BUILDING CAPACITY FOR COMMUNITY ACTION

Engaging Residents Through Leadership Academies

County of San Diego Community Action Partnership
August 27, 2018
WORKSHOP AGENDA

WELCOME & INTRODUCTIONS

BACKGROUND – CAP SAN DIEGO

RESIDENT LEADERSHIP ACADEMY

- Curriculum
- CAP RLA Projects
- Partner Video

IMPACT

FUTURE PLANS

QUESTIONS
San Diego County
COUNTY OF SAN DIEGO

- Southernmost major metropolitan area in CA
- 4,261 square miles
  - Pacific Coast from Mexico to Orange County and inland to Imperial County along Mexico border
- 3.1 million residents
  - 47% white, 33% Hispanic, 4.43% Black, 11.32% Pacific Islander, 3.84% Other
  - Large refugee resettlement site
- 18 incorporated cities
COMMUNITY ACTION PARTNERSHIP

- Public Community Action Agency
- Direct Services through Contracts
- Resides in County’s Health & Human Services Agency
Building Better Health  Living Safely  Thriving

Live Well San Diego Video
Collective impact

1 VISION
that all San Diego County residents are Healthy, Safe and Thriving

5 AREAS OF INFLUENCE
- Health
- Knowledge
- Standard of Living
- Community
- Social

TOP 10 LIVE WELL SAN DIEGO INDICATORS
- Life Expectancy
- Education
- Unemployment Rate
- Income
- Security
- Physical Environment
- Built Environment
- Vulnerable Populations
- Community Involvement
Resident Leadership Academy
WHAT IS A RLA?

Training for neighborhood leaders that covers:

- Community building principles
- Healthy food systems
- Planning and Implementing Community Improvement Projects

Upon completion of the training, participants initiate a project to improve the conditions of their community using the skills and tools acquired during the RLA.
## RLA Training Modules

1. **Orientation Session**
2. **Community Building Principles Session**
3. **Social Determinants of Health Session**
4. **Safe Walkable Communities Session**
   - Including Crime Prevention Through Environmental Design
5. **Healthy Food Systems Session**
6. **Land Use and Community Planning Session**
7. **Leadership, Advocacy & Policy Development Session**
8. **Community Improvement Project Needs & Opportunity Assessment Session**
9. **Community Improvement Project Planning & Implementation Session**
10. **Community Improvement Project Evaluation & Celebration Session**
RESIDENT LEADERSHIP ACADEMY

BEGAN AS A HEALTH INTERVENTION

Initiated in 2011-12 through County of San Diego’s Public Health Services Division as a public health intervention tool:

- Funded with ARRA dollars from the Centers for Disease Control and Prevention
- Curriculum developed in partnership with a local health promotion organization, Community Health Improvement Partners (CHIP)
- Piloted in four (4) different Health and Human Services Agency service delivery areas, resulting in the production of 4 different Community Improvement Plans (CIP), aligned with community priorities
In 2013, CAP initiated a CSBG Innovation Project to adopt RLA as a social service intervention:

- Build capacity by training additional RLA Facilitators
- Worked with local CBOs to host RLA Sessions
- Supported RLA network through hosting the RLA Council
- Utilized RLA graduates and network to conduct community needs assessments
RESIDENT LEADERSHIP ACADEMY

CAP RLA PROJECTS

Resident Leadership Academies

- English, Spanish, Vietnamese, Arabic
- Over 276 Graduates through CAP funded RLAs

Facilitator Trainings

- 9 “Train-the-Trainer” courses, with over 87 Trained Facilitators

RLA Council

- Bi-Monthly Meetings
- Supplemental Trainings
- Technical Assistance
PARTNER VIDEO – REFUGEE RLA PROJECT

https://youtu.be/JPRScW90Mwo
Impact
### Inputs
- CSBG Funding: $180,000/year

### Outputs
- RLA Council
- Communities in Action

### Outcomes - Impact

<table>
<thead>
<tr>
<th>Immediate</th>
<th>Intermediate</th>
<th>Long term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased knowledge regarding principles of community building</td>
<td>Increased community engagement</td>
<td>Conditions in which low-income people live are improved</td>
</tr>
<tr>
<td>Increased capacity for CIP activities throughout the region</td>
<td>Improved Physical and Built Environments</td>
<td>Increase in neighborhood empowerment</td>
</tr>
<tr>
<td>Direct Community Input for CAP Plan regarding Needs and Priorities</td>
<td>Increase in healthy behaviors</td>
<td>Improved health outcomes</td>
</tr>
<tr>
<td></td>
<td>Expanded partnerships</td>
<td>Reduced crime</td>
</tr>
<tr>
<td></td>
<td>Responsive program design by CAP</td>
<td></td>
</tr>
</tbody>
</table>
RLA GRADUATES LEADING IN THEIR COMMUNITIES

Highlights from Calendar Year 2018

• Angeles N. of Lemon Grove named to the Board of the San Diego Breastfeeding Coalition

• Keryna J. of San Diego appointed to a consultant to the City of San Diego’s Smart Growth & Land Use Committee chaired by Councilmember Georgette Gomez

• Janice R. formally established her non-profit in National City and is writing up Agreements with the City of National City for Paradise Creek and Joe’s Pocket Farm.
PROCESS USED BY OTHER ORGANIZATIONS

RLA Council Participants

▪ Using CAP Community Needs Assessment to Pursue Funding & Other Opportunities

▪ Building off of process to continue local needs assessments

Hospital Association of San Diego and Imperial Counties (HASDIC)

▪ Using results and building off of process to inform Hospitals’ Community Needs Assessment
AMPLIFYING THE VOICE OF THE CUSTOMER
FUTURE PLANS

LESSONS LEARNED FROM NETWORK SURVEY

- Interest in web-based or teleconference options for networking/training
- Desire to have RLA Council become more of a working or advisory meeting
- Request for Inventory of Best Practices for Community Improvement Projects and Resource List for Speakers for RLA Sessions
- Supplemental Trainings Most Valuable Support to RLA Practitioners
FUTURE PLANS

BUILDING ON CAP’S INVESTMENT

- Continued Technical Assistance
- Additional RLA Facilitator Training
- Supplemental Training for RLA Graduates
- Revisiting 2014 Community Needs Assessment Model in 2018
Questions?
Live Well San Diego is an initiative of the County of San Diego to improve health and wellness for all residents. It represents a shared vision that can only be accomplished through collaboration across partners from every sector. This vision calls on every resident to take action to improve their own health, safety and well-being, as well as that of their families and neighbors.

START LIVING WELL
To live well is to make healthy choices every day. To feel safe and secure...
Read More

MAKE A PROMISE TO LIVE WELL
We are committed to helping every resident of San Diego County be healthy, safe and thriving. We promise to...
Share

LIVEWELLSD.ORG
The Partnership Wants Your Feedback!

Please be sure to complete the evaluation for this session online, via the CAPCON18 Event App.

Thanks in Advance for your Cooperation!