

ADDITIONAL RESOURCES PACKET

Community Engagement 101

Encouragement as you prepare for your Pocket Meeting!

REACHING OUT TO YOUR COMMUNITY

- Outreach is like fishing; you never know what you're going to catch.
- Body language is the first form of communication.
- Persistence makes the difference! If at first, you don't succeed, try something different, but don't stop trying.
- Following up with people produces deep and long-lasting relationships.

HOSTING A MEETING

- Hospitality is like honey to bees.
- Know your material and know your audience.
- Listening goes a long way!

SETTING AN EXAMPLE

- Your actions can inspire others to dream, try, learn, do and become more.
- You have the power to turn a negative into a positive.
- There is no "I" in Team. If one falls behind, we all fall behind.

MORE IDEAS FOR FACILITATORS

Come to the table

We imagine the Kensington planning process as a potluck meal, where everyone brings their best dish.



Check-in

A tool that can set a positive tone for a productive conversation

Our feelings are always with us. Sometimes they intrude on our lives in ways we don't expect. This exercise is a way for everyone in the room to acknowledge their own feelings, and for others to understand where they're coming from.

There are four simple questions for people ask each other in pairs or small groups:

1. How are you feeling

This should be a one or two word answer, not a story. You don't need to explain anything. But you do need to use a feeling word. "Good" is not descriptive enough. Try curious, concerned, relieved, hopeful...

2. What is your goal for today?

Stressful experiences can make it hard for us to think about the future. Again, a very brief answer is all you need to give.

3. Who can support you today?

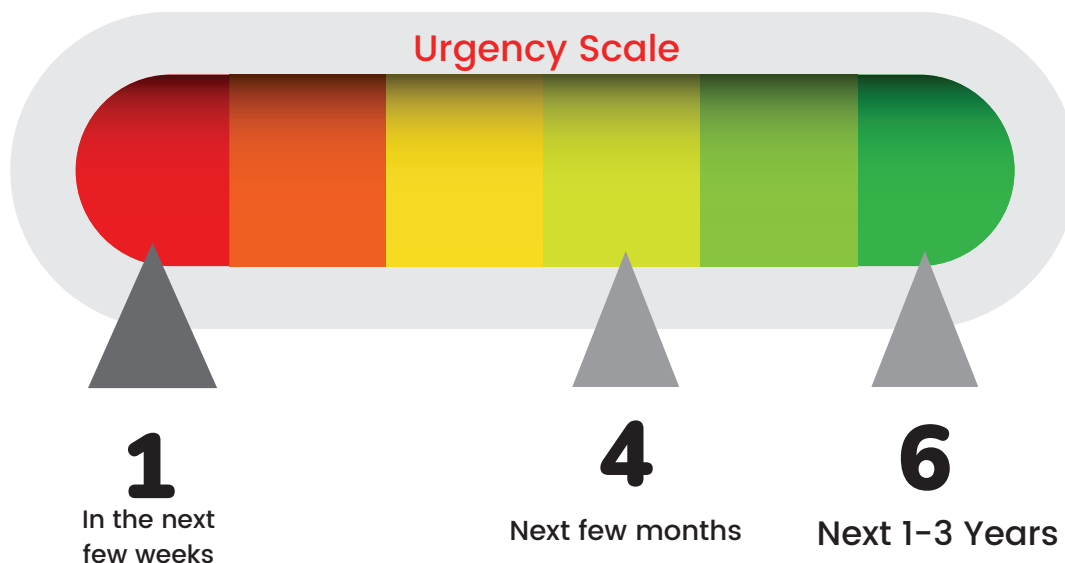
Stress and trauma also separate us from other people. If someone names you as a person who can support them, you can say, "I'll support you."

4. How are you taking care of yourself today?

Things to consider

Ask yourself and others...

- In the process of neighborhood change, what can your role be?
- Are you able to rate the importance or level of urgency of the issues you listed using numbers starting at "1" being the most urgent?



Brainstorming Part 1

Some questions to get people talking

- What are the neighborhood strengths to build on?
- Where do you feel the safest in the neighborhood?
- What are the biggest challenges in the neighborhood and how have those challenges changed in recent years?
- What do you think is preventing positive long-lasting change in Kensington?

MORE IDEAS FOR FACILITATORS

Frequently used terms

Phrases you may run into in conversations about the neighborhood

Affordable housing—Housing that costs an owner or renter no more than 30 percent of their gross household income, including utilities.

Anchor projects—Projects that will have a great impact and positively impact the surrounding area.

Civics—Organized groups of residents whose official goal is to improve neighborhoods through volunteer work by its members.

Development—The process of converting land into a new purpose by constructing or using its resources.

Health and Wellness Corridors—Impact Services and NKCDC are coordinating projects along Kensington and Indiana Avenues to address health and safety issues identified by the community.

Mitigate the Drug Market—Work to reduce the problems around drugs.

NAC—Neighborhood Advisory Committee (NAC) organizations help residents learn about City programs that could benefit them

Pockets—Groups of people who have agreed to meet to help plan the future of Kensington!

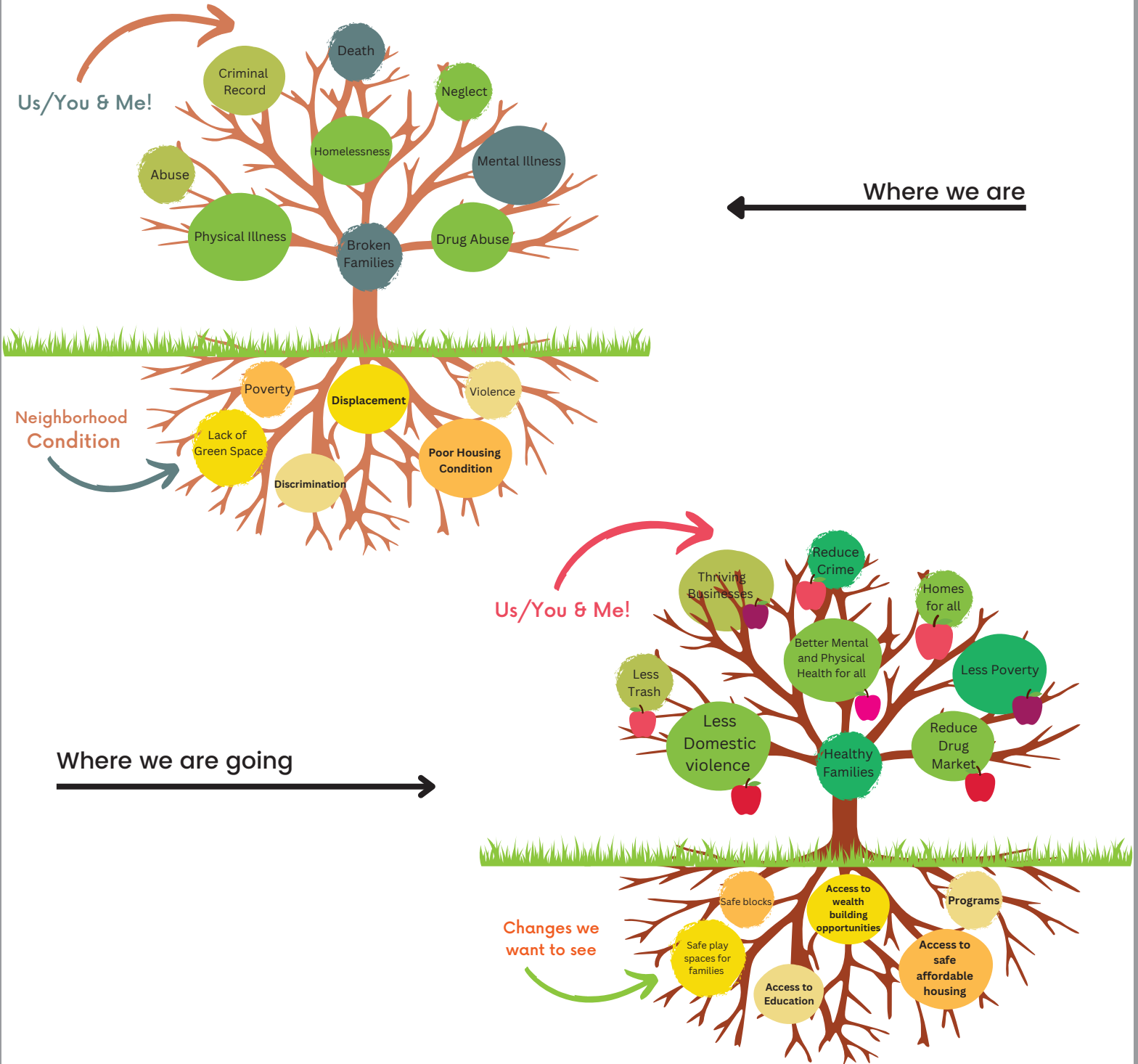
Social determinants of health—Non-medical factors that majorly affect people's health, like housing, nutrition, education, employment, transportation, child care, and more.

Zoning—State or local regulations that govern how property can be used in different places.

MORE IDEAS FOR FACILITATORS

Impact of Trauma

Neighborhood conditions have a profound impact on individual and family health



Social Determinants of Health

Features that can improve community health



Economic Opportunity

- Job Trainings
- Career Exploration
- More Jobs
- Better paying opportunities

Education

- Safe, Clean schools
- Learning support for all.
- Adult education
- Access to Collages and Universities



Health Care Access

- Access to health insurance
- Access to quality medical care
- Access to Mental Health support
- Healthy food



Built Environment

- Parks & Playgrounds, Gardens
- Vacant Lots & Homes
- Homes in need of repairs
- Development (New affordable homes)
- Schools
- Churches
- Businesses



Community

- Block leaders
- Positives relationships with neighbors
- Local Civics
- Families

