The Central Oregon Health Council encourages persons with disabilities to participate in all programs and activities. This event/location is accessible to people with disabilities. If you need accommodations to make participation possible please call (541) 306-3523 or email macayla.arsenault@cohealthcouncil.org

**Council Members**
- Brad Porterfield, Chair
  Consumer Representative, Latino Community Association
- Elizabeth Schmitt, Vice-Chair
  Consumer Representative
- Mayra Benitez
  Consumer Representative
- Conor Carlsen
  Consumer Representative
- Larissa Charlton
  Consumer Representative, Jefferson County Public Health
- Miranda Hill
  Klamath County Representative
- Linda Johnson
  Community Representative
- Elaine Knobbs-Seasholtz
  Mosaic Community Health
- Tom Kuhn
  Deschutes County Health Services
- Mandee Seeley
  Consumer Representative
- Stacy Shaw
  Consumer Representative, Crook County Health Strategist

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**COMMUNITY ADVISORY COUNCIL**

**November 16, 2023**

**VIRTUAL**

*Video Conference Link in Calendar Invite*

Conference Line: 1.669.900.6833
Meeting ID: 852 966 546#
Passcode: 400494#

**12:00-12:20** Welcome – Brad Porterfield (CAC)
- Land Acknowledgement
- Meeting Practices
- Introductions
- Public Comment / Patient Story
- Emerging Issues Update
- Approval of Meeting Notes – October
- Input on December Meeting

**12:20-12:45** CAC Members Small Group Breakout Session

**12:45-1:05** Discussion of the Shared Issue with the Board of Directors – Brad Porterfield (CAC)

**1:05-1:30** Findings and Recommendations for the Measure on Belonging – Camilla Dohlman & Kaitlin Greene (OHSU)

“The overarching purpose of the CAC is to ensure the COHC remains responsive to consumer and community health needs.” — COHC CAC Charter
Land Acknowledgement

We recognize and acknowledge the indigenous land on which we live, work, learn, play, and grow. This is the land of the Warm Springs, Wasco, Northern Paiute, Tenino, Klamath, Molalla, and Yahooskin. We acknowledge them as the past, present, and future caretakers of this land. It is on their traditional land where we partner to improve the health and well-being of Central Oregonians. We aspire to be good guests honoring the concept in the Warm Springs culture: “This land is for you to know and live upon and pass on to the children.”
Community Advisory Council (CAC)
Meeting Changes: What to Expect

We want the CAC to be a warm and welcoming place for all. We want to ensure all CAC members feel comfortable to fully participate and contribute. To do this we are making some adjustments to how our CAC meetings are run. These changes are:

• Making the meetings less institutional and formal to create a warmer and more welcoming atmosphere. Examples are using more plain language, having more conversations and less presentations, and simpler voting instead of motioning.

• Renaming each attendee in Zoom with their role; either a CAC Member, Support Staff, or Guest. This will help easily identify who’s who in the virtual space especially for guests and those members who are new.

• Asking all supporting staff from COHC, PacificSource, and the OHA to share why they are attending and what their role is in supporting the Community Advisory Council.

• Inviting all CAC members in attendance to share input during discussions and before decisions are made. We want to prioritizing Consumer Representatives and make sure all voices are heard. Guests in attendance are invited to contribute to the conversation when requested by the CAC Chair or Vice Chair.

• Building relationships between CAC members. We will be setting aside time at each meeting for CAC members to go into a virtual break out room, answer icebreaker questions or chat about anything they’d like.
COHC Community Advisory Council
Held virtually via Zoom
October 19, 2023

**CAC Members Present:**
Brad Porterfield, Chair, Consumer Representative
Elizabeth Schmitt, Vice Chair, Consumer Representative
Larissa Charlton, Consumer Representative, Jefferson County Public Health
Linda Johnson, Community Representative
Mandee Seeley, Consumer Representative
Stacy Shaw, Consumer Representative, Crook County Health Strategist

**CAC Members Absent:**
Conor Carlsen, Consumer Representative
Elaine Knobbs-Seasholtz, Mosaic Community Health
Mayra Benitez, Consumer Representative
Miranda Hill, Klamath County Public Health
Tom Kuhn, Deschutes County Health Services

**COHC Staff Present:**
MaCayla Arsenault, Program Manager
Gwen Jones, Program Manager
Kelley Adams, Admin Assistant & Grant Platform Manager
Bradley Garner, Admin Assistant
Carmen Madrid, Executive Director
Camille Smith, Executive Assistant

**Support & Guests Present:**
Kristen Tobias, PacificSource
Dustin Zimmerman, Oregon Health Authority
Katie Ortgies, Oregon Health Insurance Marketplace
Ana Mesina, Volunteers in Medicine
Martha Edwards, PacificSource
Introductions
- Brad Porterfield welcomed all attendees. To save time at the meetings, only CAC members and those who are new, changed roles, or guests will verbally introduce themselves. Everyone else will use the Chat to enter their name and role.

Land Acknowledgement
- Brad Porterfield read the Land Acknowledgement (see the meeting packet for statement).

Meeting Practices
- Brad Porterfield reviewed the Meeting Practices and how the CAC meetings are meant to be welcoming for all (see the meeting packet).

Public Comment/Patient Story
- Brad welcomed public comment.
- Stacy Shaw shared the experience of a friend with diabetes who was unhappy with the lack of support from a provider at the Redmond Emergency Department. They filed a complaint with PacificSource. Kristen Tobias shared that a complaint can be filed with PacificSource and the hospital/clinic.
- Ana Mesina with Volunteers in Medicine announced that there is an event for diabetes patients on October 21, 2023. Invitation only.

Approval of Meeting Notes
- Brad Porterfield asked the CAC members in attendance to vote on approving the notes from September. There were no objections to the meeting notes, so they are approved.

Announcements
- Gwen Jones announced the upcoming Community Feedback Gatherings happening around Central Oregon from November 1-9. Please sign up for one of the six locations to provide your feedback and input from the results of the Regional Health Assessment survey.

CAC Member Small Group Breakout Session
- The topic for the October meeting was: Thinking about next steps with the Board of Directors, what do you think the shared issue should be? Continue with dental/periodontal? Or choose another issue?
  - Dental/Periodontal
  - Treatment of Patients by Providers
  - Asthma
  - Autism
  - Opioid Care (streamlining)
- **ACTION ITEM**: Add the shared issue and process to the November meeting agenda.
Community Health Projects – Crook, Deschutes, and Jefferson County applications review and decision

- MaCayla Arsenault led the discussion on which applications for Crook, Deschutes, and Jefferson counties would be funded. After reviewing the scores and additional discussion, the Community Advisory Council members selected 10 applicants to receive funding with the available pool of funds.
Community Belonging Measurement Project

Presentation for Community Advisory Council

November 16, 2023
Camilla Dohlman; Kaitlin Greene
Presentation Outline

• Introduction to team and project
• Project timeline
  – Brief overview of planning and data collection
  – Data analysis & co-interpretation
  – Next steps
• Discussion
**Project Timeline**

**Project Start-up**
- Hired project manager
- Examined secondary data & belonging literature

January 2022 – July 2022

**Collaborative Planning**
- Met with 20+ community partners to integrate community knowledge in research design
- Built buy-in for data collection
- Identified priority communities
- Developed & piloted data collection tools

July 2022 – April 2023

**Data Collection**
- Leveraged relationships with community partners to extend recruitment reach
- Monitored data collection to adapt recruitment as needed
- Recruited 1,019 survey participants & ~40 focus group participants

February 2023 – July 2023

**Analysis & Co-Interpretation**
- Conduct preliminary analyses
- Empower community leaders to interpret data & share with communities
- Create tailored dissemination strategies

April 2023 – November 2023

**Next Steps**
- Share findings at community & national level
- Collaborate with St. Charles and COHC to develop community grants
- Measure impact of these programs?

2023 and beyond
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2023 and beyond
# Collaborative Planning

<table>
<thead>
<tr>
<th>Region</th>
<th>#</th>
<th>Sector</th>
<th>#</th>
<th>Priority Population*</th>
<th>#</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crook</td>
<td>5</td>
<td>Local government</td>
<td>1</td>
<td>Black or African American</td>
<td>2</td>
</tr>
<tr>
<td>Deschutes</td>
<td>9</td>
<td>Education/Youth Programming</td>
<td>8</td>
<td>Latino/a/x</td>
<td>4</td>
</tr>
<tr>
<td>Jefferson</td>
<td>2</td>
<td>Faith</td>
<td>1</td>
<td>LGBTQIA+</td>
<td>3</td>
</tr>
<tr>
<td>North Klamath</td>
<td>3</td>
<td>Health Care/Social Services</td>
<td>7</td>
<td>Military/Veteran</td>
<td>3</td>
</tr>
<tr>
<td>Warm Springs</td>
<td>2</td>
<td>Non-profit/Community Groups</td>
<td>4</td>
<td>Native/Indigenous</td>
<td>2</td>
</tr>
</tbody>
</table>

- Parent of a child under 5/works with children under 5: 2
- Older adult or works with older adults: 2
- Rural: 10

**Total**: 21
# How do we measure belonging and resilience?

<table>
<thead>
<tr>
<th>Constructs</th>
<th>Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety (belonging)</td>
<td>I feel safe in public spaces in my community (e.g., a government building or school building) <em>agree/disagree</em></td>
</tr>
<tr>
<td>Acceptance (belonging)</td>
<td>In general, in which of the following places or spaces do you feel like you belong? <em>Mark all the ones that apply to you.</em></td>
</tr>
<tr>
<td>Representation (belonging)</td>
<td>I feel like I have some influence or control over decisions made in my community <em>agree/disagree</em></td>
</tr>
<tr>
<td>Shared Experiences &amp; Identities (belonging)</td>
<td>In general, which of the following identity groups or groups of people are important in making you feel like you belong? <em>Mark all the ones that apply to you.</em></td>
</tr>
<tr>
<td>Interpersonal Connection &amp; Support (resilience)</td>
<td>There are people in my community who I can talk to about my problems <em>agree/disagree</em></td>
</tr>
<tr>
<td></td>
<td>My family stands by me during difficult times <em>agree/disagree</em></td>
</tr>
<tr>
<td></td>
<td>My friends stand by me during difficult times <em>agree/disagree</em></td>
</tr>
<tr>
<td>Basic Needs (resilience)</td>
<td>In an emergency, I could raise $2000 within two days from my relatives or friends <em>agree/disagree</em></td>
</tr>
<tr>
<td></td>
<td>I know where to get help in my community <em>agree/disagree</em></td>
</tr>
</tbody>
</table>
How do you think one's identity/identities influence their sense of belonging?

**In Central Oregon, I think that a person's ethnicity and race have a huge influence on their sense of belonging based on the dominant culture.**

**One is not alone.**

- **Representation**
- **Visibility, representation, history**
- **Conflicts between multiple identities**
- **Privilege can foster belonging/safety**
- **In-group/out-group dynamics or power**

**Identity can determine what 'belonging' means to them**

- **Societal pressure/criticism can make owning identity difficult and create isolation**
- **Acceptance, how well my identity is accepted in my community will impact my sense of belonging.**
- **Or reflected in the community (positive framing, negative framing, victims vs. heroes) etc.**
- **Newcomers have a harder time feeling they belong, especially when they don’t see themselves represented.**

**Having a strong sense of your identity helps you know you are human, you belong**

**Greatly. Some identities are outwardly expressed while others are internalized. Due to this, belonging may feel easy in some regards, limited in others.**
Project Timeline

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**2023 and beyond**
Data Collection

Address-based sampling

Community Partners
# Community Events and Outreach

<table>
<thead>
<tr>
<th>Type</th>
<th>In-person</th>
<th>Email, Social Media Share</th>
<th>Paper Flyers or Post Cards – shared/posted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number</td>
<td>9 events</td>
<td>22 groups and partners</td>
<td>22 groups, partners, locations</td>
</tr>
<tr>
<td>Location</td>
<td>Bend, Prineville, La Pine, Redmond</td>
<td>Bend, Culver, Gilchrist, Madras, Jefferson County, La Pine, North Klamath, Prineville, Redmond, Regional</td>
<td>Bend, Madras, Prineville, Redmond, Regional, Warm Springs</td>
</tr>
<tr>
<td>Date Range</td>
<td>2/16 – 3/20</td>
<td>1/31 – 3/23</td>
<td>2/6 – 3/14</td>
</tr>
</tbody>
</table>
Outreach results

- Survey was open between 1/30 and 4/7
- Sent out postcards and letters to over 13,000 addresses
- Supplemented with community outreach

- Total response – **1,019 completed surveys**
- **52%** from mail outreach; **48%** from community outreach

- Using survey list and supplemental outreach, recruited ~**40 participants** for focus groups conducted in late June
Focus Groups

Central Oregon Community

- Older Adults
- Young Adults
- Parents & Caregivers
- Rural Residents
- Men
- LGBTQIA+
- Spanish Speakers
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**2023 and beyond**
## Survey Demographics

<table>
<thead>
<tr>
<th>Gender</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man</td>
<td>292 (28.7%)</td>
</tr>
<tr>
<td>Woman</td>
<td>698 (68.5%)</td>
</tr>
<tr>
<td>Non-Binary</td>
<td>15 (1.5%)</td>
</tr>
<tr>
<td>Prefer to self-describe/prefer not to say</td>
<td>14 (1.4%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>81 (8.0%)</td>
</tr>
<tr>
<td>25-34</td>
<td>190 (18.7%)</td>
</tr>
<tr>
<td>35-44</td>
<td>208 (20.4%)</td>
</tr>
<tr>
<td>45-54</td>
<td>159 (15.6%)</td>
</tr>
<tr>
<td>55-64</td>
<td>150 (14.7%)</td>
</tr>
<tr>
<td>65+</td>
<td>231 (22.7%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sexual Orientation</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight</td>
<td>887 (87.1%)</td>
</tr>
<tr>
<td>Gay or Lesbian</td>
<td>16 (1.6%)</td>
</tr>
<tr>
<td>Bisexual or Pansexual</td>
<td>59 (5.8%)</td>
</tr>
<tr>
<td>Queer</td>
<td>17 (1.7%)</td>
</tr>
<tr>
<td>Asexual</td>
<td>&lt;10</td>
</tr>
<tr>
<td>Not sure</td>
<td>&lt;10</td>
</tr>
<tr>
<td>Prefer to self-describe/prefer not to say</td>
<td>30 (3.0%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race and Ethnicity</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic White (white only)</td>
<td>782 (76.7%)</td>
</tr>
<tr>
<td>Hispanic/Latino/a/x</td>
<td>105 (10.4%)</td>
</tr>
<tr>
<td>Native American</td>
<td>67 (6.6%)</td>
</tr>
<tr>
<td>Asian</td>
<td>26 (2.6%)</td>
</tr>
<tr>
<td>Native Hawaiian or Pacific Islander</td>
<td>12 (1.2%)</td>
</tr>
<tr>
<td>Black</td>
<td>&lt;10</td>
</tr>
<tr>
<td>Multiple races/ethnicities selected</td>
<td>82 (8.1%)</td>
</tr>
</tbody>
</table>
## Survey Demographics

<table>
<thead>
<tr>
<th>City/Closest City</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bend</td>
<td>487 (47.8%)</td>
</tr>
<tr>
<td>La Pine</td>
<td>136 (13.4%)</td>
</tr>
<tr>
<td>Madras</td>
<td>84 (8.2%)</td>
</tr>
<tr>
<td>Prineville</td>
<td>76 (7.5%)</td>
</tr>
<tr>
<td>Redmond</td>
<td>172 (16.9%)</td>
</tr>
<tr>
<td>Sisters</td>
<td>39 (3.9%)</td>
</tr>
<tr>
<td>Warm Springs</td>
<td>25 (2.5%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school</td>
<td>18 (1.8%)</td>
</tr>
<tr>
<td>High school or equivalent</td>
<td>96 (9.6%)</td>
</tr>
<tr>
<td>Some college</td>
<td>195 (19.5%)</td>
</tr>
<tr>
<td>2-year degree</td>
<td>154 (15.4%)</td>
</tr>
<tr>
<td>Bachelor’s degree</td>
<td>300 (30.0%)</td>
</tr>
<tr>
<td>Graduate degree</td>
<td>238 (23.8%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Income</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $10,000</td>
<td>41 (4.5%)</td>
</tr>
<tr>
<td>$10,000-$24,999</td>
<td>82 (9.0%)</td>
</tr>
<tr>
<td>$25,000-$49,999</td>
<td>172 (18.8%)</td>
</tr>
<tr>
<td>$50,000-$74,999</td>
<td>175 (19.1%)</td>
</tr>
<tr>
<td>$75,000-$99,999</td>
<td>155 (16.9%)</td>
</tr>
<tr>
<td>$100,000-$149,999</td>
<td>168 (18.3%)</td>
</tr>
<tr>
<td>$150,000 or more</td>
<td>123 (13.4%)</td>
</tr>
</tbody>
</table>
Places/Spaces Identified as Important to Belonging (n=1,019)

- Where you live: 881
- Where you are from/grew up: 474
- Workplace: 472
- Online spaces: 142
- School: 101

Number of respondents
## Belonging/Place Attachment Items

Thinking about the **community where you live**, please indicate the extent to which you agree or disagree with the following statements.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know quite a few people who live in my community</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Many of my family and friends live in my community</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>In an emergency, I could raise $2000 within two days from my relatives or friends</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I feel like I have some influence or control over decisions made in my community</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I feel safe in public spaces in my community (e.g., a government building or school building)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>There are people in my community who I can talk to about my problems</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I participate in recreational activities in my community</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I prefer living in this community over other communities</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>My community’s happiness is part of my happiness</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>The energy I put into my community comes back to me</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>I believe I have a lot to give to my community</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

In an emergency, I could raise $2000 within two days from my relatives or friends

I feel safe in public spaces in my community (e.g., a government building or school building)

I feel like I have some influence or control over decisions made in my community
Belonging and Physical Health

Belonging Measure Scores by Self-Rated Physical Health (n= 1017)

<table>
<thead>
<tr>
<th>Physical Health</th>
<th>Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>1.93 (0.79)</td>
</tr>
<tr>
<td>Fair</td>
<td>2.17 (0.71)</td>
</tr>
<tr>
<td>Good</td>
<td>2.44 (0.75)</td>
</tr>
<tr>
<td>Very Good</td>
<td>2.70 (0.68)</td>
</tr>
<tr>
<td>Excellent</td>
<td>2.83 (0.81)</td>
</tr>
</tbody>
</table>
Belonging and Mental Health

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>1.85 (0.74)</td>
</tr>
<tr>
<td>Fair</td>
<td>2.15 (0.71)</td>
</tr>
<tr>
<td>Good</td>
<td>2.47 (0.71)</td>
</tr>
<tr>
<td>Very Good</td>
<td>2.74 (0.69)</td>
</tr>
<tr>
<td>Excellent</td>
<td>2.82 (0.81)</td>
</tr>
</tbody>
</table>

Belonging Measure Scores by Self-Rated Mental Health (n= 1017)
Initial Qualitative Findings: answering what can we do about it?

• Researcher takeaways of responses to open-ended questions in the survey and focus group data
• Will be used to guide further interpretation with community leaders
Initial findings: parenting & raising children

- While family is a primary driver of belonging, parenting can be a **socially isolating experience** and can lead to **shifts in social networks**

- Parents identified a need for **enhanced recreational opportunities** and **better infrastructure, including family friendly spaces** to support raising children
Parenting as a socially isolating experience

“As a newer parent... I have gotten kind of used to feeling alone. Parenting young children can be a little isolating, in my experience. However, recently, our older child has begun to make friends at school and my wife and I have made great friends with those kids parents. We all feel so grateful and have a great sense of belonging stemming from those new connections.”

“I often feel like I don't belong at pickup at my children's school. The "in" parents are huddled in a group. If you are not wearing the right clothes, belong to the country club, skiing at Mt Bachelor on the weekends and live in a certain neighborhood, then no one talks to you. It is difficult to fit in.”
Need for better recreation and infrastructure

“Kids being able to safely take themselves to school by walking or biking is so important for development of independence and social skills”

“There's little to do for kids of all ages, especially older. If I ever have children, I don't want to have them here”

“There is [sic] not enough free or low cost recreation activities for kids in this community"
Lack of welcoming spaces

"In restaurants, I often feel like I don't belong because where you have to spend a little bit of time there and usually [my daughter] will wake up and she'll be hungry and I have to nurse her, and then people will give me looks because I'm nursing her in a public space and then I don't feel welcome anymore. I don't feel respected or valued in that moment."

“we are actually talking about leaving the area because some of my own identities, my kids and their school district, and their identities. We've been here seven years. We're very involved in the community. We have a great network, but we are starting to feel less and less welcome as time goes on."
"In Sisters, we have Circle of Friends, which is a mentorship program because we moved across the country, so we don't have grandparents and close family here for our kids. They have a mentor program that the same mentor will kind of grow with your child from kindergarten through high school, and they're very supportive and offer activities and can help send your kids to programs that you can't afford."
Suggested priorities –families

• **For COHC:** partner with and/or fund family-serving organizations or those that support new parents

• Advocate for accessible recreational opportunities for kids and kid-friendly transportation networks

• Work with businesses or business organizations to build in family friendly practices or spaces

• Build on past TRACEs initiatives to support children in foster care with accessing recreational opportunities
Initial findings: belonging in the workplace

- Workplaces are a major outlet for social interaction and social connection, with about half of respondents sharing that work or coworkers give them a sense of belonging.

- The COVID-19 pandemic and differences in identity are barriers to belonging in the workplace.

- Retirement (or the anticipation of retirement) can shrink the social networks of older adults and lead to a search for purpose.
Sense of belonging in the workplace

“I have felt accepted greatly at my present workplace given that the organization organizes [sic] event at different times of the year to celebrate ourselves and celebrate international events... we have fun and bond together to make new relationships with colleagues and other people from the community”

“I enjoy the close-knit workplace relationships we share and feel comfortable sharing my ideas and opinions”
Lack of belonging in the workplace

“My workplace centers dominant culture and I usually feel like I'm on the outside.”

Being a young teacher, I often feel left out in the workplace and like I am Being [sic] dismissed because of my age”

“[COVID] damaged the sense of community that I used to feel at work...people seem less interested in socializing with colleagues, both inside and outside of the workplace.”
Retirement as a barrier to connection

“My work is very meaningful to me and contributes to our community and helps me feel connected. So I feel uncertain about how I will stay connected once I retire.”

“I am recently retired and have a lot to offer for the betterment of a community, but do not know how to get my name out for consideration.”
Co-interpretation & dissemination
Project Timeline

**Project Start-up**
- Hired project manager
- Examined secondary data & belonging literature

January 2022 – July 2022

**Collaborative Planning**
- Met with 20+ community partners to integrate community knowledge in research design
- Built buy-in for data collection
- Identified priority communities
- Developed & piloted data collection tools

July 2022 – April 2023

**Data Collection**
- Leveraged relationships with community partners to extend recruitment reach
- Monitored data collection to adapt recruitment as needed
- Recruited 1,019 survey participants & 41 focus group participants

February 2023 – July 2023

**Analysis & Co-Interpretation**
- Conduct preliminary analyses
- Empower community leaders to interpret data & share with communities
- Create tailored dissemination strategies

April 2023 – November 2023

**Next Steps**
- Share findings at community & national level
- Collaborate with St. Charles and COHC to develop community grants
- Measure impact of these programs?

2023 and beyond
Suggested priorities - workplace

• Partner with or develop grants for workplace-serving organizations like chambers of commerce, professional interest groups, coworking spaces, and others

• Consider strategies or initiatives to ease transition into retirement and promote social connection for older adults

• Consider opportunities that could promote intergenerational learning and engagement, to the benefit of retired adults and children
Next steps

• Share findings at community and national-level
• Partner with St. Charles Community Benefit Department for re-measurement
Discussion
Appendix
Literature Review

Elements of Belonging

Self-Determination

Agency

Ethnic Identity

LGBTQIA+ Community

Identity & Ethnic

Dynamism

Emotional Support

Institutional Support

Ethnic Belonging

Shared Identities

Shared Identities

Social Support

Social Support

Reciprocity

Caring Adults

Emotional Support

Emotional Support

Relationships with land & people

Groundedness

School Belonging

Social Capital

Community Attachment

Community Attachment

Subjectivity

Children/Youth

Adults/Older Adults

Faith Communities

Rural/Urban

BIPOC

Native American

LGBTQIA+

Latinx

Seasonal/Migrant Workers
COMMUNITY BELONGING MEASUREMENT PROJECT

Community Belonging Survey

If you live in Central Oregon and are 18 years or older, you are eligible to participate and **earn a $10 gift card.**

Scan this QR code or go to: [bit.ly/communitybelonging](bit.ly/communitybelonging)

Your experience in the Central Oregon Community matters. Take our short survey to help inform programs and policies that promote community connectedness and resilience.

We invite you to complete a 15-minute survey that asks you questions about belonging, your community, and demographic information.

COMMUNITY BELONGING SURVEY

Take our short survey to help inform programs and policies that promote community connectedness and resilience in Central Oregon.

**Survey participants will receive a $10 gift card.**

[SCAN BELOW TO TAKE THE SURVEY]
**Advanced Directives**

All adults have the right to make decisions about their care. This includes the right to accept and refuse treatment. An illness or injury may keep you from telling your doctor, family members, or representative about the care you want to receive.

Oregon law allows you to state your wishes, beliefs, and goals before you need that kind of care. The form you use is called an advance directive.

An advance directive allows you to:

- Share your values, beliefs, goals, and wishes for health care if you cannot express them yourself.
- Name a person to make your health care decisions if you cannot make them yourself. This person is called your healthcare representative, and they must agree to act in this role.
- Allows you the right to deny or accept medical treatment or surgeries and make decisions about your medical care.

PacificSource can give you a free booklet on advance directives. It is called “Making Health Care Decisions”. If you would like a copy, please get in touch with Kristen at kristen.tobias@pacificsource.com.

The Peaceful Presence Project is a Central Oregon resource that provides advanced directive assistance, community classes, and more. If you would like
more information, please contact the Peaceful Presence Project.

peaceful presence
END OF LIFE DOULAS

541.647.8636
info@thepeacefulpresenceproject.org
WELCOMING A NEWBORN BABY?
A personal postpartum nurse visit is the best gift you can give yourself!

As a resident of Central Oregon, you are eligible for a nurse visit courtesy of Family Connects. This program supports parents who are welcoming a newborn baby by bringing healthcare providers, community resources, and families together. Our mission is to connect you with resources that nurture your whole family and support your child’s health and well-being. Together we are growing healthy babies and thriving families!

For more information:
familyconnects@hdesd.org
www.familyconnectscentraloregon.org

¿DÁNDOLE LA BIENVENIDA A UN BEBÉ RECién NACIDO?
¡La visita postparto de una enfermera es el mejor regalo que puede hacerse!

Como residente de Central Oregon usted califica, gracias a Family Connects, para recibir la visita de una enfermera. Family Connects apoya a los padres al brindarles servicios de orientación médica, información sobre servicios comunitarios, y al unir a las familias. Nuestra misión es contactarlo con los recursos que contribuyan a la salud y al bienestar de su hijo y de toda su familia. ¡Juntos veremos crecer bebés saludables y familias prósperas!

Para más información:
familyconnects@hdesd.org
www.familyconnectscentraloregon.org

Sus Necesidades. Nuestro Apoyo.