

BECOME A MEMBER OF THE

## Texas Health Community Hope

# COMMUNITY WELLNESS NETWORK

At Texas Health, we believe in partnering with you for a lifetime of health and well-being. That's why **Texas Health Community Hope** has created the **Community Wellness Network** – to foster and support community-based organizations through access to programs, resources and best practices that promote health and wellness at a grassroots level. Network efforts focus on the social, economic, and physical environmental factors that can enhance or hinder health outcomes.

Organizations that opt to join the Community Wellness Network will learn about local and national best practices; have an opportunity to connect with like-minded community, faith-based and non-profit organizations; receive support from our Community Engagement team; can participate in a variety of engagement initiatives; the ability to apply for wellness grants and other funds when available; and potential access to other Texas Health resources.

Additionally, because community collaborations are an integral part of grassroots work, network members will be invited to exclusive quarterly networking events to share best practices, connect with others, and learn about additional engagement opportunities.



## ENVIRONMENTAL IMPACT ON WELL-BEING

Where we live has a direct impact on our health and well-being.\*

Studies show that neighborhoods and environments that encourage social connectedness, access to nutritious foods, physical activity, and safe spaces for recreation can improve a person's quality of life.

When people live in neighborhoods and communities with access to services and resources where they can live, learn, work, play, and pray safely, they are more likely to experience better overall health and form habits that reinforce a lifetime of wellness.

\* Ohri-Vachaspati P, DeWeese RS, Acciai F, DeLia D, Tulloch D, Tong D, Lorts C, Yedidia M. Healthy Food Access in Low-Income High-Minority Communities: A Longitudinal Assessment-2009-2017. Int J Environ Res Public Health. 2019 Jul 3;16

By collaborating and convening with other organizations like yours, the Community Wellness Network hopes to create an environment that cultivates community well-being across North Texas.



## WHO CAN JOIN

Texas Health Community Hope's Community Wellness Network is open to all community organizations and non-profits in North Texas that wish to improve the well-being of its members and environment, including:

- Neighborhood Associations, Alliances, Coalitions and HOAs
- Faith-Based Organizations
- Community Centers
- Community-focused Non-Profit Organizations or Associations
- Charitable or Service Organizations
- Informal Community Groups

*If you are with a business, worksite, or school that is interested in improving wellness, please contact [CommunityHope@TexasHealth.org](mailto:CommunityHope@TexasHealth.org) for information about Texas Health Community Hope's Worksite Wellness Network and School Wellness Network.*



## COST & COMMITMENT

Membership in the Community Wellness Network is free to any organization that meets the qualifications, other than any costs you may incur to implement your community wellness initiatives. We consider your membership as an ongoing commitment. Your efforts and involvement will be maintained and renewed annually through regular touch points and the establishment of new goals and best-practices each year.



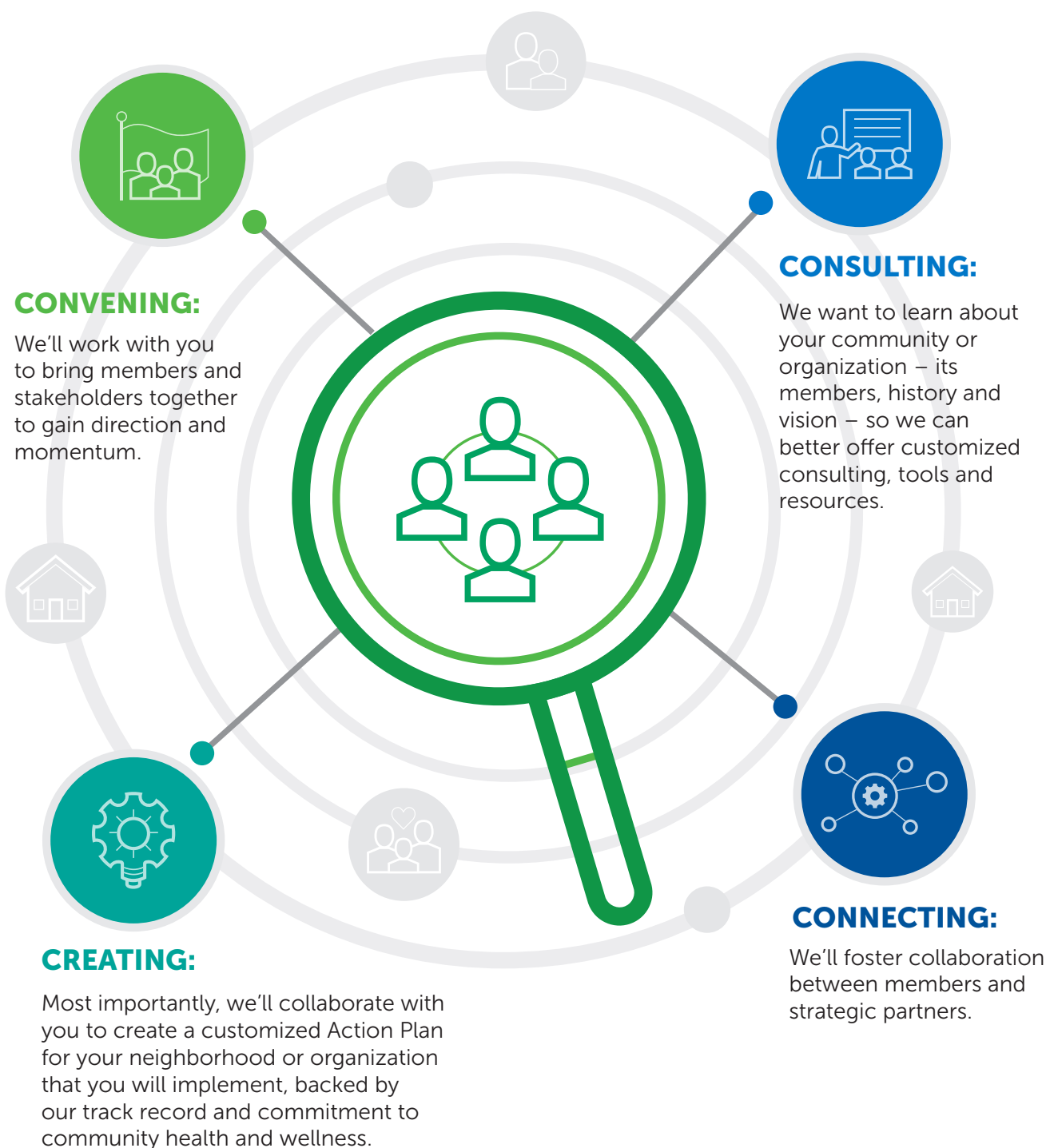
## RECOGNITION

Once you've joined the Community Wellness Network and have completed your Action Plan, you'll receive:

- A **Community Wellness Network** certificate
- **Community Wellness Network** pins for you and your key stakeholders

# NETWORK AREAS OF FOCUS

Our goal is to serve as a trusted collaborator with neighborhoods and organizations that want to improve the well-being of their residents and members. When you join the Community Wellness Network, you'll receive support and resources in four key areas: Consulting, Convening, Connecting and Creating.



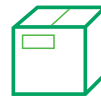




## NETWORK BENEFITS

As a Community Wellness Network member, some of the benefits you may have access to include:

- Ideas, resources and well-being best practices that will be the foundation of your customized Action Plan.
- Assistance in developing your Action Plan by our experienced, goal-driven engagement team.
- Support materials for wellness events, activities and community-facing health fairs.
- Marketing materials, social media support, and other tools for increasing awareness and participation in your events or organization.
- Volunteer opportunities through Texas Health Community Hope for supporting schools and other groups within your community.
- Potential to connect with external businesses and organizations that may align with your well-being goals and Action Plan.
- Information about city, state and federal projects that may offer financial support for improved infrastructure, walkability and safety.
- Innovative resources, programs and services that may be available from Texas Health Community Hope, such as mental health workshops and vaccine clinics.
- The opportunity to apply for Community Wellness Grants, when available.
- Invitations to quarterly Network gatherings.
- A curated quarterly newsletter that will share success stories, offer new ideas and keep you informed.



## TOOLKITS

Community Wellness Network members will also have access to helpful toolkits with ideas and resources for implementing your chosen well-being initiatives. Toolkits include:

- Supporting Schools and Education through Texas Health Community Hope initiatives
- Improving Congregational Well-Being
- How to Create a Walking Path
- How to Start (and Maintain) a Walking Group
- Ideas for Community/Neighborhood Service Projects
- Promoting Locally Grown: Supporting Urban Agriculture and Nutrition Security
- Using Social Media to Gain Visibility and Engagement
- Creating a Well-Being Calendar
- How to Engage with Texas Health Community Health Promoters



## HOW TO BECOME A MEMBER

- 1** Access the Community Wellness Network questionnaire at [qrco.de/THCHCommWellnessNetwork](https://qrco.de/THCHCommWellnessNetwork) or scan the QR code.
- 2** Tell us more about your organization, challenges and goals.
- 3** Review the resources, activities and best practices suggested through the Community Wellness Network first (listed on pages 6-8) then indicate in the questionnaire which ones you might be interested in participating in or implementing during the coming year. *(Don't worry, these aren't binding and may change as we learn more and work with you to develop your Action Plan.)*
- 4** You'll want to identify an internal Wellness Network Champion and recruit wellness committee members, if you haven't already.
- 5** We will contact you to confirm receipt of your questionnaire, answer any questions you may have, and schedule an initial meeting to discuss next steps.
- 6** As the basis of your Action Plan, you'll confirm and implement a minimum of FIVE Community Wellness Network best practices/activities within a 12-month period. These can be multiple activities within the same category or a combination across categories.
- 7** Once your Action Plan best practices have been implemented, you'll submit a presentation that documents your community wellness outcomes. Sample PowerPoint and Word document templates will be provided.





# Community Wellness Network **BEST-PRACTICES, ACTIONS & OPTIONS**

Complete a minimum of five within a 12-month period; actions can be from the same category or a combination across multiple categories.

## COMMUNITY NETWORKING:



- Support or co-host another Network member's event or project.
- Attend at least one Community Wellness Network Quarterly Gathering.
- Help lead or volunteer at a Community Wellness Network Quarterly Gathering.
- Attend the annual Texas Health Community Hope Faith Summit.

## GIVING BACK:



- Volunteer at a Texas Health Community Hope event and/or program.
- Support a Texas Health Good For You Healthy Hub through volunteering, providing financial support, or hosting a drive for in-kind donations such as diapers, toiletries, or healthy food staples.
- Volunteer at a community center (on an ongoing basis or during a special event).
- Highlight or host an appreciation event for community heroes or first responders (fire, police, community center staff, clergy, civic leaders, etc.)





## IMPROVING NEIGHBORHOOD SPACES AND PLACES



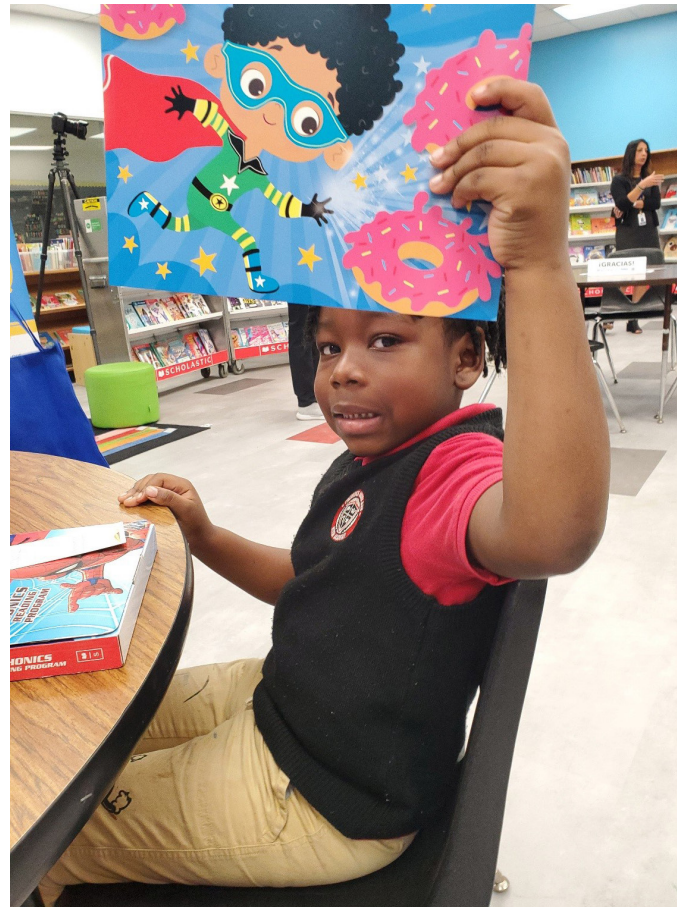
- Provide healthier food options at organizational gatherings or events (during coffee, potlucks, luncheons, meetings, faith services, etc.)
- Create and promote a walking path within your neighborhood or around your office or organization.
- Participate in a pedestrian safety program, such as Safe Routes to School.
- Organize a community litter pickup or cleanup or participate in a community-wide cleanup sponsored by your neighborhood, city or other organization.
- Create and implement a community beautification project, such as landscaping a prominent median or common space, creating a Yard of the Month program, or painting a mural.
- Support a local urban farm or community garden through financial, in-kind or volunteer support. Or start your own community garden.
- Connect with Texas Health to host a health or vaccine clinic (if available).
- Attend or promote Mental Health First Aid Training for residents or members (provided through Texas Health Community Hope).
- Host an on-site healthy cooking demonstration or nutrition program.
- Create your own community event.



## SUPPORTING EDUCATION



- Organize a book drive for your local community center.
- Help refresh the playground space at a local school (through a scheduled Texas Health Recess Refresh).
- Help build or maintain a school learning garden, or provide financial or in-kind support to a Texas Health partner school.
- Volunteer to read at a local school or library.
- Provide funding for a Scholastic Book Fair at a local school (through Texas Health Community Hope).
- Host a school supply drive (such as backpacks, school uniforms, education supplies, healthy snacks, etc.)
- Create your own program to support local education.



## SOCIAL CONNECTIONS:



- Host a neighborhood National Night Out.
- Form a walking group.
- Start a book club.
- Host a crafting or game night.
- Create other groups for residents or members with similar interests, such as parents of young children, gardening enthusiasts, Mahjong, or people who enjoy cooking.
- Create your own program to support social connections.

For more information about the  
Community Wellness Network  
and its benefits, contact:



**RickyCotto@TexasHealth.org**

