



HEALTHY COMMUNITIES TASK FORCE

The Intersection of Civic Space
and Mental Health | **JULY 14, 2017**

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SPEAKER BIOGRAPHIES

Laura Torchio AICP

Deputy Director, Transportation Initiatives, Project for Public Spaces

Laura Torchio has considerable expertise on Complete Streets and Safe Routes to School (SRTS), having worked on both initiatives previously for the New Jersey Department of Transportation and as a consultant with The RBA Group. During her time with the SRTS National Partnership, Ms. Torchio facilitated collaboration among New Jersey's state, regional and local leaders to fund and implement Complete Streets and SRTS programs. Most recently she led and managed the Project for Public Spaces Healthy Places Program making the connection between transportation and placemaking to positive health outcomes. She is a board member and past president of Bike&Walk Montclair, and helped her community pass New Jersey's first municipal Complete Streets policy, achieve New Jersey SRTS Resource Center Gold SRTS status, and Silver Walk- and Bronze Bike Friendly Community status.

Meishka L. Mitchell, AICP, PP

Vice President of Community Initiatives, Cooper's Ferry Partnership

Meishka has established herself as a leader in the community, equally respected by government officials, community partners, city residents, and her peers. Drawing on her background as a Camden native, as well as her education and experience, she brings a keen and unique perspective to her work in community planning and neighborhood revitalization at Cooper's Ferry Partnership. Cooper's Ferry Partnership (CFP) is a nonprofit community and economic development organization that works to establish public and private partnerships to effect sustainable economic revitalization and promote Camden as a place in which to live, to work, to visit and to invest. Meishka joined the CFP staff as a graduate intern in 2003 and took the helm as the Vice President of Neighborhood Initiatives in 2010. Meishka has played a key role in broadening CFP's mission to address planning and redevelopment efforts in Camden's neighborhoods, overseeing the development of plans and implementation of key neighborhood projects with a high level of community input and participation. Meishka has a Master of City Planning from the University of Pennsylvania. Meishka is also certified by the American Institute of Certified Planners and maintains a Professional Planners license with the State of New Jersey.

Laure Biron LSW, MSS, MLSP, MFA

Porch Light Program Director, Mural Arts Philadelphia

Laure Biron joined Mural Arts Philadelphia in 2008 as a teaching artist sparking an interest in social justice and social work. After completing her Masters at the Pennsylvania Academy of the Fine Arts, Laure enrolled in the Bryn Mawr School of Social work and Social Research and took a field placement with the Restorative Justice Department Guild Program at Mural Arts. After three years with the Restorative Justice department and completing her Masters in Social Service with a clinical focus and a Masters in Legal and Social Policy, Laure started her own private psychotherapy practice and became the Director of the Porch Light Program, a partnership between Mural Arts and the Department of Behavioral Health and Intellectual disAbility Services that offers programming and projects on behavioral health and community wellness.

PRESENTATIONS



Healthy Places, Healthy Communities

Laura Torchio

Deputy Director of Transportation Initiatives

Project for Public Spaces

Connect the Lots in Camden

Meishka L. Mitchell

Vice President of Community Initiatives Cooper's Ferry

Partnership

Mural Arts Porch Light

Laure Biron, Director

Mural Arts' Porch Light Program

HEALTHY PLACES

HEALTHY COMMUNITIES

The Intersection of Civic Space and Mental Health

July 14th, 2017

Philadelphia, PA

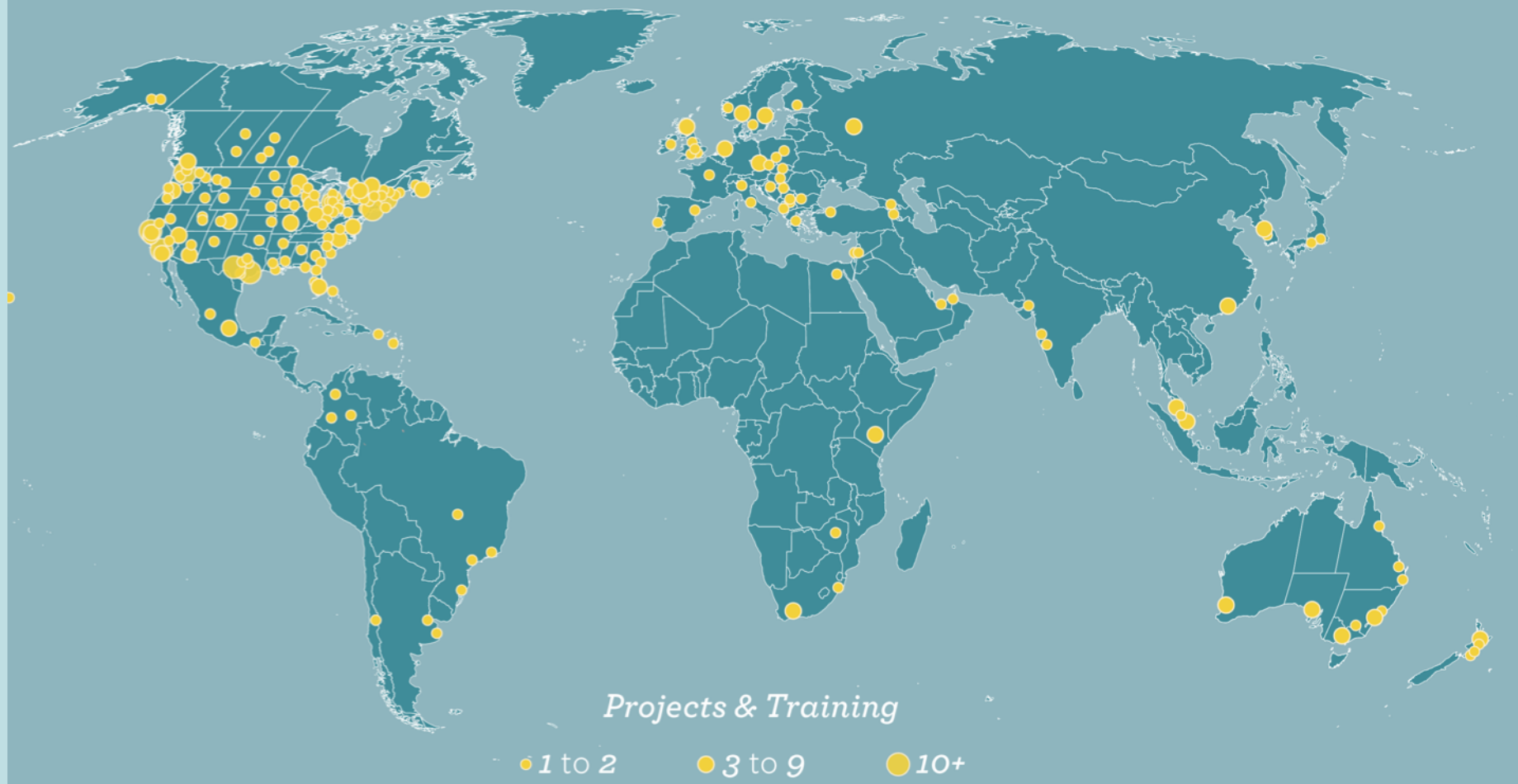


LAURA TORCHIO, AICP
Dep. Director, Transportation
ltorchio@pps.org



WHERE WE HAVE WORKED

Since 1975



Helping people create and sustain public spaces that build stronger communities.



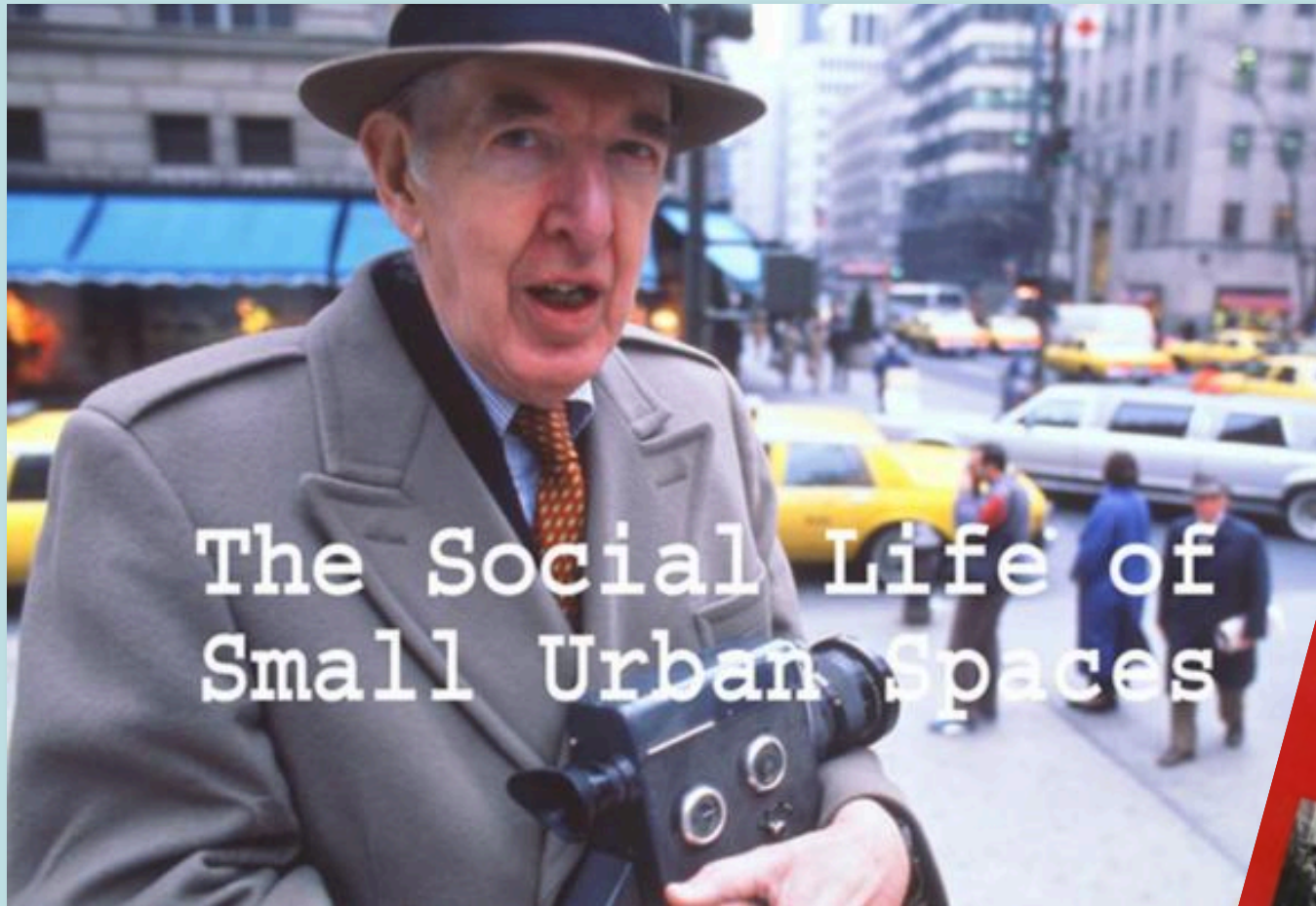
46 countries, **6** continents,
50 US states, **7** Canadian provinces,
1000 cities, **3,000** communities

WHAT IS PLACEMAKING?



Placemaking is a collaborative process of people coming together to *reimagine and reinvent public spaces*.

- *The **Community** is the Expert*
- *Create a **PLACE**, not a Design*



William "Holly" Whyte



*"It's hard to create a space that will not attract people, what is remarkable, is how often this has been accomplished."
~Holly Whyte*

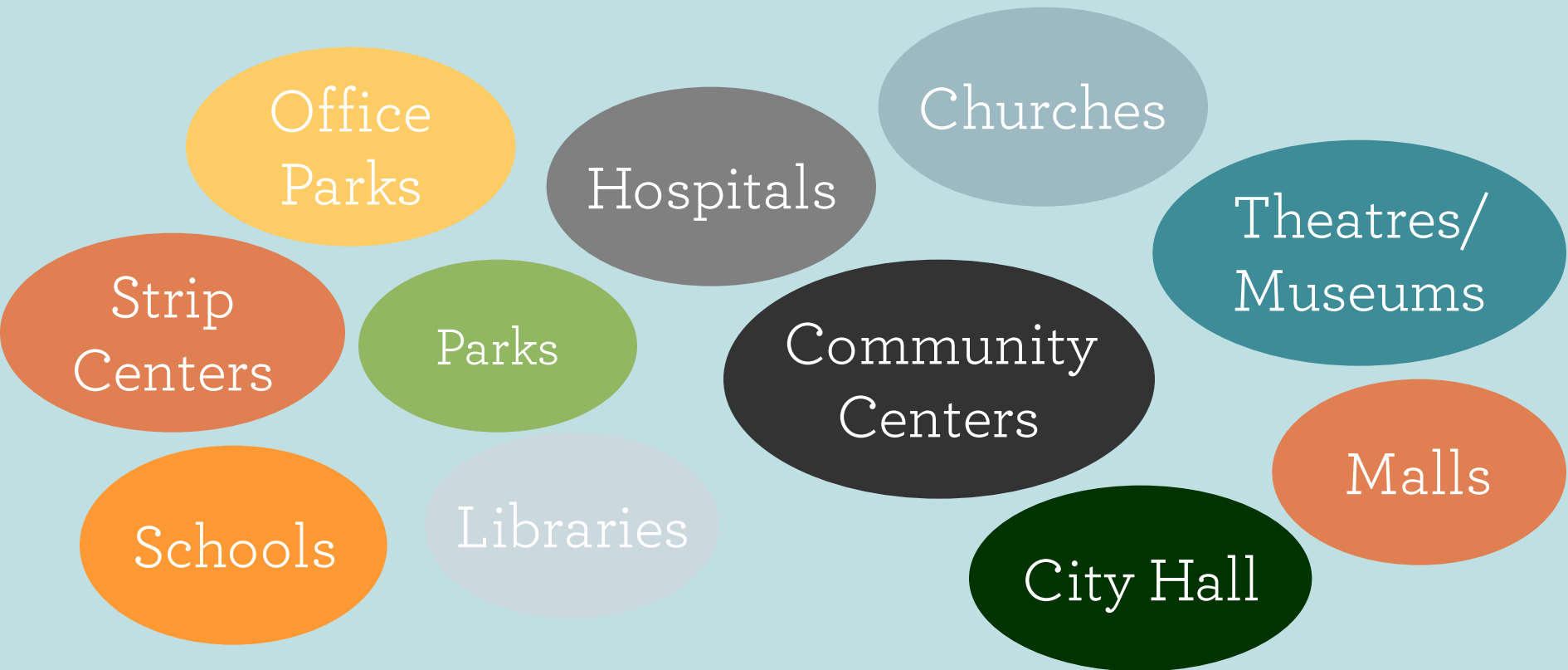


WHY???

WE'RE NOT SEEING THE BIG PICTURE



COMMUNITIES TODAY



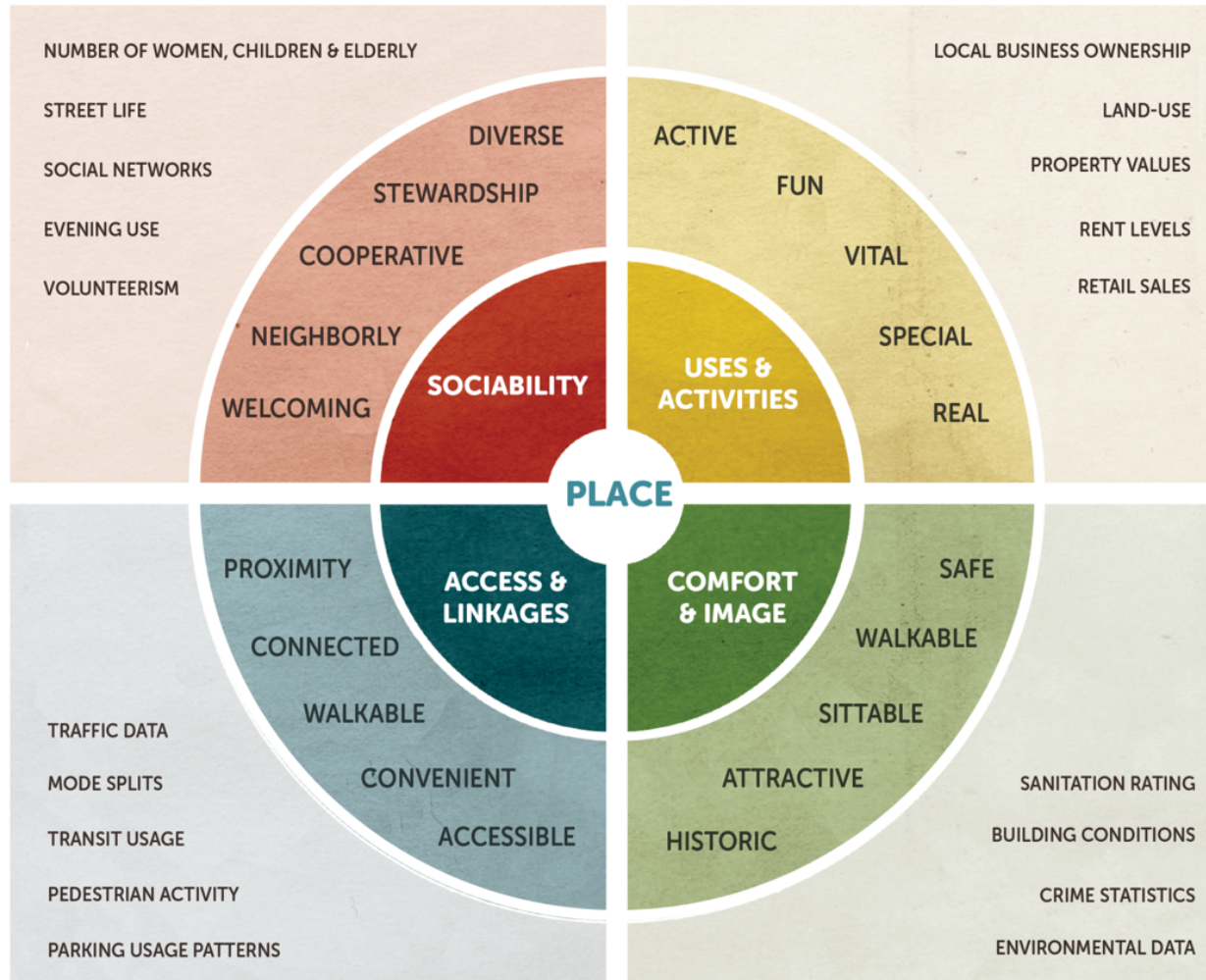
SUSTAINABLE COMMUNITIES OF THE FUTURE



“What attracts people most it would appear, is other people.”



WHAT MAKES A GREAT PLACE?



MEASUREMENTS ● INTANGIBLES ● KEY ATTRIBUTES ●



USES & ACTIVITIES

- Fun/Vital
- Active
- Indigenous
- Sustainable
- Affordable
- Challenging





COMFORT & IMAGE

- Inviting
- Attractive
- Usable
- Clean
- Green
- Friendly





ACCESS & LINKAGES

- Convenient
- Walkable
- Bike-friendly
- Transit
- Orienting
- Connected
- Enticing





SOCIABILITY

- Welcoming
- Cooperative
- Interactive
- Neighborly
- Proud
- Diverse
- International
- Cared for



Setting the Context for **Healthy Places**

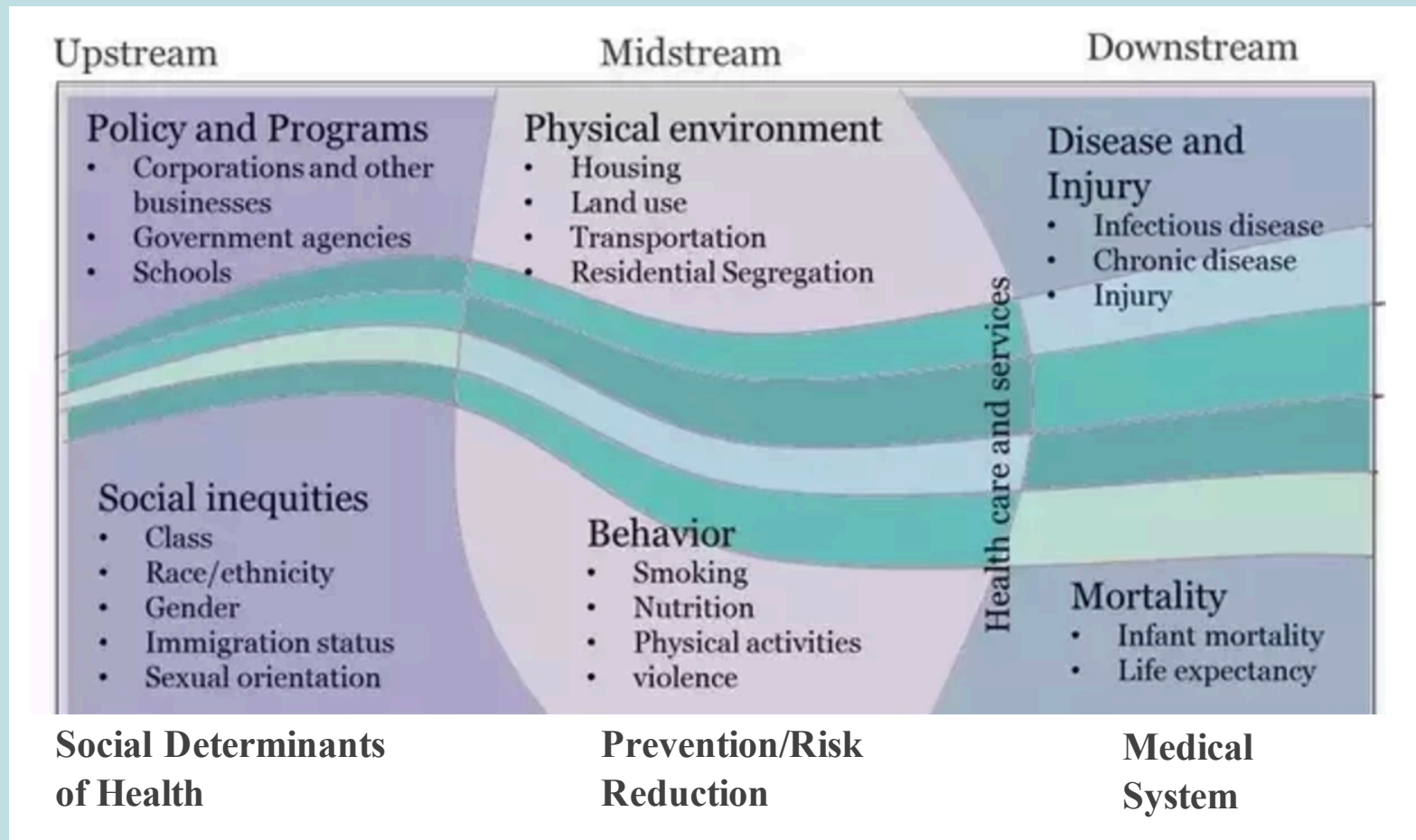
Creating

Healthy Communities

Through Placemaking

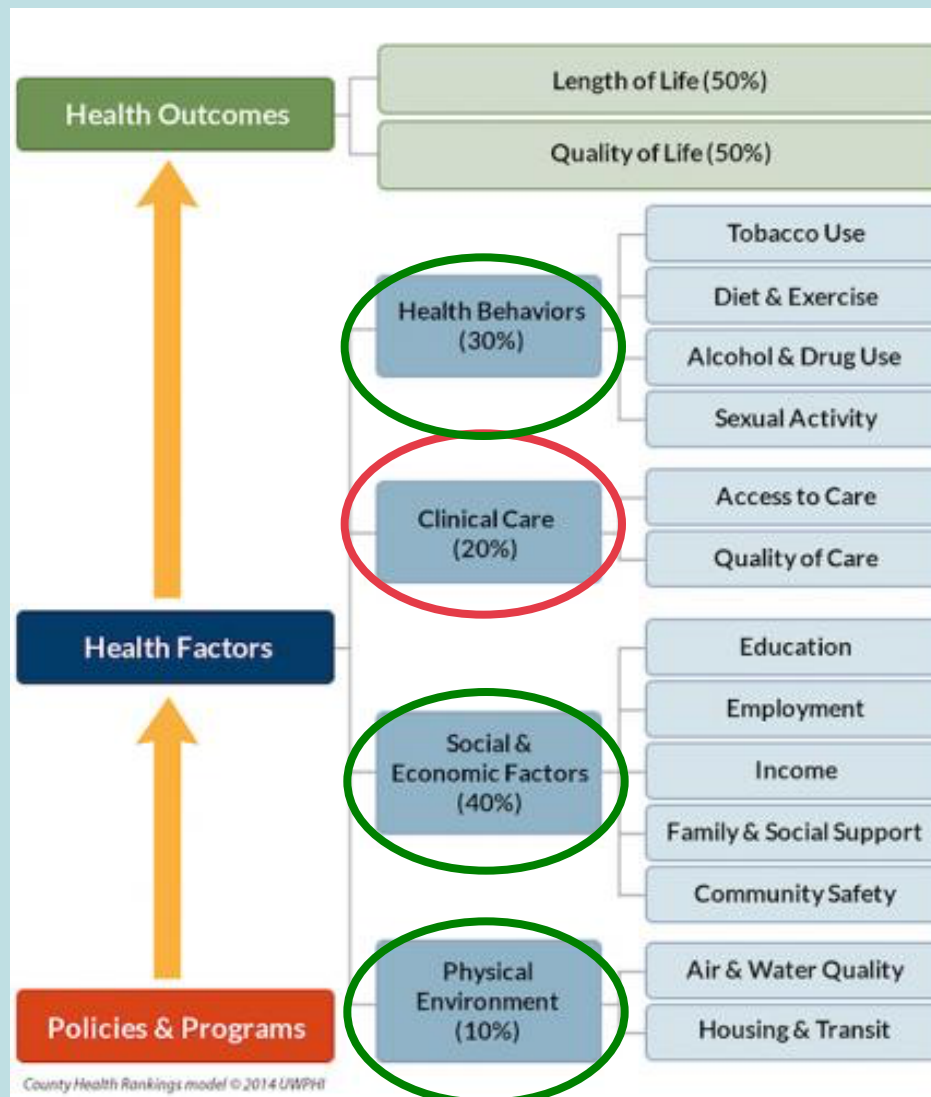


The Upstream-Downstream Story



Let's Keep People from Getting Sick!
Let's Make it Easier to Live Well!

RWJF 2016 County Health Rankings



HOW HAVE WE BEEN DESIGNING OUR PLACES?



Getting From Point A to Point B is tougher among Cul-de-sacs than on a Grid Pattern



Driving-only transportation pattern



Walkable connected transportation network

Images of Two Atlanta neighborhoods are of the same scale, about one square mile. Travel distance on the left is 1.3 miles; travel distance on the right is 0.5 miles.

Source: *Healthy and Community Design* by Lawrence D. Frank et al. © 2003 Lawrence D. Frank and Peter Engelke. Reproduced by permission of Island Press, Washington, D.C.





San Diego, California - A 24-Hour Fitness Center with escalators.



THE RESULTS ?

- 2/3 of American adults either **obese or overweight**
- **Physical inactivity** is the 4th leading cause of death globally
- Half of Americans have a **chronic disease**
- 26% of Americans suffer from **depression**
- Growing **health disparities**

“We have to turn everything upside down to get it right side up – to get from inadequate to extraordinary.”

~Fred Kent, PPS President



Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

- Howard Thurman, Civil Rights Leader

Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

- Howard Thurman, Civil Rights Leader

Healthy Places

We are products of our environment...how can we build places that help us come alive?

2016 Healthy Places Research Paper

<https://www.pps.org/wp-content/uploads/2016/12/Healthy-Places-PPS.pdf>



*Understanding the connection between
Placemaking and Healthy Living*

5 Key Themes



Social Support & Interaction

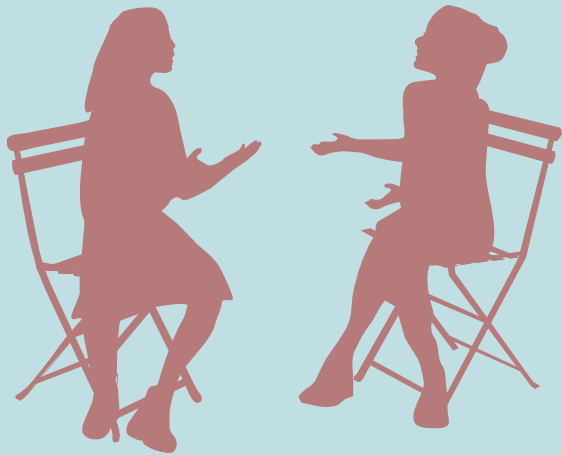
Key Findings



- Placemaking **projects improve community social capital, sense of community, and individual well-being**, including decreased reports of depression;
- People who have a stronger sense of belonging to their local community tend to **live healthier lives** and have fewer mental health challenges; and,
- Public space features and amenities that facilitate face-to-face interaction have been linked to **reduced levels of psychological distress**.

Social Support & Interaction

Key Findings

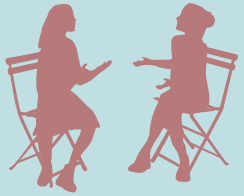


Strong social support and networks instill a sense of belonging

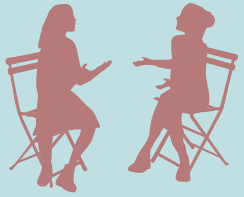
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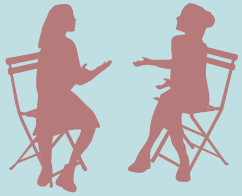
- Social support and connections essential to health and well-being
- Connected to decreased levels of stress, longer lives, improved pregnancy outcomes



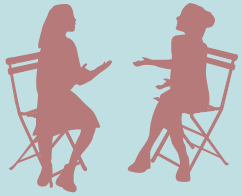
Placemaking projects linked to improved sense of community, social capital, depression rates, well being



Greater sense of belonging linked to healthier behavior and mental health improvements



Emerging evidence about impacts of engagement in park management and activities



Strategies that create 'bridging' social capital and networks are especially powerful

Taking Action



Taking Action

1. *Institutionalize community engagement.*



Taking Action

1. *Institutionalize community engagement.*

2. *Identify spaces for additional public uses.*



Taking Action

- 
- 
- 1. Institutionalize community engagement.*
 - 2. Identify spaces for additional public uses.*
 - 3. Organize or host community events and programs.*

Taking Action

- 
- A group of children and an adult are dancing in a park. The children are wearing colorful clothing and are in various dance poses. The adult is wearing a black t-shirt with "SINCE 2012" and "COMMUNITY RELATIVE" on it. In the background, there is a large fountain with water spraying out. The scene is set in a park with trees and a paved path.
- 1. Institutionalize community engagement.*
 - 2. Identify spaces for additional public uses.*
 - 3. Organize or host community events and programs.*
 - 4. Provide amenities that encourage social interaction.*

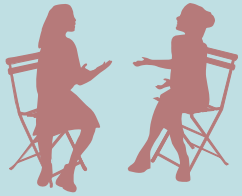
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 - 5. Build the capacity of local stakeholders to manage public spaces.*

Taking Action

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 - 2. Identify spaces for additional public uses.*
 - 3. Organize or host community events and programs.*
 - 4. Provide amenities that encourage social interaction.*
 - 5. Build the capacity of local stakeholders to manage public spaces.*
 - 6. Showcase local talent.*

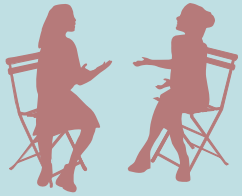
Case Study



Peaches & Greens, Detroit, MI

A small produce store grows into a community and health hub that houses a commercial kitchen, a meeting space, a plaza and park, community gardens, and an orchard.

Webinar



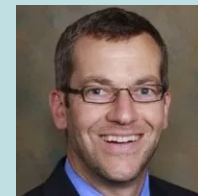
Tyler Norris, Well Being Trust
(formerly Kaiser Permanente)
Primary funder, Moderator



Janet Heroux, Public Health
Professional
The Case for Healthy Places –
Peer-reviewed Research



Dacher Keltner, Greater Good
Science Center, UC Berkeley
Tools to Foster Emotional Well-
being



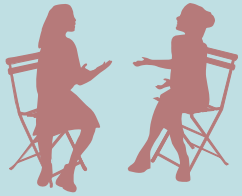
Don Mordecai, Kaiser
Permanente
Adverse Childhood Experience
on Health & Resilience

The Role of Social Support & Interaction:

The critical role of social connection and community networks in promoting overall health and well-being

<https://www.pps.org/blog/announcing-pps-2017-healthy-places-live-webinar-series/>

New Areas of Research



1. *Explore the connection between mental health, social supports, and social capital*
2. *Evaluate the relationship between place attachment and health*
3. *Bridge social capital and attract a diversity of users*
4. *Measure connections between placemaking and crime reduction/prevention.*

Play & Active Recreation

Key Findings



- Having easy **access to clean parks** has been associated with healthier weights and greater life satisfaction amongst users;
- Parks in communities with **higher levels of social capital generate more physical activity**; and,
- **Play streets** can increase children's physical activity, at no cost to their families.

Play & Active Recreation

Key Findings



**Parks and play
spaces
encourage
physical activity**

- Having easy **access** to clean parks has been associated with healthier weights and greater life satisfaction amongst users;
- Parks in communities with **higher** levels of social capital generate more physical activity; and,
- **Play streets** can increase children's physical activity, at no cost to their families.

Taking Action



- 1. Engage local stakeholders*
- 2. Work with community groups*
- 3. Increase public active recreation spaces*
- 4. Add active recreation*
- 5. Additional amenities, equipment, or programming*
- 6. Play Street or Open Street events*
- 7. Advertise play and active recreation opportunities widely*
- 8. Improve walking, bicycling, and public transportation access.*
- 9. Promote socialization and interaction*

Green & Natural Environments



Key Findings

- Close proximity to parks and green spaces positively impacts physical activity levels, mental health, and cognitive function;
- People living in neighborhoods with **high-quality public spaces report better mental health** than those with low-quality public spaces; and,
- Green spaces and placemaking activities can potentially **reduce crime** by adding “eyes on the street”.

Green & Natural Environments



Immediate and affordable, low-cost improvements that adds visual appeal, comfort, and identity to a place

Key Findings

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Taking Action

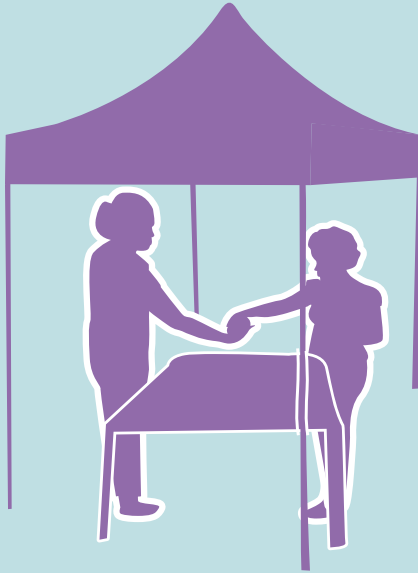


1. *Increase the number, size, safety, and quality of parks and trails accessible on foot.*
2. *Incorporate more natural features into existing green spaces,*
3. *Incorporate trees, landscaping, and other engaging natural features into the urban fabric at large*



Healthy Food

Key Findings



- Adding a **farmers' market** to a neighborhood lacking supermarkets can increase the availability and affordability of fresh produce;
- **Incentives** to purchase fruits and vegetables can help low-income populations purchase and consume more of these products; and,
- **Community gardens** can increase fruit and vegetable consumption.

Healthy Food

Key Findings



Markets, food stands, gardens, and incentives help ensure access to fresh affordable food

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Taking Action



1. *Establish year-round farmers markets*
2. *Co-locate healthy food opportunities with health services*
3. *Integrate community gardens into schools, housing, etc*
4. *Education and health-related programming*
5. *Vouchers at farmers markets*

Walking & Biking



Key Findings

- **Social places** encourage walking;
- Walkable neighborhoods foster **social interaction and community cohesion**;
- Perceptions of a neighborhood's walkability is often higher in those communities with **higher levels of social capital**; and,
- **Low-income communities often face additional barriers** to physical activity that reduce the health benefits.

Walking & Biking



Create communities by fostering new community destinations... “to” not “through”

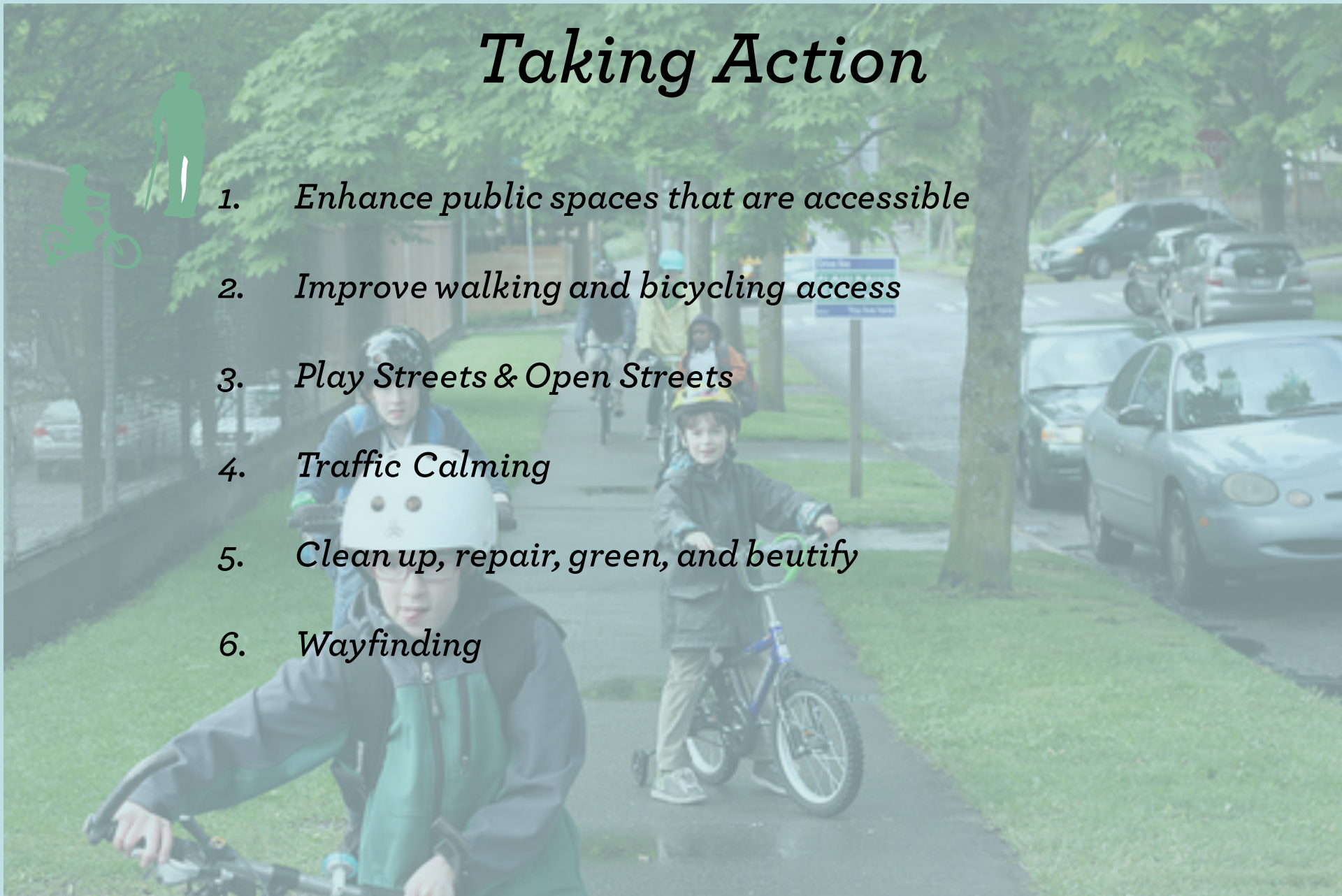
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- Low-income communities often face additional barriers to physical activity that reduce the health benefits.

Taking Action



1. *Enhance public spaces that are accessible*
2. *Improve walking and bicycling access*
3. *Play Streets & Open Streets*
4. *Traffic Calming*
5. *Clean up, repair, green, and beautify*
6. *Wayfinding*



The Unique Role of Healthcare Institutions



1. *Use Community Health Needs Assessments, which non-profit hospitals must conduct every three years, to identify potential placemaking projects and strategies*
2. *Utilize Community Health Workers, defined by APHA as “a frontline public health worker who is a trusted member and/or has a close understanding of the community served,” to engage local residents in placemaking efforts*

HEALTHY PLACES AUDIT

WHAT MAKES A GREAT PLACE?



KEY ATTRIBUTES ● **INTANGIBLES** ● **MEASUREMENTS** ●

Project for Public Spaces (PPS) is a nonprofit planning, design and educational organization dedicated to helping people create and sustain public spaces that build stronger communities. Our pioneering Placemaking approach helps citizens transform their public spaces into vital places that high-light local assets, spur rejuvenation and serve common needs.

PPS was founded in 1975 to expand on the work of William (Holly) Whyte, author of *The Social Life of Small Urban Spaces*. We have since completed projects in more than 3000 communities in 43 countries and all 50 U.S. states and are the premier center for best practices, information and resources on placemaking. More than 600 people worldwide are members of our Placemaking Leadership Council.

©2017 Project for Public Spaces, Inc. The 'Healthy Place Audit' cannot be used without formal, written permission from PPS. If permission is granted, full credit must be given to PPS on all written materials and in any verbal descriptions of the game.

HEALTHY PLACES AUDIT

A Tool for Initiating the Placemaking Process



419 Lafayette Street | New York, NY
www.pps.org | @PPS_Placemaking



Group Number: _____

ed as a tool to evaluate how well public places, and to identify opportunities for your space according to the following

USES & ACTIVITIES

- The space is busy and vibrant.
- There are places where everyone can gather.
- There are places which provide lots of things to do for all ages.
- The space has a variety of art and culture.
- There are convenient places to buy healthy, fresh and affordable food.
- There are places for everyone to be physically active in all seasons.

	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4

SOCIABILITY

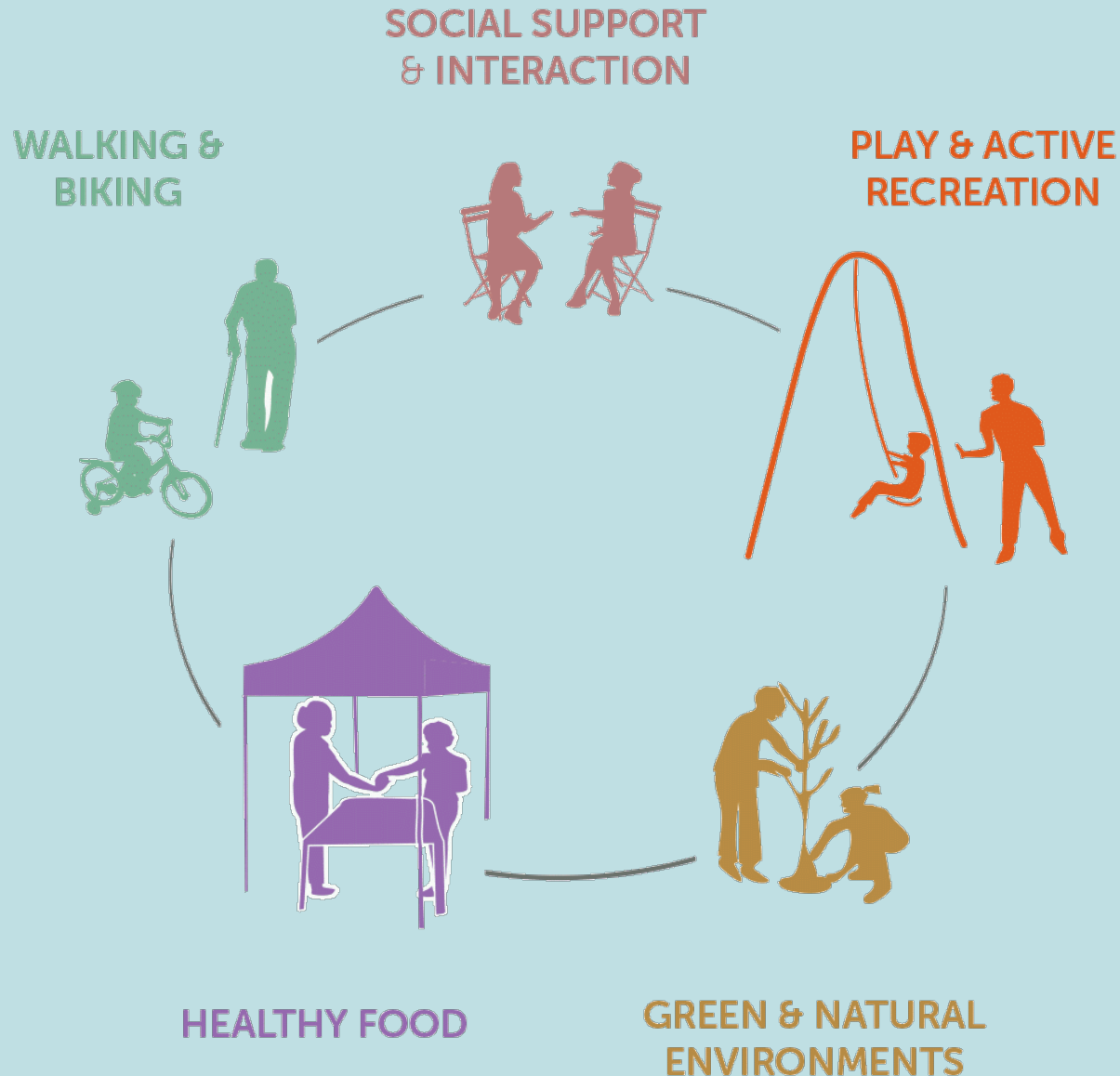
- People seem to know one another by face or name.
- Chance encounters happen frequently, as people tend to run into someone they know.
- There are public displays of affection.
- The space has a mix of ages, sexes, and ethnic groups.
- There are many places where everyone in the space can interact.
- There is a strong sense of pride in the space.

	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4
	1	2	3	4

WHAT MAKES A GREAT PLACE?



What are the strengths, weaknesses and opportunities for:



HOW DO YOU DO IT ?

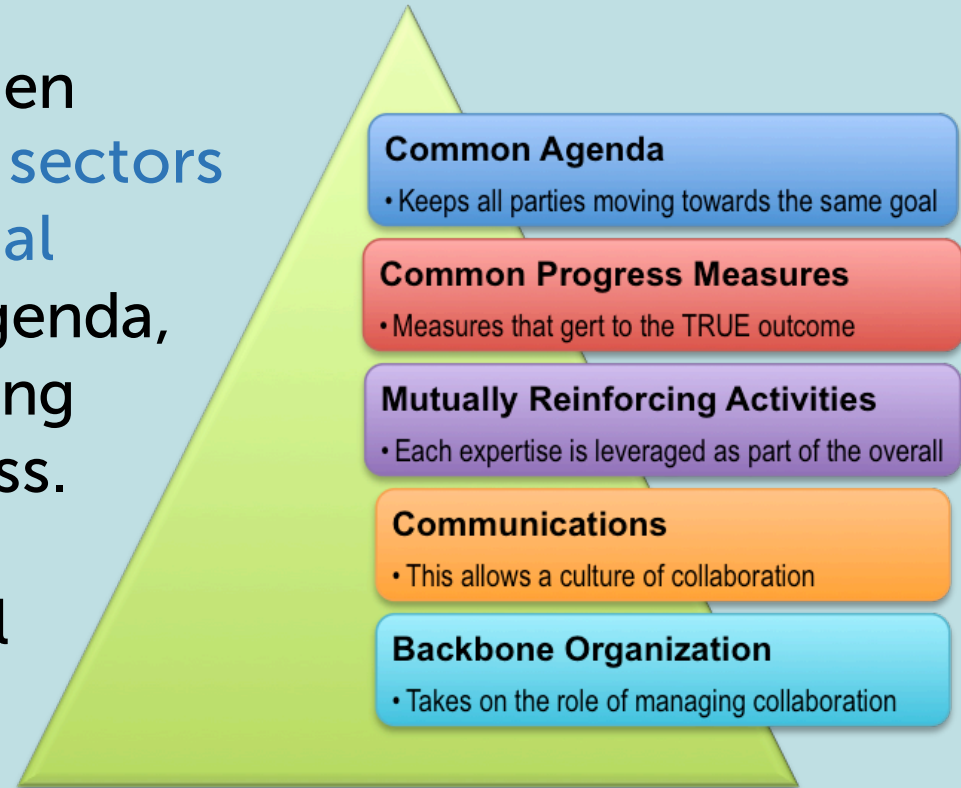




Collective Impact

Collective Impact occurs when organizations from **different sectors** agree to solve a **specific social problem** using a common agenda, aligning their efforts, and using common measures of success.

The Collective Impact Model allows partners to leverage efforts even when their missions differ.



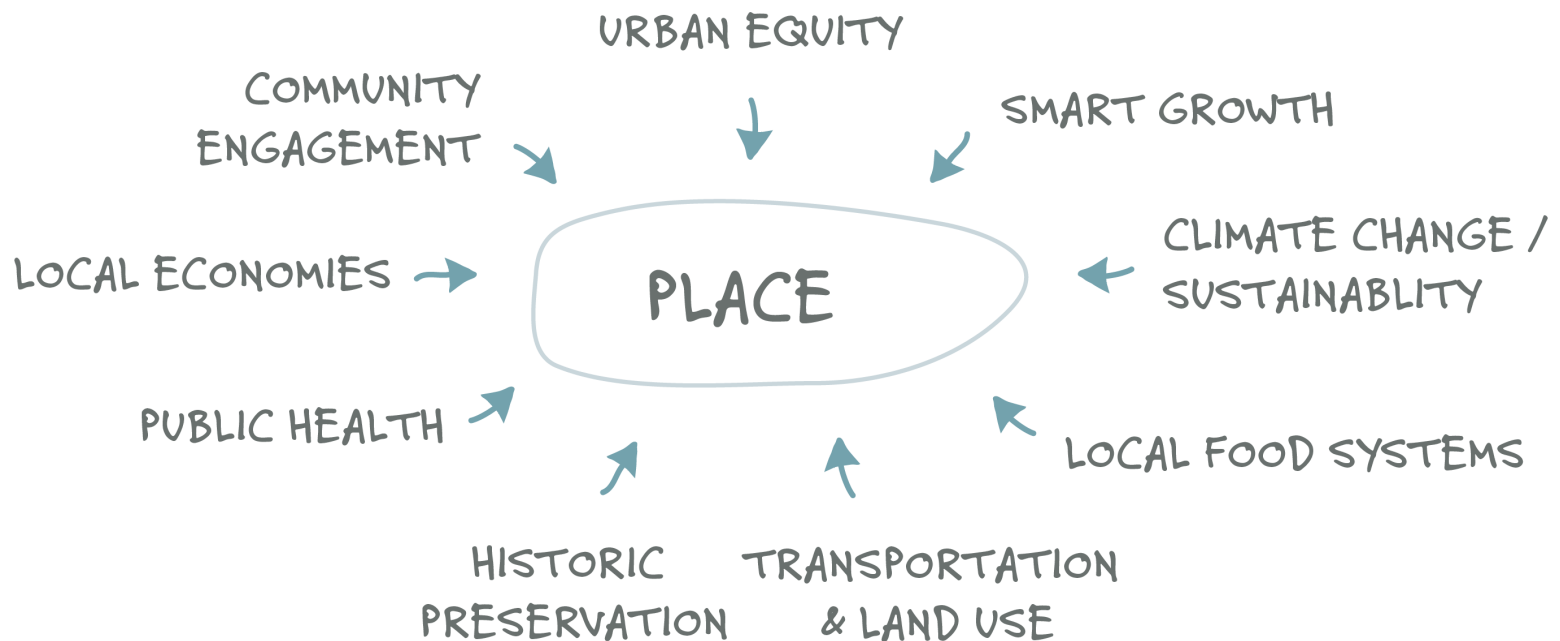
StriveTogether





*When you focus on
place, you do
everything differently.
~Fred Kent*

CONVERGENCE OF MOVEMENTS/DISCIPLINES AROUND **PLACE**



PPS Healthy Places Initiative

- 1. *Healthy Places Tools and Training***
Leverage placemaking tools and trainings to make the Place/Health connection
- 2. *Healthy Places 2.0***
Identify and catalog evidence to support the connection between health and place and to justify place-led, person-centered change efforts
- 3. *Partnerships & Movement Building***
Build a Healthy Places network that can emerge as the “next system” for addressing health and wellbeing



Stay in Touch!



pps.org (read our blog, subscribe to our free newsletter)

 *[@PPS_Placemaking](https://twitter.com/PPS_Placemaking)*

 *facebook.com/ProjectforPublicSpaces*

 *[PPS_Placemaking](https://www.instagram.com/PPS_Placemaking)*

Placemaking Leadership Council

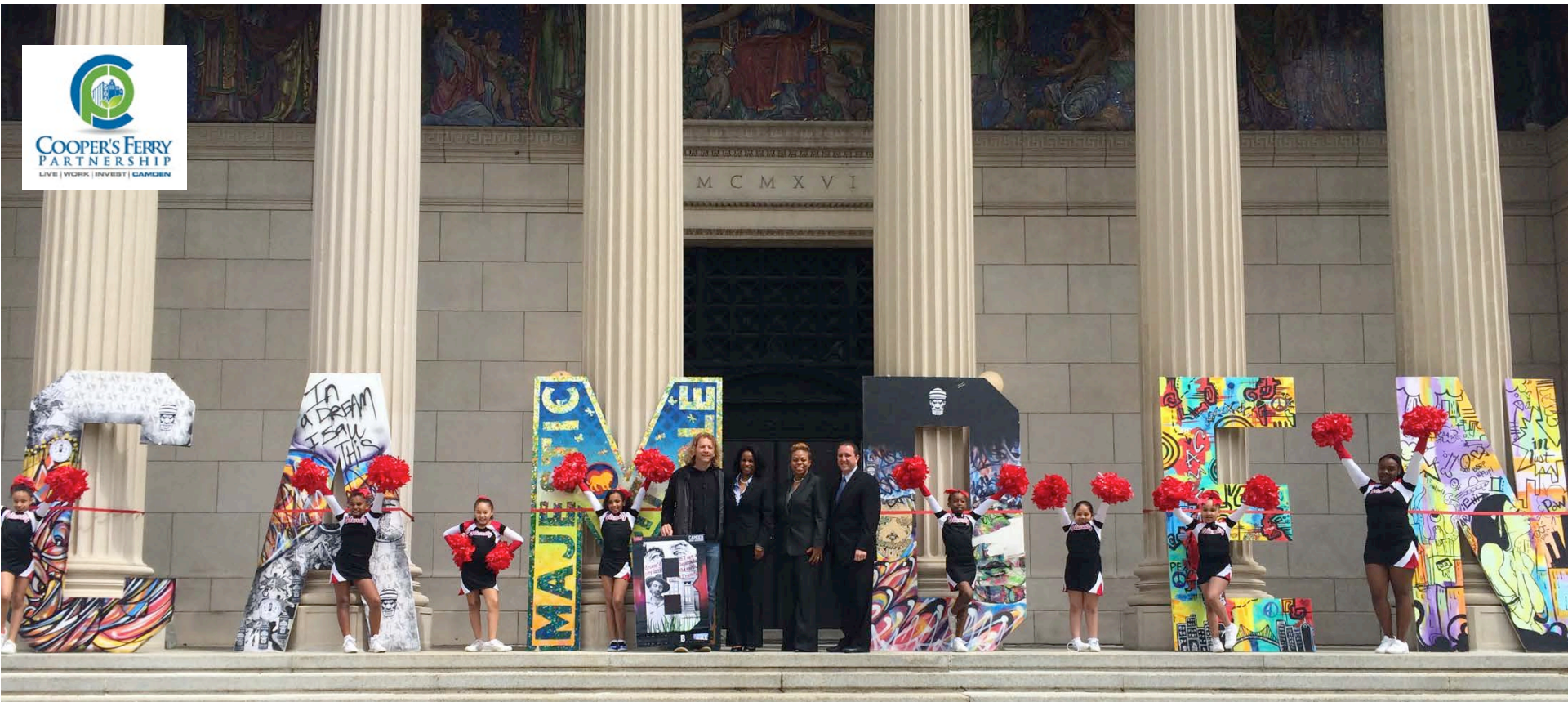
CONNECT THE LOTS CAMDEN

07.14.17

Meishka L. Mitchell, AICP, PP

Healthy Communities Task Force


Delaware Valley Regional Planning Commission





PLACEMAKING

A multi-faceted approach to the planning, design and management of public spaces. Placemaking capitalizes on a local community's assets, inspiration, and potential, with the intention of creating public spaces that promote people's health, happiness, and well being. It is political due to the nature of place identity. Placemaking is both a process and a philosophy.





CONNECT THE LOTS IS A COMMUNITY-DRIVEN INITIATIVE TO ACTIVATE CAMDEN, NEW JERSEY'S VACANT AND UNDERUTILIZED SPACES



USE

SOCIAL

CULTURE

PROCESS

PLACE

COLLECTIVE

CHARACTER

ASSETS

PUBLIC

PHILOSOPHY

INSPIRATION

REINVENT

HEALTH

CREATIVE

COMMUNITY

PARTNERS

HAPPINESS

CONNECTION

ACCESSIBLE

INTERACTIVE

WELL-BEING

ENGAGE

SPACE — — ➔

**BLOCK SUPPORTER
INITIATIVE**
OUR CHILDREN/OUR FAMILIES
PRIDE, RESPECT, RESPONSIBILITY, ACCOUNTABILITY
**SPONSORED BY
CAMDEN LUTHERAN HOUSING, INC.**
CALL (856) 729-8804
FOR MORE INFORMATION

Block Supporter Initiative
Camden Lutheran Housing, Inc.
Call (856) 729-8804

Expanding Park System

\$20+ million invested in last five years









Pyne Poynt Park

Northgate Park



Northgate Park

SPACE — — ➔ PLACE



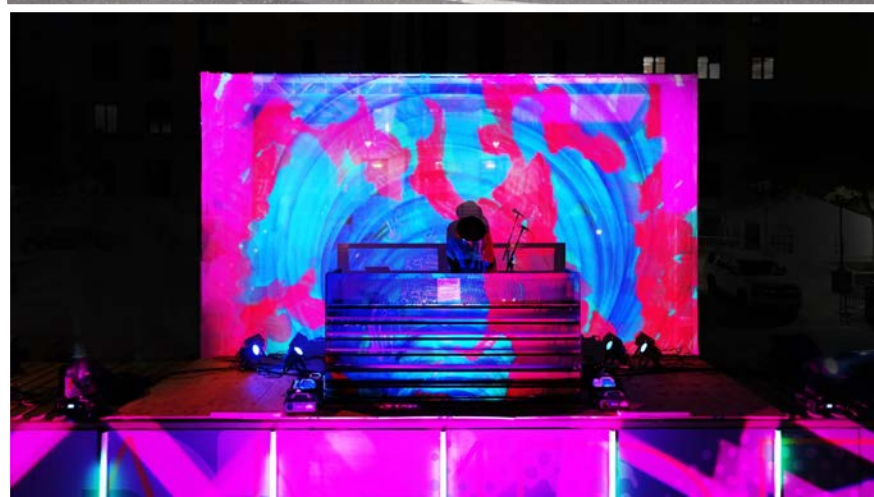
**NORTH
CAMDEN**



**NEIGHBORHOOD
PLAN**

SAVE OUR WATERFRONT





The City of Camden and Connect the Lots present

CAMDEN NIGHT GARDENS

**SATURDAY, MAY 20, 2017
7 PM**

**ROOSEVELT PLAZA PARK
520 MARKET STREET
IN FRONT OF CAMDEN CITY HALL**

FREE TO ENTER

RISE UP

Refreshments &
merchandise available
for purchase

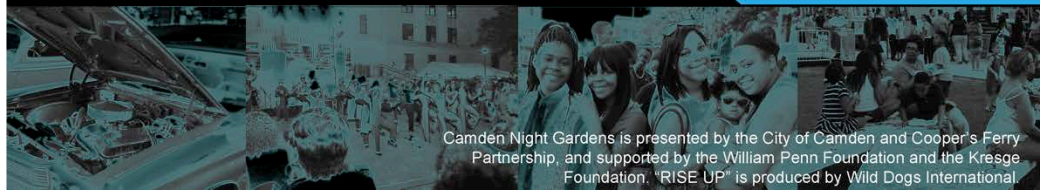
#CAMDENNIGHTGARDENS

#CONNECTTHELOTS



For info call 856.757.9154
www.camdennightgardens.com

**ART • MUSIC • DANCE
FOOD • CAR SHOW**



Camden Night Gardens is presented by the City of Camden and Cooper's Ferry Partnership, and supported by the William Penn Foundation and the Kresge Foundation. "RISE UP" is produced by Wild Dogs International.





CONNECT THE LOTS

2017 SCHEDULE
TURN UP THE FUN!

MAY 20, 2017
CAMDEN NIGHT GARDENS
ROOSEVELT PLAZA PARK
7 PM

SEPTEMBER 9, 2017
CAMDEN JAM
ROOSEVELT PLAZA PARK
2-8 PM

GET FIT!

HAVE FUN!

ZUMBA

MONDAYS IN JUNE - AUGUST
6 PM @ DUDLEY GRANGE PARK
3101 FEDERAL STREET

YOGA

TUESDAYS IN JUNE - AUGUST
6 PM @ JOHNSON PARK
2ND & COOPER STREETS

HOUSE PARTY FITNESS

WEDNESDAYS IN JUNE - AUGUST
6 PM @ PYNE POYNT PARK
6TH & ERIE STREET

FARMERS MARKET & MUSIC

THURSDAYS IN JULY - SEPT
11-1 PM @ ROOSEVELT PLAZA PARK
520 MARKET STREET

BOOTCAMP

THURSDAYS IN JUNE - AUGUST
6 PM @ COOPER'S POYNT PARK
DELAWARE AVE AT ELM STREET

AQUA AEROBICS

SATURDAYS IN JULY & AUGUST
10 AM @ N. CAMDEN COMMUNITY POOL
600 ERIE STREET

OUTDOOR MOVIES & FAMILY FUN

FRIDAYS IN JUNE & JULY
7-10 PM @ ROOSEVELT PLAZA PARK, 520 MARKET STREET

FRIDAYS IN AUGUST
7-10 PM @ DUDLEY GRANGE PARK
3101 FEDERAL STREET

CAMDEN PEACE GAMES

CITYWIDE BASKETBALL FEST
SUNDAY, JUNE 11 - 3-7 PM
REV. EVERS PARK
990 MORGAN BLVD

CAMDEN'S GOT TALENT

2ND ANNUAL TALENT SHOW
THURSDAY, JUNE 20, 6-8 PM
JOHNSON PARK
2ND & COOPER STREETS

BIKE EVENT

SATURDAY, AUGUST 12
10 AM @ COOPER'S POYNT PARK
DELAWARE AVE AT ELM STREET

ARTS WORKSHOP

"WEAVING COMMUNITY"
MON, WED & FRI IN JULY
12-2 PM @ RUTGERS CENTER FOR THE ARTS
314 LINDEN STREET

www.connectthelotscamden.com

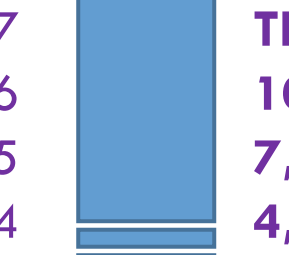
For more information, please call (856) 757-9154



2017



- 18 distinct activities
- 5 weekly fitness classes
- 8 locations
- Farmers Market & Music
- "Weaving Community" Arts Workshops



2017	TBD
2016	10,000
2015	7,500
2014	4,000

CTL ATTENDANCE

CONNECT THE LOTS
IS SUPPORTED BY:





23%

of people came to the
event with children





3/4

of attendees
from Camden City





TEXT
"CTLCAMDEN"
TO 41411 FOR
EVENT ALERTS

FITNESS CLASSES

FREE!

CONNECT
THE LOTS
CAMDEN

ZUMBA
MONDAYS/ JUNE - AUGUST
6-7 PM @ DUDLEY GRANGE PARK
3101 FEDERAL STREET

YOGA
TUESDAYS/ JUNE - AUGUST
6-7 PM @ JOHNSON PARK
2ND & COOPER STREETS

HOUSE PARTY FITNESS
WEDNESDAYS/ JUNE - AUGUST
6-7 PM @ PYNE POYNT PARK
6TH & ERIE STREETS

FOR INFO, CALL 856.757.9154
WWW.CONNECTTHELOOTSCAMDEN.COM

BOOTCAMP
THURSDAYS/ JUNE - AUGUST
6-7 PM @ COOPER'S POYNT PARK
DELAWARE AVENUE AT ELM STREET

AQUA AEROBICS
SATURDAYS/ JULY - AUGUST
10-11 AM @ NORTH CAMDEN COMMUNITY
CENTER POOL (BATHING SUIT REQUIRED)
600 ERIE STREET



FITNESS CLASSES
PROVIDED BY:



IN 5 WEEKS,
THE VIRTUA MOBILE FARMER'S
MARKET HAS SOLD TO OVER

**300
PEOPLE**

THANK YOU TO THOSE WHO HAVE HELPED ADD
ANOTHER OPTION FOR FRESH PRODUCE IN THE CITY!





CAMDEN
COLLABORATIVE
INITIATIVE





**FREE with
Ticket Required.**

Tickets at CamdenJam2017.eventbrite.com

**Saturday Sept. 9th
2 – 8 PM**

Roosevelt Plaza Park
520 Market Street
(In front of Camden City Hall)

#CamJam17

CTLCamden

connectthelotscamden

@CTLCamden



Art! Crafts!
Music! Kids Zone!
Green Discovery Zone!

Food & Drink
Available
for Purchase



KELLY PRICE



BILAL



**CAMDEN
JAM**
CAMDEN ARTS AND MUSIC FESTIVAL

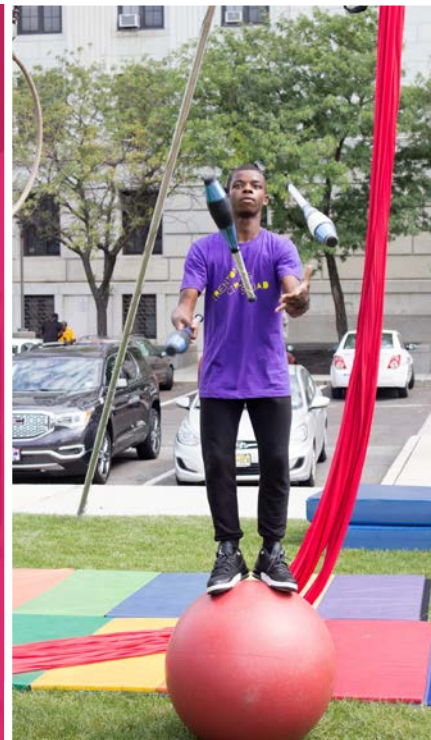
presented by the City of Camden & Connect the Lots
hosted by Dyana Williams of Old School 100.3

sponsored by



additional sponsorship from Republic Bank and Dilworth Paveson LLP

Arts & crafts vendor space is available! Volunteers needed!
For more information, visit www.connectthelotscamden.com or call Sarah Blackman at (856) 767-9154.





“CAMDEN JAM IS ONE OF THE MANY ENGAGING COMMUNITY EVENTS THAT NOT ONLY CELEBRATES OUR CITY'S DYNAMIC ARTS AND CULTURE SCENE, BUT ALSO SHOWCASES THE EXTRAORDINARY TALENTS OF OUR LOCAL ARTISTS...”

- CAMDEN MAYOR DANA L. REDD



CAMDEN JAM 2017

SATURDAY, SEPTEMBER 9, 2017

2 – 8 PM








COOPER'S FERRY
PARTNERSHIP
LIVE | WORK | INVEST | CAMDEN



Text
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event alerts

 CTLCamden
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 Connect the Lots - Camden

Meishka L. Mitchell, AICP, PP
Vice President of Community Initiatives
856.757.9154/meishka@coopersferry.com

Healthy Communities Task Force

Porch Light Program

Laure E. Biron, LSW, MSS, MLSP, MFA
Porch Light Program Director



Mural Arts
Philadelphia

ART
IGNITES
CHANGE

OUR MISSION

We create art with others to transform places, individuals, communities and institutions. Through this work, we establish new standards of excellence in the practice of public and contemporary art.

We listen with empathetic ears to understand the aspirations of our partners and participants. And through beautiful collaborative art, we provide people with the inspiration and tools to seize their own future.



WHAT IS THE PORCH LIGHT PROGRAM?

Our Porch Light program, a joint collaboration with the City of Philadelphia's Department of Behavioral Health and Intellectual disAbility Services, focuses on achieving universal health and wellness among Philadelphians, especially those dealing with mental health issues or trauma. We do this by providing opportunities to contribute to meaningful works of public art.



PORCH LIGHT PROGRAM MISSION

Porch Light projects are driven by issues that have tangible effects on local communities, such as mental health, substance use, spirituality, homelessness, trauma, immigration, war, and neighborhood safety.

The targeted outcomes of any Porch Light project include:

- improvements to the physical environment
- new opportunities for social connections
- positive changes within a community, such as enhanced unity and empathy among neighbors



Porch Light Program Findings

Yale School of Medicine Department of Psychiatry, Division of Prevention and Community Research

1300+

Philadelphia residents in six distressed neighborhoods completed brief on-the-street interviews

Collective efficacy
Relative increase in social cohesion and trust among neighbors

Neighborhood Health
Relative increase in the quality of the walking environment and perceptions of neighborhood safety
artworks created throughout the city

Reduced Stigma
Small relative decrease in feelings of stigma toward individuals with mental health or substance abuse challenges

Individual Impact
From 264 individuals receiving behavioral health services and supports from six Philadelphia agencies were interviewed

Participants reported positive effects including **less use of secrecy, fewer rejection experiences, and a decrease in overall stress**





Contemplation, Clarity, Resilience, Completed 2016

Artist: Eric Okdeh

Photo: Steve Weinik



Personal Renaissance, Completed 2010

Artist: James Burns

Photo: Steve Weinik

Southeast by Southeast Storefront

Photo: Steve Weinik





Language Lab, Completed 2016 Artist: Shira Walinsky Photo: Steve Weinik



Building Brotherhood Mural Design 2015
Artists Willis "Nomo" Humphrey And Keir Johnston

Photo: Steve Weinik



NEW STOREFRONT INITIATIVE:

Kensington

Partnership with

- New Kensington Community Development Corporation
- Prevention Point Philadelphia
- Impact Services





Atlas of Tomorrow, Completed 2016
Artist: Candy Chang
Photo: Steve Weinik

Laure E. Biron, LSW, MSS, MLSP MFA
Porch Light Program Director

CONTACT:

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Get Involved



Donate

muralarts.org/give



Share

[@muralarts](https://twitter.com/muralarts)



Volunteer

volunteers@muralarts.org



 muralartsphiladelphia

   @muralarts

#muralarts

muralarts.org

RESOURCES



Speakers' Organizations' Websites

- Project for Public Spaces: <https://www.pps.org/>
- Cooper's Ferry Partnership: <http://coopersferry.com/>
- Mural Arts: <https://www.muralarts.org/>

Programs

- City of Philadelphia Mural Arts Program – The Porch Light Program
<http://porchlightvirtualtour.org/>
- Eric Okdeh, "Contemplation, Clarity, Resilience," Mural (2016)
<https://www.muralarts.org/artworks/contemplation-clarity-resilience/>
- Cooper's Ferry Partnership – Connect the Lots
<http://www.connectthelotscamden.com/>

Reports and Journal Articles

- Nutsford, D., A.L. Pearson, S. Kingham. 2013. "An Ecological Study Investigating the Association between Access to Urban Green Space and Mental Health." *Public Health* 127: 1005-1011. doi:<http://dx.doi.org/10.1016/j.puhe.2013.08.016>.
- Project for Public Spaces. 2016. *The Case for Healthy Places: Improving Health Outcomes through Placemaking*.
<https://www.pps.org/wp-content/uploads/2016/12/Healthy-Places-PPS.pdf>.
- South, Eugenia C., Michelle C. Kondo, Rose A. Cheney, Charles C. Branas. 2015. "Neighborhood Blight, Stress, and Health: A Walking Trial of Urban Greening and Ambulatory Heart Rate." *American Journal of Public Health* 105, no. 5: 909-913.
doi:[10.2105/AJPH.2014.302526](https://doi.org/10.2105/AJPH.2014.302526).
- Thompson, Catharine Ward, Peter Aspinall, Jenny Roe, Lynette Robertson, David Miller. 2016. "Mitigating Stress and Supporting Health in Deprived Urban Communities: The Importance of Green Space and the Social Environment." *International Journal of Environmental Research and Public Health* 13, no. 4: 440. doi:[10.3390/ijerph13040440](https://doi.org/10.3390/ijerph13040440).
- Wiebe, Douglas J., Wensheng Guo, Paul D. Allison, Elijah Anderson, Therese S. Richmond, Charles C. Branas. 2013. "Fears of Violence During Morning Travel to School." *Society for Adolescent Health and Medicine* 53, no.1: 54-61. doi:[10.1016/j.jadohealth.2013.01.023](https://doi.org/10.1016/j.jadohealth.2013.01.023).

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