Global Learning Exchange for Building Equitable & Healthy Communities

WORKSHOP MATERIALS & WORKBOOK

March 26th - 30th 2018 • Nairobi, Kenya

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TOWARD A GLOBAL NETWORK

The goal of the Global Learning Exchange workshop is to deepen connections and share strategies between organizations working to build more healthy and equitable communities around the world. The first workshop, held in September 2017 in the Bay Area, brought activists and others from South Africa, Kenya and India to the Bay Area to share ideas with folks in Oakland and Richmond. The second workshop, in Nairobi, Kenya, will highlight strategies used by the urban poor to build community power and improve living conditions. Throughout the week participants will share their unique experiences and discuss opportunities to support each other. The hope is to continue the exchanges and bring-back ideas to the respective groups to lift-up each organization's community building work. UC Berkeley, IURD, is convening and hosting the exchange in partnership with SDI Kenya, and is committed to continue working with all the participating organizations in an on-going way to support action and reflection. A report, video and specific learning will be documented as part of the workshop and share among all participants.

OBJECTIVES

Cross-cultural learning

Sharing effective tools and strategies

Co-create a network Community Building Practitioners

Support Ongoing Projects

OUTCOMES

- participants gain a deeper understanding of the opportunities and challenges of healthy community building in different contexts
- an emerging network of healthy community building practitioners
- shared tools, methods, and strategies for healthy and equitable community building
- begin to identify potential collaborative projects and partnerships
- co-created practical ways to share resources including a website, resource book and other materials

NAIROBI, KENYA

Informal Settlements

KEY LOCATIONS

Monarch
Hotel

Yaya
Shopping
Center

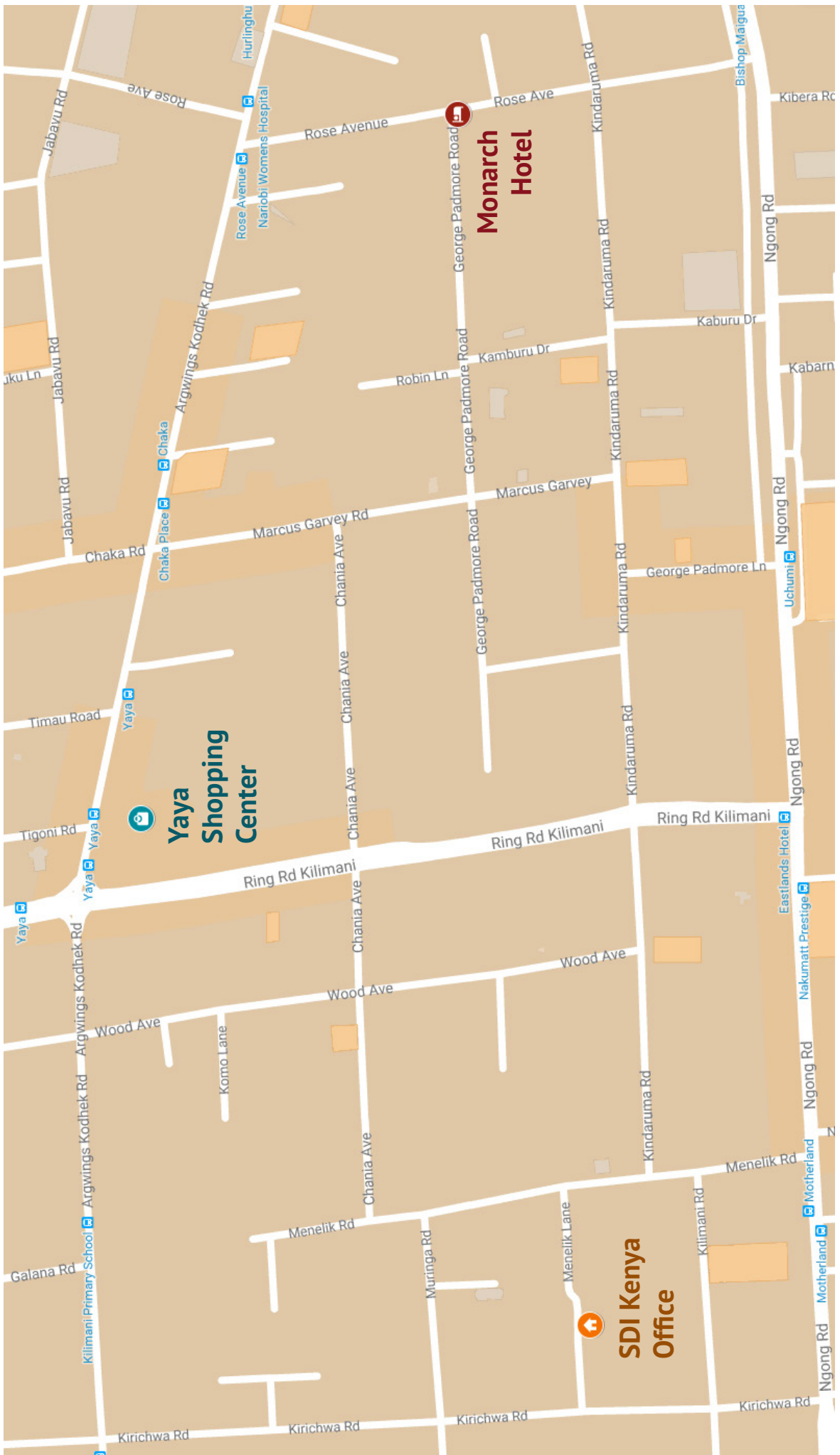SDI Kenya
Office
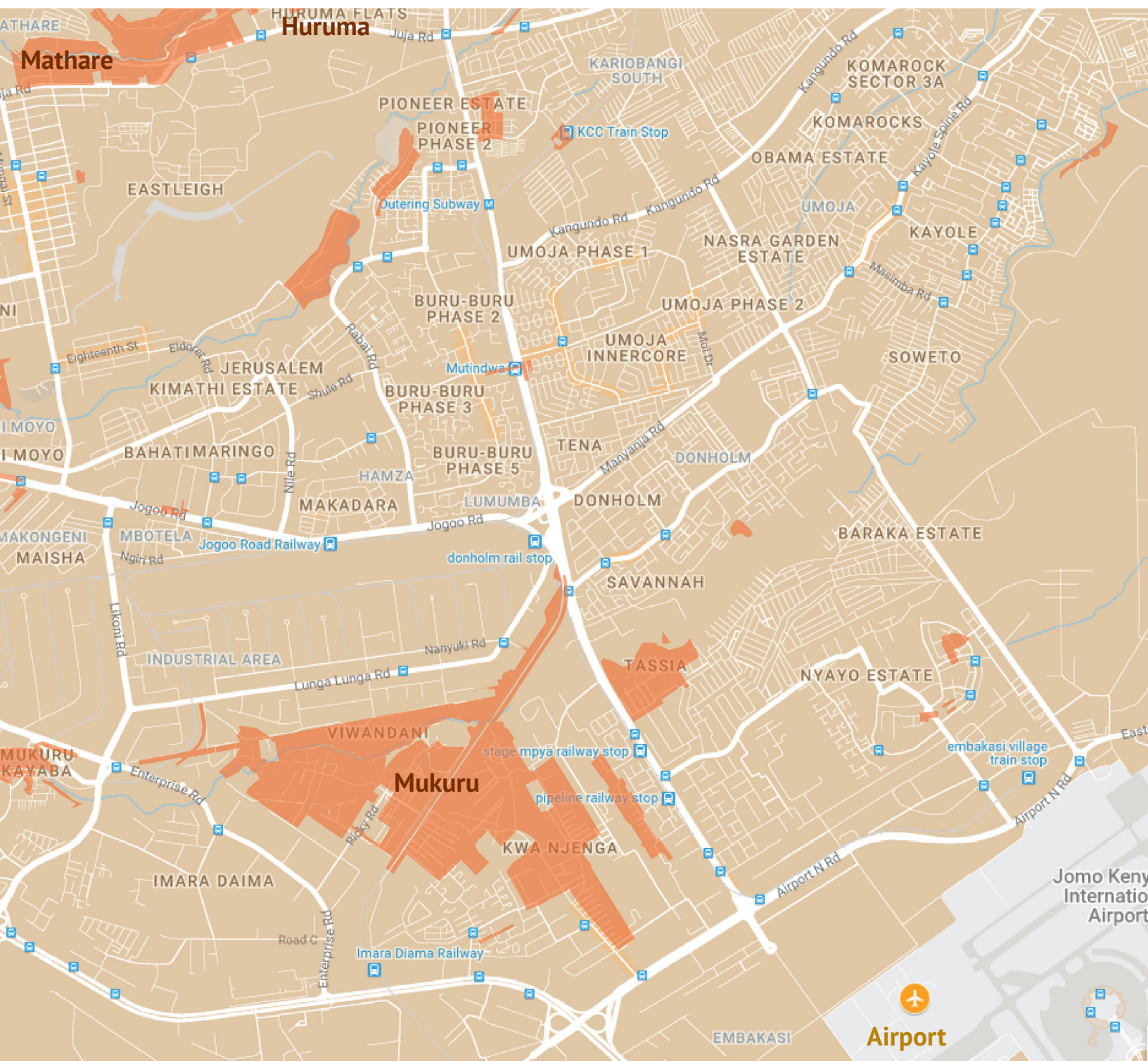
WHAT YOU CAN EXPECT THIS WEEK

Monday

9:00am	12:30pm	2:00pm
Introduction and discussion At Monarch hotel conference room	Lunch	Mukuru Kwa Reuben site visit with Inuka Angaza Youth

Tuesday   8:00am pick up

9:00am	1:00pm	2:00pm	7:00pm
Mathare site visit & meeting with Member of the County Assembly (MCA)	Lunch	Huruma & Kambimoto Library site visit	Group dinner

Wednesday   8:00am pick up

9:00am	1:00pm	2:00pm
Karura Forest Waterfalls Discussion on community savings	Lunch	Bondeni savings group site visit

Thursday   8:00am pick up

9:00am	1:00pm	2:00pm	7:00pm
Discussion and debrief at Amani Gardens	Lunch	Discussion and workshop activites	Group dinner

Friday

9:00am	12:00pm
Workshop wrap-up and reflections	Departing lunch

PARTICIPANTS

Nairobi Participants

Jack Makau - Director, SDI Kenya

Jackline Wanyonyi - SDI Kenya

Joseph Kimani - SDI Kenya

Joseph Muturi - Muungano Wa Wanavijiji

John Thuo Kimani - Inuka Angaza

Julius Wainaina - KYC TV

Julius Obi - KYC TV

Nancy Njoki - Muungano Wa Wanavijiji

Nelson Munyiri - Inuka Angaza

Bay Area Participants

Amanda Fukutome - UC Berkeley

Brenda Ogutu - City of Richmond, UC Berkeley

CiCi Gordon - RYSE Youth Center

Dan Reilly - RYSE Youth Center

Gabino Arredono - City of Richmond

James Anderson - Pogo Park

Jason Corburn - UC Berkeley

Joe Griffin - Pogo Park

Mahasin Mujahid - UC Berkeley

Marisa Asari - UC Berkeley

Roy Robles - Youth Uprising

Shasa Curl - City of Richmond

Thomas Omolo - City of Richmond, UC Berkeley

ORGANIZATIONS

Shack/Slum Dwellers International

SDI is a network of community-based organisations of the urban poor in 32 countries and hundreds of cities and towns across Africa, Asia and Latin America. In each country where SDI has a presence, affiliate organisations come together at the community, city and national level to form federations of the urban poor.

Youth Uprising, Oakland

Located in the heart of East Oakland, YU is a neighborhood hub offering young people services and programs to increase physical and mental wellbeing, community connection, educational attainment, and career achievement among youth members.

POGO Park, Richmond

Founded by a Richmond resident in 2007, Pogo Park is a community organization focused on transforming lives and opportunities by working side by side with neighborhood residents to create, program and operate public spaces.

RYSE Center, Richmond

RYSE Youth Center was born out of a youth organizing movement initiated in 2000 in response to a string of homicides amongst youth near Richmond High School that galvanized students to take action to address the violence and lack of safety at school and in the community.

City of Richmond

The City of Richmond, California, is a leader in using city-level policy to promote greater resident inclusion in government and to address neighborhood-scale inequalities, including violence reduction, affordable housing and access to quality public spaces.

Office of Neighborhood Safety, Richmond

Under the leadership of the Neighborhood Safety Director, the Office of Neighborhood Safety the ONS is responsible for directing gun violence prevention and intervention initiatives that foster greater community well-being and public safety.

UC Berkeley

The Center for Global Healthy Cities is an action-oriented, community-engaged initiative that utilizes science and policy analysis to improve the lives and living conditions of the most vulnerable urban populations around the world.

Robert Wood Johnson Foundation

From large cities to small towns, the Robert Wood Johnson Foundation is working to eliminate barriers to healthy choices, and help communities create or expand upon the types of systems that many of the healthiest places have in common.
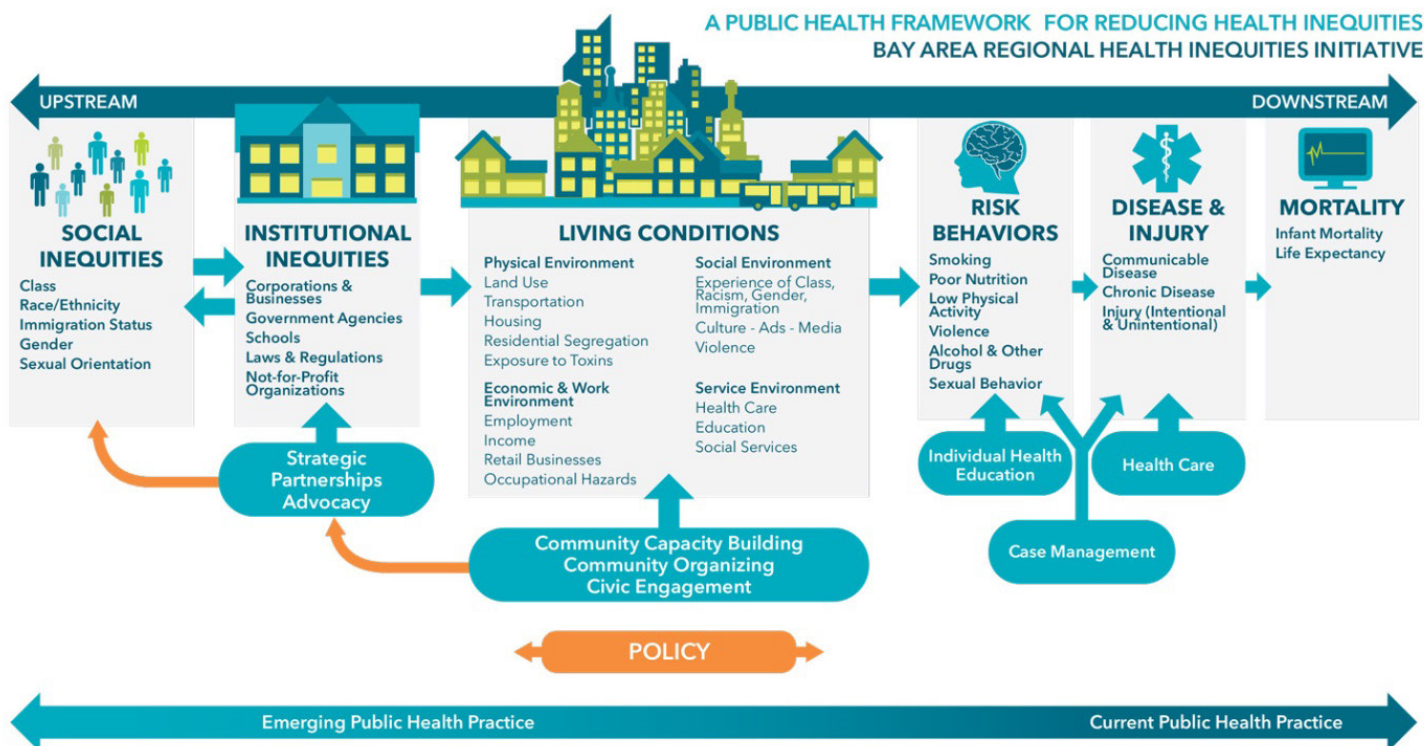
CONTEXT
WHY COMMUNITY HEALTH?

Working for healthy & equitable communities is not something that only happens at a clinic, hospital or medical office. Too often, medical care comes too late or treats people only to send them back into the living and working conditions that are making them sick in the first place. Health ends in a cinic or hospital, but health begins in communities. That is why we consider all of you community health practitioners. Community health includes:

- Efforts to improve the quality, access and affordability of life-supporting services and the living and working conditions that shape our access to safe, clean and non-toxic environments.

- Addressing the structural or root causes of social inequality, such as racism, colonialism, and discrimination, that shape the decision-making processes that distribute which communities and places get health supporting resources or do not.
- A focus on people, the places where we live, learn, work and play, the policies that shape our opportunities, and the power dynamics that shape decisions.
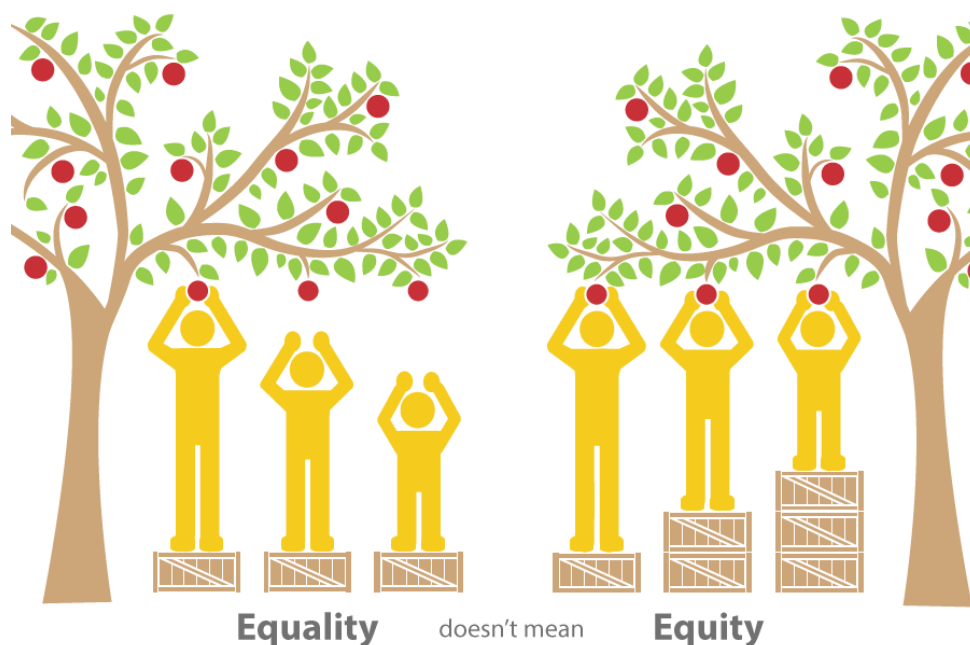

A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES
BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE

Source: http://barhii.org

CONTEXT
HEALTH EQUITY & TOXIC STRESS

Two key ideas that motivate the sharing of community building strategies in this workshop are health equity & Toxic Stress. **Health eqiuty requires valuing everyone equally and focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities adversing impacting vulnerable people and populations.**

Toxic Stress is the notion that mulitple and long-term stress - not the once-in-a-while stress - is toxic to our bodies. These 'stressors' include things like fear of evictions and violence, environmental pollution, discrimination, lack of mobility, poverty and economic insecurity, among other stressors. These stressors impact our bodies from in utero througout our lives when the stres hormones, such as cortisol and adrenaline, are constantly released. This over-production of stress hormones results in greater inflamation inside our bodies, poor glucose regulation, arterial plaque, and damage to our brain's development. People subject to this 'toxic stress' can be more susceptible to infectious diseases, overweight, hypertension, hear disease, stroke, diabetes, asthma, and this even can damage our DNA and gene expression. Thus, community building is about promoting health equity through reducing the toxic stressors in our communities.

Equality *doesn't mean* **Equity**

TOXIC STRESS & COMMUNITY HEALTH

**Toxic stress &
social determinants
of health**

Mental illness,
substance abuse,
and cognitive issues

Stress

**Environmental
pollution &
toxic exposures**

Asthma and
respiratory illness

Heart disease and
high blood pressure

Cancer, autoimmune
disease, obesity

Stress

Gastrointestinal
problems

Poor quality education

Kidney disease

Reproductive health

Stress

**Inadequate or unaffordable basic
services including primary care**

Arthritis

Stress

Discrimination

Stress

**Threat of housing
displacement**

Stress

Stress

Threats and fear of violence

Lack of mobility

Stress

Stress

Social exclusion & segregation

Food insecurity

Stress

Robert Wood Johnson Foundation

What Can The World Teach Us About Building A Culture of Health?

Everyone in America—no matter who they are, how much money they have, or where they live—should have the opportunity to pursue as healthy a life as possible. To get there, we must build a **Culture of Health**.

Across the globe, countries are taking steps to improve health and well-being in their communities. We're eager to learn from their accomplishments and challenges.

We're collaborating with organizations around the world to uncover insights that can inspire us all to imagine new possibilities and to surface practical solutions that can be adapted here in the U.S.

Good ideas have no borders.

- In Wales, a life-saving model is stopping the spread of **violence** by combining data from police reports with emergency department records to predict and prevent violence. The CDC Foundation is using this model to unite hospitals and police departments to stem the tide of violence in Atlanta.

- In Mexico, Brazil and other Latin American countries, innovative approaches are connecting youth who are out of school and out of work with education and jobs. The International Youth Foundation is bringing these ideas to youth organizations in the U.S. to improve **opportunities for young adults** in New Orleans, Baltimore and other cities across the country.

- Each week in Bogota, Colombia, the city closes streets to cars and opens them up to cyclists and pedestrians to promote **community engagement** and make it easier and safer for families to get **exercise**. U.S. cities, from Los Angeles to New Brunswick, New Jersey, are adopting this approach.

Help Us!

We need researchers, practitioners, community leaders, social innovators and others to help us identify and learn from the good work abroad, and to turn global ideas into U.S. solutions.

Have an idea we should explore? Sign up to receive notice of RWJF funding opportunities at *www.rwjf.org* or send an email to *globalideas@rwjf.org* to get the conversation started.

Get Inspired.

Join our *Reimagined in America* webinars to discover what we can learn from abroad and get inspired about how to build a Culture of Health: *www.rwjf.org/globalwebinar*

LEARNING FROM THE FIRST GLOBAL WORKSHOP
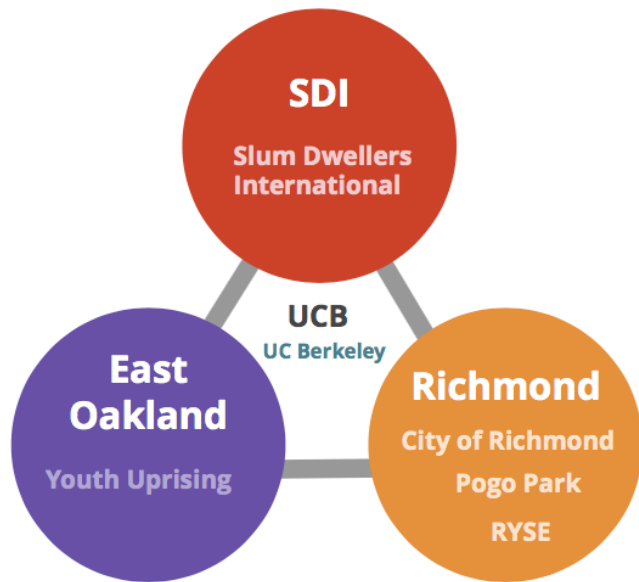
SDI
Slum Dwellers International

UCB
UC Berkeley

East Oakland
Youth Uprising

Richmond
City of Richmond
Pogo Park
RYSE

OBJECTIVES

Cross-cultural learning

Sharing effective tools and strategies

Co-create a network Community Building Practitioners

Support Ongoing Projects

The first Global Learning Exchange workshop brought together community organizers and change agents from across the world, including international guests from India, South Africa, and Kenya, and Bay Area participants from Richmond and Oakland. The group spent the week getting to know one another, sharing challenges and approaches to community organizing, visiting Bay Area organizations and ongoing community change processes, and discussing opportunities to support each other's work.

Common themes emerged around youth organizing, community savings models, public space and park renovation, sustainable university - NGO partnerships, and government - community trust building. The workshop resulted in the building of new relationships across diverse organizations and communities, and ended with a conversation on how to develop sharing platforms to support the growing network, long term partnerships, and collaborative projects.

The following section of the workbook highlighs the focus areas, activities, and key learning opportunities from the first workshop that we hope to develop further in workshop 2.

KEY THEMES FROM WORKSHOP 1

YOUTH ENGAGEMENT

Listening to, empowering, and creating safe spaces for youth are cornerstones of several organizations and initiatives participating in the Global Learning Exchange. Throughout the week, discussions focused on approaches to engaging youth through art, music, and cultural expression, as well as skill building, trauma recovery, and mental health services that help promote wellbeing. Bay Area organizations RYSE and Youth Uprising shared their experiences, challenges, and unique approaches to serving youth in Richmond and Oakland. SDI Kenya shared experiences from its newest youth initiative Inuka Angaza or "Youth Arising" named after Youth Uprising. Participants discussed the unique and sensitive needs of youth, as well as their critical role in shaping community health and wellbeing. Though each organization serves youth facing varying levels of stress, as well as educational and health challenges, the week's conversations highlighted a consensus around the need for specialized, youth-driven responses and targeted resources that give young people a platform for skill building, trauma recovery, leadership, and self-expression.

KEY PRACTICES

- Meaningfully engage youth by providing a space that is responsive and flexible to their changing needs
- Acknowledge youth as the future of community leadership
- Create strong and youth-led community agreements
- Use art and cultural expression as a platform for community organizing and trauma recovery
- Reduce stigma around mental health and provide direct mental health services
- Build concrete and transferrable skills, and provide career pathways and employment opportunities
- Don't focus on individual behavior change, but rather advocate for systems change while providing direct youth support

- Promote educational success by creating spaces for learning and tutoring, as well as support with academic planning
- Collect data and information on youth experiences, challenges, and needs, and lift up these priorities to influence policy/structural change
- Manage the expectations of funders and external stakeholders to ensure youth interests are at the center of all organizational activities
- Continue to support transitional youth, and engage with extended family and community members including children and elderly
- Identify and develop safe physical spaces and environments for youth activities

LEFT: YU, RIGHT: POGO PARK

KEY THEMES FROM WORKSHOP 1

PARKS & PUBLIC SPACE

"Parks, especially playgrounds, are some of the most important public spaces. They have the catalytic power to change entire communities"
   - Toody Maher, Director, Pogo Park

One of the key focus areas of the first workshop was community centered public space. During the week, Richmond organization Pogo Park shared their experience developing the Elm Playlot from a delapidated, underused, and unsafe city park, to a beautiful play space and hub for community activity. SDI affiliates from South Africa also shared their lessons and challenges in re-developing a community park in an informal settlement in Cape Town. The conversations sparked questions around sustainable funding models for community managed and incrementally built public spaces, as well as strategies to promote public space as a community health and wellness investment.

KEY PRACTICES

- Recognize and re-frame public spaces as key spaces for community health and neighborhood change
- Ensure community members and residents are at the center of public space design as well as the upgrading process
- Create jobs and public space management structures that employ local residents and promote community ownership
- Build in resident skill building and training in the process of public space upgrading
- Balance an outcome vs. process oriented approach to the planning of public spaces
- Be conscious of partner and funder expectations
- Make the case for incremental design and re-building

- Promote creativity and think outside of traditional park/public space design and materials
- Develop and implement baseline surveys and data collection that is community led and create a follow up data collection process for monitoring and evaluation
- View public spaces as connected to surrounding communities, built environment, housing, community facilities and services
- Explore the use of parks as spaces not just for children, but points of convergence for parents, young adults, and the elderly
- Make public spaces flexible and multi-use, adaptable for different groups and activities

TOP: POGO PARK, BOTTOM RIGHT: CAPETOWN PARK PROJECT BEFORE, BOTTOM LEFT: CAPETOWN PROJECT AFTER
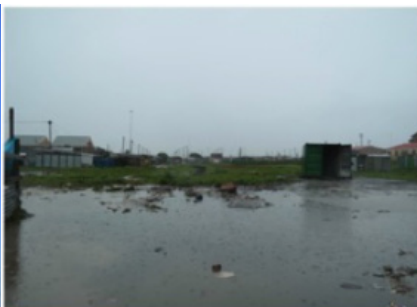
KEY THEMES FROM WORKSHOP 1

HOUSING & DISPLACEMENT

One of the key overlaps between Bay Area and Global communities is the challenge of safe and affordable housing for the urban poor. Participants discussed rising housing costs and pressures of gentrification and displacement across the Bay Area, as well as ongoing land contestation debates and tenure rights in the global south.

KEY PRACTICES

- Promote incremental upgrading
- Minimize displacement
- Support the most vulnerable populations and places
- Integrate housing with improved services and supporting infrastructure
- Engage community in conversation on housing and upgrading
- Use models like community savings groups to promote communal land ownership
- Use enumeration and community data collection as a power and capacity building tool
- Focus on rent control and affordability
- Understand power dynamics between renters, land owners, and structure owners
- View housing as a basic human right

PHOTOS ABOVE: GLE WORKSHOP 1, BELOW: UNEQUAL SCENES PROJECT NAIROBI

KEY THEMES FROM WORKSHOP 1

VIOLENCE REDUCTION & TRAUMA HEALING

In urban communities where gun violence is prevalent, there is an immeasurable gap between "anti-violence" programming and most likely perpetrators and/or victims of gun violence. As a result, gun violence persists at unacceptable rates.

Throughout the week participants discussed violence reduction and trauma healing strategies that take a targeted approach to meet young people where they are, by creating safe spaces and building trust.

DAILY TOUCHPOINTS MODEL

LifeMAP Milestone Allowance · LifeMAP Goals · Internship Opportunities · Daily Check-ins · Elders Circle · Social Services Navigation · Transformative Travel
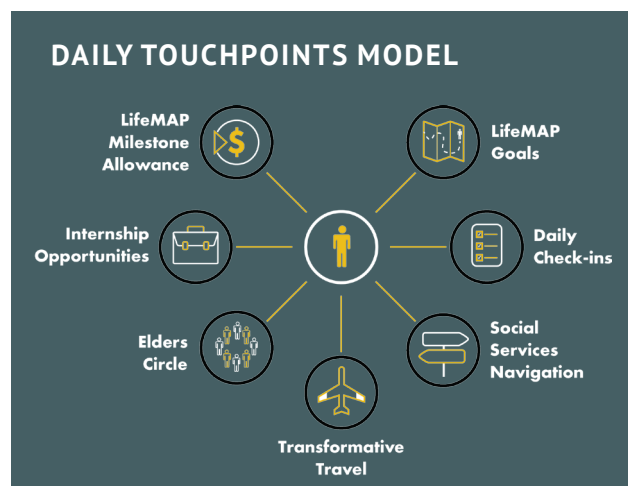
SOURCE: ADVANCE PEACE

KEY PRACTICES

- Target main sources and individuals associated with violence
- Provide direct and personalized support
- Employ individuals with firsthand experience and deep understanding of community dynamics, these may often be formerly incarcerated people
- Shift perception of individuals involved in violence and acknowledge structural/systemic determinants of behavior
- Target both individuals involved in violence as well as exposed younger generations and future leaders of organized crime
- Acknowledge tension and mistrust between law enforcement, the criminal justice system, and communities impacted by violence
- Create safe physical and emotional spaces for open sharing

PHOTOS RIGHT: RYSE, LEFT: ONS RICHMOND

LISTENING FOR A CHANGE
Vol. 1, Issue 3

VALUE: JUSTICE & EQUITY

ISSUE 3: This is third in a series of briefs from RYSE that explore the needs of young people, how RYSE is meeting these needs, and what else can be done do to support youth This issue is focused on:

JUSTICE & EQUITY: The RYSE Community promotes justice and disrupts injustice in our communities.

LISTENING CAMPAIGN[1]: WHAT WE HEARD

Young people shared that their experiences of chronic violence and trauma combined with constant negative media messages about their communities, impair feelings of hope and contribute to a belief that things won't change.

Anger was commonly noted as an initial reaction, overlaying deeper feelings of depression, grief, and anxiety. Young people expressed frustration with and desire to change their circumstances, as well as the lack of and need for more support from adults to create the changes they see necessary to have a healthy, productive life.

"RYSE helps young people realize that they matter in their community, and that there is hope for every young person in this community."
—RYSE 2014 Member Survey Respondent

TAKING ACTION: OUR RESPONSE

From RYSE's Vision Statement: *We envision communities where equity is the norm and violence is neither desired nor required, creating a strong foundation for future generations to thrive. We envision youth and adults working together in partnership to hold all public systems and the private sector accountable to serving the community and not exploiting its people.*

RYSE provides space, opportunities, and healthy connection with peers and adults to engage in reflection and critical thinking about the issues impacting their lives and communities. RYSE allows and encourages young people to explore and exert their influence to promote positive change in their own life and in their community.

ELEVATING YOUTH VOICE & INFLUENCE TO PROMOTE JUSTICE AND DISRUPT INJUSTICE

RYSE believes that young people's stories and lived experiences should be the drivers and measures of justice and change. "Street Literature", an award winning video featuring RYSE youth and directed by young filmmaker Gemikia Henderson, speaks to our belief and investment in the power of narrative and counter-narrative, illuminating the collective pain, hurt, and judgment felt by young people of color in the killings of Oscar Grant, Trayvon Martin, and Israel Hernandez. Its follow up, "Chang Gon' Come", highlights both the struggles and dedication of young people to make changes in their own lives, despite and in light of the injustice they face, so that they, their families, and the young people coming up after them can live, love, and flourish.

"As a community member, it's important to show we have the ability to change society's perception of us. As a director, I feel it's important to show what young people see everyday. In this way, my work addresses the question, 'How can you be down for change if you don't know what needs to be changed?' Change Gon' Come addresses how we plan to change within ourselves to help change others."
-Gemikia Henderson

SOURCE:
RYSE YOUTH CENTER

WHAT *YOU* CAN DO

COMMUNITY MEMBERS

Listen to young people – individually and collectively. Validate their experiences and feelings, including anger. Ask them how they are doing, what they need and want, and be patient with their answers. Research shows that having even just one supportive adult can mitigate and alleviate social and emotional distress. Be that adult.

SCHOOLS

Foster a classroom and school culture that allows young people to share, empathize, create, and inspire. Cultivate young people's ideas and energy into lesson plans, school climate plans, and in the aesthetics and art of the school. When asking for input, don't over-promise or over-rely on students' influence and contribution.

SERVICE PROVIDERS

Ask young people what they need and want, consistently and with meaningful responses. Incite love and inspiration in all programs and services. Provide space for young people to name, grieve, and heal the harms they face. Young people need and rely on us to be their advocates and speak their truths where and when they cannot. Speak up against the harms and injustice young people face, especially with other providers and adults. This is central, not tangential or optional, in our roles.

POLICY & DECISION MAKERS

Invest in programs and approaches that commit to listening to and validating young people's experiences and feelings, and that are responsive and adaptive to their dynamic needs, interests, and priorities. Support spaces that elevate youth voice, expression, and action promoting justice and naming injustice. Involve young people in determining the measures of success that matter to them.

YOUNG PEOPLE

You matter! Your lives matter! Your ideas matter! RYSE can help you find opportunities to work with other young people to address the issues you face and that are important to you.

VALUE: SAFETY

LISTENING CAMPAIGN: WHAT WE HEARD

Trauma amongst young people is:

➤ Pervasive, assumed and multi-dimensional
➤ Organized through silencing and shaming
➤ Mediated through substance use and harm to self and others
➤ Reflected and reinforced through experiences with adults as unempathetic, judgemental and punitive.

Young people have expressed the need and desire to form trusting relationships with adults, that includes mentorship, guidance, and someone to listen to them without judgement.

Types of violence youth experience:

Gang violence	3 in 5
Gun violence	1 in 3
Domestic violence	1 in 4
Bullying	1 in 4
Sexual violence	1 in 8

WAYS YOUNG PEOPLE COPE:

Number of Youth

250
200
150
100
50
0

Drugs/Alcohol · Hurting Others/Fighting · Self-Harming/Suicide · Gangs · Music/Art · Isolate/Stay Alone · Ignore it/Deal with it · Crime/Jack Houses · Talk to someone who understands · Counseling/Therapy
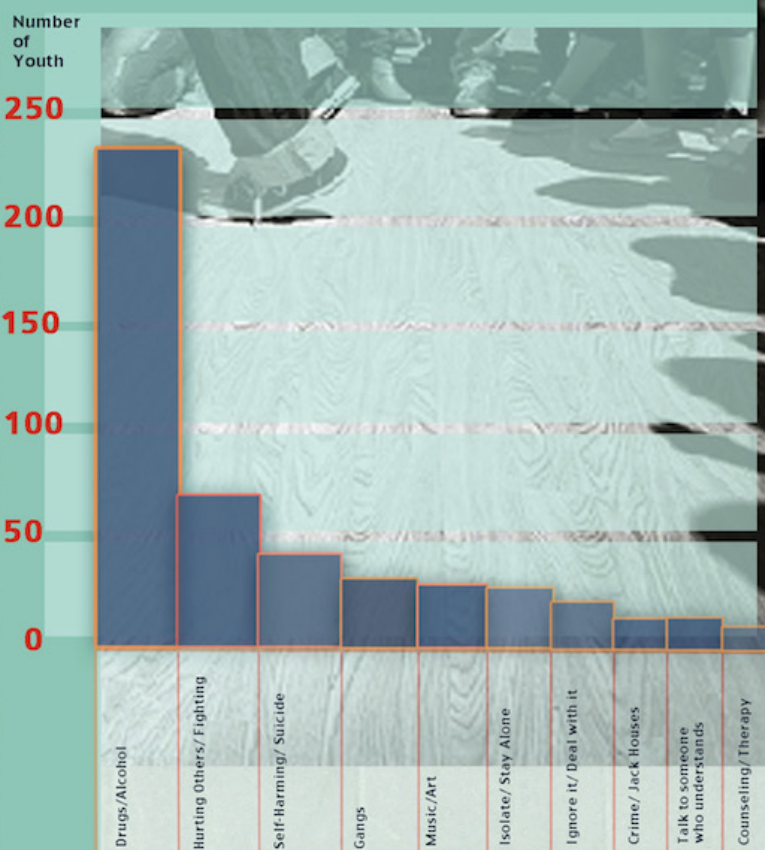
KEY THEMES FROM WORKSHOP 1

PARTNERSHIPS: City - community - NGO - Universtiy

In both the SDI global network and Bay Area organizing efforts, partnership between communities and local government has been key. These partnerships are often supported by local NGOs and universities that can help bridge the gap and provide longevity across governance shifts.

Participants shared their experiences in developing city-community partnerships, and the challenges that arise when collaborating within a mix of perspectives and visions for change. Key questions were raised around how to hold each other accountable and build trust, while also recognizing limitations and respecting each other's differences. The discussion also led to questions around evaluation and monitoring, including community led data collection and the use of this information for change making.

This theme is closely related to the Global Learning Exchange model, in that representatives from local communities, support NGOs, city governments, and universties are all participating and contributing to both the workshop outcomes and the growing network. Participants from workshop 1 identified this as an opportunity for deeper discussion in the second global workshop.

KEY PRACTICES

- Balance partnership and accountability
- Build trust and open communication
- Push back against traditional models of extraction
- Co-produce community benefits
- Develop longterm sustainable partnerships
- Include youth and students within the network of partners
- Be willing to have difficult conversations and allow space for disagreement
- Commit to lifting up community voices and create space for community decision making
- Invest in local communities and validate local expertise
- Seek funding and support together, and ensure that funding benefits community and support NGOs
- Leverage university networks and technical expertise to support community driven work

WORKSHOP OVERVIEW & SITE VISITS

THE EXCHANGE CONCEPT

SDI KENYA, MUUNGANO, & AKIBA MASHINANI TRUST

MUKURU

MATHARE

HURUMA

Learning from Slum Upgrading for Building Equitable & Healthy Communities

Workshop 2 • Nairobi, Kenya • March 26th - 30th, 2018

Ruaka
Githurai
Wangige
RUNDA ESTATE
KITISURU
KIAMBU COUNTY
GIGIRI
KASARANI
NAIROBI COUNTY
Chieko
MUTHAIGA
RUARAKA
KOROGOCHO
LORESHO
Kis...u
N...ogo
MATHARE VALLEY
HIGHRIDGE
WESTLANDS
EASTLEIGH
UMOJA
LAVINGTON ESTATE
KAWANG...ARE
KILIMANI **CITY CENTER**
MAZIWA
Nairobi
DONHOLM
KIBERA
MUKURU
Jomo Kenyatta International Airport
KAREN
JAMHURI
SOUT...
IMARA DAIMA
NAIROBI WEST
EMBAKASI
NAIROBI COUNTY
MACHAKOS C...

Informal Settlements   **Site visit settlements**   ● **Monarch Hotel**   N   0   1mi

The concept

What: cross-cultural learning opportunities to lift up what works

How: workshops and exchanges focused on best practices and new ideas

The model

SDI
Slum Dwellers International

UCB
UC Berkeley

East Oakland
Youth Uprising

Richmond
City of Richmond
Pogo Park
RYSE
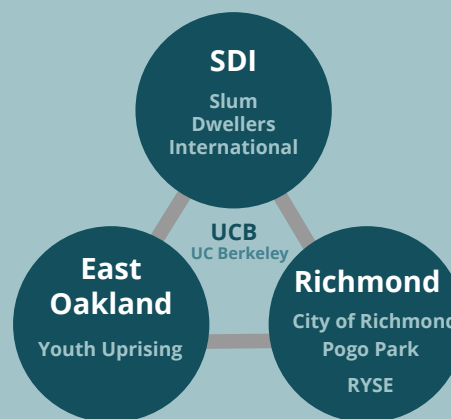
Project Objectives

1. Connect efforts and practitioners
2. Create space for cross cultural learning
3. Build a global community health equity network
4. Exchange data and practices
5. Propose joint projects and/or interventions
6. Develop online sharing platform with materials and resources
7. Lift up each other's work

WHY SDI & Bay Area activists?

- The SDI/slum upgrading approach has much to offer US-based healthy community building efforts
- Richmond and East Oakland activists can share innovative practices that might enhance slum upgrading work around the world
- SDI and Bay Area activists work within different cultural and political contexts, but are addressing similar community challenges such as:
  - Poverty/economic opportunity, community infrastructure, housing & displacement, safety & wellbeing, and rights & social justice policies

MISSION & VISION

SDI is a network of community-based organisations of the urban poor in 32 countries and hundreds of cities and towns across Africa, Asia and Latin America. In each country where SDI has a presence, affiliate organisations come together at the community, city and national level to form federations of the urban poor.

Since 1996, this network has helped to create a global voice of the urban poor, engaging international agencies and operating on the international stage in order to support and advance local struggles. Nevertheless, the principal theatre of practice for SDI's constituent organisations is the local level: the informal settlements where the urban poor of the developing world struggle to build more inclusive cities, economies, and politics.

SDI Vision

TO BE THE LEADING ORGANIZATION FIGHTING URBAN POVERTY

PRACTICES FOR CHANGE

SDI is committed to supporting a process that is driven from below. SDI's practices for change include community planning activities that build political capital for communities both internally and externally.

The Secretariat facilitates horizontal exchanges and sharing programs amongst member Federations. Within communities, activities like enumeration (household-to-household socio-economic surveys) and mapping create space for communities to: identify developmental priorities, organize leadership, expose and mediate community challenges, and cohere around future planning.

Ultimately, the aim is to create situations in which the urban poor are able to play a central role in "co-producing" access to land, services, and housing.

SLUM DWELLERS INTERNATIONAL (SDI)

PRACTICES FOR CHANGE

Savings Schemes

Saving groups are often regarded as the cornerstone of SDI because they allow members to access short-term loans, and prepare communities for medium and large-scale financial management necessary for slum upgrading projects.

Learning Exchanges

Horizontal learning exchange from one urban poor community to another is the primary learning strategy of SDI. The exchanges create a platform for learning that builds alternative community-based politics and "expertise," challenging the notion that development solutions must come from professionals.
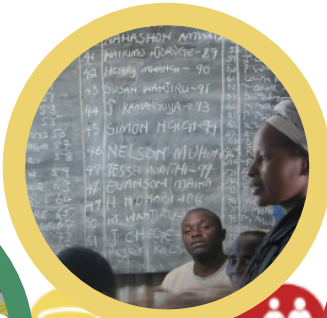
Central participation of women

For SDI, the central participation of women is a critical component of a gender-sensitive mobilization strategy. By prioritizing leadership potential for women, federations alter traditionally male dominated communities and strengthen grassroots leadership.

Inclusive Cities

Slum Upgrading

There is not, and never will be, a one-size-fits-all approach to upgrading of informal settlements. Upgrading is any intervention that improves the physical conditions of a settlement, which in turn enhances the lives of its inhabitants.

Enumeration & mapping

Community planning activities such as enumeration (household-to-household socio-economic surveys) and mapping allow communities to identify developmental priorities, organize leadership, expose and mediate grievances between parts of the community and cohere around future planning.

Partnerships

SDI federations cannot address informal settlement challenges on their own. SDI engages with governments, international organisations, academia and other institutions wherever possible to create relationships that benefit the urban poor.

SDI KENYA

The Kenya Federation has the second oldest Urban Poor Fund in the network: Akiba Mashinani Trust. Based on its experience with community upgrading fund management, the federation and its partners in government have developed a detailed proposal for the establishment of a Special Housing Fund for Nairobi. The Special Housing Fund will establish a long-term source of affordable housing finance at the county level. (New muungano website)

MUUNGANO WA WANAVIJIJI

Muungano wa Wanavijiji (MWW) is a nationwide federation of the urban poor that seeks to improve the quality of life of its members through an extensive process of policy advocacy and dialogue with government (both central and local), civil society and private sector organizations. By and large, the federation proactively engages its members in savings

We provide access to sustainable and affordable shelter, infrastructure, and innovative financial and technical solutions to urban and rural low income earners through community led processes.

AKIBA MASHINANI TRUST

The Kenya Federation has the second Akiba Mashinani Trust (AMT) is a housing development and finance agency, established in 2003 by Muungano wa Wanavijiji. It operates across nine counties in Kenya.

Through community-led processes, AMT provides urban and rural low income communities with access to financial, and with technical solutions for affordable housing and basic services.

AMT builds the capacities of community organizations to undertake all aspects of financial intermediation, helping to reach low income people with suitable, high quality financial and related services that can be sustained. In this way, low income communities develop strong financial systems and improve their livelihood security, and people are helped to gain self-sufficiency, dignity, and economic stability.

website: www.muungano.net

WHY Nairobi?

- We've been in partnership with SDI Kenya for nearly a decade

- Multiple ongoing projects with relevance to Bay Area participating organizations

- We want to broaden the work to the wider SDI network, using the work in Nairobi as a framework to build off of

- SDI Kenya/Muungano/AMT are collaborating with the Mukuru community on a 2 year planning process that involves city county government and a broad range of stakeholders, including local youth

process
Community organizing &
savings federations

physical planning
Housing, infrastructure,
environment & land use

**relational model
for participatory
slum upgrading**

place
Valuing the economic, social,
environmental, health & other
community assets

partnerships
Government, service
providers & international
donors

policy
Advocating for new
national strategies for the
urban poor

power
Building networks with
other NGOs & scaling-up
work to city & nation

The SDI exchange model

"Doing is knowing"

Images from SDI South Africa: http://sasdialliance.org.za/what-we-do/

The SDI exchange model

"Critical mass and body of knowledge produced by the urban poor"

"Challenging the notion that development solutions must come from professionals"

Co-production

Strategies used by urban poor communities in collaboration with local government and service providers to improve living conditions and co-develop solutions

CO-PRODUCTION FRAMEWORK FOR ORGANIZING ACROSS GLOBAL COMMUNITIES

INPUTS

Focus on inadequate or insufficient life-supporting services or infrastructure that the state has been unable to provide

Practices for change that allow urban poor communities and local governments to communicate, collaborate, and mediate conflict

ACTIVITIES

Intentional interactions between citizens and the state, often supported by non-profit organizations and anchor institutions

OUTPUTS

Increased local capacity building and community power

Improved services and gorvenance outputs

Improved governance practices, approaches, and processes

What we've done so far

Themes from Workshop 1

Youth

Public Space

Violence reduction & trauma recovery

Housing and displacement

Economic empowerment

What we've done so far

Feedback from pre-workshop 2 meetings

Youth, arts and culture

Data presentation

City-Community-NGO relationship building

(add from pre-workshop questionnaires)

What you can expect this week

Monday	Tuesday	Wednesday	Thursday	Friday
Intro discussion	**Mathare site visit**	**Karura Forest**	Debrief and discussion	Debrief and discussion
Lunch	Lunch	Lunch	Lunch	Lunch
Mukuru site visit	**Huruma site visit**	**Huruma site visit**	Debrief and discussion	
Group dinner			Group dinner	

Nairobi, Kenya

Informal Settlements   Site visit settlements   Monarch Hotel

Site Visit: Mukuru

Special Planning Area

Map of Mukuru:
13 segments & 30 Villages

Enumeration and community mobilization

1 household

Household Representative

Cell
containing 10 household reps

Sub-cluster/Baraza
containing 10 cells

Neighborhood association model

Inuka Angaza Youth

Mukuru Informal Settlement

Key Findings:

- Many structures are mixed use, primarily business and residential
- Mukuru is surrounded by the city's major industrial area
- There is a lack of open and accessible public and green space
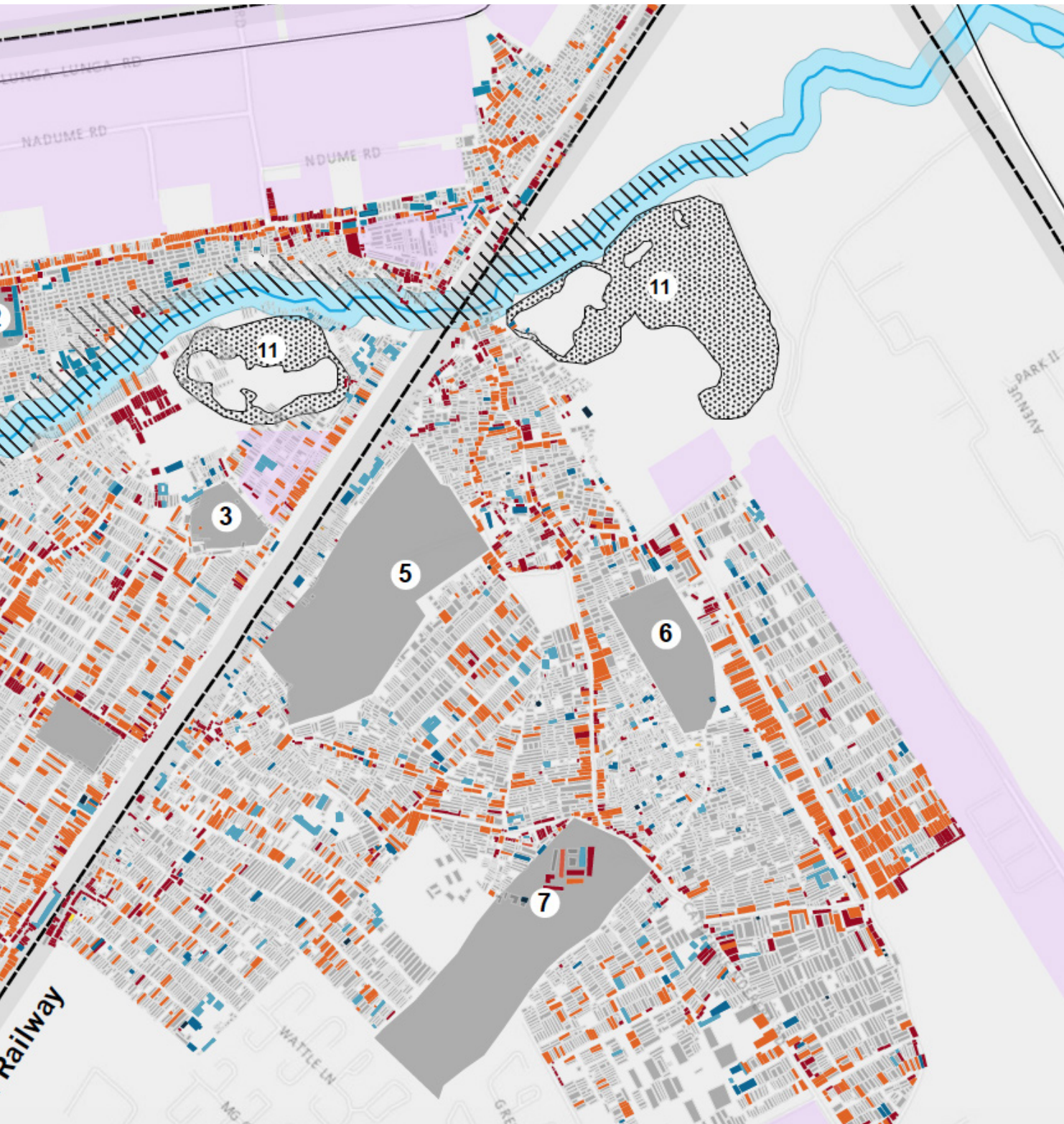- Connectivity to regional transportation networks is insufficient

Open spaces
1. Gatoto Primary
2. Lunga Lunga Primary
3. Legio Maria Church
4. Reuben Centre
5. Our Lady of Nazareth Catholic School
6. Kew Njenga Primary School
7. Embakasi Girls High School
8. MUST School

9. Baptist Primary School/Hope Centre
10. Catholic Church School
11. Quarries

0   400m

Industry   Residential structures

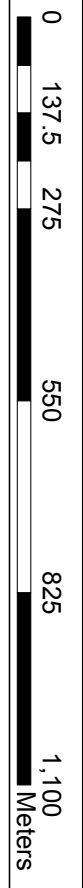Ngong River · Commercial · Residential & Commercial · Educational & Community Facilities

Site Visit: Mathare

Mathare Zonal Plan | Nairobi, Kenya
Collaborative Plan for Informal Settlement Upgrading

a collaboration between
Muungano Support Trust
Slum Dwellers International (SDI)
University of Nairobi | Dept. of Urban and Regional Planning
University of California, Berkeley | Dept. of City & Regional Planning
January 2012

MATHARE VALLEY

Legend

Mathare_Villages

Scale: 0 — 137.5 — 275 — 550 — 825 — 1,100 Meters

Source: MuST;UoN-UIP & UCB

Jan 2011

Village / area labels:

- MLANGO KUBWA
- KIAMUTISYA
- ST. THERESA GIRLS SCH/MOSQUE
- VILLAGE 2
- KOSOVO
- MATHARE 3B
- MATHARE 3A
- MATHARE 3C
- MATHARE 4B
- MATHARE No.10
- GITATHURU
- MATHARE 4A
- MASHIMONI
- KWA KARIUKI
- MABATINI
- UNDUGU POLY
- CHIEF'S CAMP

Feature labels:
Pangani, Juja Rd, Huduma Bora, Community SHG KAG Church, PCEA, AIPCEA, Diary Farm, St. Theresa Girls, Mosque, Albadi P. S, Redeemed, Ngara St Veronica, NECJ Pr. Sch, Mathare Family Hope, Mathare Youth Group, Kenya-Israel, Good Samaritan, KENVA, Kiboro Primary Sch, Play Ground, St. James Pr. Sch, Ok Petrol Station, Good Institute/AIPCEA, Outreach Community, Upendo Dispensary, Holy Ghost Church, SDA Church, Maisha Med Clinic, Warahatha, AIPCA, Eunice Pri Sch, Karunar Girls, Catholic Church, Baraka Medical Centre, Hope Health Services, St. Lwanga, Gateway, Redeemed Gospel Church, Heshe Home Pri, Duka, Juja Rd, Eastleigh, Mathare Pri. Sch, Kosovo PNU hall/Hope Centre, Neema Community centre, Police Lines, Sec School, Genesis Academy, caso Ohondo Pri, Mathare Mental Hosp, Thika Super Highway

Site Visit: Huruma

GUIDING QUESTIONS

What did you learn this week?

What learning, practices, or approaches might you share with your organization?

What do you want to know more about?

Please describe any opportunities you see for incorporating learning from this workshop into your work

PRE-WORKSHOP QUESTIONNAIRE

In the second global workshop, we would like to build off of emerging themes and overlaps between participating organizations. To help us better understand your interests and identify opportunities for potential collaboration, please answer the following questions as they pertain to your work and or the organization you will represent in the workshop.

1. List 1-3 projects that you are working on that you might share during the workshop

2. List up to three strategies, tools, or approaches that you use in your work:

3. Describe up to three challenges you face in your work:

4. List up to three things about the upcoming workshop in Nairobi that you are excited about:

5. List up to three projects, tools/approaches, or partnerships from your current work that might benefit from the upcoming workshop?

6. What is missing in these questions/ideas that you would like to share?

BAY AREA ORGANIZATIONS

RYSE YOUTH CENTER

POGO PARK

CITY OF RICHMOND

YOUTH UPRISING

IURD UC BERKELEY

MISSION & VISION

RYSE was born out of a youth organizing movement initiated in 2000 in response to a string of homicides amongst youth near Richmond High School that galvanized students to take action to address the violence and lack of safety at school and in the community. Students organized vigils and community forums with over 1,500 youth and community members, met and worked with local officials and stakeholders on a comprehensive assessment of youth-identified priorities and solutions, culminating in the RYSE Youth Center (RYSE), which opened its doors on October 18, 2008.

Through our Theory of Liberation , RYSE Center creates safe spaces grounded in social justice for young people to love, learn, educate, heal, and transform lives and communities.

THEORY OF CHANGE

RYSE's approach is strength-based and resilience building. RYSE supports the healthy development of young people through a holistic approach that engages participants in programs and services grounded in the principles of youth leadership and social justice. RYSE allows for multiple points of entry and engagement for young people in a manner that feels like "one program." RYSE provides programming both on-site at our facility and off-site in the community.

One of the most notable descriptors of trauma-informed care is shifting the question of what is wrong with you to what happened to you. Yet, only asking what happened continues to render the problem in/on the individual, overemphasizing behavioral change while foregoing the ever-needed scrutiny and emphasis on systems change.

"We know we can't run the city- it's too complex- but our experience and our voices should count, especially because we're the most affected."

– RYSE youth

CREATING BELOVED COMMUNITY: RYSE'S KEY LEARNINGS AND OFFERINGS

We acknowledge and address the social ecologies of violence and dehumanization

- Name and validate young people's experiences.
- Tell young people we love them.
- Foster social emotional learning AND socio-political development.
- Make race/ism and positional power central to the work.

We work across roles and systems

- Prioritize people not programs.
- Implement radical inquiry.
- Commit to healthy struggle and vulnerability.

We avoid simplistic moral frames

- Good vs. bad coping.
- Perpetrator vs. victim.
- Zero tolerance policies.
- "At-risk" frames.
- Overemphasis on behavioral change.

We heal ourselves, together

- Practice self-care AND collective healing.
- Discuss our wounds, make repairs.
- Bear witness and be adaptive.
- Celebrate, laugh, and have fun.

DEMOGRAPHICS

94% live in West Contra Costa County

51% Male
46% Female
3% Other

12% Identify as LGBTQ

32% Latino
3% Am. Indian/AK Native
6% Asian/Pacific Islander
4% Caucasian
51% African American
4% Other

60% ages 13-17
40% ages 18-21
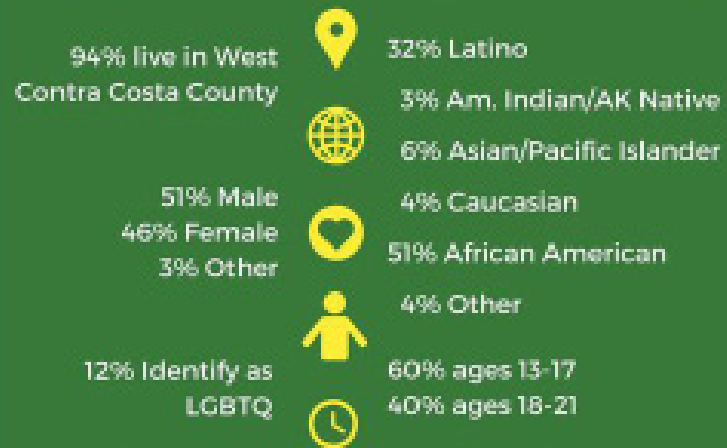
What RYSE Means to Members...

"RYSE is awesome!!!!! People express love here and that is so beautiful for a community."

"RYSE gives youth the opportunity to learn from and befriend adults and other kids that show them that they can make a valuable contribution in their own way."

"They never give up on you, and give you inspiration to go after your dream."

THEORY OF LIBERATION

THE PROBLEM

West Contra Costa youth bear the burden of multiple health and social inequities. There is a harmful public narrative, promoted in both policies and the media, that youth of color are deficits, not assets, to the larger community.

OUR VISION

We envision strong, healthy, united communities where equity is the norm and violence is neither desired nor required, creating a strong foundation for future generations to thrive. A time and place where youth have opportunities to lead, to dream, and to love. Towards this vision, RYSE creates safe spaces grounded in social justice for young people to love, learn, educate, heal, and transform lives and communities.

IMPLEMENTATION

WHAT WE BELIEVE

- Risk taking is essential to liberation
- Love must be present for movement and transformation
- Centering the lived experiences of young people of color is central to our collective liberation
- Rage and resistance are key to healing and transformation

STRATEGIES

We practice this in all of the ways we do our work, including:
- Base- and Power-building
- Centering Creativity
- Healing-Centered
- Continuum of Direct Services to Systems Change
- Conducting Radical Inquiry

OUTCOMES

THE OUTCOMES OF OUR WORK

SYSTEMS TRANSFORMED

- No policy, investment, practice about young people of color without young people of color.
- Systems, both in policy and praxis are responsive to the priorities and needs of young people as defined by young people.
- Systems and adults responsible for young people are safe, loving, welcoming, and responsive.
- Systems takeover by next generation leaders committed to a platform for liberation in which cultural work and race are central.

YOUNG PEOPLE FEEL LOVED

- Young people have emotional, physical, political safety to acquire tools, skills, and resources they need to understand and change inequities.
- Young people construct their own narrative and those of their communities.
- Young people feel loved.

OUR CORE VALUES

How we hold ourselves accountable.

JUSTICE AND EQUITY
The RYSE Community promotes justice and disrupts injustice in our communities.

YOUTH LEADERSHIP
The RYSE Community values young people as creative, powerful, and responsible community leaders.

SAFETY
The RYSE Community commits to safety so all young people feel comfortable and confident being themselves while broadening their horizons.

PARTNERSHIP
The RYSE Community embraces mutual trust and partnership between and among youth and adults, and believes in learning and making decisions together.

CREATIVITY
The RYSE Community fosters imagination, creativity, and innovation.

FUN
The RYSE Community has fun and celebrates together.

OUR PRINCIPLES

That which guides us in implementing our strategies.

YOUTH DRIVEN
Youth and adults working in a partnership where youth are respected and have authentic and equitable opportunities for leadership.

MULTIRACIAL SOLIDARITY
Multiracial solidarity creates power, healing, resistance, and moves us towards our collective liberation.

HEALING-CENTERED RELATIONSHIPS
Honoring the lived experiences of both youth and adults by engaging in relationships that center inquiry, connection, and healing.

RESISTANCE TO INJUSTICE
Reimagining a system/structure that recognizes our identity, agency, and self-determination.

INTEGRITY AND ACCOUNTABILITY
Holding ourselves, our members, and our community accountable to our values and repairing and restoring when trust is broken.

DYNAMIC AND RESPONSIVE
Young people have changing needs, priorities, and interests, and in order to stay relevant, we prioritize youth voice as the driving force in determining our strategies.

LEAD WITH LOVE
Leading with love allows us to intentionally resist oppression interpersonally, organizationally, and within the larger community through resisting dominant narratives while creating alternative ways to affirm our existence.

Introducing RYSE Commons

The future of our city is in the hands of our youth.

Building a legacy of love and liberation. RYSE exists because youth of color called on adults to listen, invest, and rethink young people's place in the city. 10 years later, our youth are rysing. Their art enlivens the streets and their ideas shape local policies, leading toward a Richmond and West Contra Costa where their stories can thrive. Each year, over 700 RYSE members imagine new paths for social change that benefit all of our communities.

Rysing from Center to Commons. RYSE is deepening roots and raising up a new structure to better hold and amplify youth voice - RYSE Commons. Renovating our existing center into a 37,000 square foot campus will expand youth program and partnership space by 300%. With more space, we can expand our age range to engage youth ages 11-24. Envision a dynamic campus for young people, grown from RYSE's healing-centered and creativity-led foundation. A hub for personal development, play, expression, incubating ideas, performance, art, launching businesses, exploring tech, and connecting with universities and partners.

"RYSE helps youth realize they aren't what society says they are."
— RYSE Member

Become a Groundbreaker for RYSE Commons.

RYSE has bought the land for RYSE Commons. We have raised over $500,000 for youth and partner engagement, land acquisition, and early building design. **Now we are raising the remaining $7.5 million** over the next 18 months for construction and implementation.

Find out how you can support vision of young people at commons@rysecenter.org.
Stay updated or send a donation at rysecenter.org/rysecommons.

Young people are Rysing for Richmond. Will you RYSE with them?

#RyseCommons ● rysecenter.org/rysecommons ● 1

Commons: *(Definition)* Land or resources belonging to or affecting the whole of a community.

Where else in our community are there youth-centered places dedicated to play, to innovation, and to health?

Young people see today's realities, look to our collective future, and say they want more connection in their lives, not less. They want to broaden their horizons, have fun, and try new things. They want to form trusting relationships and community partnerships that genuinely support their goals and well-being.

Location and place shape lives. Despite neighboring the Bay Area tech nexus, many of our young people's families are threatened by displacement. Travelling the city or going to school is not safe for all youth. RYSE embodies stability and sanctuary for many young people. We have worked for a decade to now own our property and to build a legacy of youth-led healing, learning, connecting, dreaming, and leading.

What youth-driven components will RYSE Commons include?

Sanctuary and Healing Space: In a community where youth seek respite from violence or trauma in the community**,** RYSE Commons will have meditation areas and access to adults to help youth harness the power of their resiliency to navigate paths of healing, as well as a place to connect with their peers.

Counseling and Peer-Support Rooms: In a community where youth deserve culturally relevant and responsive mental health services and trauma-informed supports**,** RYSE Commons will have light-filled, easily-accessed spaces and adaptive, youth-centered therapists available for individualized support.

Young people are Rysing for Richmond. Will you RYSE with them?

#RyseCommons ● rysecenter.org/rysecommons ● 2

Performance Theater: In a community where youth desire to speak their truths but have limited access to venues and stages from which to do so, RYSE Commons will provide a platform and programming for elevating youth voices through music, theater, dance, and poetry performances.

Art Studio and Exhibition Space: In a community where youth are adaptive and creative, but often lack venues for display and exhibition of their works, RYSE Commons will provide studio space and artistic tools for youth to explore their identities, reflect upon community experiences, and heal - as well as dedicated space where youth artwork can be shared with the community for enjoyment, discussion, and dialogue.

Outdoor Free-Play and Learning Spaces: In a community where youth desire and deserve both structure and space to seek out new experiences, to have fun, and to be able to just be kids, RYSE Commons will include outdoor spaces for physical activity, sports, structured programs and shared open access.

Hangout Spaces: In a community where youth are actively seeking safe, unstructured spaces to relax, play, experiment, and grow, RYSE Commons will provide a place for youth to be themselves, connect with their peers, and organically build trusting relationships with caring and encouraging adults.

Computer Labs: In a community where youth want to create and consume media, connect beyond Richmond/West Contra Costa, and explore online gaming, social media, and global trends, RYSE Commons will include a state-of-the-art computer lab and adults to help interpret and engage in online spheres.

Media Production Facilities: In a community located beside global tech and media hubs, yet without enough youth-friendly media production spaces meeting professional standards, RYSE Commons will include equipment and facilities for high-quality works for personal expression and social enterprise.

Innovation and Business Center: In a community where youth seek paths to entrepreneurship, RYSE Commons will support meaningful opportunities for incubating micro-enterprises, pursuing post-secondary education, and entering the workforce across a wide range of industries to build sustainable careers.

Makerspace & Pop-Up Shop: In a community where youth are creative and resourceful, RYSE Commons will provide space and materials to spark innovation of next-generation ideas, products and services.

Young people are Rysing for Richmond. Will you RYSE with them?

#RyseCommons ● rysecenter.org/rysecommons ● 3

Academic Assistance: In a community where young people are seeking relaxed and welcoming youth-friendly spaces where they can complete homework and grow their academic passions, RYSE Commons will include study spaces staffed by adults to supportively coach and challenge students.

Resources for Diversion and Re-entry: In a community working to disrupt the cradle-to-prison pipeline, RYSE Commons will have integrative programming so that young people feel held, loved, and resourced with holistic supports that help youth navigate systems and achieve their personal goals.

Teaching Kitchen: In a community where access to healthy and affordable food is limited - a food desert - RYSE Commons will provide space where youth can learn to prepare meals, build health and professional skills, and engage in meaningful cross-cultural dialogues with youth and adults from the community.

Garden Space: In a community committed to vibrant green spaces, RYSE Commons will offer youth another entry point into discovering the benefits of urban gardening, health-conscious choices, and sustainable, environmentally conscious community growth and economic development.

Youth-led Organizing and Base-building: In a community where youth leadership is driving changes in our schools and beyond, RYSE Commons will be a space where young people from across West Contra Costa County can convene, learn from past- and present-day leaders, strategize, and organize for change.

Community Partner Space: In a community where nonprofits serving youth are squeezed for space, RYSE Commons will be a place where partners and community stakeholders can gather together, meet, dream, and discuss ideas, new initiatives, and existing partnerships as we work towards collective liberation for all.

"RYSE has become my safe haven, for once I am not met with laughter when I speak my truth or speak my vision. Here, I am encouraged to aim high, not only in my personal dreams, but also in my fight for social change."

— RYSE Member

Love is leading this investment. **We see Richmond rysing in support of our youth.**

Since 2000, the RYSE vision has been imagined, nurtured and elevated by this community. Loving and listening to young people means building capacity to support all they are and all that they will be. An expanded campus for youth-driven, liberating programs and partnerships requires bold and beloved supporters from across the region. RYSE Commons must involve all of us.

Be a RYSE Commons Groundbreaker **and show your love for young people and the future they will create.** Find out how you can support their vision by emailing us at commons@rysecenter.org. Stay updated or send a donation at rysecenter.org/rysecommons.

Young people are Rysing for Richmond. Will you RYSE with them?

#RyseCommons ● rysecenter.org/rysecommons ● 4

Interacting Layers of Trauma and Healing

RYSE CENTER

Liberation and Healing

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power-Building

Honor Resilience and Fortitude by Listening & Validating, Processing/ Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure

Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

Systemic Subjugation of POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission
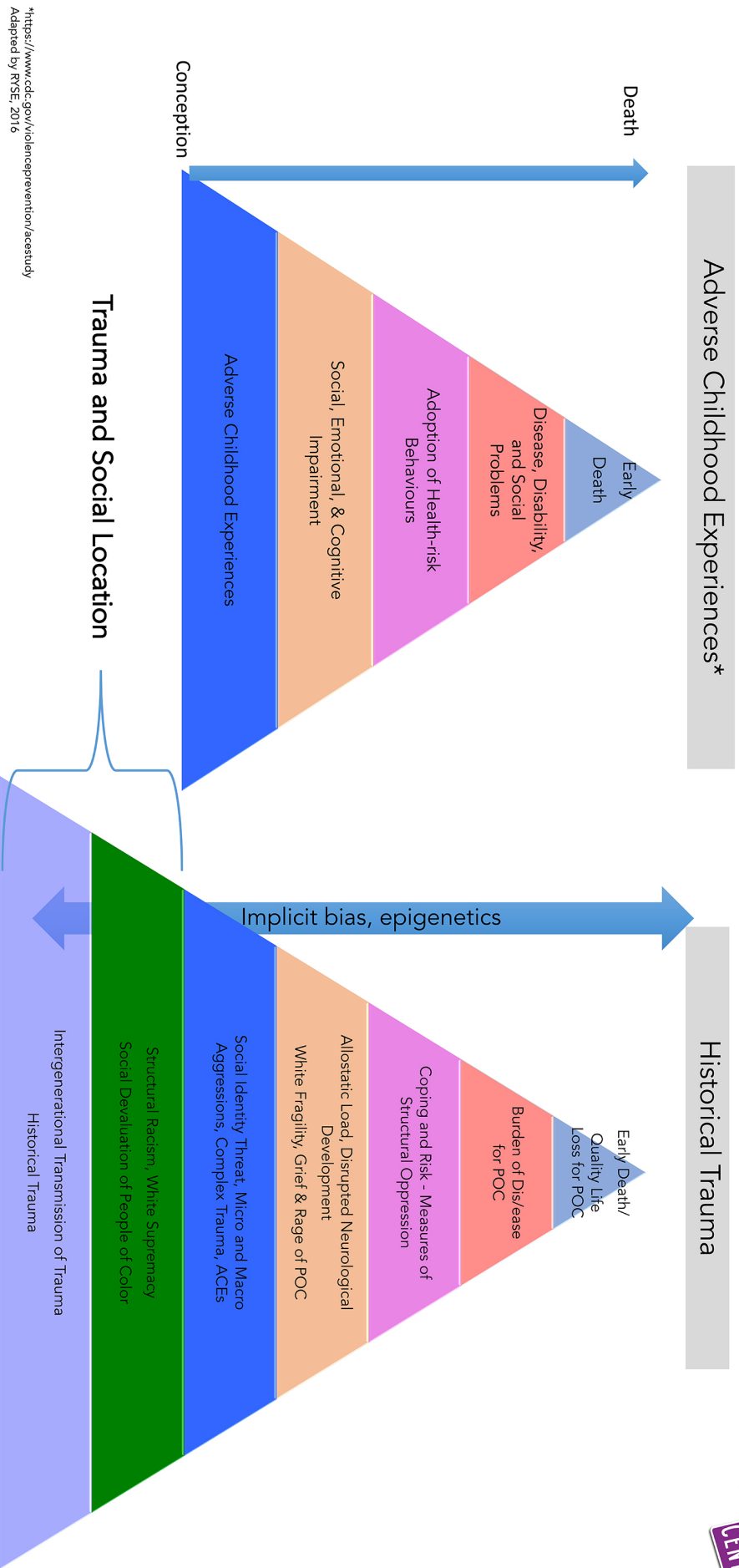
Circle Layers
- History, Legacy & Structure
- Systems & Institutions
- Community & Place
- Individual & Interpersonal

Racing ACEs

Ensuring Racial Justice Is A Central Tenet of Trauma-informed Care

Adverse Childhood Experiences*

Death ← → Conception

- Adverse Childhood Experiences
- Social, Emotional, & Cognitive Impairment
- Adoption of Health-risk Behaviours
- Disease, Disability, and Social Problems
- Early Death

Trauma and Social Location

Historical Trauma

Implicit bias, epigenetics

Conception →

- Intergenerational Transmission of Trauma — Historical Trauma
- Structural Racism, White Supremacy Social Devaluation of People of Color
- Social Identity Threat, Micro and Macro Aggressions, Complex Trauma, ACEs
- Allostatic Load, Disrupted Neurological Development — White Fragility, Grief & Rage of POC
- Coping and Risk - Measures of Structural Oppression
- Burden of Dis/ease for POC
- Early Death/ Quality Life Loss for POC

RYSE CENTER

☐ Trauma is historical, structural, political, and embodied.
☐ The science has finally caught up with lived expertise and evidence.
☐ Impacts of trauma are embodied across generations.
☐ We are all impacted, differently, depending on social location:
  ⋗ White communities are validated, empathized, resourced, restored.
  ⋗ Communities of color are shamed, questioned, ignored, stigmatized, criminalized.

*https://www.cdc.gov/violenceprevention/acestudy
Adapted by RYSE, 2016

*https://www.cdc.gov/violenceprevention/acestudy
Adapted by RYSE, 2016

POGO PARK   RICHMOND, CA

## MISSION & VISION   *"Transforming lives by transforming public space"*

Founded by a Richmond resident in 2007, Pogo Park is a community organization focused on transforming lives and opportunities by working side by side with neighborhood residents to create, program and operate public spaces. The organization got its initial start as one of the first projects that emerged from the City of Richmond's Health Element of the General Plan. This project was the renovation of the Elm Playlot in Richmond's Iron Triangle neighborhood. The park was occupied by drug dealers, unsafe and inaccessible to residents.

Through a set of mixed engagement strategies, including taking pictures, focus groups, and participatory design, residents came up with a new vision for Elm Playlot. The community vision was to transform the small park into an anchor public space in the middle of their neighborhood – the heart of the community – and support that space to drive broader community change efforts.

ACTIVITIES FOR CHANGE

By 2009, the community had developed its own re-design and with a grant from the State of California Parks Department, set in motion a strategy to rebuild Elm Playlot. The plan included training residents to do most of the construction and get paid to acquire new skills. As the process moved forward, residents built a to-sacle model of certain aspects of the park, called a "Pop-Up Park." The 'temporary park was open to the public and as kids and residents used the space, the design changed to respond to community suggestions and innovations.

Today, Elm Playlot reflects the 'design-by-doing' approach and dozens of residents remain employed to manage the park and continue constructing new aspects of the space. A small community center (a former house next to the park) was renovated and now serves as a meeting space and kitchen to distribute food to children in the neighborhood.
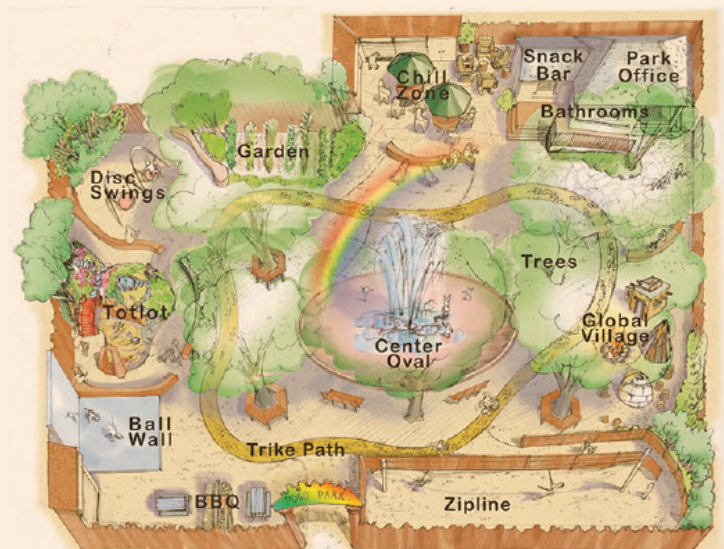
OVERVIEW - ELM PLAYLOT
Design + Layout

POGO PARK   RICHMOND, CA
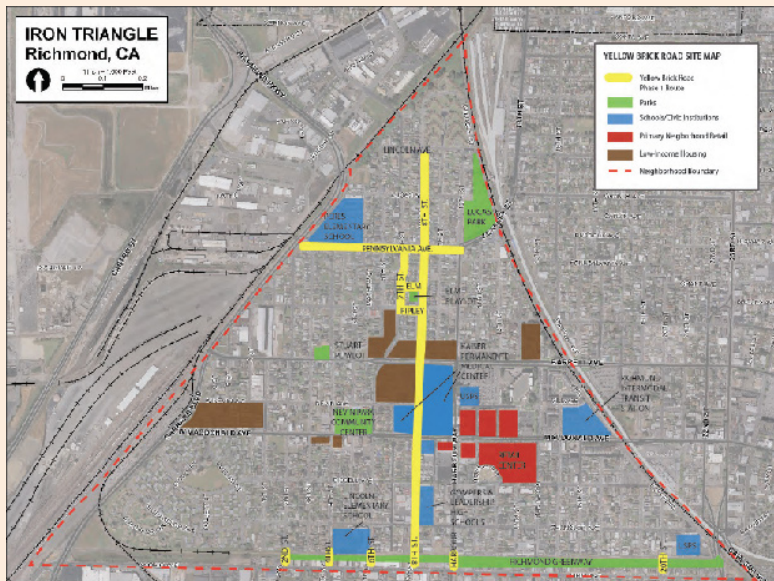
By 2013, Pogo Park began a partnership with the Trust for Public Land and the City of Richmond to transform a two-block section of the Richmond Greenway into Harbour-8 Park. The idea was to link Elm Playlot to additional greenspace and pedestrian access to the shore and other resources within the city. A 'yellow brick road' – or safe paths along streets connecting to parks and other community resrouces – is now under deisgn and construction

In 2015, Pogo Park provided staffing and play programming at Harbour-8 Park to serve children who live within walking distance of this park. Pogo Park also submitted at successful $6.2 million grant to Caltrans to build the first leg of the "Yellow Brick Road" (a project to build safe streets in the Iron Triangle for children to walk and bike). As one of only 86 of 617 projects funded, the Yellow Brick Road will connect Elm Playlot directly to Harbour-8 Park, giving local children a safe, clean and green pathway to walk or bike to and from our two parks.

BACKGROUND & HISTORY

The City of Richmond, California, is a leader in using city-level policy to promote greater resident inclusion in government and to address neighborhood-scale inequalities, including violence reduction, affordable housing and access to quality public spaces.

Richmond is a small city in the San Francisco Bay Area with about 115,000 people, with about 40% Latino (from Mexico, El Salvador & Guatemala), 20% African-American, 15% Asian (mostly from Laos & Vietnam) and the rest white and Native Americans. About 25% of the population has a high-school education or less, 12% are unemployed and about 52% are tenants or renting their place of residence. However, these general data mask intra-city differences. In the Iron Triangle neighborhood, median household income is $33,000 ($24K for African-American residents), 65% are renters, 35% are immigrants (mostly Latino), 62% are under 18 years old, unemployment is over 25%, and 33% live below the federal poverty level ($24,600 for family of 4; $12,000 for an individual).
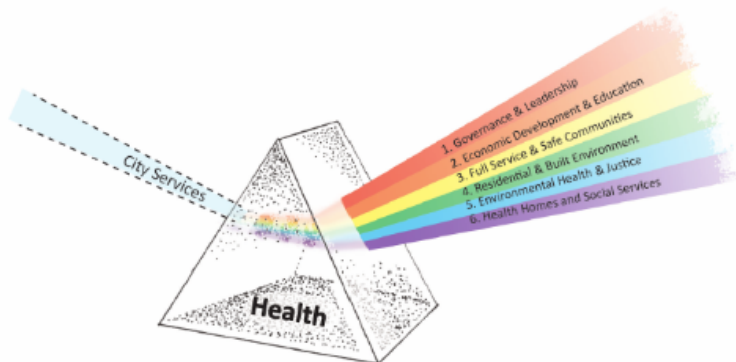

GROWING HEALTH EQUITY IN RICHMOND, CA
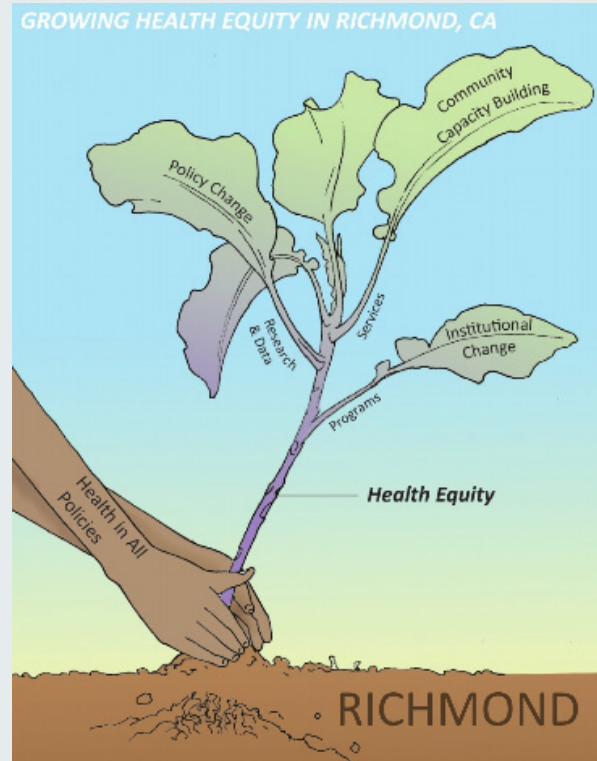
In 2009, Richmond was once of the most violent cities in the US and the world. There were 42 gun homicides per 100,000 residents.   In 2009, life expectancy differed by both where you lived in Richmond (and the Bay Area more generally) and your race/ethnicity.

INVESTING IN COMMUNITY HEALTH AND EQUITY

Pressured by community residents and local organizations to address violence, environmental health and neighborhood inequities, the City of Richmond embarked on a series of actions. Starting in 2007, the City drafted and adopted California's first Community Health and Wellness Element (or chapter) into its General Plan. The General Plan is a 30 year policy and development 'constitution' for the city. The Health Element set in motion the formation of the Richmond Health Equity Partnership, which has worked since 2009 to implement the recommended policies. With the support of UC Berkeley, Richmond drafted and adopted the first municipal Health in All Policies ordinance in the United States. This local law provides a framework for action, include indicators to track progress and links all city decisions --from the budget, to hiring to development approvals – to health equity objectives defined in the ordinance.

CITY OF RICHMOND

"City services through the prism of health"

"'Health' is not simply the absence of disease, but the state of complete physical, mental, cultural and social well-being. HiAP is based on the premise that good health is fundamental for a strong economy and vibrant society, and that health outcomes are largely dependent on the social determinants of health..." (R.M.C. 9.14)

Passed into Richmond, California law April 15, 2014

add image of Gabino/comm engagement, maybe separate page for ONS

Parchester Park Build Day, 2014

REDUCING VIOLENCE

Another innovation from the City of Richmond was to create an agency focused on violence reduction and peacemaking, called the Office of Neighborhood Safety (ONS). This office shifted peacemaking from only the responsibility of the police department to this new government office staffed with social workers and street-outreach workers – called Neighborhood Change Agents (NCAs). The ONS also started a 'peacemaker fellowship' that recruited young people from the streets and supported them with mentoring, skill building and financial resources to stop killing and pursue a more healthy lifestyle. Since 2010, the ONS has supported 94 young people in its fellowship and Richmond had 11 gun homicides in 2015 (down from 42 in 2009).

MISSION & VISION

Located in the heart of East Oakland, YU is a neighborhood hub offering young people services and programs to increase physical and mental wellbeing, community connection, educational attainment, and career achievement among youth members.

The YU mission is to transform East Oakland into a healthy and economically robust community by developing the leadership of youth and young adults and improving the systems that impact them.

website: http://www.youthuprising.org

PERSONAL TRANSFORMATION **+** **SYSTEMS** CHANGE **+** **COMMUNITY** DEVELOPMENT **=** **COMMUNITY** TRANSFORMATION

THEORY OF CHANGE

YU believes that if we provide youth with relevant services and programs, meaningful engagement with caring adults, and opportunities to practice leadership—they will become change agents and contributors to a healthy, thriving community.

This formula for change maintains that healthy, involved people can influence policy and ultimately create healthier, safer, and economically robust communities. It recognizes that youth are inherently resilient and that risk can be reduced with the right set of supports, services and opportunities.

YOUTH UPRISING   EAST OAKLAND, CA

CHALLENGES

Public safety

Education

Economic Development

Health

Housing

PROGRAMS

Career and Education
Preparing underserved local youth for higher education and fulfilling careers is one of the best investments Youth UpRising can make. It not only promotes financial security for individuals and their families, but spurs economic growth in the community. Services are delivered in a 3,600 square-foot Career & Education Center.

Health and Wellness
Health and Wellness programs provide holistic accessible care in a community setting. Primary health and mental health services are offered onsite in our 4,500 square-foot clinic.

Arts and Expression
Through creative expression, young people hone their ability to communicate, acquire cultural literacy, gain industry knowledge, and, most importantly, develop their voice as community leaders.

Civic Engagement
Youth Leadership Development & Civic Engagement activities and programs involve youth leaders in improving their community while developing themselves and their capacity to become agents of change.

Social Enterprises
Youth UpRising develops the leadership of youth in the community through employment and entrepreneurship. We do this with three core activities, Social Enterprise Hub, Job Training program and Community Entrepreneurship.

CENTER FOR GLOBAL HEALTHY CITIES

MISSION & VISION

The Center for Global Healthy Cities is an action-oriented, community-engaged initiative that utilizes science and policy analysis to improve the lives and living conditions of the most vulnerable urban populations around the world. We accomplish this through cross-cutting research, training, and community partnerships.

We live in the century of the city, as a majority of the world's population lives in metropolitan areas. Yet urban areas are increasingly characterized by greater inequality between the rich and poor. City life can and should be healthy for all people and the planet. Our work aims to promote greater equity, social justice, and health for people within and across cities around the world.

We support communities and governments around the world to generate and implement more healthy and equitable solutions to peristent health inequities in neighborhoods, cities and entire metropolitan regions. Our faculty is engaged in a wide range of innovative and interdisciplinary research in the areas of:

- Documenting Urban and Metropolitan Health Inequities
- Place and Health Research
- Environmental Health Equity/Urban Climate Justice
- Urban Food Security & Justice
- Urban Governance and Complex Systems
- Informal Settlements and Health

UC BERKELEY

PROJECTS & PARTNERSHIPS

We work with a wide range of partners worldwide, from local community based organizations and municipal governments to research universities and international non-profits. Our partnerships are rooted in the philosophy that solutions can be found in the indigenous knowledge of communities. Our work aims to support and complement such knowledge with academic and practical tools and training.

In the Nairobi slums of Mathare, Kibera and Mukuru, the UC Berkeley team has partnered with SDI-Kenya and the federation of the urban poor across Kenya, Muungano wa Wanavijiji, for ten years. Working together, SDI and UC Berkeley have helped reduced disease, violence, and injuries through increasing slum dwellers' financial capital, access to safe and affordable housing, infrastructure and basic services, and helped draft new policies and programs to prevent slums and recognize the rights of slum dwellers in cities around the world.

GLOBAL EXCHANGE

The Center for Global Healthy Cities and UC Berkeley will coordinate exchange activities and help facilitate in-person workshops. The Center will host the first exchange workshop in September 2017, and will work with exchange partners to develop materials and workshop activities that reflect the needs and interests of each organization. The Center will also develop and manage an online sharing platform as well as communication channels for exhange participants.
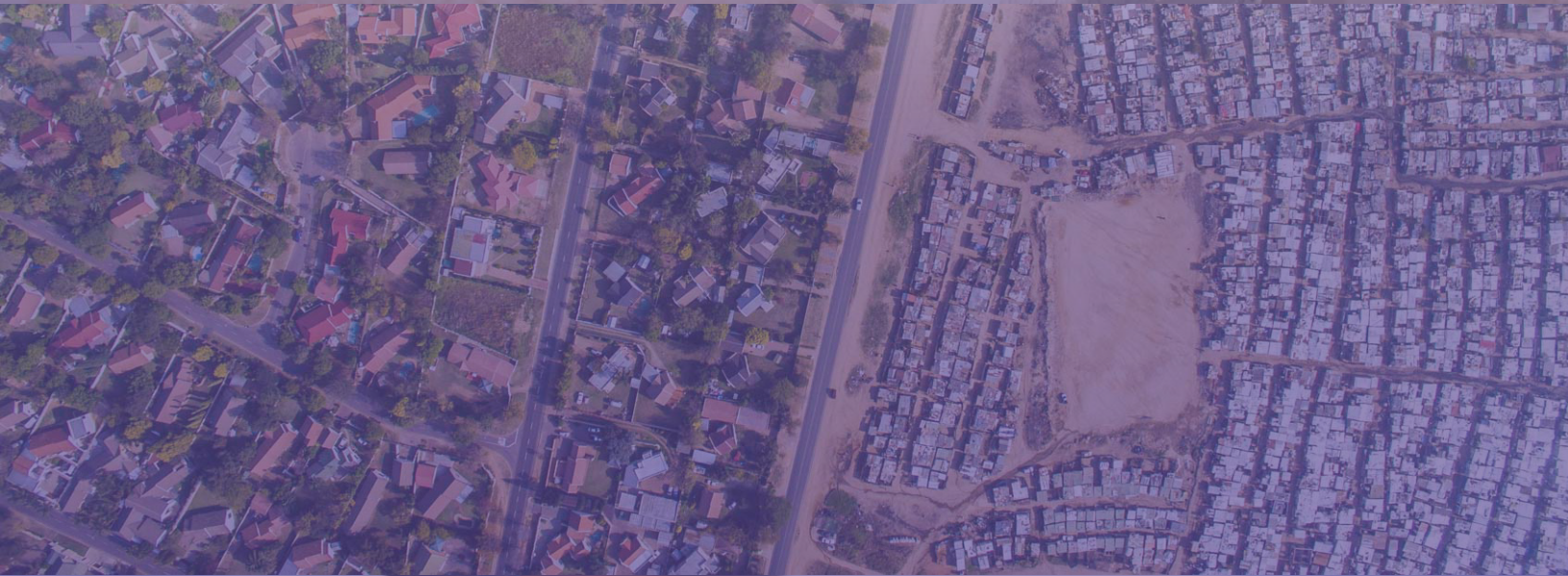
THANK YOU!

Photo credit: Top&bottom: RYSE, Center: Unequal Scenes