

St. Paul Public Housing Agency Health and Housing, June 2014

1. Our PHA core mission saves lives
2. Resident Initiatives
3. What might be transferrable to you?



St. Paul PHA: 8800 affordable homes and links to services for over 21,000 people



2548 HI-
RISE UNITS

Valley Hi-Rise



Neill Hi-Rise



1699 FAMILY
UNITS

Roosevelt Homes



Mt. Airy Homes

Our Core PHA Mission Saves Lives: One Day On Earth: Cleveland Hi-Rise

<https://vimeo.com/96340308>

One Day On Earth: Exchange Hi-Rise



<https://vimeo.com/96340309>

Resident Initiatives Department



PHA:

- Alicia Huckleby: Resident Initiatives Director (.50 FTE)
- AZ Jones Jr.: Resident Initiatives Coordinator (.75 FTE)
- Eileen Tittle: Resident Council Coordinator (.25 FTE)

SHIP Team (in partnership with the St. Paul-Ramsey County Department of Public Health):

- Ann Tranvik, Public Health Nurse
- Betsy Christensen, SHIP Assistant

ROSS Team (in partnership with City Wide Residents Council and the Presidents Council):

- Ed Petsche, Employment and Training Service Coordinator
- Val Wolff, Employment and Training Service Coordinator
- Aaron Smothers, Technology Service Coordinator
- Beth Pacunas, Digital Literacy Service Coordinator

Community Technology Empowerment Project:

- Pa Dao Yang, CTEP Member

Why?



- Consolidation! Different departments each played a role in administering a variety of programs that provide supportive services to residents
- Strengthen PHA's visibility in community-wide programs that promote supportive services (especially health-related), resident economic development and self-sufficiency. PHA's have the clients partner organizations often seek to fulfill their own missions
- Ensure that the PHA and resident councils are positioned to take advantage of future grant opportunities and community-based partnerships (ROSS, Allina Health, General Mills, etc.)

Collaborate, Partner, Support if...



- Consistent with PHA mission and goals
 - Linking residents to community services
 - Sustaining current partnerships
 - Identifying viable new partnerships
- Experience/history with the partner organization is solid
- Supported by resident leadership/councils (we assist RC's being the grant applicant, i.e., ROSS, Allina Health, etc.)
- Complements/natural extension of a current program
- Financially feasible (ideally on their dime, otherwise leverage PHA resources to the greatest extent possible)
- Sustainable (by the PHA, by the partner organization)

Metropolitan State University: Student Nursing Program

- Advanced foot care clinic with nurse practitioner students
- Blood pressure clinics
- Medication Safety Fairs with RN-BSN students
- Metro State awarded our PHA “Community Partner of the Year”



Blood Pressure Clinic at Ravoux Hi-Rise



Medication Safety Fair with RN-BSN students at Ravoux Hi-Rise



Advanced Foot Care Clinic with Nurse Practitioner Students at Ravoux Hi-Rise



Minnesota Department of Health Statewide Health Improvement Program (SHIP)



- \$168,000 in State grants to the Ramsey County Department of Public Health, who in turn entered into contracts with our PHA for:
 - General disease prevention
 - Special programs to create healthier communities
 - Supporting individuals seeking to make healthy choices in their daily lives
- SHIP policy priorities:
 - ✦ Nutrition
 - ✦ Active Lifestyle
 - ✦ Tobacco Reduction

Nutrition



- **Support from:**

- Resident Councils
- Presidents Council
- CHSP
- Fields to Families/Holy Apostles Episcopal Church
- Boy Scouts
- Simply Good Eating
- Chub Vending Services
- Bethel University
- Gardening Matters
- Piercing Faith Church
- Conservation Corps of MN
- Mr. Melvin Giles
- University of MN, Master Gardener's Program
- Ramsey County Master Gardeners
- PHA/SPRCPH staff

Nutrition: Fields to Families at Hamline and Mt. Airy



Nutrition: Hi-Rise Raised Beds at Hamline and Ravoux



Active Lifestyle



- **Support from:**

- Resident Councils
- Presidents Council
- Allina Health
- City of St. Paul Parks & Rec
- Bone Builders:
RSVP/Volunteers of America
- Nice Ride Minnesota
- YMCA – Twin Cities
- Cycles for Change

- DERO Bike Rack Co.
- Metro Transit
- St. Paul Smart Trips
- Bodden Builders
- Sibley Bike Depot
- PHA/SPRCPH staff





Walking Programs



The Proud Hamline Walkers

Join us Monday through Saturday at 8am!

Join the fun and feel better!

- **Come when you can**
- **Walkers meet in the lobby at 8 am every day except Sunday**
- **30 minute walk or as long as you like**
- **No sign-up required**

Walking Route

Walk inside Hamline during the winter and outside in the neighborhood when weather warms up.

Questions: Call Anna 651-983-4121

This program is sponsored by Saint Paul Public Housing Agency and Saint Paul - Ramsey County Public Health, with funding through the Statewide Health Improvement Program grant.

- Began in Summer 2013
- Have connected with their neighbors in the community to support outdoor walking
- Plan to participate in the March of Dimes event at Como Lake on April 26th

Active Lifestyle: Nice Ride MN Event at Ravoux Hi-Rise



Free Bikes 4 Kidz Giveaway



(Pioneer Press: John Doman)

Dunedin Family Center

Free Bike
pick-up
Here!



Thank you
Thank you!!
Thanks very much
Thanks very much
Kia Chang
Ma MOUA
Thank You Washington Farm
Thank You Mek
Thank you My Family
Thank you from
OK

Allina Health: Athletic Shoes Giveaway and More



- April 2014, free athletic shoes made available to low income youth from Allina Health Charitable Contributions Grants: \$4,000
- Allina Neighborhood Health Connections Grant: \$4,250 received
- Created an exercise room at Ravoux Hi-Rise with the help of Push/Pedal/Pull
- Hosted a six-week series of youth cooking classes in partnership with Urban Roots
- Hosted a six-week series of family cooking classes in with Cooking Matters
- Purchased picnic tables for the McDonough gardens

One Day On Earth: Allina Shoes Giveaway



<https://vimeo.com/96340310>

What Might be Transferrable to Your PHA?



- In line with your PHA mission and goals
- Experience and history of the partner organization
- Supported by resident leadership/councils (help them apply)
- We have the “clients” partner organizations seek out
 - Your local university public health nursing program
 - Your local HMO providers (for us, most are huge non-profits apparently on their own “ACA-CRA” mission of partnering with PHA’s)
- Complements or is a natural extension of a current program
 - Raised bed gardens transferrable everywhere!
- Financially feasible (ideally on their dime, otherwise leverages your resources to the greatest extent possible)
- Sustainable (by the PHA, by the organization)