



Rural Resilience: Approaches to Building Community Public Health Champions

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AHEAD AZ: Community Public Health Champions Training Model



Community Resilience

Community Resilience

A measure of the sustained ability of a community to utilize available resources to **respond, withstand, and recover from adverse situations.**

Why Focus on Communities

Local innovation functions well because it is at the community level where **direct interaction happens** with people and institutions.

Sources: RAND Corporation. <https://www.rand.org/topics/community-resilience.html>

Lerch, D. (2017). *The community resilience reader: Essential resources for an era of upheaval* (D. Lerch Ed.). Island Press (in collaboration with Post Carbon Institute).

"Community Champions"

Emergent leaders within a community who assist in advancing the interests of the community and its mission.

In the case of a pandemic or extreme weather event, these leaders can be deployed to help mitigate the impact of a of a public health crisis and work toward implementing strategies for recovery.

Public Health Champions Models

Climate for Health



COVID-19 Champions Training Programs

- Philadelphia
- San Francisco



Teens for Vaccines



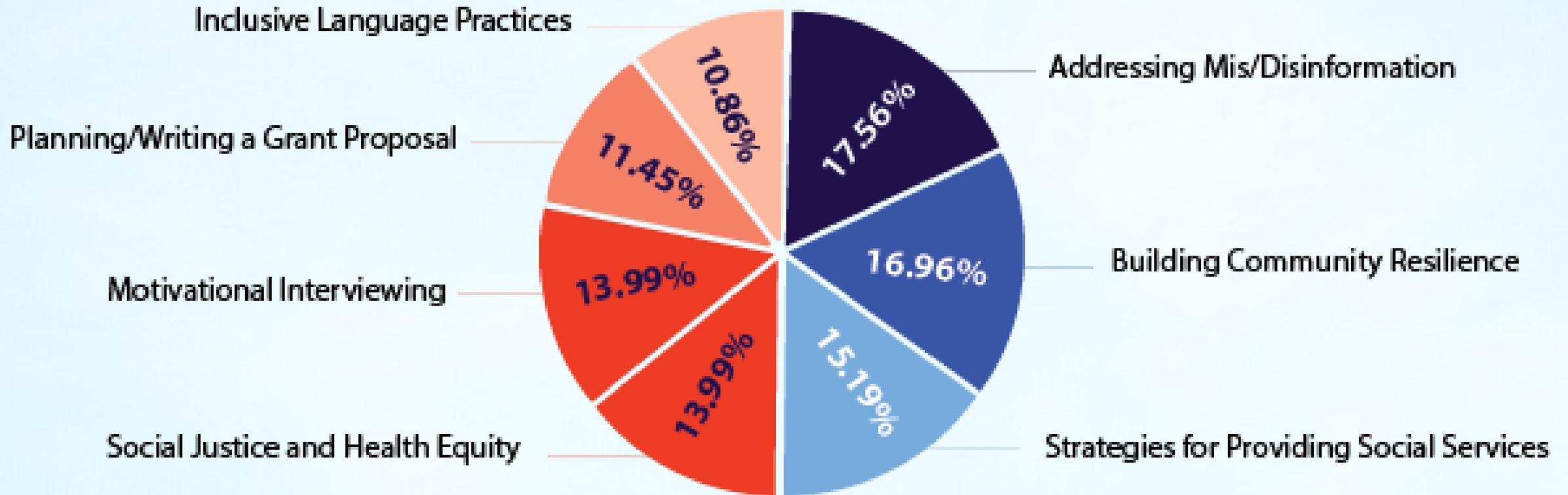
Changing Roles of Libraries in Rural Communities – New Services/Programming

- Afterschool snacks for students and food pantry
- Nutrition and cooking classes
- Promoting home cooking – equipment rental
- Other rentals: durable medical equipment; cargo bikes
- Access to wifi; provision of hot spots and tablets
- “Adulthood” classes for teenagers
- Telehealth/medicine venue and equipment
- Seed library and community vegetable gardening
- Onsite staff – Community Health Worker; Social Worker
- Digital health literacy instruction and “navigators”



Survey: Librarians Serving Rural Communities

Training Topic Areas Rankings (Pre-populated)



Training Modules Prioritized

Addressing Mis/Disinformation

Building Community Resilience

Strategies for Providing Social Services

Social Justice & Health Equity

Public Health Fundamentals

RFP Technical Assistance/Planning & Writing a Grant Proposal

Grantee “Community of Practice”

Survey: Librarians Serving Rural Communities

*“Our library serves a small unincorporated village...we are considered both a food desert and an unfortunate example of the digital divide. We have neither a gas station nor a grocery store, lack public transportation, adequate medical services, and many other amenities available in metro areas. That makes us **pivotal to the community** and its access to public services.”*

*“There is a lot of dysfunction and division in this community now, and the library is a rare space where people can come together despite those divisions and work towards **repairing** and **rebuilding**.”*

Next Steps

- Trainings and workshops to build library capacity to serve as “resilience hubs” in rural communities
- Partnership with Arizona Librarian Association The logo for the Arizona Librarian Association (ALA) features the letters 'A', 'L', and 'A' in a stylized, purple font. A light blue, wavy line is positioned below the 'L' and 'A', resembling a stylized 'Z' or a wave. To the right of the letters, the words 'Arizona Librarian Association' are stacked vertically in a smaller, purple font.
- Mini-grants to support local, community-based projects



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AHEAD AZ: Youth Public Health Champions Training Model



The Importance of Youth Engagement

- Active participation empowers youth to play a vital role in their communities
 - Volunteerism
 - Leadership
 - Decision-making
 - Media
- Personal development
- Right to represent their own interests; having a voice
- Mobilizing youth leaders



Existing Youth Champions Initiatives

- Youth Service America (National)
 - Activate young people, age 5 -25, to find their voice, act, and acquire skills to build resilience in their communities
- Adolescent Health Champions (Global)
 - Train adolescents, age 10-19, as youth health leaders to then go out into their community and educate their peers
 - Establishment of a Youth Advisory Board to co-develop curriculum, research, programming, and more



AHEAD Youth Champions Model

- Engage youth in **developing** a fundamental understanding of public health and **acquiring** skills to improve the health and resilience of their communities
- Bolster their confidence and **empower** them to use their voice and advocate for solutions to emerging issues that they face



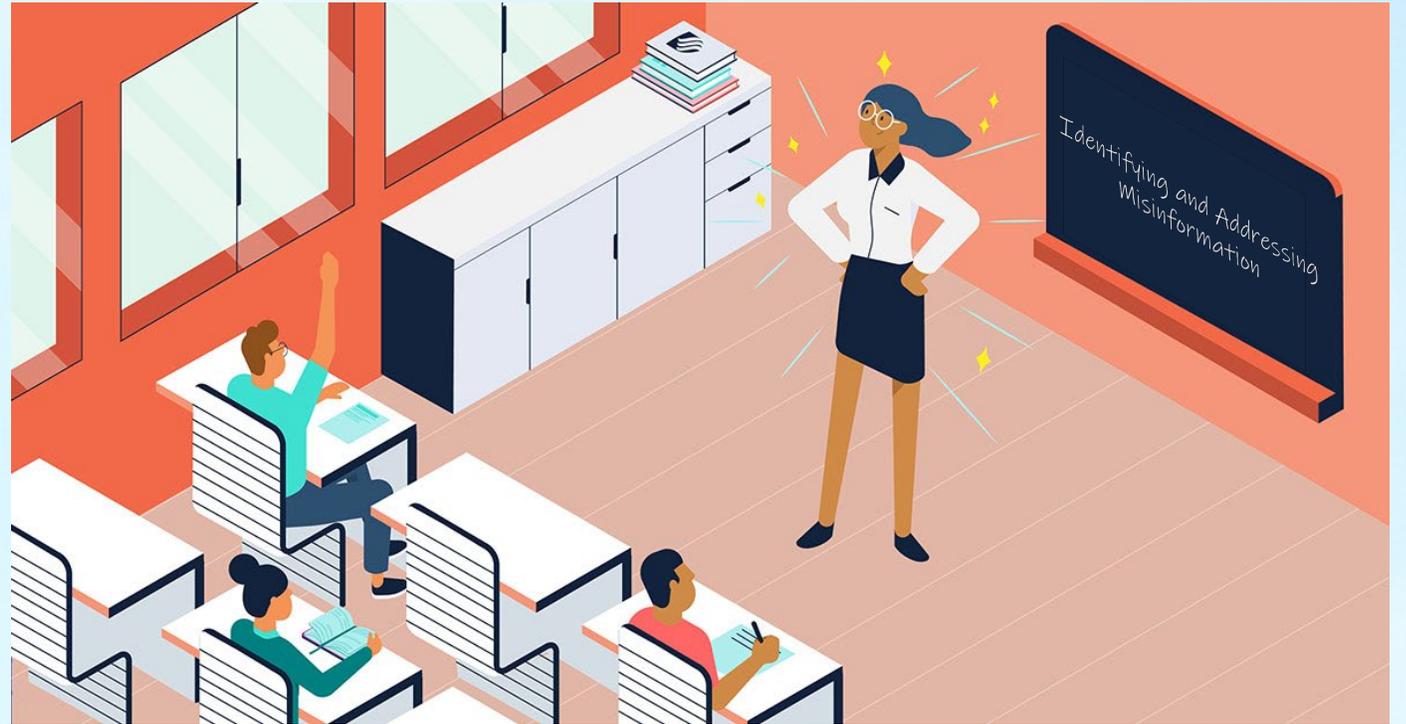
Our Youth Advisory Board

- Recruitment period:
March 22nd – April 5th
- Youth Advisory Board members helped inform development and implementation of modules
- Multiple assignments were assigned that had members:
 - Research topics they would want to see included
 - Evaluate current topics that were being developed
 - Outline projects that would address a public health topic of interest



AHEAD Youth Champions Model

- Development and implementation of various trainings:
 - *Public Health 101*
 - *Identifying and Addressing Misinformation*
 - *Building Community Resilience*
 - *Advocacy 101*
 - *Social Justice and Health*



Partnership with Southwest Environmental Health Sciences Center (SWEHSC)

- Piloting trainings into pre-existing STEM- or public health-related summer youth programs
- Partnered with SWEHSC's summer youth programs
 - Environmental Scholars
 - Steps 2 STEM
 - Toxic Detectives
 - A Student's Journey



*Building
Community
Resilience with
Environmental
Scholars*

*Identifying and
Addressing
Misinformation with
Steps 2 STEM*



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ENVIRONMENTAL
HEALTH SCIENCES
CENTER
COLLEGE OF PHARMACY

Next Steps

- Continue to develop curriculum and administer trainings for Summer 2022
 - Two more modules scheduled
- Develop train-the-trainer manuals for all module topics
- Expand curriculum into rural counties of Arizona by collaborating with Cooperative Extension, schools, youth coalitions



Thank you!

“Libraries are well-positioned to support community recovery/resilience since people of all backgrounds come and feel safe here, but since we’re the only (or one of the only) place(s) left like that, we’ve been getting squeezed for too long. We can’t do it alone, unless we get a lot more funding with a lot less stipulations attached.”

Contact

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