Rural Resilience: Approaches to Building Community Public Health Champions
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AHEAD AZ: Community Public Health Champions Training Model
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.

"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
- “Adulting” 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)

- Inclusive Language Practices: 10.86%
- Planning/Writing a Grant Proposal: 11.45%
- Motivational Interviewing: 13.99%
- Social Justice and Health Equity: 13.99%
- Addressing Mis/Disinformation: 17.56%
- Building Community Resilience: 16.96%
- Strategies for Providing Social Services: 15.19%
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

• Mini-grants to support local, community-based projects
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 22\textsuperscript{nd} – April 5\textsuperscript{th}*

• 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
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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