Community Resilience
Conversations and Plans: Pilot Evaluation

March 2019, EpiMachine LLC
What is a Community Resilience Conversation?

• Coming together
• Taking time for intentional relationship building
• Sharing and discussing local data
• Having discussions about important questions facing the community
Intentional Relationship Building

• Often conducted during a meal
• Participants asked to sit with someone they don’t know, or don’t know well
• Participants share answers to two questions:
  – What helps you feel safe?
  – What helps you recover after a hard time?
Local Data

- Local **ACEs and Protective Factors** fact sheet featuring MSS data
- Community Health Needs Assessment data
- Other relevant local data
Small Group Discussions

• Planners can select from list of prompt questions
• Participants answer question #1 in a small group, then switch tables for questions #2 and #3
• Harvest key ideas and look for themes
Understanding ACEs & Building Self-Healing Communities Assessment Tool

• Questions about your community’s current reality on the topics of:
  – Leadership expansion
  – Coming together
  – Shared learning
  – Results-based decision making

• Use of the tool varied from community to community
Other Components

• Introductions
• *Resilience* trailer
• Overview of Self-Healing Communities model and theory of change
• Local efforts to-date
• Next steps
• Evaluations
Evaluation of Pilot

- Analysis of participant evaluations
- Interviews with community members involved in planning the Conversations
- Discussions with MCCC staff
- Document review
Planning a Conversation

What worked well:
• Multiple planners
• Wide promotion with targeted invitations
• Learning from what worked in other communities
• Sample agendas and discussion questions
• Hosting the Conversation in conjunction with another event

Recommendations:
• Clarify planners’ and facilitators’ roles and responsibilities
• Designate a community-level point person
• Don’t pack too much into the agenda
• 1.5 hours is not enough
• Be prepared to plan multiple Conversations
Hosting a Conversation

**What worked well:**

- Configuring the room to accommodate small group discussions
- Setting ground rules to establish trust and safety
- Having people switch tables after each discussion question
- Capturing information about what is already happening in the community

**Recommendations:**

- Take time for introductions
- Set expectations for goals of the Conversation; don’t expect to produce an action plan right away
- Put aside preconceived notions of what you’ll hear
- Participants new to ACEs can still provide insight on what the community needs
Winona County

• 2 Conversations held 6 months apart
• Participants were primarily providers/professionals
• Pre-Conversations survey sent with invitation to learn about current efforts

Participants shape the Conversation.

Community readiness is key.

Track and celebrate successes.
Grant County

- 2 Conversations in same week
- 3 hour weekday Conversation drew mostly providers
- 1.5 hour weekend Conversation in conjunction with library event drew mostly community members

Each community in the county is unique, but county-wide themes will likely surface.

Share the “harvest” from your Conversations with city and county leaders/planners.
Itasca County

• 1 weekday afternoon Conversation lasting 3.5 hours drew mostly providers/professionals
• Hosted at the Blandin Foundation’s retreat-like setting; a neutral space that could accommodate a large turn-out

Collaborate with existing projects/initiatives all working towards health and well-being.

Use data to connect the dots.

Transformational work takes time.
Stevens County

- 2 Conversations on the same day: 1 afternoon and 1 evening
- Both drew mostly providers/professionals
- 1 Conversation held in conjunction with other events drew a large turnout

Go in ready to listen; you may not know your community as well as you think.

Dedicated committee moving the work forward.

Planning Conversations with the college, the Hispanic community, and other towns in the county.
Becker County

- 1 Conversation held during pilot evaluation
- Mostly community members and recipients of services
- Summit scheduled for April to begin planning

Build relationships with area organizations serving those most impacted by ACEs; invite them to the table.

Conversations can help expose disconnects between providers and those receiving services.
Next Steps: Community Resilience Plans

1. Enhance community collaboration and capacity
2. Implement strategies and structures to enhance protective/resilience factors and reduce ACEs
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<thead>
<tr>
<th>Activities</th>
<th>Partners/Participants</th>
<th>Timeline</th>
<th>Resources Needed</th>
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**Short-term outcomes:**

**Intermediate outcomes:**

**Long-term outcomes:**
### SAMPLE: Goal 1, Objective 3—Shared learning

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<tbody>
<tr>
<td>Gather stories from parent recipients of services</td>
<td>Grad students work with agencies to recruit + interview parents</td>
<td>By November 2019</td>
<td>Incentives for parents; safe meeting spaces</td>
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<td>Compile data from multiple sectors on ACEs, resilience</td>
<td>Local public health agency</td>
<td>By November 2019</td>
<td>Data-sharing agreements</td>
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<tr>
<td>Develop and share community report</td>
<td>Local public health agency</td>
<td>By March 2020</td>
<td>Partner websites, presentations</td>
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#### Short-term outcomes:
- Community report developed and shared with stakeholders

#### Intermediate outcomes:
- Data used to guide decision-making, further planning, and monitoring of outcomes

#### Long-term outcomes:
- Report updated annually to track trends over time and respond to emerging needs
## SAMPLE: Goal 2, Objective 1—SEL Curricula

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<th>Timeline</th>
<th>Resources Needed</th>
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<tr>
<td>Research evidence-based curricula</td>
<td>School counselors, school administration</td>
<td>By April 2019</td>
<td>School Board support</td>
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<td>Train teachers on curriculum</td>
<td>Teachers</td>
<td>By August 2019</td>
<td>Travel budget for regional training</td>
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<tr>
<td>Deliver curriculum in grades 4-6</td>
<td>Teachers</td>
<td>By December 2019</td>
<td>Materials for students</td>
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**Short-term outcomes:**
- # sessions completed, # students reached, pre- and post-test changes in self-reported skills, behaviors and beliefs

**Intermediate outcomes:**
- Changes in classroom behavior observed by teachers; reductions in school disciplinary incidents

**Long-term outcomes:**
- Increases in self-reported social competency and behavioral health as measured by the Minnesota Student Survey
We welcome your feedback!

- Pilot evaluation report will be emailed to Collaborative coordinators this week
- Review tools in the appendices and share feedback
- Reach out to MCCC if you’re interested in moving into Phase I