

## PARTICIPANT QUOTES

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*I don't think that anyone in the Asian communities really feels like there are public services that support them so they are making their own communities; providing what the city could be providing an infrastructure for.*

BARRIERS

“

*We are the government, we pay these people to do what we need them to...How do we build these solutions into the fabric so that it's not programming that will die when the next turn of government happens... how do we engrain this in the community?*

CITY GOVERNMENT

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*It's interpersonal relationships that young people need... Having community relationships with other young people, and maybe you know, people who might be a little bit older than us... those connections are really important to our wellbeing.*

WELLBEING



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*I love the city and I really can't see myself living anywhere else, and I want to be a part of this change...We have these students that we can help shape. I think that there's an opportunity to make, help shape, and expand and broaden their worldview.*

ACTION & CHANGE

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*If somebody is coming across discrimination or stigmatization...What is the role of the city?...If there was a way for folks to take grievances and have them addressed, actually have them addressed...Put teeth in what already exists ... [so it] can cause some change.*

RACISM, STIGMA,  
MARGINALIZATION

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*We have to...build the trust within the Black community and the health systems as well. There's no trust between healthcare and the community...*

ACCESS

“

*Everyone is still connected with the school system... getting a lot of resources in the school system is... something that should be happening.*

EDUCATION



# Building a Healthy Community:

## Reflections of New Haven Residents and Our Together New Haven Collaboration

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Read the full technical  
report at this link.

## RECOMMENDATIONS

*These seven recommendations for the City are based on the goals of this project and the coalescence of commonly-reported sentiments and themes from participant groups.*



**1** Provide more financial literacy curricula in schools, from Elementary through college.

Invest in more technological resources for young people; create more after-school safe-spaces for youth.



**3** Create an alternative, non-criminal, mental health hotline; work with communities to adopt strategies for more accessible mental health resources; hire and train more community health workers.



**4** Decouple social services from religious & healthcare institutions; increase funding to existing direct-service organizations that serve historically marginalized populations; increase translations of service advertisements into diverse languages and target advertising to diverse populations.

**5** Create formal city-wide communication channels focused on resource-sharing.



**6** Commit to antiracism by increasing diverse cultural programming; diversify decision-making bodies within City government.

**7** Invest in neighborhood clean-ups & tree-planting in under-resourced neighborhoods.



## BACKGROUND

*The project referenced key public health literature on community health and wellbeing to develop 10 questions that assessed definitions and or perceptions of what community health meant to key constituent group members from the larger New Haven community.*

**6**

Focus groups



**16–71**  
years old

**41**

Total participants

### Focus group communities:

Artistic Activist

LGBTQIA+

Asian American

Youth Leaders

Reentry

Faith-Based

*Across the focus groups, 13 community wellbeing themes emerged:*

### Community

Barriers

Access

Action & Change

City Government

Social Isolation or Connection

Environment

### Wellbeing

Culture, Race, Ethnicity

Education

Mental Health

Racism, Stigma, Marginalization

Economic Stability & Food Security