

Hilltop Health & Wellness Commission Meeting

Wednesday February 16, 2022

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6 – 7:30pm

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SHS Library

Attendees: Suzanne Weete, Mary Boisse-Barnes, Ashley Wright, Todd Marsh, Don Austin, Kenneth Vincent, Arielle Marquis, Maggie Larson, Michelle Holt-Shannon

Minute Taker: Ashley Wright

1. Call to Order

- a. 6:04 Todd Marsh opened meeting

2. Approval of Minutes January 19, 2022

- a. Todd asked for a motion to approve last month's minutes
 - i. Don moved, Maggie 2nd – all in favor

3. Reading of Commission Mission

4. Welcome by Chair

- Great last meeting – glad that Mayor Hilliard was able to join us – offered assistance with the mission & confirmed we were moving in the right direction
 - Discussion about sustainability was helpful – sustainability of interest and focus, as well as sustainability of the work
- Michelle Holt-Shannon – Director & Co-Founder of NH Listens 12 years ago out of the UNH Carsey School of Public Policy is joining us today. Their work focuses on research and student-led work on-campus, but mostly work off-campus with schools, non-profit organizations & other agencies. Very dialogue-based work – engagement and equity focused to help groups and coalitions hear from more people & engage more people – create change that makes communities better for everybody. Here to explore what we think we need in terms of engagement.

5. Discussion and Activities (Meeting Facilitators)

a. Summit Discussion

b. Pre-Summit Education and Outreach Discussion

Michelle shared examples of events they've hosted in NH that are similar to what our Summit may look like

- Feedback from those groups were that outside facilitation helped to better solidify and identify direction & grow engagement

- People-space that looks to energize the conversation and keep it from becoming overwhelming
- Overemphasize the sadness and isolation & under-emphasize the hope & resiliency
- It's important to identify how something like this (Summit) can help us broaden our circles and strengthen our ties to move this work forward
- Not a cookie-cutter version – really trying to be in conversation with the group to develop what's needed for the group – here to be a thought-partner about what do we need, what is the timing, how will it help you gel and move something forward?
- How does an event like this look?
 - Based on our audience – sometimes it is specific audiences (i.e. lived experiences, schools & families, providers, etc.) “nothing about us without us” – trying to figure out where we're trying to get at the system first – takes a lot of work to get to the core of the most impacted
 - Then we frame it together making sure that the group we want to include is part of shaping what we want to do
 - Once they're engaged – what are you most hopeful will happen? What should we spend our time talking about? What are the things we want to see focused on?
 - Dialogue with key questions & getting people to talk to each other
 - Big social issues take relational and technical solutions
 - You need to know people, have relationships, and have some good policies and programs to support
 - Have some movement in the room – space that's flexible
 - Chance for people to talk to each other – mixing things up a little bit regarding who's talking to whom
 - Takeaway – identify community members who should be engaged in the next planning meeting
 - Local police & fire, EMS, first responders – such a big piece of their job is related to interacting with people who experience mental health and SUD
 - You may already have really good relationships with first responders & others, but you might not have relationships you want to have with other sectors – do we feel like the groups we've named are groups we need to reach or those who we already know & just need to bring in
 - We need to identify two different groups: 1) people to bring to the table for planning purposes in addition to 2) people to invite to the summit

- We need to carve out time to personally invite people and schedule people to engage with—easiest part is what we do when we are in a room, it the prep that is the hard part!
 - We should come up with 15 people in total for planning & there is power in centering your town!
- Goal #1: Identify community readiness (discussed at last meeting)
 - Planning meeting for this summit should be sooner rather than later!
 - Potentially pushing the summit to May- latest June! No later.
 - Should we do morning? Night? Weekday evening earlier in the week tends to work best for these types of things
 - March 23rd 4:30-6 pm with Somersworth wellness committee for framing meeting!
 - Todd will ask Mayor Hilliard if there are funds for food for this framing meeting
 - In terms of youth (even middle & high schoolers), but also the young-adult population – sometimes if the group has been meeting together, they feel comfortable being dispersed, but other times they'll do a youth-voice table
 - Do we want to engage youth separately & have their own event – might be a way to better engage them
 - SCPHN has funding in a separate initiative that could be used to do some youth-specific engagement activities aligned with this
 - Is there a cool teacher that we could use as the ambassador to encourage students to attend?
 - Use clubs and existing groups
 - Feed them
 - Bring small group of youth to the framing meeting in order to get their opinion and perspective
 - When you think about who you see, any data you have, are there groups that are disproportionately represented? LGBTQ+, BIPOC, Little Indonesia, trauma-survivors, people experiencing homelessness
 - Good to focus on identifying those leaders that are diverse and representative of those populations so our leadership represents our population
 - Work with outreach organizations to engage people without access to technology

Activity 1: Host Information Session on Somersworth Access TV

- Idea: Host one panel that's aired multiple times

- 3-5 people
- Who do we want to be on this panel?
 - A mix of Commission representatives & MH experts
- What would it look like? What would we be relaying?
 - Is the primary goal of this to promote the Summit or is it part of it?
 - I think promoting the Summit is the end of the message – letting people know that we’ve been discussing these problems & trying to get an understanding of the problems facing the community
 - Mary went to a panel today with a police officer, city welfare representative, Hope on Haven Hill, Cross-Roads & SOS – you can tell they tried to be mindful of who they included for representation – asked similar questions that we’ve been talking about
 - Asked for a success at your organization in the community
 - Then they got into what were the challenges
 - They started in a way that was motivating with positive/successes & then were engaged
 - This would be an interesting way to frame it – the diversity of what was on the panel was great – the panelists brought up to the facilitator that no one was up here with lived experience
 - Is there anyone we could think of who would be a good person to include on this?
 - Starting with focusing on the positive, but not ignoring the challenges – making sure that we frame it that way – there are many people that don’t know
 - A positive is that this group is meeting and looking to move forward to create positive changes in the community
 - The engagement piece is the most luring, but important to have education and resources
 - Not sure how comfortable people would be speaking on this panel to their lived experience
 - Not sure how crucial it would be to have these people comfortable talking on this panel, but maybe give opportunity for things like listening sessions

Activity 2: Host Community Listening Sessions:

- Idea: Host 3 “Community Café’s”
 - What if we did digital sessions via online platform & then hook them to the Summit

- Was brainstorming that we could do a survey to reach individuals
- Advertise them during panel
- Advertise elsewhere – ideas?
- Host at:
 1. Teatotaller
 2. American Legion
 3. School (target youth & families)
- Outreach to engage different populations will be key

Activity 3: Share Messaging in Newsletter (and elsewhere)

- What do we want the message to be?
 - Is there time to do key informant interviews to develop this messaging?
 - How else would we like to share this message?
 - Chamber & Economic Development
 - Facebook Outreach via Simply Somersworth

6. Next Steps/Future Meeting Dates/Suggested Agenda Items

- Identify people to bring to the table for planning purposes

Outreach to the following to invite to “Framing Meeting”:

1. Rachel (Indonesian community) (Maggie)
 2. Fire Rep. (Mary)
 3. Police Rep. (?)
 4. Lived Experience (Maggie)
 5. Allison (Mary)
 6. Stewarts (Ashley)
 7. Debbie from SHA (Don)
 8. Fr. Andrew (Don)
 9. Someone representing the BIPOC Community (Mary – connection for representative for Somersworth)
 10. LGBTQ+ (Seacoast Outright) (Ashley)
 11. Youth (?)
- Ashley will work to identify missing sectors & will reach out to Commission members to help outreach
 - Todd will ask Mayor Hilliard re: funding for food for March 23rd meeting

- Funding – Ashley, Suz & Mary will work to get a quote from Michelle & send it to Todd for review & if all looks good, to connect with Mayor Hilliard re: final decisions about funding for the Summit

6. Other

7. Public Input

8. Adjournment

- 7:41 Todd motions to dismiss, Maggie moves, Don 2nd

Respectfully submitted,

Ashley Wright