

COMMUNITY PARTNERSHIPS FOR HEALTH EQUITY (CPHE)

NEWSLETTER, March 2018

Dear CPHE participants and friends,

It has been 13 years since MEDICC began building the CPHE Network! With the common denominator of Cuba as a catalyst, a unique and magical connectedness has developed. CPHE provides a structure for creating a wide base of solidarity among distinct cultures - miles apart, but experiencing the same inequities. Each community is critically important in the struggle to make our country humane amid the current craziness, cruelty, and dysfunction. We know that local communities are the experts and visionaries that should, and will be, the true leaders of an equitable society. This newsletter is just one small way to help stay connected. Special thanks to Rachel Annett, who has gone far beyond her work-study appointment, and is now truly a part of CPHE. Also appreciated are friends Arnold Perkins, Tomas Magaña, and Judy Wofsy - important 'thought partners' as members of the MEDICC family and the CPHE Oakland team. We hope all of you will keep deepening relations with each other, and continue to share with MEDICC news of the small and large wins in your communities. Onward! -Diane

“We are in a spiritual warfare. We are bringing our youth and elders together, giving them needed tools to reclaim their culture and language. The experience with CPHE and MEDICC has contributed strength to our efforts.”

- Jonathan Nez, Vice President, Navajo Nation



CPHE NEWS FROM MEDICC

4th Annual CPHE Network Meeting

Fifty participants, representing all CPHE sites, attended the 4th CPHE National Network Meeting in September 2017 in Albuquerque, NM. Attendees stressed the importance of intergenerational work to **resist** current policies targeting vulnerable populations and to **reclaim** community power. The meeting reflected the shared action plan developed at last year's meeting in Milwaukee: to *activate and empower youth to be engaged in the health of their communities, as part of the national movement for health equity*. Highlights of the meeting include:

Speakers and Workshops

Jeremy Triblett, youth trainer with Community Advocates, Inc. in Milwaukee, led a workshop on youth empowerment, emphasizing the role of leadership development, community service, and civic activism.

DeVone Boggan, CEO of *Advance Peace* in Richmond, CA, described his organization's approach to ending cyclical and retaliatory gun violence, utilizing street outreach, mentoring, intensive case management, life skills training, cognitive behavioral therapy, and subsidized employment.

Drs. Meredith Minkler (UC Berkeley) and **Nina Walerstein** (University of New Mexico) shared their expertise on participatory evaluation, explaining how their community-based model can be applied for CPHE.

CPHE Presentations

Program managers and youth representatives from CPHE sites described their current programs. See “CPHE site Highlights” section of the newsletter for further details.



Ashley Valentine, Milwaukee CPHE, facilitated the meeting.

Jeremy Triblett led an interactive workshop on youth empowerment.



Small Group Discussions

Round table discussions centered on 6 intertwined issues, each addressing current policies and the role of racism. Action ideas to confront the issues are summarized below:

1. Protecting Immigrants in our Communities and ensuring access to health care: create networks of support; address how white supremacy impacts all people of color; prepare parents to teach children how to deal with fear of deportation; stop pitting people of color against each other; make sure that fear of detention/deportation does not prevent immigrants from accessing health and social services.

2. Interrupting the School to Prison Pipeline/Restorative Justice: use a 3-legged stool (institution, parent, child) approach to confront the issue; youth tutoring/summer camp/classes; partner with schools and community organizations; teach black history; train teachers in restorative justice; prevent militarization of schools; connect schools to job sectors.

3. Reinforcing cultural pride and self-esteem in communities: NOLA: "Culture is the second Vitamin C;" revise school policies to teach native history; train teachers to include culture in everything they teach; attention to language.



Left to right: Roberto Claudio (Bronx), Susan Emerson (Navajo Nation), Bregaeta Wilson (Milwaukee) and Jamilah Peters-Muhammad (New Orleans)

4. Educating and developing the health care workforce of the future: create pathways early on (FACES for the Future); broaden concept of health care providers (health ambassadors in Bronx; program in ABQ, MKE); recruit health professionals that look like communities they serve and speak the language; address the cost of health care education.

5. Community Wellness: Food Security, Physical Activity and Safety: use taxes to incentivize healthy eating; support healthy businesses; exposure to farms; healthy school lunches; keep recess.

6. Ensuring Access to health care, particularly mental health & substance abuse services: Include youth (NOLA mental health first aid training); home visits, meet people where they are; holistic approach; recognize jail is not a mental health solution; destigmatize mental health; include culture.



Left to right: Terron Edwards (Milwaukee), Marsha McMurray-Avila (Albuquerque), Cynthia Davis (South LA),

From South Bronx to Navajo Nation, from Oakland to Milwaukee, the small group discussions were critical for strengthening the solidarity needed to confront the many challenges ahead.

Site Visits

Saturday morning meeting attendees visited *Casa de Salud* and *Centro Savila*, South Valley, ABQ communities, followed by meeting with a talented Albuquerque youth group working for social justice through hip hop, poetry, DJ artistry, poetry and spoken word.

Dinner Reception

Francisco Ronquillo, Health Extension Officer and **Dr Art Kaufman**, Vice Chancellor of Community Health, both of the University of New Mexico Health Science Center welcomed 80+ attendees at the Albuquerque Hispanic Cultural Center. **Arnold Perkins**, MEDICC Board member, spoke of CPHE's role in spurring innovative thinking. **Diane Appelbaum**, CPHE Director, acknowledged the importance of all CPHE members and was honored by attendees for her work in developing CPHE over the years. Food, mojitos and dancing followed.

Top: Francisco Ronquillo and Lucy Bertoldo-Ronquillo; Bottom: Abraham Jones and Elena Schwolsky (Bronx) present gifts and tribute to Diane Appelbaum.



CPHE News from MEDICC (continued)

Expanding CPHE to State and National Health Equity Leaders

In February 2017, a group of State and National health equity leaders visited Cuba with MEDICC. They will provide wider support for CPHE communities and expand the visibility and impact of the CPHE Network. Following the trip, **Renata Schiavo**, ED of the Health Equity Initiative, published an article, "[Turing clinicians into community leaders: perspective from a recent trip in Cuba and beyond](#)", *Journal of Communication in Healthcare*. Another participant, **Genoveva Islas**, is running for Fresno City Council, District 7. We wish her luck!

MEDICC's 20th Anniversary Conference

In December 2017, MEDICC celebrated its 20th anniversary by sponsoring a conference in Varadero, Cuba, attended by 80 health professionals, scholars, MEDICC partners, friends, and family members. Special presentations were offered by noted Cuban health professions, as well as guided workshops, daily yoga exercises and site visits linking health, culture and history. The conference included performances by La Colmenita Children's Theatre and Cuban singer and composer, Tony Ávila.
TAKE NOTE: Next year's MEDICC Conference will be in Santiago de Cuba during December 2-9, 2018.

Milwaukee CPHE Youth Leaders to Attend PolicyLink Conference

MEDICC is providing support for **Terron Edwards**, Men's Wellness Project Coordinator at Walnut Way Conservation Corporation, along with two Milwaukee youth to attend the PolicyLink Equity Summit, April 11-13, 2018 in Chicago. The meeting will foster building multiracial and intersectional coalitions to strengthen solidarity.

Cuba Salud Conference Presentation

Bill Wagner, Albuquerque CPHE will represent CPHE by presenting at the Cuba Salud conference on April 26th in Havana. CPHE Albuquerque members **Alma Olivas** and **Claudia Benavidez** will also be attending the conference, as well as **Adam Bradley** from NOLA CPHE.

Navajo Nation CPHE Workshop at Social Medicine Consortium

On April 28, **Darlene Begay**, **John Hosteen**, **Malysa Egge**, **Kerlissa Bitah** and other CPHE adult and youth leaders from Navajo Nation will offer an interactive workshop to share projects in the Four Corners area which were inspired and informed by Cuba. **Diane Appelbaum** will speak on the CPHE Network, MEDICC, and the Cuban health care system.

NEWS FROM CPHE SITES

CPHE New Orleans

In October 2017, the New Orleans CPHE team, comprised of an inter-generational cohort of educators, nurses, doctors, healers, lawyers and activists, traveled to Cuba with MEDICC. Even with a severe storm watch for New Orleans, this team would not be deterred from making the trip. Cuba had been hit by Hurricane Irma earlier in September, and if ever there was a time to show our support it was now. Packed with a few supplies, as well as gifts and determination, the team made their first stop in Santiago de Cuba.



CPHE New Orleans (continued)

Cuba leads the world in public health and shares their knowledge with everyone around the world. The Cuban model for response in times of a natural disaster was most informative. Their strong infrastructure to equip and disseminate information such as hurricane preparedness is due to their foundational cultural solidarity. New Orleans also prides itself on our rich cultural heritage through community connectedness which makes it ideal for replicating this. In Cuba, everyone knows where to go, who to contact and what their roles are in case of an emergency. In Santiago, many of the team members felt a deep sense of gratitude for the cultural sharing that took place at the Popular Religions Institute, Foco Cultural Los Hoyos, Lincoln Camué's Studio and Tumba Francesa. We were moved by the familiarity of the experience to New Orleans. It reminded all of us about our deep African roots and heritage that is still prevalent all over the world. At the consultorios, the group learned how Cuban communities deal with mental

CPHE Albuquerque

Fernando Ortega, along with several young people working with ACCESS, offered a strong and spirited presentation at the September meeting in Albuquerque. ACCESS (Arts, Community, Culture, Education, Sports & Science) held their first Fundraising event, *Festival de Sueños: Cultivando Semillas* on March 17, 2018, propelled by the inspiration of Ortega, long-time CPHE member and Director of ACCESS. "Cultivando semillas in English means, caring for, nurturing and growing seeds. Our children, our families, we and each of our relationships are seeds that have the ability to grow and become beautiful things. ACCESS works to do this! We have community arts projects, an ACCESS soccer team, yearly tree planting in the Bosque, motivating our families to show off their talents and hobbies, hosting calavera workshops, ESL classes for parents, having bi-monthly classes where our children get exposed to what students from the UNM School of Medicine are learning, robotics and claymation workshops, our monthly community engagement meetings, neurobiology workshops, guitar classes and more!"



Fernando Ortega and kids from

The Pathways program at Casa de Salud reduces unmet needs, addresses health inequities, and improves the health of the residents of Bernalillo County by connecting

health. In Cuba mental health is managed through the family and the primary care physician. Therefore, all members including children are able to look for warning signs to support the family member or friend. In New Orleans, low-income residents are unduly negatively impacted by mental illness, often due to chronic environmental stress related to unaddressed family and community trauma from over-incarceration, a high murder rate and natural disasters. Upon their return, the NO-LA team crafted ideas influenced by Cuba's model that would expand access to primary behavioral and mental health services, which includes training older youth and community members in mental health first aid. The program will provide training in early recognition, peer counseling, and referral. We hope to develop the program in Central City during the next few years. Submitted by **Mama Jamilah Peters-Muhammad** and **Constance Thompson**, *Ashé Cultural Arts Center and New Orleans MEDICC site coordinators.*

underserved residents with health care and other support. At Centro Savila, **Guadalupe Fuentes** is beginning healthy cooking courses for people with diabetes. The classes will incorporate the Spanish language and students may be able to receive course credit for participating. **Alma Olivas** has been training community health workers how to help families access resources in the community. She recently went to a school to teach DACA students about the options in Albuquerque primary care and community clinics.

CPHE South Bronx

The Urban Ambassadors of Hope Leadership Council was created to educate, inspire, and navigate the lives of young people in the Claremont Village area. It aims to create and sustain a healthy, livable neighborhood with youth-led solutions in the areas of health, nutrition, environment, and violence prevention. For the Summer Youth Employment Program, around 45 youth candidates are recruited yearly to complete a year-long program. In tier I, youth learn about leadership and get a hands-on introduction to the social determinants within Claremont,



connecting with resources in the neighborhood. In tier II, youth learn about careers and college and do research on civic/service learning activities, specifically in restorative justice.

John Morales, youth representative from Claremont Village, South Bronx, spoke at the CPHE meeting.

CPHE Bronx (continued)

Mr. Abraham Jones, Director of Claremont Community Center, **Roberto Claudio**, **Linda Kemp**, and **Bernard Smith** collaborated with Directions for Our Youth to hold the first of many “Stop the Violence” community education days in early March, where workshops were offered by NYPD and the Violence Intervention Program and led a question and answer session with community residents around stopping violence within Claremont.

CPHE Milwaukee

Terron Edwards, Men’s Wellness Project Coordinator of Walnut Way, along with **Pharaoh Edwards**, a youth active in Walnut Way (and Terron’s son), shared news of the Boys 2 Leaders and Growing Youth Leadership programs.



Pharaoh and Terron Edwards

Growing Youth Leadership is a summer internship program that engages teens ages 15-18 in urban agriculture, education, leadership development, and job training. The program provides first-time work opportunities to youth; teaches young people about healthy food, customer service, and urban gardening; and teaches youth about leadership, professionalism, and accountability. In 2017, the Growing Youth Leadership program harvested about 3,000 lbs of produce and employed four youth from the community. The Boys 2 Leaders program has for the past 4 years, held summer weekly workshops, facilitated by community members. This program engages the youth of the Lindsay Heights Neighborhood with therapeutic activities, conversations, and workshops on conflict resolution, grieving and hearing trauma, anger management, manhood, community development, self-accountability, and career path and leadership skills. Walnut Way is also developing an advanced leadership training for youth ambassadors to work in restorative justice and become violence prevention advocates.

CPHE Navajo Nation

At the CPHE Network meeting, we were honored by the presence of **Jonathan Nez**, Vice President of the Navajo Nation and part of CPHE. He reported on a recent Youth and Elders Summit addressing suicide prevention and a Navajo Language Culture Revitalization Summit, both designed to bring generations together and mentor youth. Navajo Council Delegate **Nathaniel Brown** described the Navajo Nation Youth Council, which supports the tribal government in examining, procedures, laws and economic development. The Council is working with Indian Health Services to “grow their own doctors” in order to address the physician shortage in the Navajo Nation by bringing their high school students into local hospitals and clinics to shadow doctors. Students from Red Mesa high school are active in several school initiatives which they described at the CPHE meeting. **McKayla Littleben**, a Red Mesa high school student, reported on the student Wellness Assessment conducted recently, showing that priorities for students were the preservation of their families, their culture and their language.

Beginning in February 2018, the high school media team and **John Hosteen** began recording and broadcasting Health and Wellness PSAs, the first of which addressed heart health. The same group hosted a jump rope challenge at the Valentine’s Day carnival, where they took the opportunity



John Hosteen, McKayla Littleben and Council Delegate Brown



Navajo Nation delegation at CPHE meeting with Vice President Nez (right) and newly crowned Miss Navajo Nation

CPHE Navajo Nation (continued)

to explain the benefits of cardio respiratory physical activity. The high school media team will continue to document local health and wellness events in the community. They will have support from CPHE mentors as they capture video, photos, and interviews through drone footage, digital photo, and studio recordings to present at strategy meetings and events to promote health and wellness.

This summer, communities in the Four Corners area are planning for three new gardens consisting of traditional Navajo produce, which will include a HS team along with **John Hosteen**, **Kerlissa Bitah** and **Malysa Egge**. The projects will be used as models for local families to start their own gardens, with monthly workshops open to the community to discuss composting, rain catchment, canning, and food drying. This month, Tecnospos held its third annual Trash to Art event, inspired by Cuba and spearheaded by **Kerlissa Bitah**. Through these programs, the Navajo Nation is creating venues for youth, families, and community members to come together - reducing social isolation and promoting solidarity.

Darlene Begay, Navajo health promotion coordinator, reports that “In Cuba, we had dinner with the ELAM students, where I met Johanna. We kept in touch by email throughout the year. She came to the Navajo Nation to visit my family in September 2017. Johanna had the opportunity to participate in a Kinaalda, puberty ceremony for my niece. She helped us mix cake batter, make tortillas, and butcher a sheep. Johanna prepared a traditional dish from her home, and it was delicious. Our taste buds will forever be grateful! We also took her to the Northern Navajo Fair, one of the oldest fairs on the Navajo Nation. Johanna also assisted HPDP staff with a hike with the FACE family to the waterfall in TiisNazBas. I introduced her to the medical staff at Four Corners Regional Health Center and toured the facility. Her insights and recommendations in terms of childhood obesity are to focus on healthy food access and gardening. We plan to keep in touch and hope to recruit her as a physician in the near future. More than that, she is family to the Todachini ‘Bitterwater’ clan in Red Mesa.”

T'iis Nazbas FACE Program
What's Happening in FACE?

Ready for Kindergarten?
Kindergarten Transition
T'iis Nazbas FACE Program continues to support kindergarten transition for preschoolers who will be entering kindergarten the following school year. If your child is entering kindergarten, we recommend that you participate in transition activities. Here is a list of dates the program has set to visit the kindergarten classroom. If you are unable to come on the dates set, please see FACE staff, so we can accommodate you and your child on a day you are available. The dates are **March 7, March 14, April 4, April 11, April 18, April 25, and May 1-3**. Transition time is 8:15am to 9:00am. Hope to see you!

Trash into Art
Families are encourage to participate in the "Trash into Art" event. Work with your child on a project creating artwork from trash. Projects will be due **March 29, 2018**. We would like all FACE families to participate and do a project.

CPHE Oakland

For the past 3 years, Highland Hospital, Alameda Health System, has provided clinical experiences for ELAM students and graduates since being inspired to create the program during their Oakland CPHE visit to Cuba in 2010. Funded as part of a larger Atlantic Philanthropies grant, we began a research program for ELAM grads applying for residency training programs for the coming year. In addition to working on clinical research projects, the fellows teach and mentor high school students participating in our program, encouraging Oakland Unified School District students to pursue a broad range of health care careers. This month we achieved a new milestone: an ELAM grad will join the Highland Hospital Primary Care Internal Medicine residency program in June as a first-year resident. —from **Judy Wofsy**, who oversees the Highland ELAM program.

Tomas Magaña, Director of the Oakland pipeline program FACES For the Future, said at the CPHE meeting, “CPHE brings us together in a learning community, to collaborate in the spirit of Cuba. Nothing is done in silos in Cuba. As a result of CPHE, I connected with my compañero **Bill Wagner** at Centro Sávila, and now we are bringing both of our assets together to support a FACES program for Albuquerque youth. This is an extraordinary outcome, completely as a result of CPHE.”

CPHE Ohio

The Accountable Care Community (ACC) in Summit County, Ohio has been evolving over the past five years and is now officially centered in the Summit County Public Health Department. Known as the “Summit Coalition for Community Health Improvement” (SCCHI), the group is an 80+ inter-agency collaborative committed to identifying key health priorities in Summit County and coordinating action to improve population health and promote health equity for all. A full description of the program’s philosophy, can be accessed at <http://kisdev.com> along with videotaped interviews with local and national experts which stress the role that must be played by public health departments, hospitals and clinics, government, education, and business if the effort is to have a measurable impact. SCCHI is by definition, a “Learning Community” much like MEDICC’s CPHE program. SCCHI members meet monthly and represent a variety of sectors including health care, mental health, health professions education, private business, local government, public housing, and a variety of non-governmental agencies concerned about health. SCCHI members have recently collaborated to conduct a county-wide community health assessment and develop a health improvement plan: <https://www.scph.org/assessments-reports>.

The SCCHI monitors progress on five selected priority areas: Adolescent Health, Aging Population, Chronic Disease, Maternal and Infant Health, and Mental Health and Addiction, using a set of process and outcome measures for each priority area. Progress, or lack thereof, is tracked and SCCHI members meet with program directors and staff at the health department to discuss challenges and seek solutions. This cycle of community health needs assessment and action plan will be repeated every three years.

The collaborative’s Policy Subcommittee has worked to implement a Health in All Policies (HiAP) framework in a variety of settings throughout Summit County. The intent is to integrate considerations regarding health, equity and the social determinants of health into decision-making at various levels of government and business. To date, the SCCHI Policy Subcommittee has implemented HiAP in 6 Summit County governmental jurisdictions. The Policy subcommittee also seeks out new opportunities to implement policy changes that support health: 1) Two communities have recently adopted smoke-free parks resolutions to reduce exposure to second-hand smoke in public parks, and a number of communities are now considering raising the age at which tobacco can be bought to 21. 2) Advocates passed a “Complete, Livable and Green Streets” ordinance in Akron City Council on May 16th 2017. 3) Work is in progress with the Mayor of Akron’s Strategic Planning Committee for Youth Violence to explore options for reducing youth gun violence.

As this county-wide collaborative effort continues, the agencies and individuals involved are continuing to spend time and energy to identify resources that can be used to support strategic approaches. The SCCHI is still relatively young, so its impact on health is still not clear. The successes in putting together programs and policies aimed at health improvement suggest that as evaluation of health impact develops over time the potential for identifying measurable gains is real. - Reported by **C. William Keck**, CPHE Ohio, MEDICC Executive Director and former APHA President, and **Elizabeth Foster**, Public Health Coordinator, Summit County Public Health Department.



Mil Gracias



From MEDICC and all CPHE participants to **Dr Pastor Castell-Florit Serrate**, Director, Cuba’s National School of Public Health (ENSAP) and President, Cuban National Council of Scientific Societies in Health. Your support and your wisdom have inspired and nourished the sustainability of the CPHE National Network.

Also, huge thanks to the **professors and staff at ENSAP** who have supported CPHE in so many ways; to **Miguel Coyula**, CPHE mentor and friend; and to **Maria Eugenia Romero Garcia**, Director of the Maravillas de la Infancia Community Center in Matanzas, who has hosted many CPHE groups and who visited the South Bronx, CPHE last year.

MEDICC appreciates the generosity of CPHE funders: The Christopher Reynolds Foundation, Robert Wood Johnson Foundation, The Atlantic Philanthropies, The California Wellness Foundation, The California Endowment, and Bronx Lebanon Hospital. Your support has allowed CPHE voices to be heard in our national struggle for health and health equity.

