



**Healthy Community Working Group
Municipal Chambers
3 Primrose Street
Newtown, CT**

The Healthy Community Working Group held the second of four special meetings on Tuesday, April 3 2018 in the municipal chambers, 3 Primrose Street, Newtown, CT. Jennifer Crane, Director of the Center for Support and Wellness, called the meeting to order at 9:30 am and began by reviewing the last meetings content.

PRESENT: Jennifer Crane, Jessica Ward, Desiree Lee, Alex Lunding, Matthew Crebbin, Anna Weidemann, Lorrie Rodrigue, Amy Mangold, Jennifer Barahona, Stephanie Cinque, Ann LoBosco, Candace Bohr, Melanie Bonjour, John Boccuzzi, James Viadero, Ned Simpson, Kristen Larson, Marilyn Place, Mary Neilsen

All present were asked by Jennifer Crane for a brief personal introduction.

After introductions, Jennifer Crane thanked the group for returning. Jennifer shared that the main purpose of these meetings will be creating a common definition and common language of a healthy community for Newtown. Doing this will allow us to identify gaps, better collaborate and celebrate our strengths. A community member added this will allow us to be a model for better outcomes for communities impacted by disaster. There was discussion regarding how outcomes for communities that experienced tragedy or disaster, in general, is not positive and that metrics for community health and community well-being years from a tragedy have shown to be negative. The group discussed ways to be a proactive community and provide health and well-being for the entire community by creating infrastructure to see who is doing what and what is not being done.

Jennifer stated that eventually we will begin to measure what is successful and what gaps need to be filled and the purpose of this gathering is to better serve the town. The importance of community involvement in this was stressed.

Alex Lunding was asked to discuss the data group that has been meeting regularly. Mr. Lunding has been in Newtown as a consultant for the last two years regarding the sunset plan of the Newtown Sandy Hook Community Foundation. He participates in the leadership group and data group. The data group has been tasked to figure out what it would mean to have a data monitoring system to measure what exists in the world of data in Newtown. Eventually creating a clearing house for data that would be managed by the CSW. Mr. Lunding showed an example of a possible spread sheet --- that would assemble and curate all that exists in the town (one place that captures data) to better visualize what is the baseline in Newtown. No one is compiling data in one place – and this would provide a place for capturing current data and then expanding on what we have.

The data group is also thinking about how to capture qualitative data. Concerns regarding compiling data included: who would have access to data and what could be done with data, how data is entered into the

grid, issues of what can be shared, easily identifiable data, what can be used as a snapshot as a community relative to how it was doing five years ago, if there is a standard way to articulate findings, that anyone at any time can use data (i.e. for grant writing) what would be made public, who collects data and what type of data is available.

Jennifer Crane closed the conversation regarding data and the focus was shifted back to components of what makes a healthy community. Jennifer reminded the group that data is important but we cannot get wrapped up in the details of data at this point.

Jennifer Crane had a volunteer read the categories contributed by group members at the last meeting. The categories included -healthy use of electronics, stress, drug and alcohol use, self-esteem, physical fitness and health, nutrition, affordable and safe housing, transportation, isolation, financial barriers, access to services, relationships, connectedness, mind, body, healthy time management, integrated approaches, boundaries, spirituality, crime, less threatening communications, education of students, neighbors, engagement in community, volunteering, behavioral and mental health.

The group discussed prioritization of categories and added awareness and access to resources, crisis intervention, and remedying not knowing how to help oneself as additional issues. Other broad categories included connectedness, awareness, education, and healthy lifestyles. There was discussion about how the community may be better off than what is being portrayed and the possibility of creating the definition from a strengths based approach was considered. There was some agreement on this, but discussion expanded to possible sectors of the community who are being missed.

ADJOURNMENT: Jennifer Crane moved to adjourn the meeting at 11:00 am with closing remarks. She stated that a draft of the definition of a healthy community will begin this week and will be edited by the group during the next meeting. A reminder of the date and time of the next meeting and the announcement of two community forums was given.

Respectfully submitted,

Corinne Ofgang