

Western Area

# Tacoma Chapter Facet Program Report Form

[PLEASE RETURN THIS FORM TO THE PROGRAM CHAIR & PHOTOS TO THE TECHNOLOGY CHAIR]

**TITLE of Activity** Community Mental Health Forum “Life on a Tightrope: Balancing our Mental Health”

**LOCATION:** Bethlehem Baptist Church, 4808 Portland Ave E, Tacoma, WA

**DATE:** December 8, 2018, 11:30 am to 3:00 pm

**Please indicate which facets were involved by placing an “X” in the square.**

<b>The Arts</b>	<b>X</b>
<b>National Trends &amp; Services</b>	<b>X</b>
<b>Health &amp; Human Services</b>	<b>X</b>
<b>Services to Youth</b>	<b>X</b>
<b>International Trends &amp; Services</b>	<b>X</b>

• **What will you set out to accomplish by doing this activity, lesson, etc.?**

1. Increase the awareness of African Americans in the South Puget Sound area regarding mental health issues
2. Increase the number of community members attending the event by improving attendance by 25% over last year’s Mental Health Forum.
3. Provide community mental health resources and information that impact the African American community

• **Please indicate (X) which objective below will your activity partially accomplish?**

## **Objective 1:**

Increase the awareness of African Americans in the South Puget Sound area regarding mental health issues

## **Objective 2:**

Increase the number of community members attending the event by improving attendance by 25% over last year's Mental Health Forum.

## **Objective 3:**

Increase the awareness of African Americans in the South Puget Sound area regarding mental health resources

### **Inputs (Resources- *To accomplish your set of activities, you will need the following*):**

1. Event venue – Bethlehem Baptist Church
2. Community mental health professionals as presenters
3. Refreshments for participants
4. All facets participation in the umbrella program; selecting a topic and presenter for café stations
5. Collaborating partners: Alpha Kappa Alpha Sorority, Incorporated (AKA), Zeta Omega Omega chapter; Bethlehem Baptist Church
6. Community partners: Franciscan Health System; MultiCare Health System Behavioral Health; Tacoma Urban Performing Arts Center
7. Multimedia Publicity Campaign
8. Audio/Visual, Technical support
9. Financial support for expenses
10. Expertise of the technology and public affairs committees of the Tacoma (WA) Chapter of the Links, Inc.

### **Outputs (Activities- *To address your problem or skill, you will accomplish the following activities* :)**

To accomplish **Objective 1** of increasing the awareness of African Americans in the South Puget Sound area regarding mental health issues:

A 3 ½ hour community mental health forum “Life on a tightrope: balancing our mental health” was held December 8, 2018. A light lunch was served prior to the event’s informational segment. A 35-minute panel presentation with guest speakers introducing themselves and provided a brief overview of the subjects they would be presenting proceeded the community café format. There were six stations, each featuring a different mental health issue. Attendees rotated among the stations in 15-minute intervals. Each facet and one community partner coordinated a station on how to balance mental health. (Please see attached program).

**Outputs (Activities- *To address your problem or skill, you will accomplish the following activities:*)**

To accomplish **Objective 2** of increasing the number of community members attending the event by improving attendance by 25% over last year’s Mental Health Forum:

We had two co-sponsors for this year’s event – Bethlehem Baptist Church and AKA, Zeta Omega Omega Chapter. This collaboration helped improve the number of community members we were able to reach by leveraging the communication networks of our partners. Bethlehem used a grant to professionally print flyers and posters to advertise the event which were distributed to the community and key meeting places. Social media was used to promote the event, along with announcements in our daily paper and in the Washington State Commission on African American Affairs’ electronic newsletter. We were also able to advertise the event on a community reader board positioned at the entrance to a low and moderate income, large urban housing development. Invitations were sent to last year forum attendees and to over 40 community organizations and churches. Each Tacoma (WA) chapter Link member was encouraged to invite at least 5 people to the event.

**Outputs (Activities- *To address your problem or skill, you will accomplish the following activities :*)**

To accomplish **Objective 3** of Increase the awareness of African Americans in the South Puget Sound area regarding mental health resources providing community mental health resources and information: that impact:

Each speaker had resources available for attendees at the conclusion of their presentations. We also had a resource table with brochures, business cards, and pamphlets from several different mental health organizations and community organizations. Franciscan Health care had an additional table with their resources and support information.

**Outputs – Participation- (Clearly identify the clients who you are serving: students, grade level, parents, etc.)**

The target audience for this event was the South Puget Sound African American community- specifically targeting families and older teenagers.

**Outcomes – (Short Term- You expect that if accomplished, the activity(ies) will lead to the following changes in: 3 weeks  
3 months x 1-2 months 1-2 years other)**

We hope to increase the conversation surrounding mental health issues and access to resources and care for these issues among our attendees. The short term goal is that our attendees will utilize this information and pass it on to their friends and families thus facilitating the spread of awareness throughout the community.

**Outcomes – (Long Term Impact- You expect that if accomplished, the activity(ies) will lead to long term societal changes.)  Yes  No.  
If yes, state what way:**

The Community Health Forum last year was very successful; however, this year's forum was even more successful. We were able to collaborate with two community partners/co-sponsors; we improved attendance by 25%; and all the respondents in the post event survey felt the information provided was useful. The goal is to host an event similar to this on an annual basis to continue reaching more people in our community. We hope to increase mental health awareness and access to resources, care, and information in the African American community. In the long term, we plan to reach a younger teenage demographic as well as adults.

## **J Evaluation**

**How your activity was measured:**

A post event survey was distributed and completed by attendees.

**Explain in percentage or in other measure (size, extent, amount, etc.) the progress or lack thereof that the students made as a result of your assessment.**

A post event survey was distributed to attendees. 39 surveys were completed and returned. All 39 respondents found the information presented useful. All 39 respondents felt the Forum was well organized. All respondents gave a satisfaction score of 7 or above.

**Description of activity participants and attendees (age range, gender, any businesses, etc.):**

**Classroom or Group:**

N/A Total number of students served \_\_\_ Male \_\_\_ Female

**Large Event:**

X Women X Men

\_\_\_ Children \_\_\_ (Ages 0-12) \_\_\_ Teens (Ages 10-18)  
\_\_\_ Young Adults (Ages 19-24) \_\_\_ Senior Citizen \_\_\_ Family  
\_\_\_ Other (Please specify) \_\_\_ Male \_\_\_ Females

96 Total number of people served

\_\_\_ American Indian/Alaska Native \_\_\_ Asian X Black/African American

\_\_\_ White \_\_\_ Hispanic or Latino \_\_\_ Other (Please specify)

38 Number of members in Chapter

34 Number of members who participated in this activity

130 Total Number of attendees

- **Cost of the Activity / Donation**

**Projected Budget**

**\$2500**

**Actual Cost: \$ 1989.26**

**Was a grant or underwriting obtained? Yes X No**

**If yes, give amount and funding source name(s) and address (es).**

Grant support received by one of our co-sponsors, Bethlehem Baptist Church was shared with the Tacoma (WA) chapter to underwrite professional design and printing of flyers and posters to advertise the event. (In Kind Donation: \$500)

**Were any in-kind donations/services provided? Yes X**

**If yes, give amount and funding source name(s) and address (es).**

- 1) Pens and Magnets donated from MultiCare Behavioral Health for participants
- 2) Meeting facility, audio-visual equipment from Bethlehem Baptist Church
- 3) Tacoma (WA) Chapter of the Links, Inc. members donated food and utensils for refreshments.

**Most outstanding qualities of this activity:**

1. Raised awareness of mental health issues affecting the African American community
2. Variety of mental health issues covered during the event
3. Provided resources for those seeking treatment and further information for mental health issues
4. Engaged community mental health professionals help in educating the attendees on mental health issues

**A. Do you think that this activity should be sustained? yes**

**Why?**

It is important to continue educating the African American community about mental health. Lack of awareness of the issues and resources as well as the associated stigma of mental illness discourage open, and honest dialog regarding these issues. All the respondents from our post event survey found the information provided was useful and important.

• **How did you communicate and publicize the activity.**

1. Social Media: Chapter website and Facebook pages as well as Facebook pages of individual chapter members
2. Letters sent to over 40 churches and community organizations
3. Local daily paper
4. Flyers and Posters placed around the community
5. Word of mouth of Tacoma (WA) Chapter members
6. Placement on community reader board
7. Placement in Washington State Commission on African American Affairs' electronic newsletter
8. Emails sent to attendees from previous year's Mental health Forum

- **Documentation: Activity Photographs**
- Camera X
- Cell Phone X
- Film Projector \_\_\_\_\_
- Other \_\_\_\_\_

**Note: Remember to include photographs/ captions with report.**

### **Service Hour Credits**

#### **Members Present 8**

**Activity/Event Community Health Mental Health Forum  
Prep.**

**9 Hrs. / Min - Planning Meetings**

**4 Hrs. / Min- Day of Event**

#### **Total**

1. Victoria Fletcher
2. Alicia Stephens
3. Kimberly Bell
4. Melva Copes
5. Mary Green
6. Chris Turner
7. Denise Robinson
8. Stephanie Williams