



Know Your Neighbor

Strengthen Community
Action Learning Team



NORTHWEST
COMMUNITY
HEALTH
INNOVATION
REGION

NORTHWEST MICHIGAN
**Behavioral
Health
Initiative**



This is the work of the **Strengthen Community Action Team**, one of the 12 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the [CHIR](#) and the [Behavioral Health Initiative](#), and stay connected by subscribing [here](#).

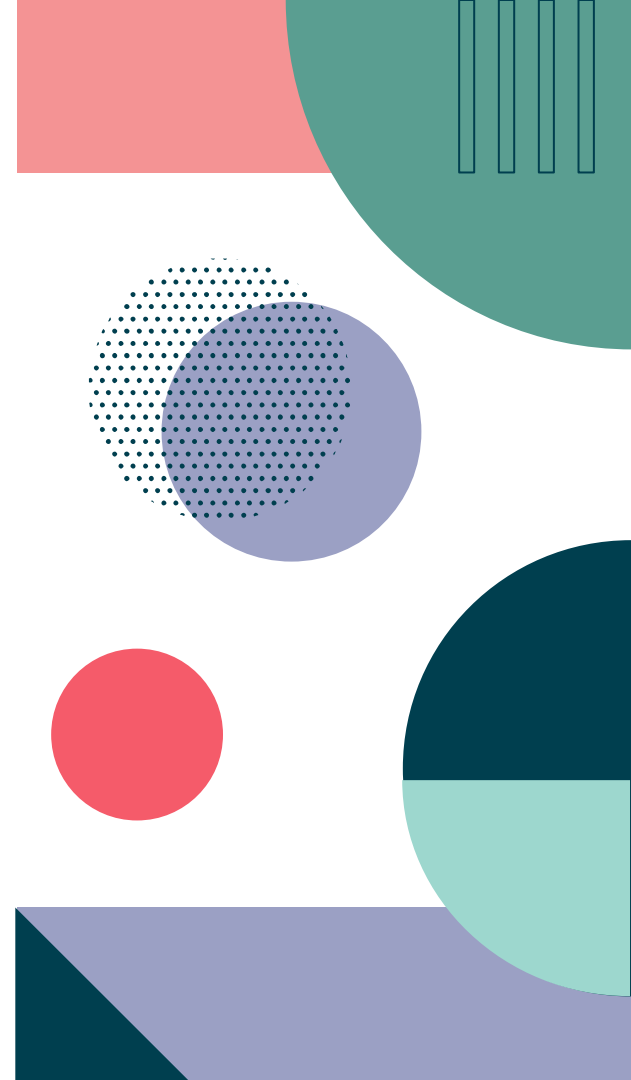
Our Team

Leader:

- Ty Schmidt

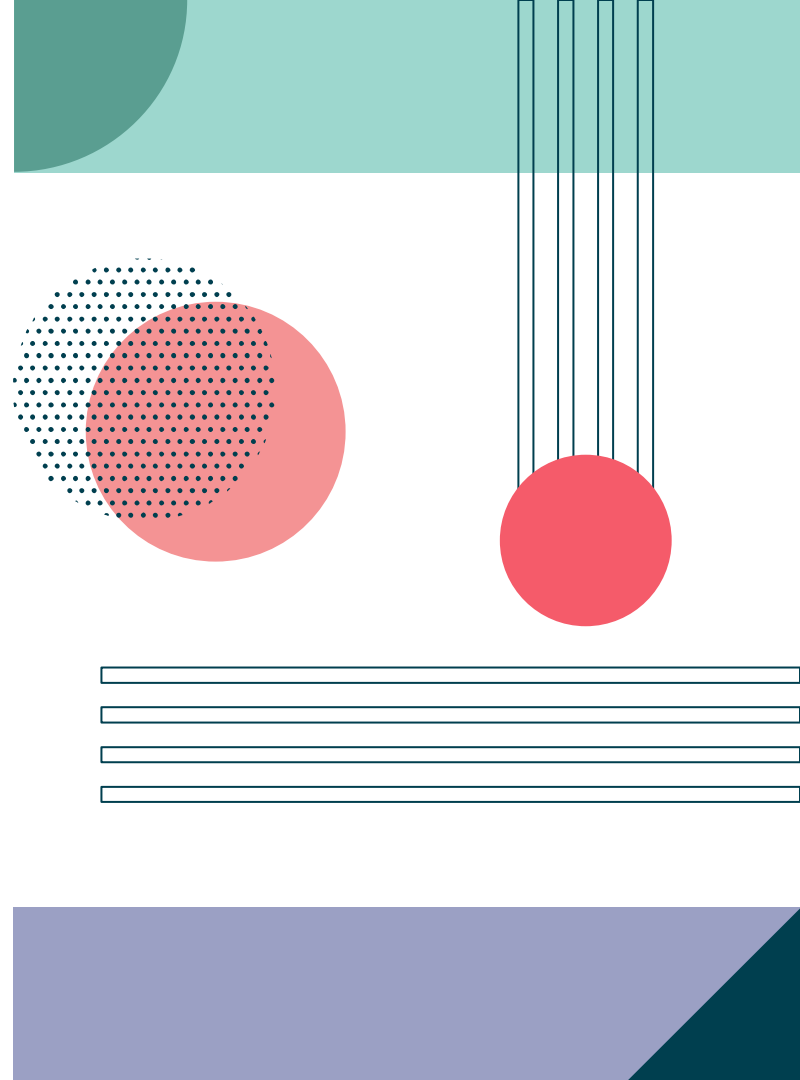
Members:

- Kayla Bussey - DHD #10
- Rose Fosdick - Manistee County HSCB
- Mary Gillett - NW MI Arts & Culture Network
- Jim Moore - Disability Network Northern Michigan
- Josh Stoltz - Grow Benzie



The Challenge

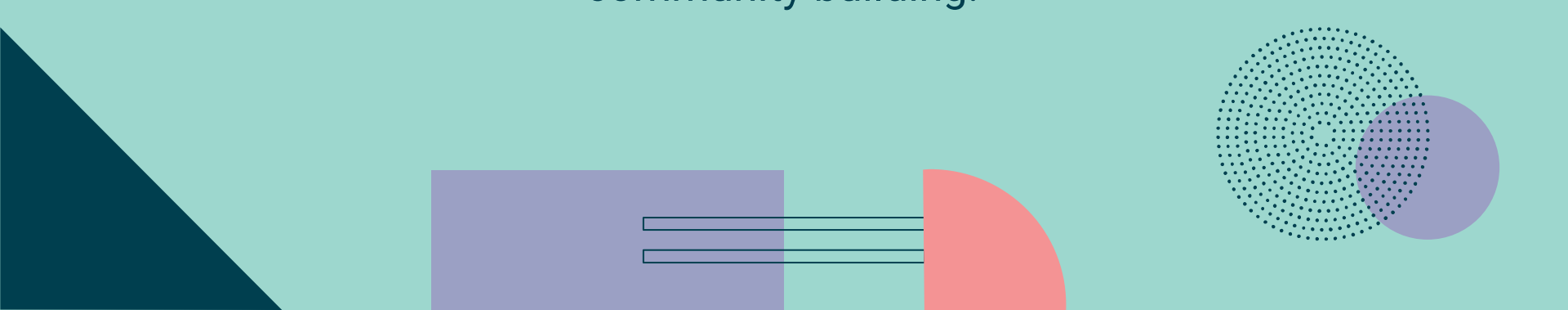
This is a largely rural region; the population is dispersed and decision-making is de-centralized. This isolation, combined with the friction between long-term residents, part-time residents, and recent arrivals, hinders community connections. Furthermore, the region is not immune to the polarization that has happened around the country.





Our Goal

Promote understanding of and resources for
community building.



Recipes for Social Connectedness

We collected recipes for social connectedness from community leaders across the region. Each recipe contains tips for implementation and sustainment.

RECIPES FOR SOCIAL CONNECTEDNESS

THESE CROWD-SOURCED RECIPES HAVE BEEN CREATED BY YOUR NORTHERN MICHIGAN NEIGHBORS TO HELP US BETTER CONNECT WITH EACH OTHER.

LIKE ANY GOOD RECIPE, THESE ARE VERSATILE AND MEANT TO BE ADAPTED TO ANY NORTHERN MICHIGAN NEIGHBORHOOD.

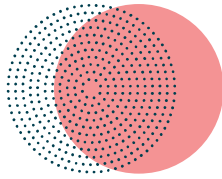
PLEASE ADD A PINCH HERE OR DASH THERE TO MEET THE TASTE OF YOUR NEIGHBORHOOD.

DOES YOUR NEIGHBORHOOD ORGANIZE AN ACTIVITY, EVENT, OR PROJECT THAT WE CAN SHARE WITH OTHERS? PLEASE CONTACT XXX

 NORTHWEST HEALTH INNOVATION REGION |  Behavioral Health Initiative

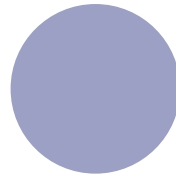
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Recipe Highlights



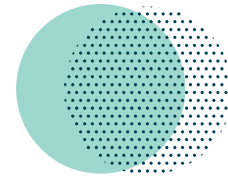
Yoga on the Beach

Weekly yoga on the beach for local residents.



Monthly Neighborhood Sledding

Regularly-scheduled sledding for neighborhood families.



Community Cook-Off

Monthly neighborhood gatherings centered around food.

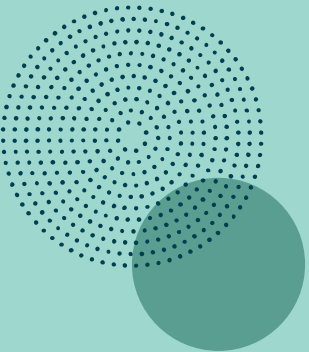


Achievements

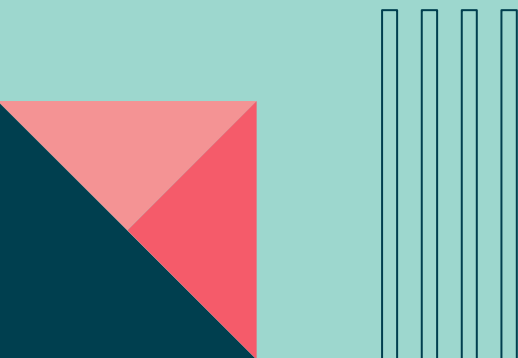
Distributed toolkits for community
connectedness to community leaders
around the region.



Findings



Community connectedness can be fostered through almost any event that brings neighbors or residents together.



Community events promote a sense of belonging.

What Can You Do?

Share our Toolkit with Community Leaders

Share our toolkit for community connectedness with neighborhood association leaders and community organizations.

Submit Your Recipes for Community Connectedness

Share your recipes for community connectedness with us and we'll put them in the toolkit!

