.2:	Launch a near Eastside pilot of the Ornish Reversal Program
Performance Measures:	A Near Eastside pilot of the Ornish Reversal Program was launched
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, and other service providers

Action 2.3:	Increase opportunities for physical activity by assisting with enrollment at local gyms, forming neighborhood walking groups and providing open air fitness programming for all ages in parks and public spaces
Performance Measures:	Number of residents are enrolled at local gyms
	Number of hours of fitness programming provided through neighborhood walking groups
	Number of hours of fitness programming provided for all ages in parks and public spaces
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, and other service providers

Action 2.4:	Host a neighborhood contest to log walking miles in connecting with the near Eastside Games
Performance Measures:	A neighborhood contest to log walking miles in connecting with the near Eastside Games was hosted

	Neighborhood members walk additional miles.
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, and other service providers

Action 2.5:	Provide public education on healthy diets, cooking on a budget, gardening and related topics
Performance Measures:	Public education on healthy diets, cooking on a budget, gardening and related topics was provided
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations, MCPHD, and other service providers

Priority #3: Reduce poverty and stabilize families	
Action 3.1:	Support families in achieving housing stability and provide homelessness prevention and intervention services
Performance Measures:	Families are supported in achieving housing stability and homelessness prevention and intervention services are provided
Implementation Partner:	JBNC
Supporting Partner/s:	Other community-based organizations and service providers

Action 3.2:	Provide prevention and intervention services to address child abuse and neglect
Performance Measures:	Prevention and intervention services to address child abuse and neglect that include attachment-based parenting approaches are provided
	Neighborhood parents receive training on attachment based parenting.
Implementation Partner:	JBNC
Supporting Partner/s:	Other Community Based Organizations and service providers

Action 3.3:	Provide prevention and intervention services to address domestic violence
Performance Measures:	Prevention and intervention services to address domestic violence are provided

Implementation Partner:	JBNC
Supporting Partner/s:	Other Community Based Organizations and service providers

Action 3.4:	Create a safe place for families to come to for guidance on tough issues
Performance Measures:	A safe place for families to come to for guidance on tough issues was created
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based Community Based Organizations and other service providers

Action 3.5:	Establish an employer/employee mutual assistance fund for addressing emergency expenses
Performance Measures:	An employer/employee mutual assistance fund for addressing emergency expenses was established
Implementation Partner:	ECDC
Supporting Partner/s:	Faith-based and other Community Based Organizations

Priority #4: Support families in achieving their health and wellness goals	
Action 4.1:	Provide public education on healthy family dynamics, healthy relationships and personal empowerment
Performance Measures:	Public education on healthy family dynamics, healthy relationships and personal empowerment was provided
	Near Eastside neighbors attend public education events.
Implementation Partner:	JBNC
Supporting Partner/s:	Other Community Based Organizations and service providers such as Parents Anonymous

Action 4.2:	Provide opportunities for families to build social relationships and connect with others through support groups, learning circles, parent/ladies/youth cafes, "Let's Talk" groups, recreational clubs and volunteer and civic participation opportunities
	Additional support groups provided.
	Additional learning circles provided.
	Additional parent/ladies/youth cafes provided.

	Additional “Let’s Talk” groups provided.
	Additional volunteer and civic participation opportunities are provided
	Additional recreational clubs available.
Implementation Partner:	JBNC
Supporting Partner/s:	Other Community Based Organizations and service providers such as Brookside Community Development Corporation and LYN House

Action 4.3:	Offer classes to engage families in health activities together (e.g. cooking, arts and crafts, games and fitness, etc.)
Performance Measures:	Classes are offered to engage families in health activities together (e.g. cooking, arts and crafts, games and fitness, etc.)
Implementation Partner:	JBNC
Supporting Partner/s:	Other Community Based Organizations and service providers, Bright by Text

Action 4.4:	Create intergenerational programming in public spaces and through the PACE program
Performance Measures:	Intergenerational programming in public spaces and through the PACE program was created
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, other Community Based Organizations, and service providers

Action 4.5:	Provide a healthy family mentoring program and/or provide community health workers for families at risk
Performance Measures:	A healthy family mentoring program and/or community health workers were provided for families at risk
Implementation Partner:	JBNC
Supporting Partner/s:	Other Community Based Organizations and service providers

Action 4.6:	Increase access to resources, home visiting services, supportive networks, and other supports for seniors and caregivers to address specific needs throughout the lifespan
Performance Measures:	Additional resources and home visiting and other supportive service hours are made available to seniors and caregivers

	Additional service providers locate facilities and/or staff in the neighborhood
	Supportive networks locate and meet regularly in the neighborhood
Implementation Partner:	ECDC
Supporting Partner/s:	Faith-based and other Community Based Organizations and service providers

Priority #5: Improve food access and food security among neighbors	
Action 5.1:	Open an affordable grocery store or co-op
Performance Measures:	An affordable grocery store or co-op opened
Implementation Partner:	NEAR
Supporting Partner/s:	Grocery store operator, financing organization, others

Action 5.2:	Develop a comprehensive 10-year food strategy for the Near Eastside
Performance Measures:	A comprehensive 10-year food strategy for the Near Eastside was developed
	The 10-year food strategy is implemented with the leadership of the Health and Wellness Community Action Team
Implementation Partner:	JBNC
Supporting Partner/s:	NEAR, WNS, other Community Based Organizations addressing food needs

Action 5.3:	Create incentives for locally-owned food businesses to locate in the near Eastside
Performance Measures:	Incentives for locally-owned food businesses to locate in the near Eastside were created
	Incentives for locally-owned food businesses were utilized
	Locally owned food businesses locate on the near Eastside
Implementation Partner:	NEAR
Supporting Partner/s:	JBNC, ECDC, and other Community Based Organizations

Action 5.4:	Create a food incubator and curriculum that promotes youth empowerment and entrepreneurship
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Performance Measures:	A food incubator and curriculum that promotes youth empowerment and entrepreneurship was created
Implementation Partner:	NEAR
Supporting Partner/s:	Other Community Based Organizations and service providers

Action 5.5:	Collaborate with the Indy Food Council and others to address food access issues
Performance Measures:	Collaboration with the Indy Food Council and others to address food access issues is occurring
Implementation Partner:	NEAR
Supporting Partner/s:	JBNC, WNS, other Community Based Organizations, and organizations addressing food needs

Action 5.6:	Overcome transportation barriers to food access by providing transit to markets, creating a mobile market, and/or creating a food ordering platform
Performance Measures:	The feasibility of providing transit to markets, creating a mobile market, and/or creating a food ordering platform was explored
	A feasible option was chosen to overcome transportation barriers to food access
Implementation Partner:	NEAR
Supporting Partner/s:	JBNC, WNS, other Community Based Organizations, and organizations addressing food needs, transportation, and/or technology

Action 5.7:	Collaborate with existing organizations and their outreach efforts to cohesively market and promote food resources in the community
Performance Measures:	
Implementation Partner:	NEAR
Supporting Partner/s:	

Action 5.8:	Invest in local food production
Performance Measures:	Investments supported local food production

Implementation Partner:	NEAR
Supporting Partner/s:	ECDC and local food producers

Action 5.9:	Encourage farmers markets to donate food surplus to food pantries
Performance Measures:	Farmers markets were encouraged to donate food surplus to food pantries
	A sustainable relationship is created between farmers markets and food pantries.
Implementation Partner:	NEAR
Supporting Partner/s:	Farmers markets and food pantries such as Gleaners

Action 5.10:	Create a food desert box
Performance Measures:	A food desert box was created
	A sustainability plan for the food desert box is created
Implementation Partner:	NEAR
Supporting Partner/s:	Local businesses, organizations, and neighborhood groups

Action 5.11:	Host community meals
Performance Measures:	Community meals were held
	Neighborhood members attend community meals.
Implementation Partner:	NEAR
Supporting Partner/s:	JBNC, V3, other CBOs, and neighborhood groups, East 10 th United Methodist Church

Action 5.12:	Create employer-sponsored incentives rewarding healthy food choices or subsidies for healthy food such as Wholesome Wave
Performance Measures:	Employer-sponsored incentives rewarding healthy food choices or subsidies for healthy food such as Wholesome Wave were created
	Incentives are taking advantage of employer-sponsored incentives.
Implementation Partner:	NEAR
Supporting Partner/s:	MCPHD, other CBOs, healthcare organizations, and employers

Action 5.13:	Provide support for urban farms, community gardens, and container gardens and connect them to IUPUI free-lead testing and Spades Park Library's seed library
Performance Measures:	Support for urban farms and community gardens was provided
	Urban farms and community gardens were connected to IUPUI free-lead testing and Spade Park Library's seed library
Implementation Partner:	NEAR
Supporting Partner/s:	ECDC, WNS, other CBOs, neighborhood groups, IUPUI, Spades Park Library

Priority #6: Build a community that fosters health and wellness

Action 6.1:	Complete a feasibility study for a wellness hub that would comprehensively and holistically address needs in a welcoming and accessible location and provide one-on-one support for high-need individuals and families
Performance Measures:	A feasibility study for a wellness hub was completed
	Next steps for the proposed wellness hub were identified
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, NEAR, ECDC, other CBOs, MCPHD, and service providers

Action 6.2:	Attract development to the near Eastside that supports neighbors' access to healthy food, financial support, childcare, fitness, rehabilitation, counseling, and related products and services in their neighborhoods
Performance Measures:	Strategies to attract development supporting neighbors' health and wellness needs were developed and implemented
	Development supporting neighbors' health and wellness needs occurred
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, NEAR, ECDC, other CBOs, MCPHD, and service providers

Action 6.3:	Publish a living resource guide, calendar, and brochure of health tips and distribute these widely in print and online
Performance Measures:	A living resource guide, calendar, and brochure of health tips was published and distributed widely in print and online
	The living resource guide is regularly updated.

Implementation Partner:	WNS
Supporting Partner/s:	Faith-based and other CBOs and service providers

Action 6.4:	Regularly complete a community health needs assessment
Performance Measures:	A community health needs assessment was completed regularly
	The community health needs assessment is incorporated into community decision making processes.
Implementation Partner:	WNS
Supporting Partner/s:	Faith-based and other CBOs and service providers

Action 6.5:	Provide health services, information and outreach through schools and workplaces
Performance Measures:	Health services, information and outreach were provided through schools and workplaces
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, MCPHD, local schools, and service providers

Priority #7: Improve health equity in the community	
Action 7.1:	Provide targeted, accessible and culturally-specific health outreach, navigation and advocacy by placing Promotoras, health navigators, social workers, and related workers in positions throughout the community
Performance Measures:	Targeted, accessible and culturally-specific health outreach, navigation and advocacy was provided by placing Promotoras, health navigators, social workers, and related workers in positions throughout the community
Implementation Partner:	JBNC
Supporting Partner/s:	WNS, MCPHD, local schools, faith-based and other CBOs, local organizations, and service providers

Action 7.2:	Build health access and health literacy by providing comprehensive health and mental health education and screenings and inviting health and wellness organizations to participate in community events
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Performance Measures:	Comprehensive health and mental health education and screenings were provided
	Health and wellness organizations were invited to participate in community events
Implementation Partner:	WNS
Supporting Partner/s:	JBNC, ECDC, MCPHD, faith-based and other CBOs, and service providers

Action 7.3:	Raise awareness of health inequities by organizing an annual health fair and related health and wellness events at schools, libraries, parks, and other public places while utilizing a diversity, equity, and inclusion lens
Performance Measures:	An annual health fair was organized that utilized a diversity, equity, and inclusion lens
	Related health and wellness events at schools, libraries, parks, and other public places was organized utilizing a diversity, equity, and inclusion lens
Implementation Partner:	WNS
Supporting Partner/s:	MCPHD, faith-based and other CBOs, local schools, local libraries, local parks, local organizations, and service providers

Action 7.4:	Address the public health impacts of climate change
Performance Measures:	A plan to address the public health impacts of climate change was created
	Implementation of the plan to address the public health impacts of climate change has begun
Implementation Partner:	ECDC
Supporting Partner/s:	JBNC, NEAR, WNS, MCPHD, other CBOs, local organizations, service providers, and neighborhood groups

Action 7.5:	Ensure underrepresented groups have access to primary care by providing gap coverage or free or grant-based coverage and assisting in enrollment
Performance Measures:	Gap coverage or free or grant-based coverage was provided to ensure underrepresented groups have access to primary care
	Underrepresented groups were assisted in enrollment into primary care
Implementation Partner:	WNS

Supporting Partner/s:	MCPHD, faith-based and other CBOs, and other service providers
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