Increasing Access through a Holistic Lens

10-Minute Walk City Community of Practice

Session 4
May 11, 2022
Opening poll

Share an innovative way your city has activated parks, green spaces, and/or natural areas.
Agenda

**Topic:** Increasing Access through a Holistic Lens

**Agenda**
- Moderated Panel Discussion
  - Des Moines, Iowa
  - Toledo, Ohio
  - Washington DC
- Breakout groups
- Closing
Meet the Community Where They Are

- Use parks as a common ground to identify, respond, and adapt to other community values and needs

- Create multiple touch points through in-person, digital, and mobile outreach, and provide multilingual materials

- Find ways to show, not tell, your commitment to the community
Build Out Networks

- **Map out stakeholders** who bolster support for CBOs and community members

- **Institutionalize stakeholder input and feedback** for park projects, planning and investments

- **Provide capacity building and support** to align goals among different groups
Invest in Local Leaders

- **Integrate local leaders** into city processes, including unofficial community leaders

- **Dedicate staff, funds, and resources** to local representatives

- **Socialize city practices** and processes to increase involvement from local leaders
Sessions 1+2

Today's topic

Proximity
Acreage
Amenities
Investment
Maintenance

Physical Access

Amenities
Investment
Maintenance

Visitation
Programming

Social Access

Sense of belonging

Proximity
Acreage

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Sense of belonging

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'That's the nicest park'

'That's the park everybody goes to'

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Breakout Groups

- TPL facilitator in each group
- 40 minutes
- Videos + Mics on

Questions:
1. What could your city do to increase social access and the sense of belonging in parks, green spaces, and natural areas?
2. Elevate 1-2 strategies to discuss policies, tactics and barriers.
Over halfway through the year!

Please take a minute to complete the exit survey.
Upcoming workshops

**July 13**- Power of Partnerships for Strong Parks and Systems Change

**Sept 14**- Healthy and Resilient Communities: Long-Term Park Impacts
Thank you + Contact Us

Christina Jang
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10MinuteWalk.org
@10MinWalk

Don’t forget to take the exit survey!
Meaningful Park Engagement: Making Park Experiences Count for Stressed Communities

Supporting trauma informed engagement in Anacostia Park.
What it means to be a “friend” of Anacostia Park

**HOW THE PARK HELPS ME**

- Mental Health: “Time alone in nature.”
- Physical Health: “Get off my diabetes medicine.”
- Social Health: “Spending quality time with my kids and my family.”

**COMMITTEE NEEDS**

- Residents have basic needs met
- Residents begin to take on leadership roles
- Residents are agents for community change
- Parents become educators
- Parents can provide financial stability to children
- Residents are comfortable working with data and information
- Community experiences improved health conditions
- Parents establish culture and values

**PARK NEEDS**

**PHYLIS NELSON**

**OPERATIONS MANAGER**

- Addiction recovery advocate
- Community engagement
- Connecting with stressed audiences
- Youth engagement

Working in Anacostia Park has helped me better myself. It gives me the chance to use my people skills and life experience to connect with park users in new ways that make a difference.

**PARK GOALS**

To help meaningfully engage visitors impacted by trauma, and protect it as a safe space for all.

**Phyllis Nelson**

**CHALLENGES**

1. Crime
2. Employment
3. Drugs
4. Mental Health
5. Community Economics
6. Youth Engagement

**ANACOSTIA PARK**

1. Poor Restrooms
2. Trash / Litter
3. More/Better Playgrounds
4. Invasive Plants/Animals
5. More Picnic Tables/Grills
6. NPS Understaffed

**POWERS**

1. Schools
2. Youth
3. Elders
4. Artists
5. Anti Crime Groups
6. Relationships
### Partner Network 2019-2021

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Future  In-waiting  Priority

Community Partners
- DOES
- Office of Victim Services & Justice Grants
- DCPS
- National ReEntry Network
- Criminal Justice Coordinating Council
- Anacostia Community Museum
- PAVE (Parents Amplifying Voices in Education)
- Women Like Us
- Anacostia Coordinating Council
- Martha’s Table
- Parents of Disabled Children
- Training Ground
- Child and Family Services

Environmental Partners
- Riverkeeper
- The Conservation Fund
- Anacostia Watershed Society
- DOE
- WABA
- NPS
- DPR
- Casey Trees
- The Earth Conservation Corps
- 11th Street Bridge Project
- Friends of KAG
- Ward 8 Woods

### SOCIAL WELL BEING
- Family Reunification Circles
- Restorative Justice Circles
- Family Cookouts
- River Tours
- Anacostia Park Events
- “Grouptivities”
- Education Programs

### SPIRITUAL HEALTH
- Family Reunification Circles
- Restorative Justice Circles
- Mourning Space
- Peace Efforts

### MENTAL HEALTH
- Walking /Talking Groups
- Recovery / Support Walking Groups
- Running Groups
- Forest Bathing
- Yoga
- Mediation

### PHYSICAL HEALTH
- Bike Riding, Tours
- Field Games
- Sports
- Skating
- Walking Groups
- Running Groups
- Yoga /Mediation
- Swimming
- Canoeing
- Kayaking
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TPL Community of Practice
Increasing “Access” through a Holistic Lens

Amarre Negussie, Recreation Supervisor
Colby Fangman, Park Planner II

Janis Steele, Recreation Manager
Daniel Calvert, Development and Planning Administrator
Increasing “Access” through a Holistic Lens - JUSTIFICATION

IDENTIFYING EJ AREAS

 Regional Degrees of Disadvantage

The map below shows the overlaying of each degree of disadvantage throughout the MPO planning area at the census tract level. The darker the shade of purple in this map represents a higher degree of disadvantaged populations. While concentration is highest in the central urban areas, outerlying communities also have disadvantaged populations, especially so near clusters of multi-family housing units.

23% of regional population lives in a census tract identified as an Environmental Justice Area.

6% of the land area within the MPO Planning Area is identified as an Environmental Justice Area.

FEDERAL MANDATES

“No person in the United States shall, on the ground of race, color, or national origin, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance.”

- Title VI of the Civil Rights Act of 1964.

“Each Federal agency shall make achieving environmental justice part of its mission by identifying and addressing, as appropriate, disproportionate and adverse human health or environmental effects of its programs, policies, and activities on minority populations and low-income populations.”

Increasing “Access” through a Holistic Lens - DEVELOPMENT

Central Place Levee Trail Route & Neighborhood Spurs

Phase 1 Northern Terminus: 1901 2nd Avenue, Des Moines, IA 50314
Phase 3 Southern Terminus: 821 W River Dr, Des Moines, IA 50309

Proposed Trail Project
- Central Place Levee Trail - Phase 1
- Central Place Levee Trail - Future Phases

Existing Bicycle Facilities
- Blue: Off Street
- Pink: On Street
Increasing “Access” through a Holistic Lens - PROGRAMMING
2015
- Wiregrass Lake Metropark
- Fallen Timbers Battlefield
- Westwinds Metropark

2016
- Middlegrounds Metropark

2020
- Cannonball Prairie Metropark
- Glass City Metropark
- Manhattan Marsh Metropark
#getoutsideyourself