

November 2024

# Chelsea Healthy Neighborhoods Initiative **Final Report**

Grant period: January 1, 2023-September 30, 2024

BIDMC Healthy Neighborhoods Initiative



# About the Collective

The Collective is a collaboration between staff and leaders from organizations throughout Chelsea that serve the community. Several of the Collective members are also long-time Chelsea residents.

During the grant period, the Collective operated through **roughly quarterly meetings of the full Collective**. In addition, the **Coordinator sent regular update emails** to keep the Collective informed of workshop activities and to ask for help or support from Collective members, when needed. The Coordinator also met monthly with the evaluator to ensure the alignment of programmatic and evaluation activities.

Chelsea Community Connections (CCC) served as lead agency for the Collective. The Collective is facilitated by a Project Coordinator that is employed by CCC but guided by the full Collective.

Notably, implementation was affected by **project staff turnover**. The Project Coordinator left her role at the end of October 2023, and the Director at Chelsea Community Connections (responsible for overseeing the project) left her role in March 2024. After the Project Coordinator departed, the project had a difficult time hiring a replacement. A new Director was hired in Spring 2024; she coordinated and oversaw workshop implementation for the remainder of this project.



# About the funded project

The funded project addressed the top identified community needs from the Planning Phase: building knowledge, awareness and self-advocacy around women’s health topics, while decreasing the shame and stigma often associated with them. The two main focus areas of this project were the planning and implementation of Women’s Wellness Workshops and supporting the creation of peer advocacy groups.

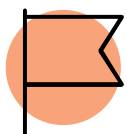
The corresponding SMART (Specific, Measurable, Attainable, Realistic, Time-bound) goals from the grant proposal are:

Planning + coordinating workshops	Building self-advocacy	Building knowledge and awareness
<p><b>SMART Goal:</b> By the end of Year 1, the Chelsea HNI Coordinator, in collaboration with Collective organizations and subject matter experts, will host 20 workshops or events on topics of women’s health.</p> <p><b>Activities include:</b></p> <ul style="list-style-type: none"><li>• Identifying venues to host workshops</li><li>• Conducting outreach to subject matter experts / workshop facilitators</li><li>• Planning workshops</li><li>• Recruiting participants / doing outreach</li><li>• Coordinating day-of logistics (e.g., food, gift cards, etc.)</li></ul> <p><b>Status: Ongoing*</b></p>	<p><b>SMART Goal:</b> By the end of the grant period, the Chelsea HNI Coordinator will support community members to form two peer-led groups (e.g., ongoing wellness group, advocacy group).</p> <p><b>Activities include:</b></p> <ul style="list-style-type: none"><li>• Identifying community members interested in participating in peer groups</li></ul> <p><b>Status: Ongoing*</b></p>	<p><b>SMART Goal:</b> By the end of the grant period, 65% of women’s wellness workshop attendees, on average, will report increased knowledge and awareness of issues affecting women’s health after attending the workshop.</p> <p><b>Activities include:</b></p> <ul style="list-style-type: none"><li>• Participants attend workshops</li><li>• Participants complete post-workshop surveys</li></ul> <p><b>Status: Complete</b></p>

*\*Chelsea HNI was granted a no-cost extension. Workshop implementation and development of peer groups will continue during the extension period.*

# Summary of Evaluation Findings

## Project Outcomes



Chelsea Healthy Neighborhoods Initiative (CHNI) successfully hosted **29 events** with over **700 attendees**. Collectively, these activities increased **knowledge** of women's health issues, increased **feelings of connectedness and belonging**, and **decreased stigma** around women's health issues. After the workshops, attendees **shared what they learned** with friends and family and **felt confident in advocating for their needs** in healthcare settings.

## Community Voice



Collective members agree they can share their opinions and influence decisions. **Members are satisfied with project implementation overall.**

## Collective Practices



Collective members feel they are **aligned on project vision and able to coordinate and communicate effectively**. Members have **strengthened relationships** with each other and built **new skills** around engaging residents.