

Building a Healthier Alexandria: Let's make a difference together

Alexandria Health Department
Partnership for a Healthier Alexandria



Fall 2025

Housekeeping

- Restrooms
- Refreshments
- Emergency Exits
- Resource Table
- Community Announcements

For Today

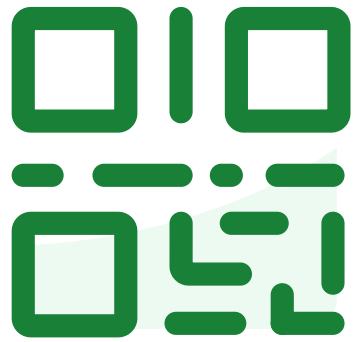
- One thing shared with your community (10 min)
- Our coalition vision, finalized (40 min)
- Where we are going (10 min)
- Identifying focus area options (25 min)
- What's next? (5 min)

Sharing with your table...

At your table:

If you attended the last meeting, what (if anything) did you share about the coalition with people you know?

For everyone: what brought you here (or back) today?



**Join at slido.com
#3172726**





**I was able to review materials from
the last meeting prior to today's
meeting**



What could we do to make materials easier for you to review prior to next meeting?

An aerial photograph of a city, likely Boston, showing a dense urban area with numerous buildings and a large harbor area with many boats docked at piers. The image is overlaid with a semi-transparent dark blue filter.

Finalizing our Vision

Fall 2025

Reviewing our activity results

Themes from the visioning activity (shared in November and provided on walk in):

- Safe, inclusive, connected communities
- Accessible and equitable mental health services
- Supportive environments for all ages
- Healthy, green, and active spaces
- Holistic and integrated approaches
- Celebration, joy, and hope

Making our coalition vision

Goal: create an agreed upon vision for our coalition that tells us what we are working towards by 2030.

A vision statement is:

- Future-focused
 - Reflects community values
 - Broad, but meaningful
 - Inspires action and unity
 - Provides a lens to help us identify what we are working toward and on
-
- From visioning activity results, created 5 draft vision statements as **a starting point.**
 - Discuss at tables pieces from statements you like to include, things that don't fit, and work on creating a vision statement as a group. **25 minutes**
 - Write this statement on your poster sticky legibly

Picking our vision statement

- Now that each table has an option, we are going to vote! Table facilitator should bring their statement to the front and stick on the wall.
- Providing everyone 10 minutes to vote on the statement you like most (dot voting)
- After voting, we'll confirm our selection and discuss if there are any key amendments needed

An aerial photograph of a city, likely Boston, showing a dense urban area with numerous buildings and green spaces. In the foreground, there is a waterfront area with a marina filled with many small boats. The city extends into the background, with a prominent church steeple visible in the distance. The overall tone is slightly muted, with a dark overlay.

What we're working toward...

Fall 2025

The final product...

Overall Community Health Improvement Plan

- Plans: Mental Wellness, Landmark/Van Dorn neighborhood, Arlandria neighborhood
 - 4-6 Focus Areas (form workgroups to own these)
 - 2-3 Action Items each

Overall: 3 plans, 12-18 focus areas, 24-54 action items (probably 40-45)

Mental Wellness			
Focus Area 1	Focus Area 2	Focus Area 3	Focus Area 4
<ul style="list-style-type: none">• Action Item 1<ul style="list-style-type: none">• Action owner• Steps/measures to reach action• Action Item 2• Action Item 3	<ul style="list-style-type: none">• Action Item 1• Action Item 2• Action Item 3	<ul style="list-style-type: none">• Action Item 1• Action Item 2• Action Item 3	<ul style="list-style-type: none">• Action Item 1• Action Item 2• Action Item 3

Focus Areas

- 4-6 focus areas
 - Should be thematic (v. specific action)
 - Will create workgroups for each focus area
 - Workgroups will be responsible for identifying how to address areas
 - Must have population level data point to measure
 - Clear relation to mental wellness – others in your table should be able to see the connection

Focus Area Workgroups

Each focus area will form a workgroup to identify how to accomplish them

- 2-3 actions under each focus area
 - Focus area workgroups will identify these by gaining a full understanding of area content (root cause, already available items, stakeholders, etc.)
 - Specific actions taking place to address area
 - Will have measurable pieces (likely multiple process-based)
 - Will have action owners
 - AHD/PHA support

Oral Health Example

Focus Area: Oral health care access for adults

Measure: Adults who visited the dentist in past year

Action 1: Support community-based clinics in areas with lower rates of dentist visits

- Action Owner: Oral Health Nonprofit X
- Measures:
 - # dental providers engaged in potential clinic opportunities
 - # outreach and awareness events held for clinics
 - # dental providers supporting efforts
 - # community clinics held
 - # people treated at clinics

Action 2: Advocate for increased dental insurance coverage among Alexandria Employers

- Action Owner: Hospital System A + Human Resources Organization 1
- Measures:
 - # subject matter experts engaged
 - Creation of FAQs + Benefits document
 - Landscape assessment completed date
 - Policy paper completed date
 - # engagement sessions with Alexandria employers
 - # of employers now offering benefits

An aerial photograph of a city, likely New Haven, Connecticut, showing a dense urban area with a mix of residential and commercial buildings. A large body of water, the harbor, is visible in the foreground, featuring a marina with numerous boats and a large ferry. The city is surrounded by greenery and hills in the background.

Identifying Focus Areas

Fall 2025

What we're working with

- Our coalition vision statement
- Themes identified from visioning activity
- Data related to themes
- All data related to mental health, substance use, and injury, violence, and crime

What we're asking from you

- Using this information, identify up to 3 potential focus areas
 - Can build off or use themes (or create something else!)
- Write each potential focus area on provided paper slip

15 minutes to do this!

Focus areas

- Will create workgroups for each focus area
 - Workgroups will be responsible for identifying how to address the focus
- Must have population level data point to measure
- Should be thematic (v. specific action)
- Clear relation to mental wellness – others in your table should be able to see the connection

At your tables...

- Sharing ideas! 10 minutes
- Facilitator starts with someone at table. Person reads their focus area ideas.
 - Ask if anyone has anything like the idea, if so, let them read and the group can decide if they should be grouped together
 - Similar ideas – they are trying to achieve the same general goal
 - Oral Health example: "address low access to oral health care" and "improve oral health insurance coverage options" are similar. "improve dentist cultural competency" would be different.
- Facilitator should group similar ideas together (with a paper clip)
- After the meeting, we will organize these into a reasonable list of potential focus area options (likely 10 -18 options), which will be voted on at our next meeting!

An aerial photograph of a city, likely Boston, showing a dense urban area with many buildings and green spaces. In the foreground, there is a waterfront area with a marina filled with boats and a large building complex. The text "Next Steps" is overlaid in the center of the image.

Next Steps

Fall 2025

Next Steps

Alexandria's Community Health Improvement Plan

Mental Wellness | Landmark/Van Dorn | Arlandria



AHD/PHA:

- Add vision statement to website
- Organized focus area ideas and report out to coalition

Coalition Members:

- Review focus area ideas – anything major we missed? Be ready to vote!
- Think about what focus areas you'd be interested in working on
- Share with your community what we are doing! Invite others to the table! Are there groups we need to loop in?

Next Meeting: 2nd half of January

- Vote on focus areas
- Form workgroups and begin work

An aerial photograph of a city, likely Boston, showing a dense urban area with numerous buildings and a large body of water in the foreground. A prominent white title is centered over the image.

Community Announcements

Fall 2025



How easy was it for you to be involved in the activities today?



Audience Q&A

① The Slido app must be installed on every computer you're presenting from

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