

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

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THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



EXPAND YOUR REACH COLLABORATE

At the Y, we have a strong organizational instinct about the importance of collaboration. During recent years, Ys have begun to find ways to convene and catalyze collaborative groups in our communities. As we seek to build and strengthen community inside and outside our walls, it is important to consider and state what we know and believe about collaboration and the importance of intentionally seeking new ways of bringing people together in pursuit of a shared vision and common goals.

· To strengthen community, we must collaborate with others. Leverage the power of collaboration by forming strategic relationships with other Ys, organizations, government agencies, and businesses to build capacity to nurture the potential of children, promote healthy living, and foster a sense of social responsibility.

· It is a component of the Y's competency model for cause-driven leadership and is born of the individual leadership competencies of Inclusion, Relationships, Influence, Communication, and Developing Others. Behaviors that reflect and support those competencies can be learned, practiced, and

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EBHI ON-BOARDING OPPORTUNITIES

Y-USA announced on a webinar last December that on-boarding opportunities for evidence-based health interventions (EBHI) will be scheduled for the first quarter of 2018.

Programs that Y-USA will be accepting applications for are:

- YMCA's Blood Pressure Self-Management Program
- EnhanceFitness (an arthritis and falls prevention exercise program),
- LIVESTRONG at the YMCA (a cancer survivor program),
- YMCA's Diabetes Prevention Program
- Healthy Weight and Your Child

Interested in adding an evidence-based program to your Y's offerings? Join the second webinar on January 10th to learn about what organizational capacities your Y needs to offer an EBHI, deliverables for each grant and timelines. Email EBHI@ymca.net with questions.

improved upon by staff and volunteers. To be great at collaboration as a Y, our staff needs to continually develop strong collaboration skills as individuals.

· Collaboration can be spontaneous and organic and, as such, can be nurtured by the Y. When people know and trust one another, they build familiarity, discover commonalities, explore shared values and experiences, appreciate differences, and ultimately find common purpose, which can manifest itself as a grassroots collaboration.

· Many Y programs bring people together and in so doing strengthen community. As a place where people of different back grounds can meet and get to know one another, the Y has the potential for creating collaboration that bridges the barriers of race, class, politics, religion, orientation, and culture, thus contributing to a community's ability to learn, grow, and thrive together.

Here are three simple steps that every Y can begin doing right now that will get your organization moving toward collaboration with members, staff, volunteers, donors, and partners.

1. Look for Bright Spots: Look around your Y, where do you see collaboration happening? Where are groups meeting or gathering? What might these groups accomplish if they took their collaborative efforts to the next level?

2. Take Action: Use The Big Picture Deck® to spur on, course correct, or re-engage a group of collaborators. We've added five new activities to the Cause Conversations resource and have a new Collaboration Booster Pack with which to experiment.

3. Learn, Grow, and Thrive: We must collaborate in order to strengthen community so we must become experts in collaboration, and that means taking time to practice and the discipline to be strategic.

To see the entire Collaboration Tool-Kit, go to:

<https://yexchange.org/Living-Our-Cause/Pages/Collaborate-With-Others.aspx>

UPCOMING EVENTS

- **Next CIH Alliance Call:**
January 11th at 11am; 1-877-361-4628, 931 008 9853
- **Y-USA Webinar - DPP Provider Update**
January 25th from 4-5:30pm EST. 1-844-426-4330
- **YMCA's Diabetes Prevention Program On-Boarding**
The readiness assessment submission deadline is Friday, March 16, 2018. All Readiness Assessments submitted prior to the review date will be reviewed.
- **Lifestyle Coach Training**
January 26 & 27 at the Muskegon Family YMCA. Deadline to register is January 12th.
- **Michigan Diabetes Prevention Network Meeting**
Wednesday, March 21 12-3pm at the Michigan Public Health Institute 2436 Woodlake Circle Suite 300 Okemos, MI 48864

GETTING

Advancing Equity: Understanding My Biases

This course will introduce participants to the concept of bias and explore the positive and negative impact of bias in everyday situations. Understanding our own biases allows us to create a welcoming and inclusive environment at our Ys. This course offers a framework for countering biases and invites you to explore your role in strengthening the foundations of community through a deeper understanding of your own beliefs.

Developing Empathy for Those with Excess Weight

Making sustainable behavior changes to lose weight can be a challenging journey. This course is an introduction to help staff understand how they can develop empathy for those with excess weight by becoming aware of implicit biases, understanding factors that make losing weight a challenge, and how the Ys service and engagement principles can be applied in every role at the Y to support individuals with excess weight

Navigating Community Health Resources

This foundation level course is for Y Staff who serve in a variety of roles that may provide guidance and support to community members. Learn how every Y staff can assist community members to navigate community health resources such as health screenings, immunizations, and other services for children, families, and older adults, then take an active role in connecting the community to the resources that are available.

Have ideas for the newsletter? Contact Jennifer Nicodemus at jnicodemus@michiganymca.org or 734-660-0443