

**COMMUNITY CONVERSATIONS INITIATIVE  
MONTHLY REPORT (MARCH 15<sup>th</sup>) HEALTH/ WELLNESS**

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**Submitted by:**

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**&**

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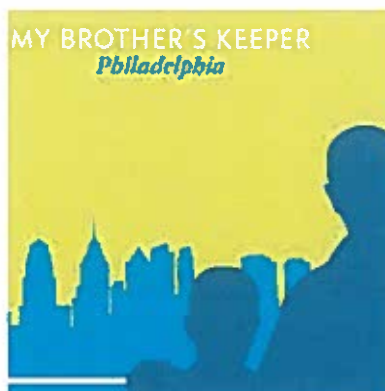
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**Submitted on:**

March 15<sup>th</sup>, 2017

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In fulfillment of the commitments made to the  
City of Philadelphia's  
My Brother's Keeper Initiative-Philadelphia (MBK Philly)



### III. EXECUTIVE SUMMARY

Forged by a partnership between the Mayor's Office of Black Male Engagement (OBME) and the Community College of Philadelphia's Center for Male Engagement, the Community Conversations Initiative is a platform to engage Philadelphians and leaders who work for / with our communities. The initiative is a monthly forum where community members and leaders discuss challenges, opportunities, and solutions that address dismantling inequities that impact the lives of men and boys of color in the city.

In general, the Community Conversations Initiative focuses on discussions that include but are not limited to:

- Education
- Justice
- **Health/Wellness**
- Economic Development

The Mayor's Office of Black Male Engagement is dedicated to closing the opportunity divide for men & boys of color.

The Community College of Philadelphia values community engagement and service as an important part of its mission. The institution addresses broad economic, cultural and political concerns in the city and beyond through a variety of community service initiatives.

HIGHLIGHTED RESOURCES (resource tables present at Conversation):

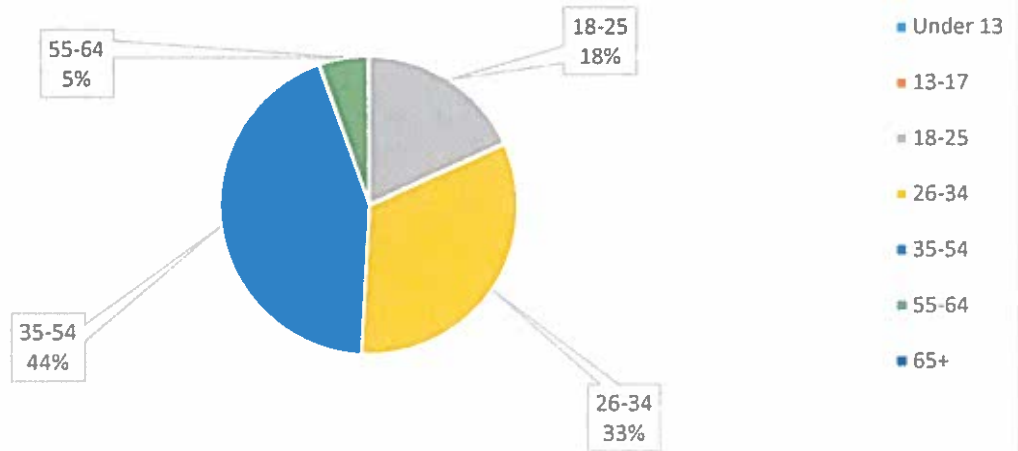
- DBHIDS – EMOC (Engaging Males of Color)  
<http://dbhids.org/emocphilly>
- West Philly Produce  
<https://www.facebook.com/westphillieproduce1/>

**PANELISTS : MODERATOR - Kevin Covington** (Center of Male Engagement – Community College of Philadelphia, Mayor's Commission on African American Males), **Gabriel Bryant** (EMOC Youth Init. Specialist), **Darin Toliver** (MCAAM commissioner, Medical Social worker – St. Christopher's ), **Christian Carr** (Cornell College Student), Arnett Woodall – CEP West Philly Produce.

**SURVEY RESULTS (FROM PARTICIPANTS):**

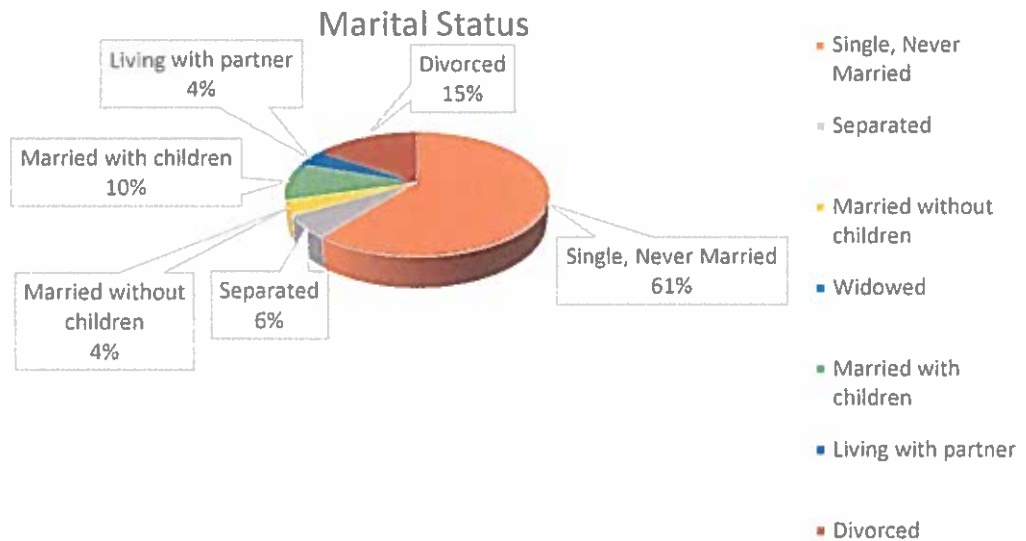


Number of Responses By Age

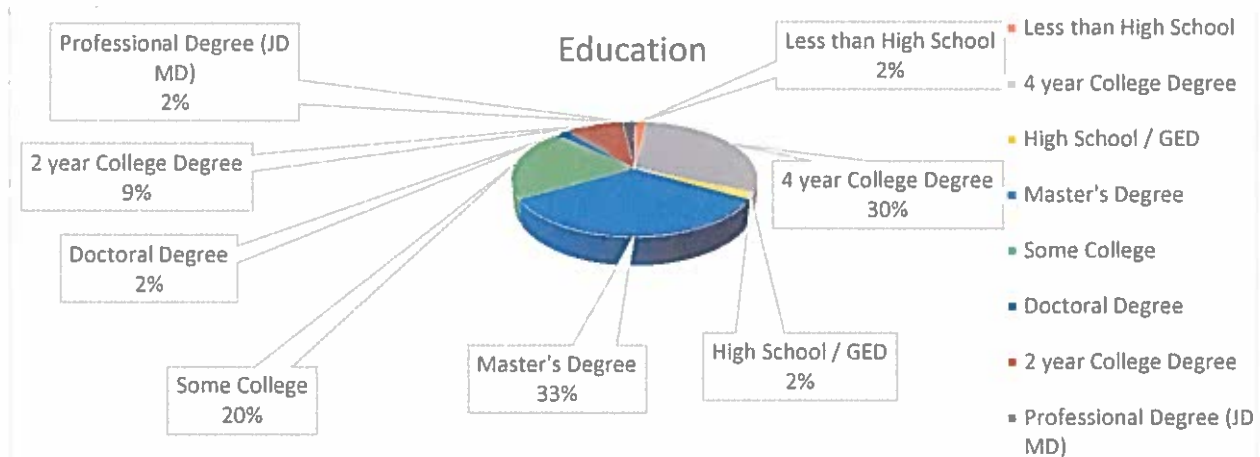


- *(Age Range chart - figure 1) The majority of people in attendance in March were 35-54 yrs. old.*

**CURRENT MARITAL STATUS: (SEE CHART)**

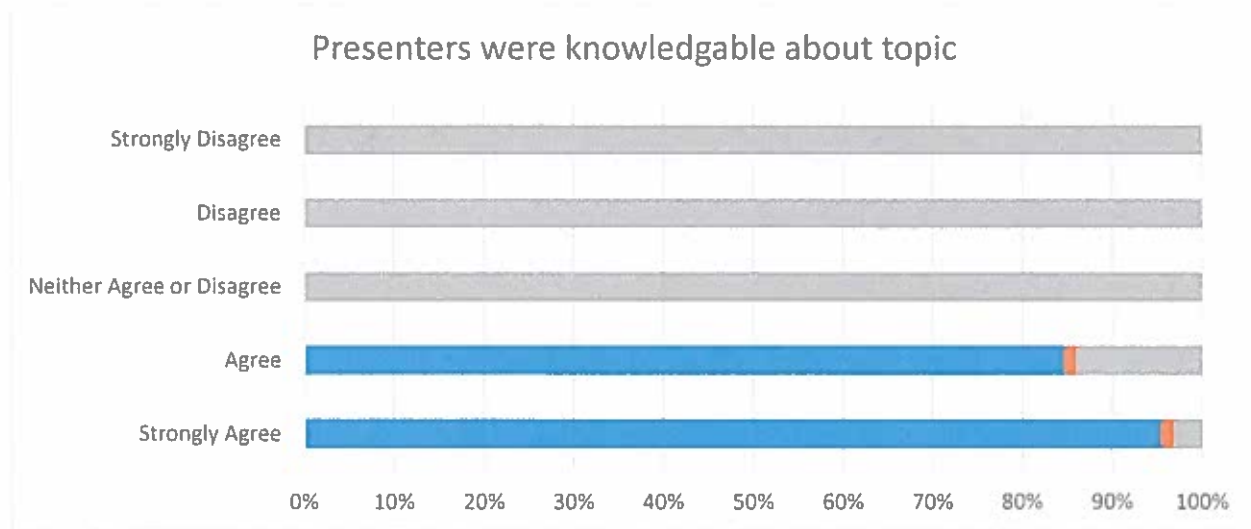


- *(Marital Status Chart – figure 2) The majority of people in attendance were Single (never married).*



- *(Education Chart – figure 3) The majority of people in attendance earned a Master's degree*

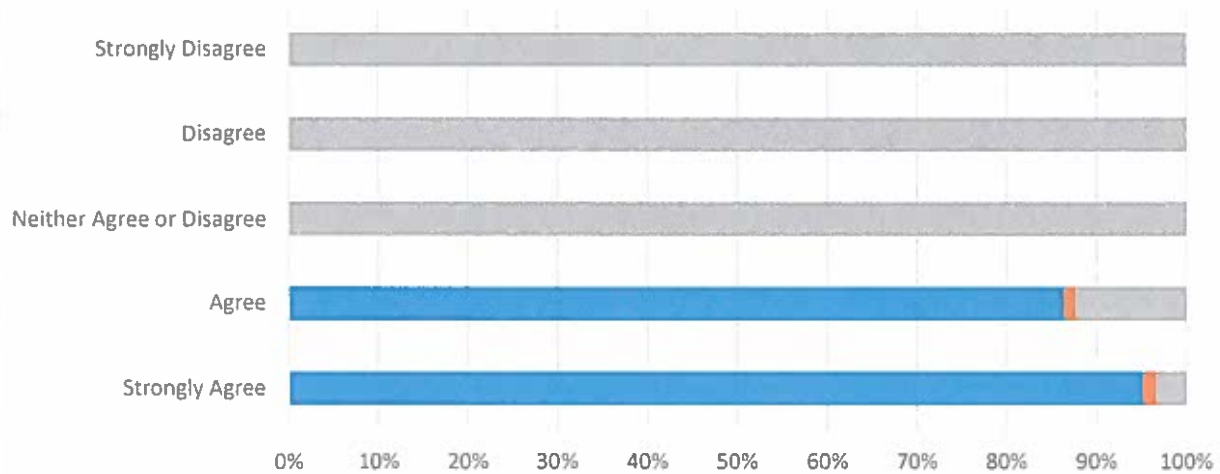
### RESULTS FROM COMMUNITY SURVEY



- *(Presenters Knowledge chart – figure 4) The majority of people in attendance agreed and strongly agreed that the presenters were knowledgeable about the topic*

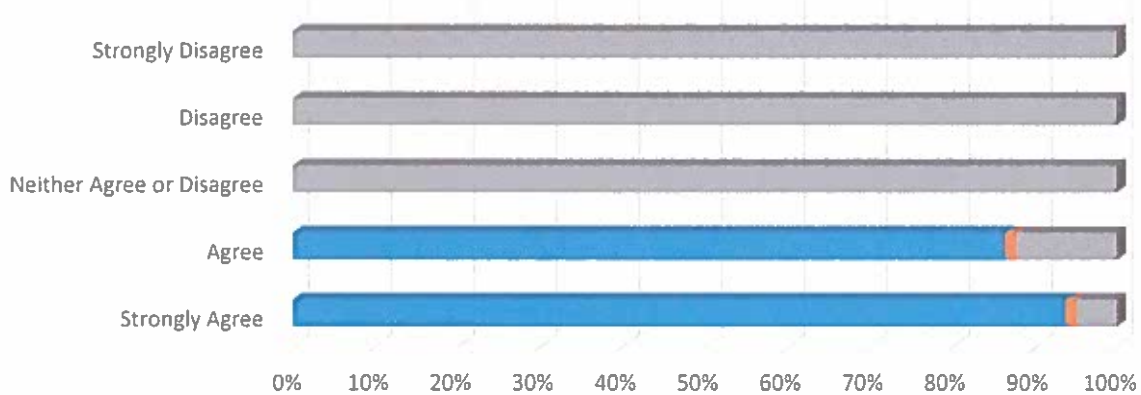


### Topic was relevant and informative



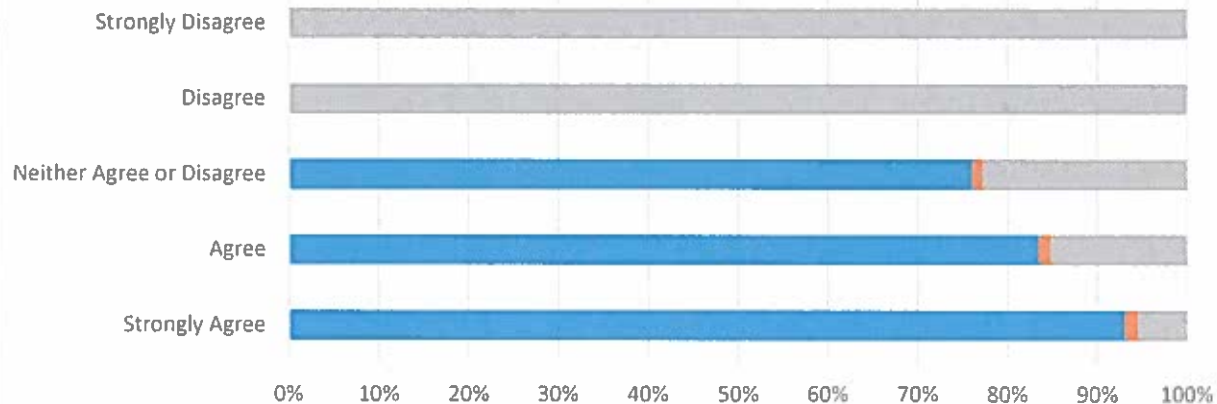
- *(Topic relevance chart – figure 5) Most people agreed or strongly agreed that the topic was relevant and informative.*

### Encouraged to participate in discussion



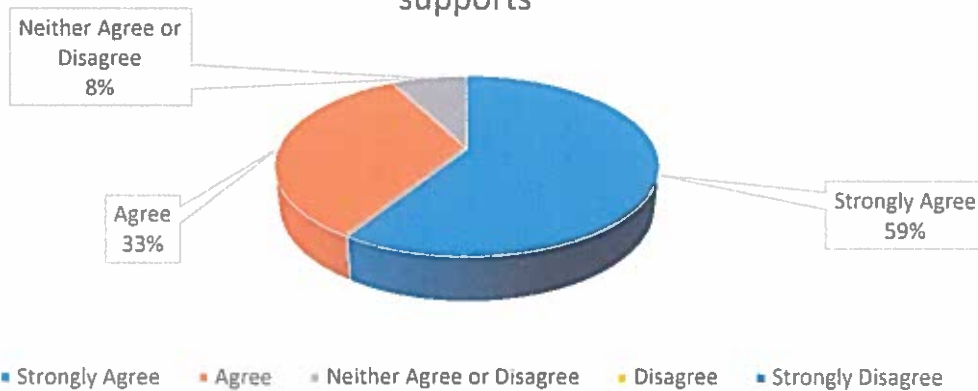
- *(Encouraged to participate chart – figure 6) Most people agreed or strongly agreed that they were encouraged to participate in the discussion.*

Felt their concerns were being heard

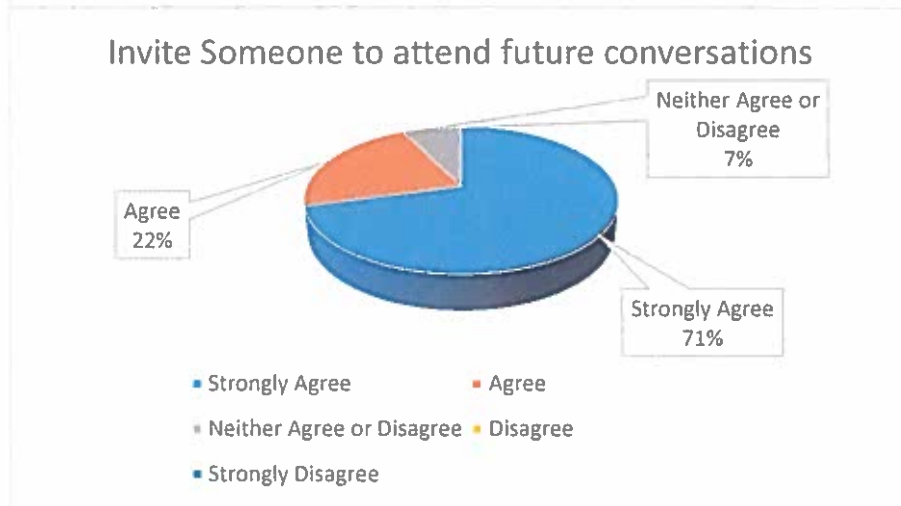
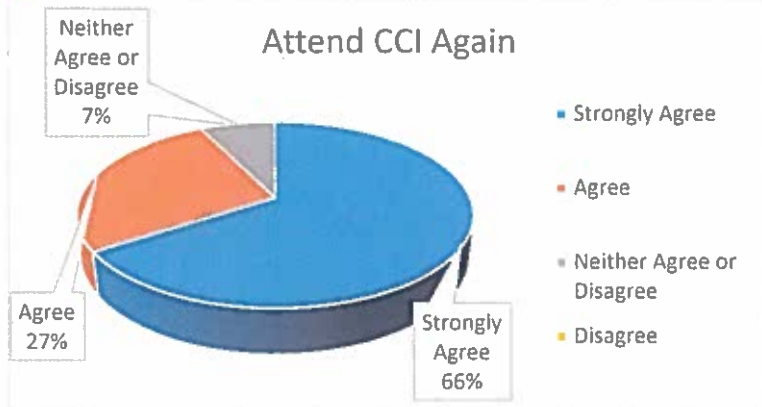


- (Concerns were being heard chart – figure 7) Most people agreed or strongly agreed that they “felt their concerns were being heard,” but some community members disagreed that they were being heard.*

Learned more about educational resources/ community supports



- (Resources chart) Most people agreed or strongly agreed that they learned more about educational resources, but some participants disagreed that they learned more about educational resources.*



- *(Attendance & Recommendations to Community Conversations Charts— figures 9 & 10) Most people agreed or strongly agreed that they would attend again and recommend folks to future community conversations.*

Based on the Needs, Resources, and Solutions brought forth by the attending Community members, we will continue to gather suggestions and recommendations to report out information to stakeholders in efforts to advance the academic, economic, health & wellbeing, and social/ criminal justice awareness towards a transformed narrative for men and boys of color in the city of Philadelphia. Please carefully read the suggestions as each are given by a fellow Philadelphian who support men and boys of color in the city and realize that we are better, together.



The Following is a list of results from the community regarding their Needs, Resources, and Solutions around the theme of the discussion (Education)

Needs	Resources/Supports	Solutions
Weight loss. Healthy Living		Exercise, eating well, enough sleep
There was a great collecting of talk on what is needed	The support systems are very important and could excel our future.	The solutions seem to all matter for the progress of the future.
Mental Health. Physical Health. Psychological Health.	Stephen Klein Center. YMCA - Columbia North	Counseling. Repetitive Healing Systems
GET IN THE SCHOOLS		
		More options for healthy choices. Resources/facilities that accommodate non-traditional work hours.
Gym, healthy good, awareness of resources		Get in schools
Forums for health and wellness discussions	Minimal	Weekly/Monthly sessions at local community centers/schools/library to discuss related issues.
More farms and gardens. Spaces to facilitate cooking classes		Stop circulating our current with businesses that don't provide services and goods that promote life.





Weekly/Monthly programs	Dr. Paul's Men's health gathering Friday 10am - 1:30p. 501 West King St; women's gathering Wednesday 5430 Pulaskiave 6:30 - 8pm. Linda's herbal health hour every 2nd Monday, Germantown and Johnson, 10am - 12pm	We have the answers we just need to activate them.
Stigma reduction	M.A.W.D - Medical Assistance for Workers with Disabilities. Medical Coverage (full) with DPW must prove diagnosis	Similar Forums to this, but rotating throughout locations in city.
Trauma informed services for individuals in work spaces		
Bipolar, substance abuse, access to free or low cost health insurance, affordable healthy food options	Unknown	
Safe place people can go to get support. Cultural sensitive gym. Youth groups	Creating a conversation through-out Philly.	Yoga in community engaging 18 - 35 yr. old people in better ways.
Pain management. Depression, diabetes/chronic illnesses #1/ various chronic illnesses	Resources with health insurance. Spectrum Health Services Inc. has three sites: 1325 S. 33rd St.; 5201 Haverford Ave; 1415 N. Broad St	Nutrition Consciousness/PSA
Food insecurity. Elderly Neglect. Black Male Leadership	The Philadelphia Project (thephiladelphiaproject.com)	
Gun violence and their	More produce store. Educational center. Gym	More Police patrol. Better education system. Books.
Mental Health. Community Centers - youth	A few fruit trucks. Kind of francis meyers rec. center	Meditation. Engaging in creative outlets. Gratitude lists.



Increased outpatient mental health services for students at South Phila. High School. They are woefully under resourced and seeking partnership/collaboration w/ MH providers, but are unsure of where to find them. (Janelle.Harper@phila.gov)	Dr. Chris Winfrey, psychiatrist of color (501) 541-9255. He is local. Offering individual and group counseling. Also does out reach and training to various communities (churches, social and civic organizations, etc.) Martin Hull, health wellness and physical fitness trainer. Interested in support young men to improve MH through physical fitness at the 48th street gym. (267) 745- 3629. Instagram: 1_healthy_life_style	Continue to work to eradicate stigma associated with mental illness - provide education and resources (including training for peer/familial support.
More fresh product vendors.		Partnerships between organizations that serve our communities.
Better diet. Acknowledge there's a problem. Attacking poverty.		
Mental health. High blood pressure/diabetes. Stress management.	Health centers. DBH.	Positive male led convos around yoga, meditation more male presence.
Dental. Optometry.		
Super market		
More therapist in the community (impoverished community). More funding for community healthy centers to provide mental therapy for African Americans. More mental health forums	In the community where I reside there are little to no services available.	
Drug and alcohol		
Places for community to go and relax, get support.	Mental health first aid	Creating daily, weekly schedules with goals to accomplish life goals
Bike to work, better food, book store (Hakeem's), mental health center	YMCA. Village of Arts and Humanity	Family commutating (dialog)



Alternative solutions to medicine. Healthy eating's. Sickness/disease plaguing the community.		Workshops. Healthier eating options at stores in neighborhood.
Good eating habits. Exercising. Faith and prayer.	Eating habits, books, gyms.	Knowledge around fruit, veggies, community activities such as Herb-a-Life
Food - healthy options at corner stores. Trauma - Accountability partners.	Accountable partnerships. Address silent mental health.	Invest in corner stores. Resilience programs.
Come back to #37		
Fresh food. Mental health education	Community venters.	Education. Attention. Compassion.
Economic development. Safety and health. Child, youth development.	Health and human services organizations. Faith communities, businesses, schools, community and cultural organizations.	Develop a neighborhood development imitative. Develop a 5 year action plan. Develop safe place for our youth to learn and grow.
Communication increased within communities. Ask the right questions. Don't normalize situations that need to be dealt with.	Enhance educational programs on the subject. Use non-traditional service in the community.	
I think more people in the community should be educated on the actual purpose of food - which is to give your body the fuel it needs to work at the highest level - too many people eat food that don't contain nutrients.	Reclaiming community centers. Offering support as a big brother to the youth.	Ignore doctor recommended food such as milk and most dairy. Encourage the growth of organic food and encourage fitness activities that aren't always sports, some kinds will be encouraged by their lack of success and their health will suffer.
Healthy food. Health and fitness programs that are affordable.		Health and wellness expo, education sessions within the community.
Love, education, community.		



Mental health. Healthy locals (access) food deserts. Income.	Counseling. Urban garden.	
Housing for homeless. Rehabs and good drives. Health Centers		People helping each other more. Stop drugs flow. More safe sex.
how bad eating and relational habits effect health. Self-awareness.	Money. Money. Self-Awareness.	How to create opportunity.
Drug use and distribution. Food deserts. Not enough clean, safe, supervised places for youth to learn and play.	Recreation center (under resourced). Churches and summer play streets.	Community gardens, programming in the rec center and churches. More art. Art making and art installations in public spaces. More community gatherings to ask the community what they need.
Better information.	Stop smoking.	
Exercise	Dental care	Stress relief
To start a collaborative guide/index that connects those willing to use their skills and resources.	A collaborative guide/index.	
Childhood obesity, sugar intake, lack of sports and physical activities, community violence, sustainable food and trash filled neighborhoods.	Office of the assistant secretary of health (OASH)	Office of Population affairs (OPA). PRNP
Mobile Markets need to have more days and times. Homelessness. Addiction.		Encourage corner stores to purchase from local farms in the community.