

**Session:** Coalition Building to Support Mental Health  
**Track:** Key Factors in Resilient Food and Agricultural Systems  
**Sponsored by:** The Colorado Health Foundation

**THANK YOU TO OUR EVENT SPONSORS!**  
**¡GRACIAS A TODAS LAS ORGANIZACIONES QUE FORMAN PARTE**  
**DE LA CUMBRE ALIMENTICIA 2023!**



# SPEAKERS



**Clinton Wilson**  
Program Director  
Rocky Mountain  
Farmers Union



**Danielle Varda**  
CEO & Founder  
Visible Network Labs



**Beatriz Garcia**  
Community Empowerment  
Coordinator, Good Food  
Collective / LaPlata Equity  
Coalition



**Brizai Gomez Cortes**  
Coalition Lead  
Denver Community  
Food Access Coalition



**Maureen Hearty**  
Co-Director  
Prairie Sea Projects



**Tammie Delaney**  
Co-Owner  
Hayden Granary



# Social Connectedness

## A Social Determinant of Health

# There is Ample Evidence That the Quality of Social Connections Influence Health Outcomes

## Social relationships—both

## quantity

## and

## quality

## influence

## health

## outcomes

In a study of 7,000 men and women in Alameda County, Calif., begun in 1965, Lisa Berkman and Steven D.

Robbins (Berkman and Robbins, 1998) found that “people who were roughly three times more socially connected than people who were not were 50% less likely to die during a nine-year study than people who were not.”

In another study, published in The New England Journal of Medicine in 1984, researchers at the Health Insurance Plan of Greater New York found that among 2,320 men who had survived a heart attack, those with strong connections with other people had only a quarter the risk of dying within the next five years.

In a 2010 report in The Journal of Health and Social Behavior, sociology researchers at the University of Texas at Austin, cited “consistent and compelling evidence linking a low quantity or quality of social ties with a host of conditions,” including the development and worsening of cardiovascular disease, repeat heart attacks, autoimmune disorders, high blood pressure, cancer and slowed wound healing. (Debra Umberson and Jennifer Karas Montez)



# There is Ample Evidence That the Quality of Social Connections Influences

**What we know:**  
Social connections influence mental/behavioral, economic, social, and health outcomes.

**What We Don't Know:**  
How to translate that knowledge into better care for people.

How to find people who need help, create space for talking about it, and develop tools and programs can we use to help them.

**Social relationships**  
**quantitative**  
**behavioral**  
**mortality**  
Montez

In a study in Calif., researchers found that social connections were related to better health outcomes. Robbin

In a 2010 report, researchers at the University of Michigan found compelling evidence that social connections were related to a host of conditions, including cardiovascular disease, high blood pressure, and depression. (Umberson and Jennifer Karas Montez)

England  
at the  
work  
survived  
risks  
as







Compared with socially integrated women,  
socially isolated women with breast cancer have a

- ◆ 40% higher risk of recurrence,
- ◆ 60% higher risk of dying from breast cancer
- ◆ 70% higher risk of dying from any cause





# Visible Network Labs

Make Invisible  
Networks Visible

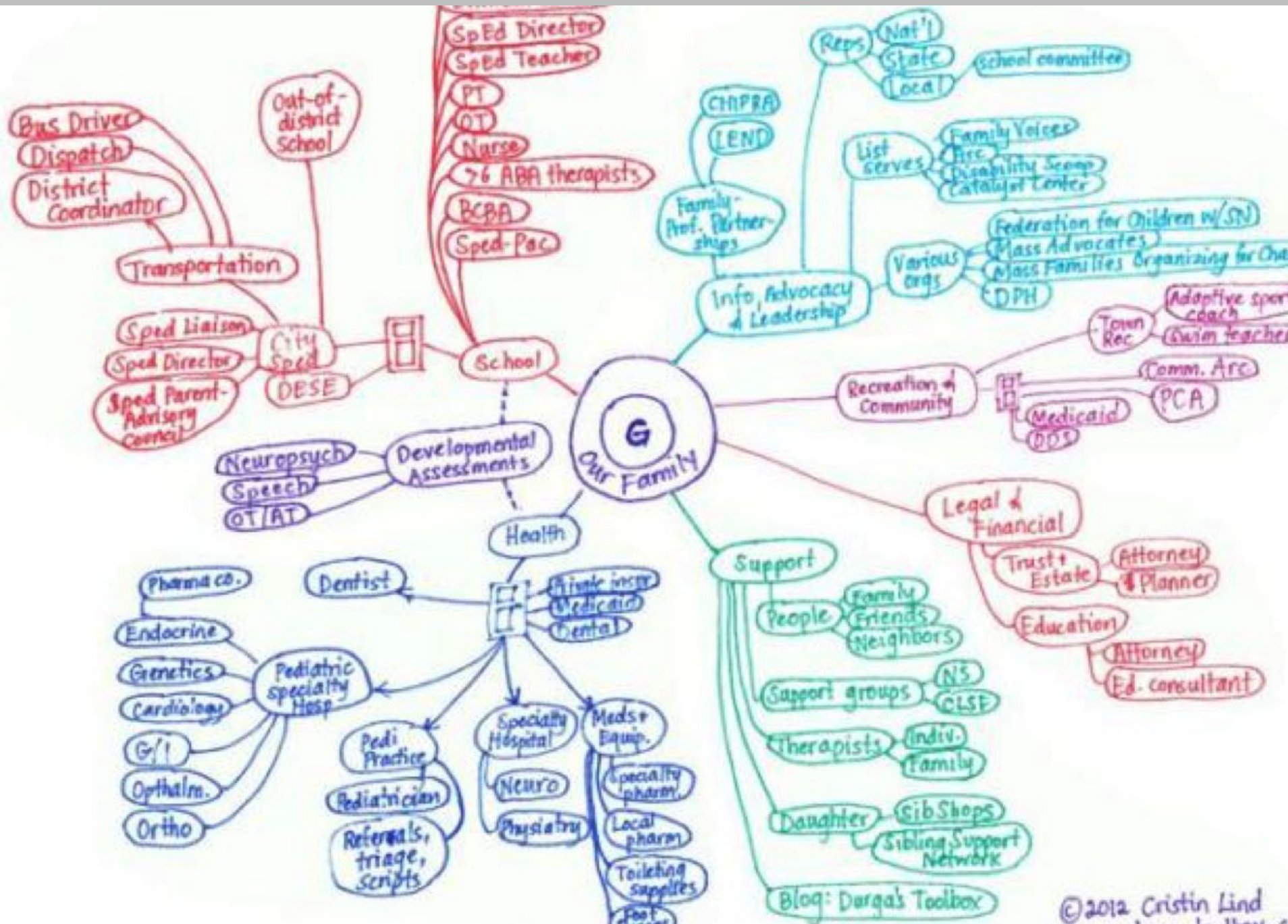
# VisibleNetworkLabs

We are a social enterprise with a mission to help people leverage network science to strengthen supportive connections and improve the outcomes of their work.

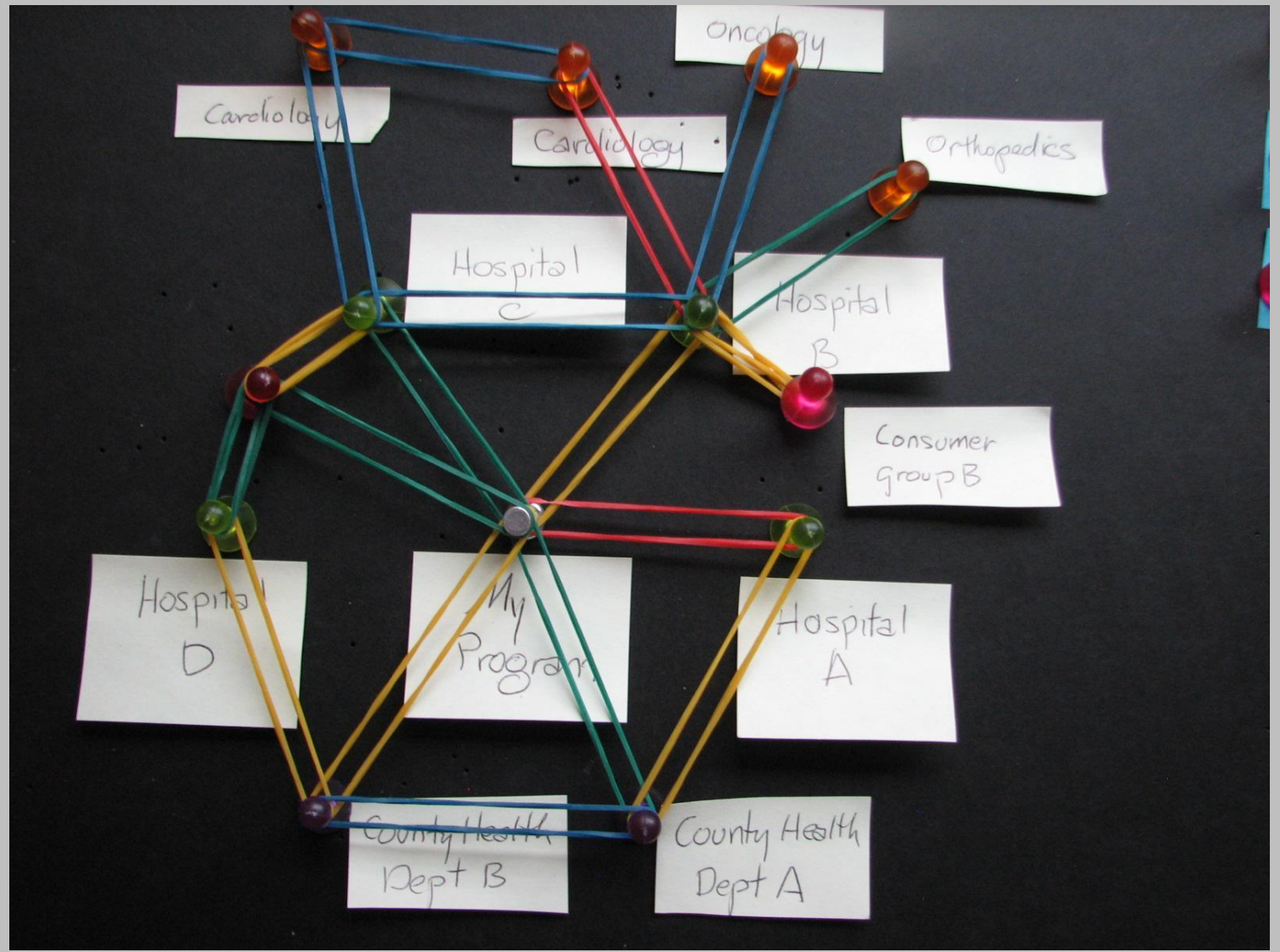
We provide:

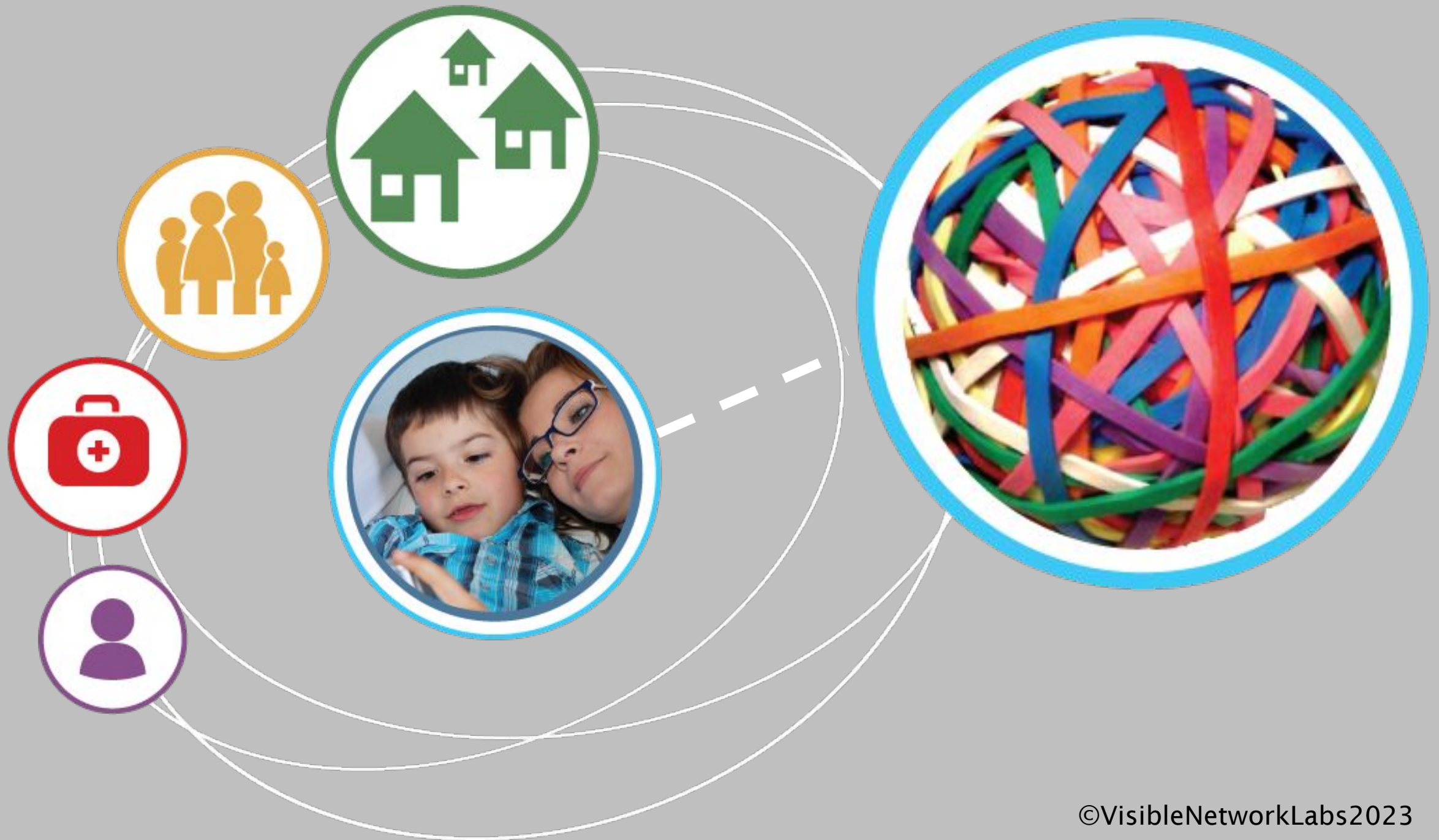
- Technology-based data and mapping tools
- Learning as Trainings and Workshops
- Opportunities for collaborative innovation





System of Care for Babies & Young Children With Special Healthcare & Developmental Needs



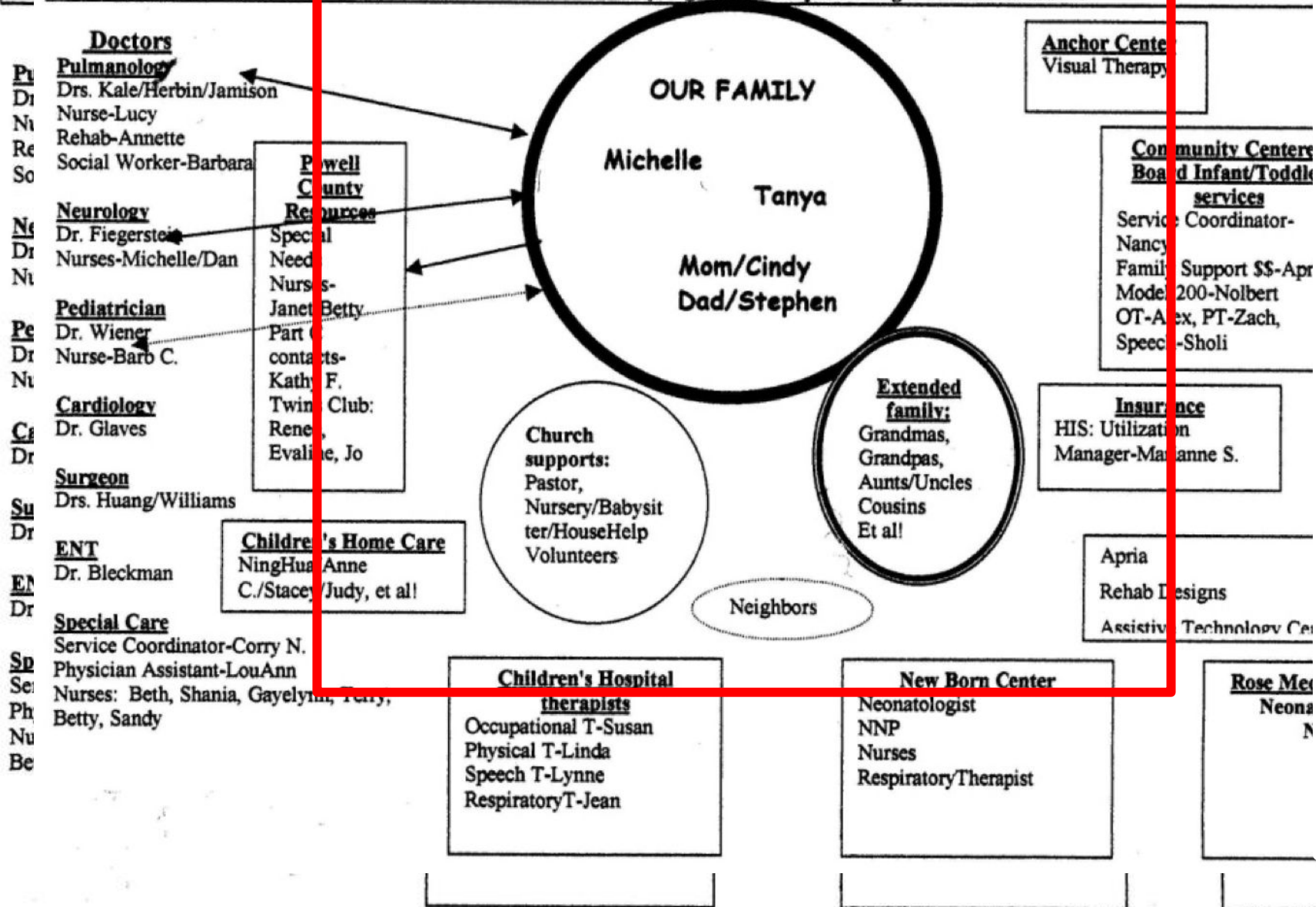


## A Family Map Example

All the different persons with whom the family need to relate.

*(The twin girls were born prematurely, with multiple complications.)*

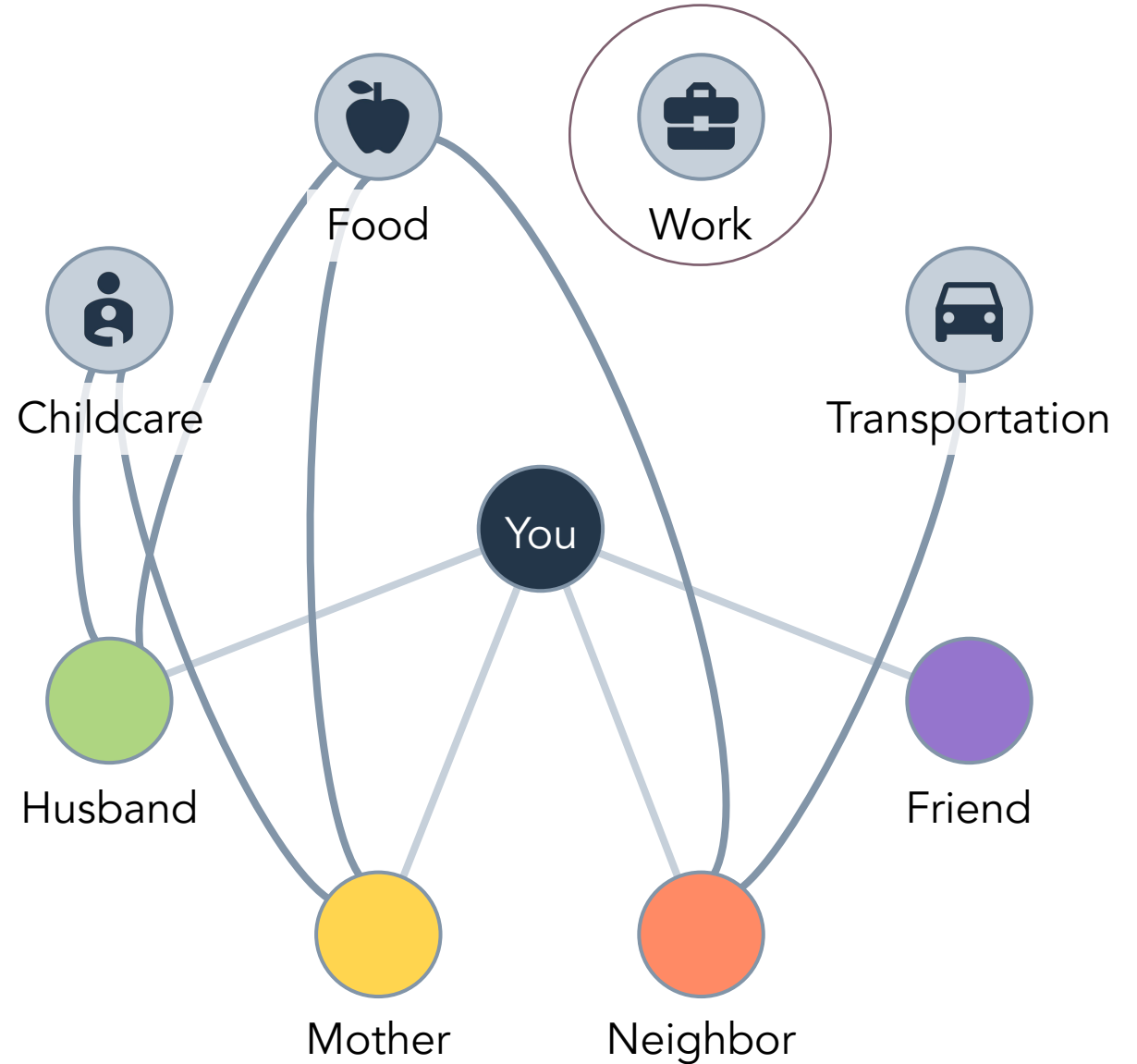
Please Note: Arrows are only beginning examples. Imagine them all filled in!



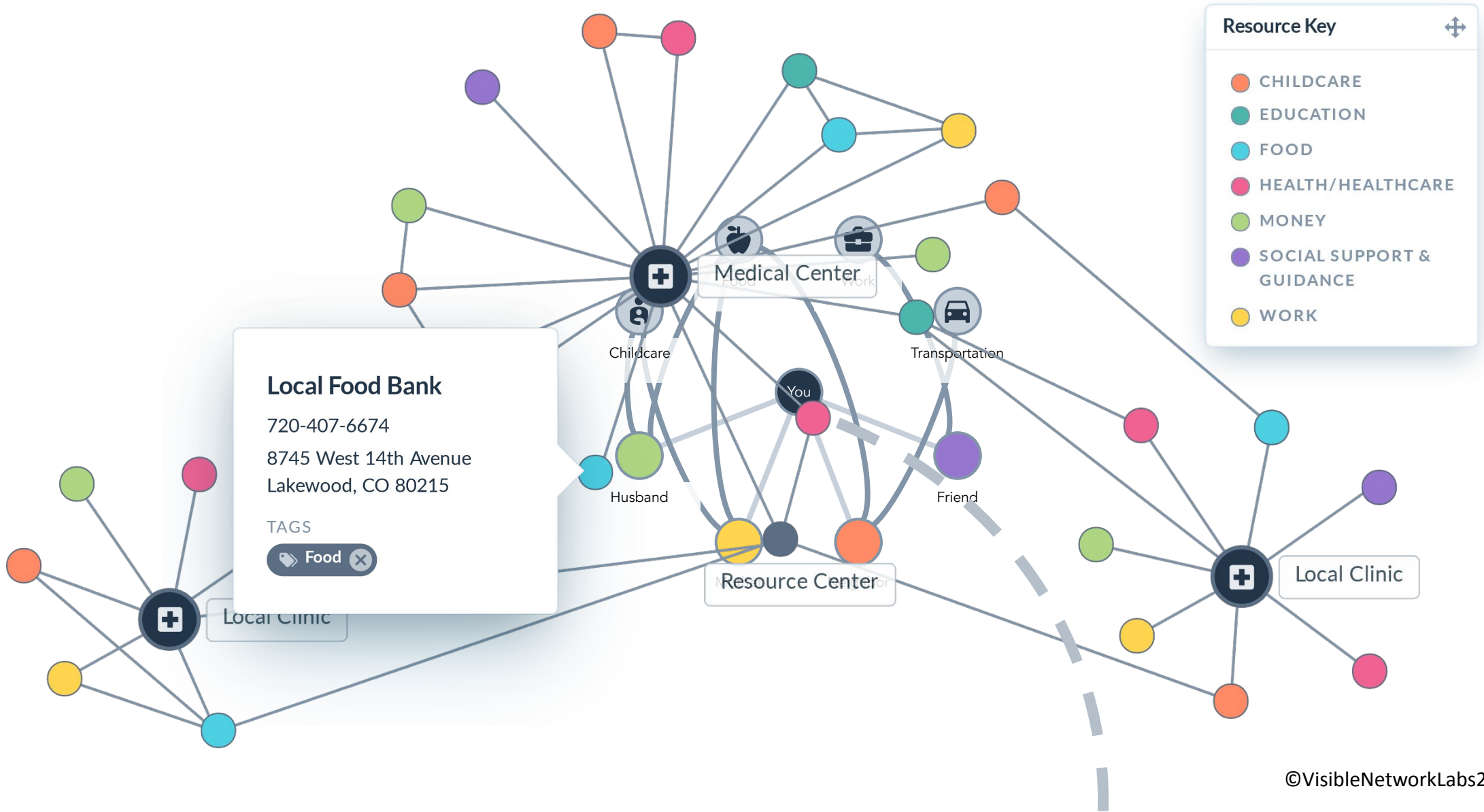
1 – Families have a preference for tapping into their informal supports for help first; then they will use the system when that's not enough.

2 – People want to help themselves...they want to be resilient, not dependent or a burden.

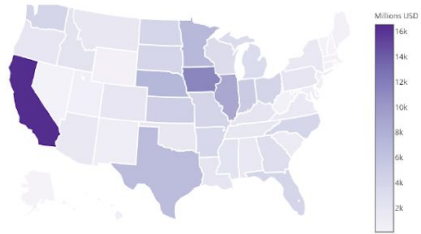
Who helps you with these concerns?



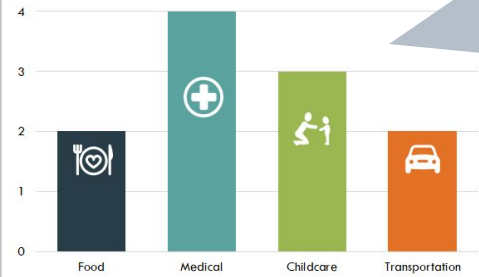




## SOCIAL NEEDS BY REGION

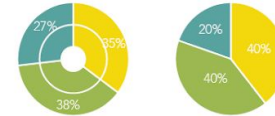


## REFERRALS IN THE LAST MONTH



## POPULATION HEALTH REPORT

NEEDS BY COUNTY  
TOTAL CLIENTS ASSESSED: 1,582  
SUPPORT NETWORK STRENGTH DISTRIBUTION



Connected  
Community  
Lab

Draw Maps

Find Resources

Data Analytics

Build a Care Plan



Cara Flowers, 62yr Female  
Moderate Risk  
Connections Made: 3

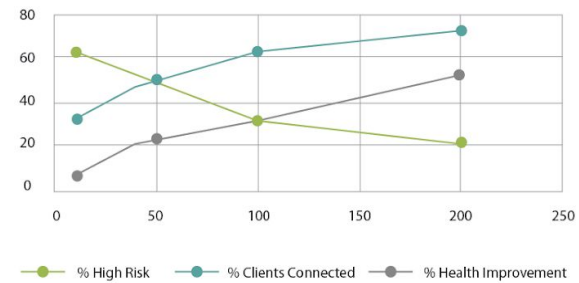
82%  
Complete

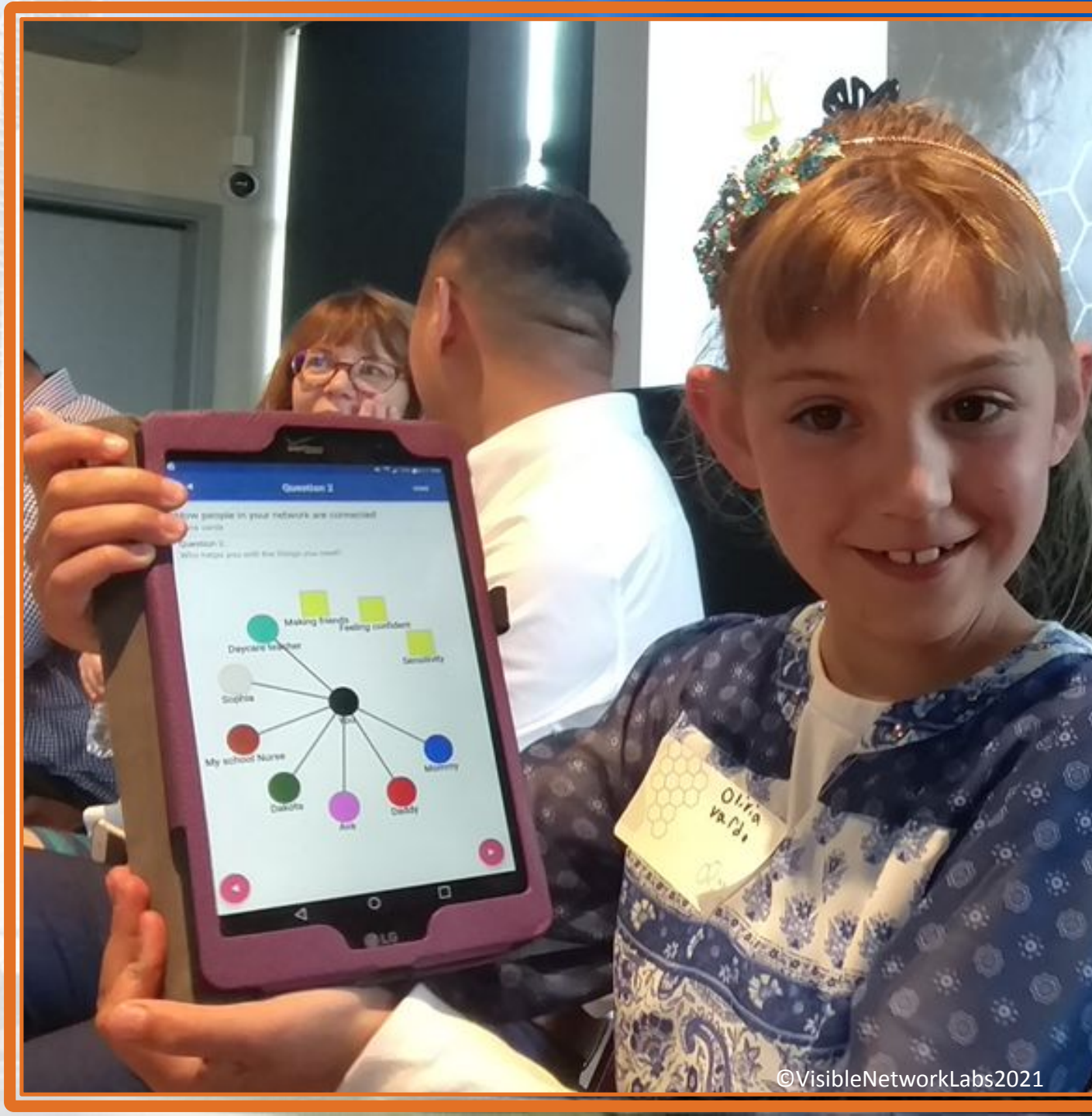


Pablo Munoz, 28yr Male  
Low Risk  
Connections Made: 1

33%  
Complete

## SYSTEM OUTCOMES





# VisibleNetworkLabs



partner@visiblenetworklabs.com



www.visiblenetworklabs.com



@visiblenetworklabs

# Prairie Sea Projects

Joes, Colorado

[www.prairiaseaprojects.org](http://www.prairiaseaprojects.org)



### Meadowland Markets



### Switchgrass Film Lab



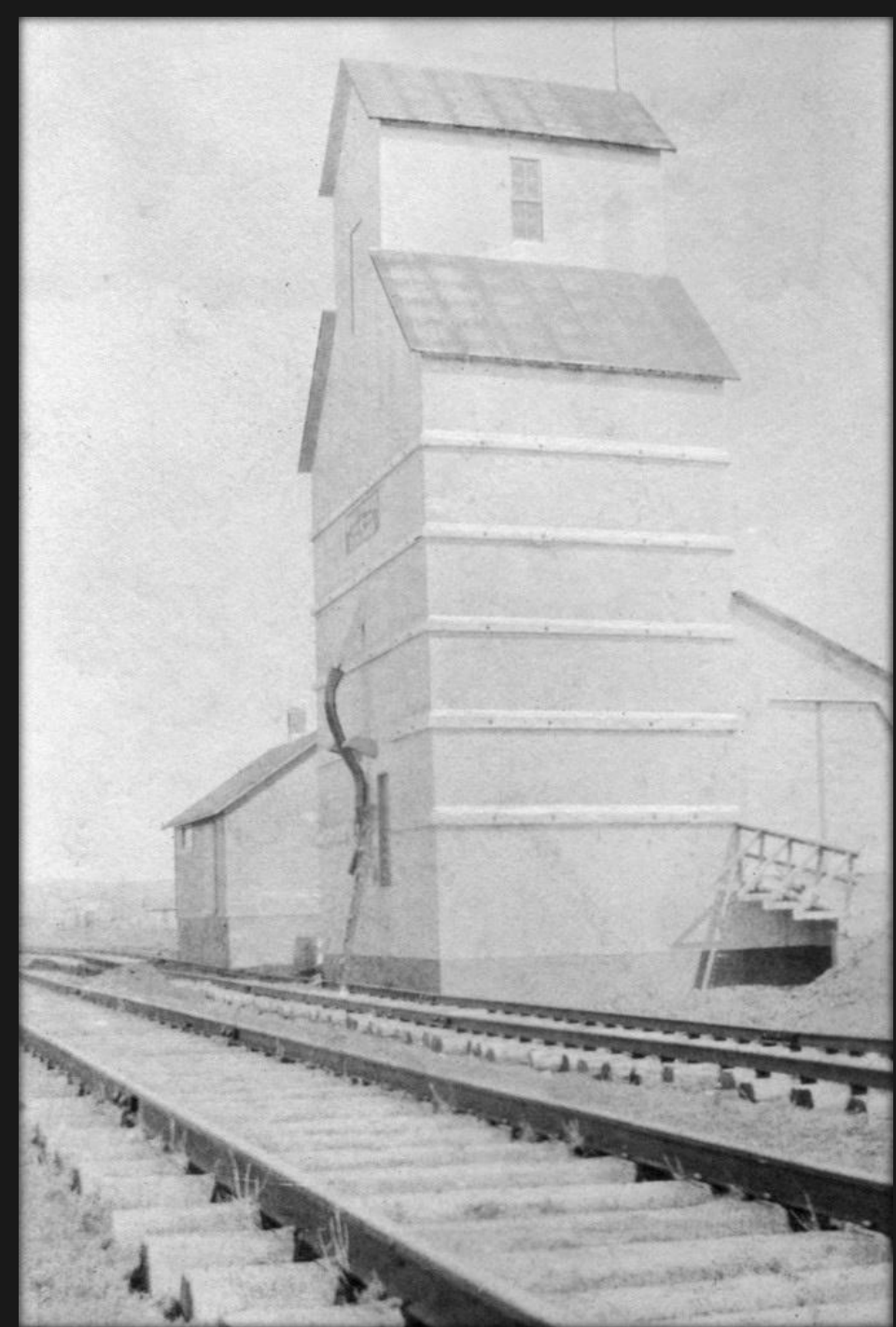
### Alma Creative Residency

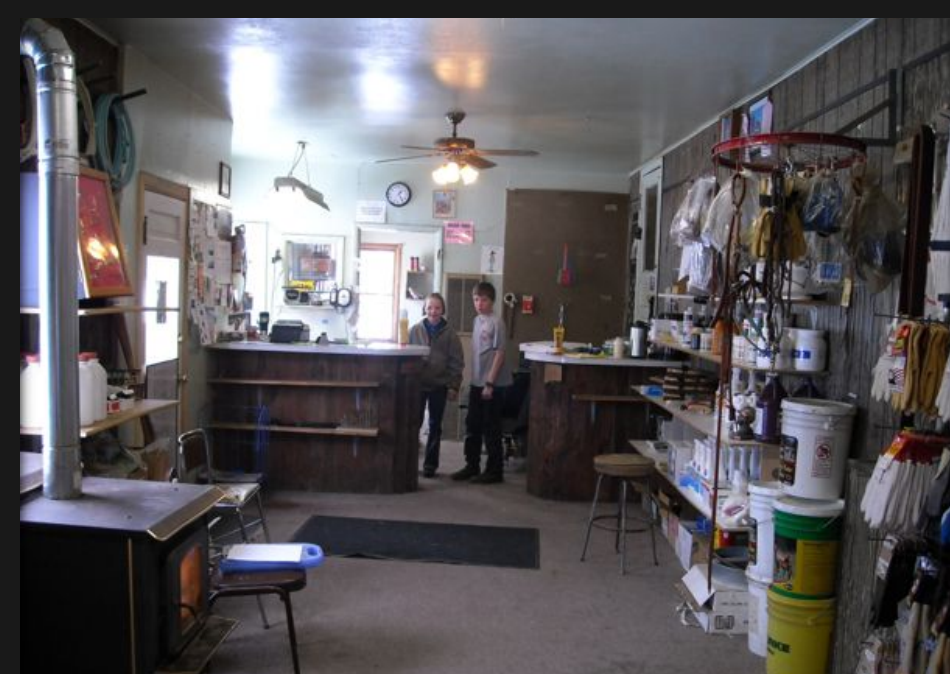




THE HAYDEN  
**GRANARY**  
from grains to gatherings...

1917 - 1990's  
Wheat processing  
Livestock pellet plant  
Routt County, State, and National  
Registers of Historic Places





THE HAYDEN  
**GRANARY**  
from grains to gatherings...

Jan. 1, 2009  
Yampa Valley Feeds



# THE HAYDEN GRANARY

from grains to gatherings...

PRESENT DAY

Wild Goose Coffee

Alpenglow Meadery

Salt Shed Flats Lodging

Nice Ice

Community Events

Yampa Valley Brewing





# Voces de la Comunidad

Presented by Beatriz Garcia



— COLORADO FOOD SUMMIT —

**DECEMBER 7-8, 2023**

— DENVER, COLORADO —



## Community Empowerment Coordinator

---

Advocate, community organizer and facilitator. We build the leadership and advocacy capacity of underrepresented communities in the food security arena, specifically in Spanish-speaking communities. We share resources and build community skills in advocacy and systems change.

**Voces de la Comunidad**

**Child Care**

**Food Business**

**Community Empowerment**

**Language Justice**



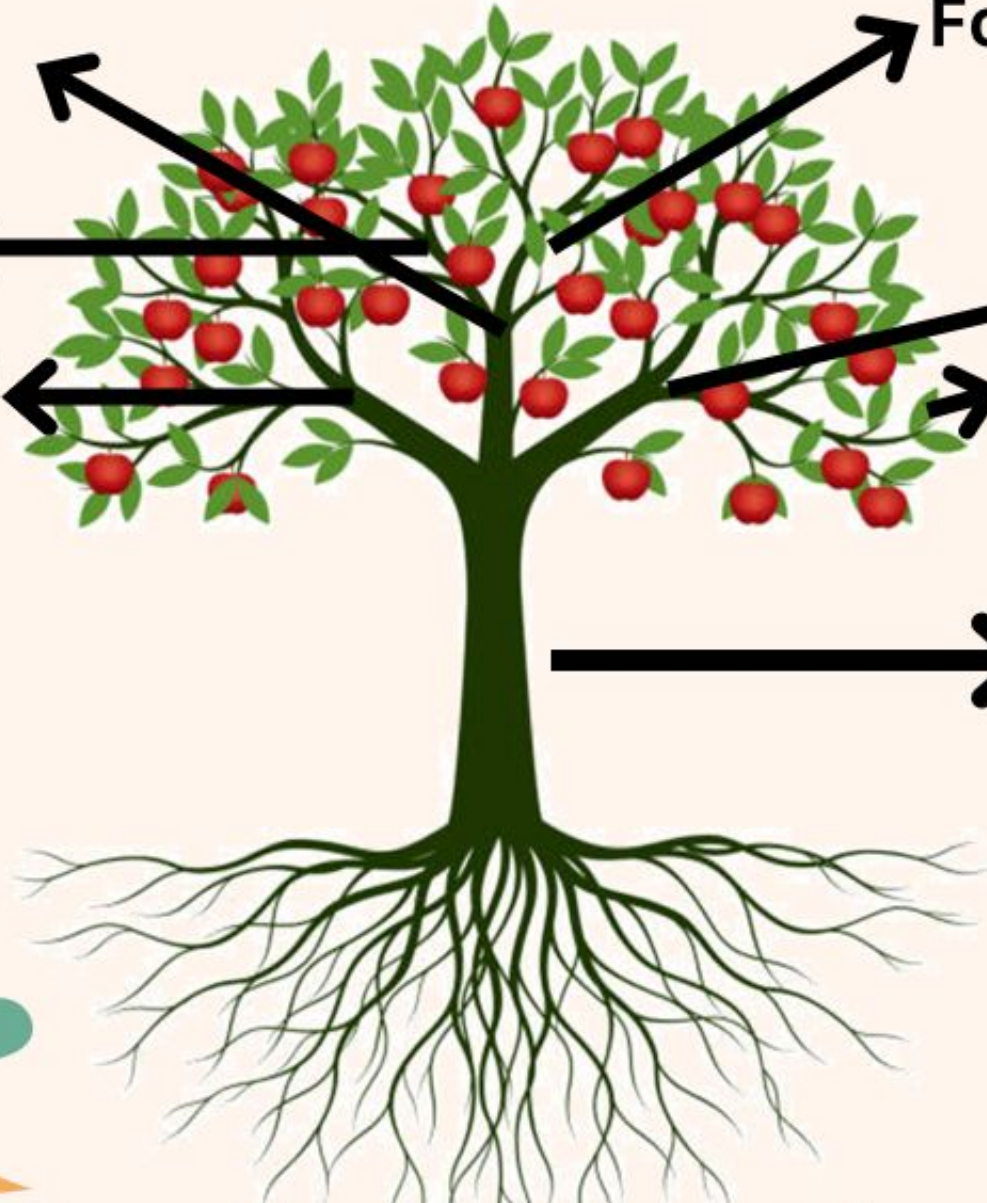
**Housing**

**Food Security**

**La Plata Food Equity Coalition**



**Good Food Collective**





Food Business  
Ecosystem

Seguridad Alimentaria



Cuidado Infantil

Justicia del Lenguaje

Recursos



---

We believe that mental health care should be another central aspect of the work of Community Voices. Recognizing that mental health is fundamental to the overall well-being of individuals, and the community as a whole, our leaders aim to promote self-care practices, access to mental health services, and the elimination of stigma associated with mental health problems and overcome oppressive systems.

# Mental Health

To do this properly, immigrants and their families need access to culturally and linguistically appropriate mental health care providers, practitioners, and community advocates.

To this end, we aim to:

- Implement culturally relevant interventions
- Advocate for culturally and linguistically responsive care
- Identify social connectors, trusted networks, community-based materials
- Support trauma-informed awareness that is grounded in Latine culture
- Propagate conflict resolution practices that guide collective efforts grounded in community-based solutions.



## **Mental Health Trainings:**

(1) **Education-based programs** address knowledge gaps about mental health stigma and dispel rumors and stereotypes. Bienvenido encourages participants to openly discuss mental health in a welcoming and accepting environment. By implementing these trainings in our area, we are confident that we can reduce self-reported mental health stigma in our region significantly within the target population.

### **Information sharing and support group**

(2) **Cafecitos con Comadres:** This is a contact-based program that facilitates positive interaction and connection between people with and without mental health conditions to overcome negative attitudes or beliefs due to lack of contact. This program already exists, and if funded, we aim to expand its impact in our county.

### **Community Events or Outreach**

(3) **Mental Health Liaison:** If funded, this position will help to coordinate the aforementioned efforts while pooling available resources, and implementing programming. This individual will increase the capacity in our workgroup to address mental health and related stigma, promote updated anti-stigma messages within communities, and provide structured feedback on communications strategies to reduce mental health stigma. For example, the individual will host community roundtables, refer clients to services, and post and reshare Let's Talk Colorado messages on our social media channels.

# Cuidado Infantil

We've worked to identify and address the obstacles to early care and education for the Latinx community. The Latinx Early Care and Education Task Force's mission is to ensure that children aged 0-4 have access to safe and high-quality care. This year, we:

- Completed an in-depth assessment of the childcare needs of the Latinx community in La Plata County
- Developed a comprehensive strategic plan for early care and education in the Latinx community





# Food Business

We've been working to build and maintain a food business ecosystem that is welcoming, navigable, and accessible for minority-owned businesses. After collecting data on the community's needs directly from business owners, this year we:

- Created La Plata County's first directory of resources for food businesses in Spanish and English
- Published a database of available commissary kitchens
- Created a 140-member community for sharing resources among the food business ecosystem
- Held workshops in Spanish and English on food safety, language justice for service-providers, and finding local funding
- Launched a pilot program to connect socially disadvantaged food entrepreneurs with Manna's commercial kitchen



# EMPOWERMENT

We're currently training Latinx immigrants in La Plata County to take on leadership roles in the community, through the Community Empowerment Program. The program focuses on establishing a sense of community identity and mutual responsibility for the environment, food equity, and civic engagement. It's an introductory training program for people who are unfamiliar with political activism, but who wish to be a force for change within their communities. This year:

- We're training 14 Promotores (Latinx community leaders) in the Community Empowerment Program
- Our Huertas en Casa training promoted urban agriculture and provided home gardens to 15 families
- We facilitated a mental health promotion program that focuses on strengthening the emotional and behavioral health of Latinx immigrants
- We collaborated with other organizations to facilitate the first Durango symposium held entirely in Spanish, specifically for immigrants

# Language Justice

[We support everyone's ability to access resources and participate in community in the language of their hearts. We believe that language justice is a human right.](#)

[In 2023 we:](#)

- [• Built the local interpreter workforce by training 31 prospective interpreters](#)
- [• Provided 47 local organizations with training and coaching on how to implement language justice, opening the doors to other cultural and social justice opportunities](#)
- [• Influenced for-profits, nonprofits, and local governments to adopt language justice, including La Plata County, City of Durango, Good Food Collective, and Manna Soup Kitchen](#)
- [• Launched a Language Justice Toolkit, including a local interpreter list, audio sets for rent, and shared interpretation, translation, and language justice best practices](#)
- [• Participated in the state-level Language Justice Coalition to influence policy and combine knowledge and resources across the state](#)





# Housing Fellow

---

Good Food Collective and Community Investment Alliance created a [Fellowship Position in the La Plata county region](#).

[Currently, one of the projects our Housing Fellow is focused on is supporting the redevelopment of Westside and Triangle Mobile Home Parks. The local Housing Fellow, Berenice Lozano, is a bilingual mortgage expert and local housing specialist. She has begun working in very close partnership with Elevation Community Land Trust to understand park residents' housing goals and the potential challenges to developing a long-term housing plan for their families.](#)

# ¿Preguntas?



communityvoice@good  
foodcollective.org



# Denver Community Food Access Coalition



**DENVER**  
PUBLIC HEALTH &  
ENVIRONMENT



**DENVER URBAN  
GARDENS**

**HUNGER  
FREE COLORADO**



**DENVER  
FOOD  
RESCUE**  
DENVERFOODRESCUE.ORG



**RE:VISION**

**Sprout  
City Farms**

**MONTBELLO  
Organizing Committee**

# SPEAKERS



**Clinton Wilson**  
Program Director  
Rocky Mountain  
Farmers Union



**Danielle Varda**  
CEO & Founder  
Visible Network Labs



**Beatriz Garcia**  
Community Empowerment  
Coordinator, Good Food  
Collective / LaPlata Equity  
Coalition



**Brizai Gomez Cortes**  
Coalition Lead  
Denver Community  
Food Access Coalition



**Maureen Hearty**  
Co-Director  
Prairie Sea Projects



**Tammie Delaney**  
Co-Owner  
Hayden Granary

What is one action that you are likely to do or do differently, as a result of this session?





# WHAT'S NEXT?

## Plenary Two - 10:45-12:15pm

**Bringing Policy Down To Earth** - What the "Right to Farm" Means in 2023: Contextualizing the Right to Farm with Indigenous Food Sovereignty - EAST BREAKOUT

**Key Factors in Agriculture** - Useful Tech that Scales - WEST BREAKOUT

**Young Leaders** - OPTION A: Sourcing your Colorado specialty - CLASSROOM 1

**Young Leaders** - OPTION B: Collaborating Through Community - SHOW ARENA

**Young Leaders** - OPTION C: How to Navigate Food Waste & Scrappy Cooking - CLASSROOM 2

**Connecting Supply and Demand** - WORKSHOP: Developing a Colorado Farm to School Road Map: How to Get More Colorado Products into Schools - SHOW ARENA

**Effective Approaches to Addressing Hunger** -Beyond Free Food: Changing the Status Quo on Hunger Relief. - AUCTION ARENA

**THANK YOU TO OUR EVENT SPONSORS!**

**¡GRACIAS A TODAS LAS ORGANIZACIONES QUE FORMAN PARTE  
DE LA CUMBRE ALIMENTICIA 2023!**



 **FOOD SYSTEMS INSTITUTE**  
COLORADO STATE UNIVERSITY



**COLORADO**  
Department of Agriculture



**COLORADO FOOD SYSTEMS**  
ADVISORY COUNCIL



**COLORADO BLUEPRINT  
TO END HUNGER**

THANK YOU TO ALL OF OUR SPONSORS!

¡GRACIAS A TODAS LAS ORGANIZACIONES QUE FORMAN PARTE DE LA CUMBRE ALIMENTICIA 2023!

Our Organizing Sponsors



Our Sponsors



# TODAY'S AGENDA



bitly