



COMMUNITY SOLUTIONS' HOLLISTER INNOVATORS COMMUNITY-BASED PREVENTION

A PROJECT FUNDED BY CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH), INJURY AND VIOLENCE PREVENTION BRANCH (IVPB), RAPE PREVENTION AND EDUCATION (RPE) PROGRAM



PROJECT OVERVIEW

THE HOLLISTER INNOVATORS IS A TEAM OF COMMUNITY MEMBERS DEDICATED TO CREATING A SAFER GILROY. THE INNOVATORS USED THE CLOSE TO HOME APPROACH TO DESIGN COMMUNITY-LED INITIATIVES AND SOLUTIONS TO PREVENT DOMESTIC VIOLENCE AND SEXUAL VIOLENCE FROM HAPPENING IN OUR COMMUNITY. ALL GENDERS; FAMILY, FRIENDS, AND NEIGHBORS; PROFESSIONALS AND POLITICIANS ALL COMBINE THEIR VOICE AND EFFORTS TO CREATE CHANGE TOGETHER.

OVERVIEW OF ACCOMPLISHMENTS

15 YOUTH AND ADULT LEADERS THAT VOLUNTEERED 472 HOURS TO CREATE CHANGE IN THEIR COMMUNITY

COMMUNITY ASSESSMENT CONDUCTED OF THE CITY OF HOLLISTER WITH 98 SURVEYS COLLECTED FROM SAN BENITO RESIDENTS

67 ONE-ON-ONE AND 7 COMMUNITY CONVERSATIONS WITH HOLLISTER COMMUNITY MEMBERS

LAUNCH OF 2024 PREVENTION CAMPAIGN, “#CAREWEEK: BECOME AWARE, SHOW YOU CARE” WITH 358 COMMUNITY MEMBERS REACHED

The Close to Home Approach



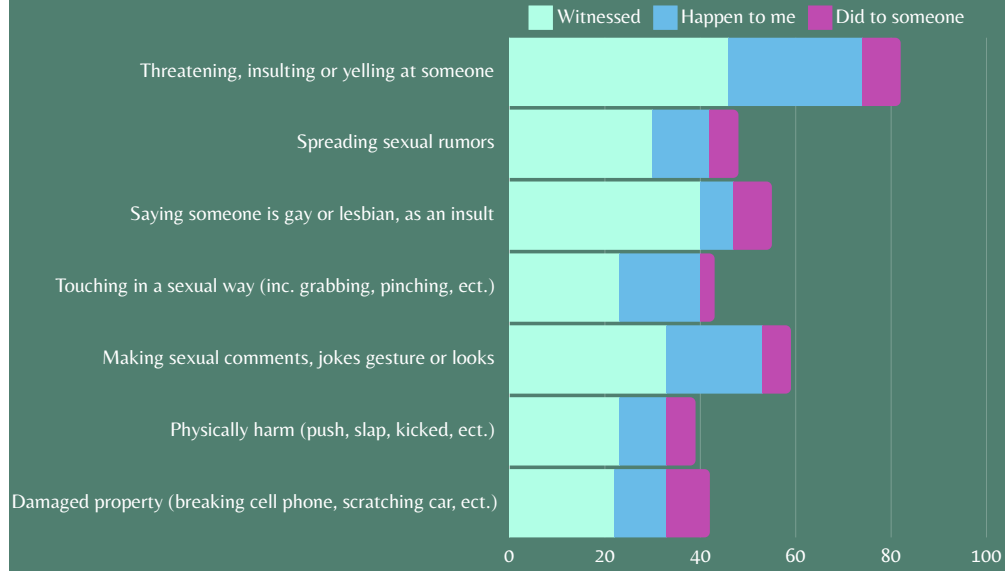
Findings from 2022 Hollister Community Assessment

98 SURVEYS COLLECTED

COMMUNITY ASSESSMENT WAS DEVELOPED, DISTRIBUTED, AND COLLECTED BY THE HOLLISTER INNOVATORS YOUTH AND ADULT GROUPS. THE PURPOSE OF THE COMMUNITY ASSESSMENT IS TO UNDERSTAND OUR COMMUNITY'S PERSPECTIVES ON DOMESTIC VIOLENCE AND SEXUAL ABUSE. IN TOTAL WE HAD 74 ENGLISH SURVEYS AND 24 SPANISH SURVEYS THAT WERE COLLECTED IN AUGUST AND SEPTEMBER 2022. THE MAJORITY OF THE RESPONDENTS WERE UNDER THE AGE OF 24 (29.6%) AND BETWEEN THE AGES OF 25-35 (27.6%). ADDITIONALLY, 70% OF THE RESPONDENTS IDENTIFIED AS FEMALE. THE MAJORITY OF THE RESPONDENTS IDENTIFIED AS LATINX (70.4%), WHITE (15.3%), ASIAN (3.1%), AND MULTIPLE RACES (4.1%). OUT OF ALL SURVEYED RESPONDENTS 70% REPORT LIVING IN SAN BENITO COUNTY FOR TEN YEARS OR LONGER.

ABUSE EXPERIENCED

Respondents were asked a series of questions to learn and understand how violence and intimate partner violence shows up in our community.



71%

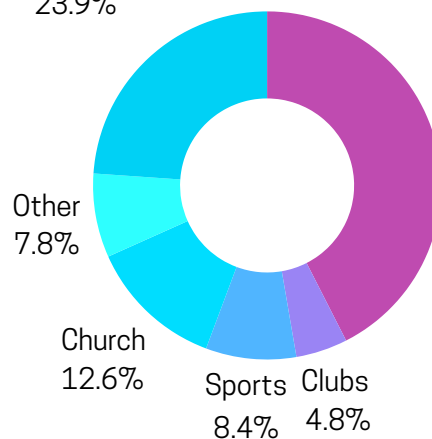
Of those surveyed would like to learn more about sexual violence and/or intimate partner violence.

90%



Of survey respondents believe it is important for all community members to play a role in keeping everyone safe.

Helping a Neighbor
23.9%



COMMUNITY ENGAGEMENT

Survey respondents were asked "What ways do you engage/volunteer in the community?"

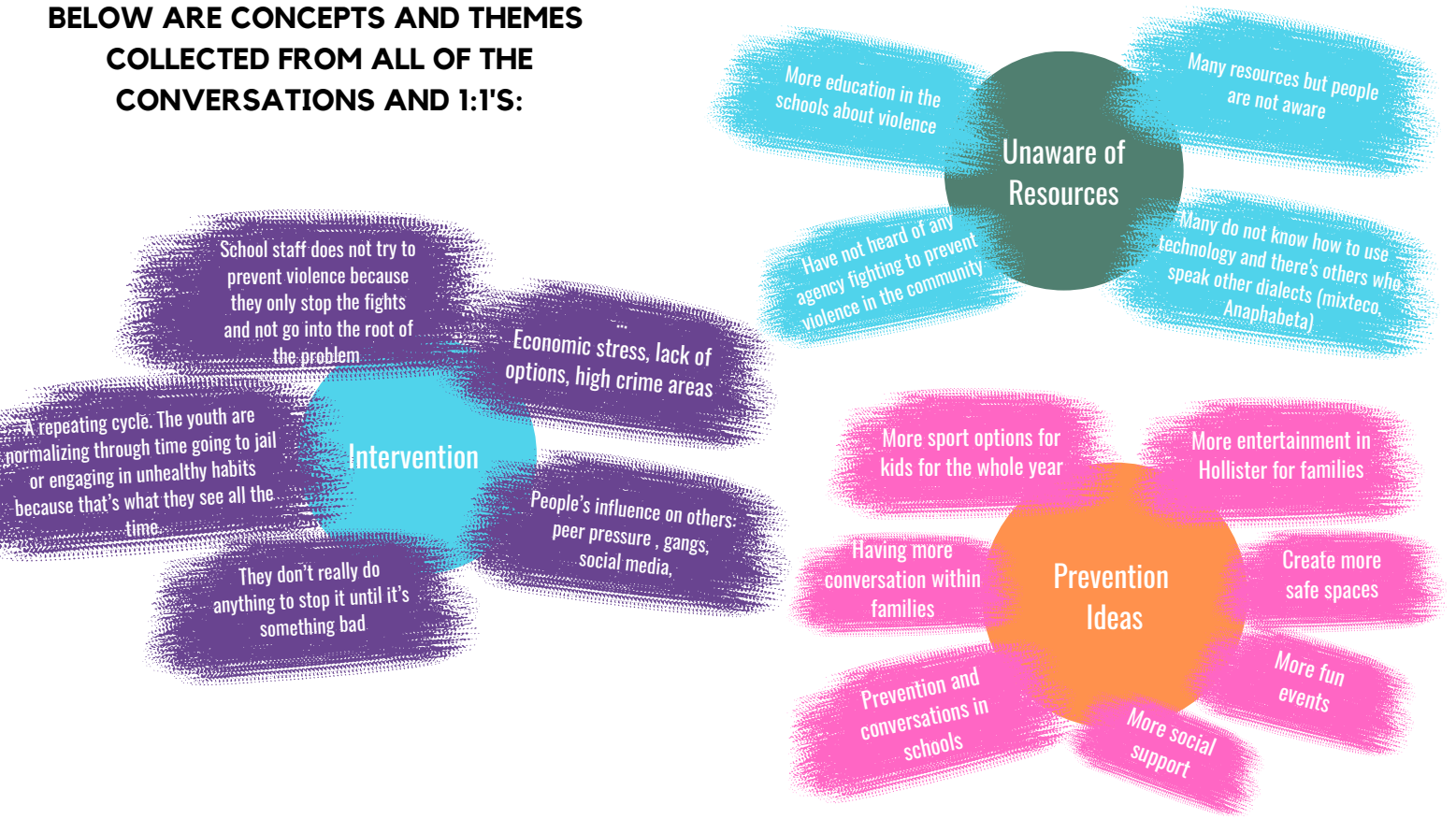
Voices from Hollister's Community Conversations

7 COMMUNITY AND 67 ONE-ON-ONE CONVERSATIONS

THE HOLLISTER INNOVATORS RECRUITED, PLANNED, AND HOSTED 7 CONVERSATIONS TO SHARE THE RESULTS OF THE ASSESSMENTS, COLLECT INPUT FROM PARTICIPANTS ON THEIR INTERPRETATION OF THE SURVEY RESULTS, AND COLLECT COMMUNITY IDEAS ON HOW TO PREVENT THESE ISSUES. YOUTH AND ADULT LEADERS DEVELOPED STRATEGIES TO ENCOURAGE PARTICIPATION USING TWO PAINT NIGHTS AND HOSTING TABLE CONVERSATIONS AT THE YOUTH CONFERENCE. IN TOTAL THE INNOVATORS HOSTED 7 CONVERSATIONS REACHING 96 INDIVIDUALS.

ADDITIONALLY, EACH INNOVATOR IDENTIFIED MEMBERS OF THE HOLLISTER COMMUNITY TO TALK WITH ONE-ON-ONE TO COLLECT INPUT FROM PARTICIPANTS ON THEIR INTERPRETATION OF THE SURVEY RESULTS, AND COLLECT COMMUNITY IDEAS ON HOW TO PREVENT THESE ISSUES. THE INNOVATORS COMPLETED 67 ONE-ON-ONE CONVERSATIONS.

BELOW ARE CONCEPTS AND THEMES COLLECTED FROM ALL OF THE CONVERSATIONS AND 1:1'S:



#CAREweek: Become Aware, Show you Care

Mental Wellness Awareness is important to build knowledge, understanding, and supporting mental health. Being aware of mental health disorders, breaks the stigma, and encourages anyone to seek support. Become aware and show you care!



The third Monday of January is a nationally recognized day to wear blue to show solidarity and to raise awareness about mental wellness. Wear any shade of blue all week to raise awareness for Mental Wellness.



Create Healthy Habits

Mental wellness is an internal resource that helps us think, feel, connect, and function, it is an active process that helps us to build resilience, grow, and flourish. For that reason we need to create healthy habits all around our life and practice self care.



Be aware of your feelings

Take a moment to acknowledge what you're feeling. It is important to be in tune with your own emotions and others. How we respond to our emotions help us build and strengthen our mental and emotional health.



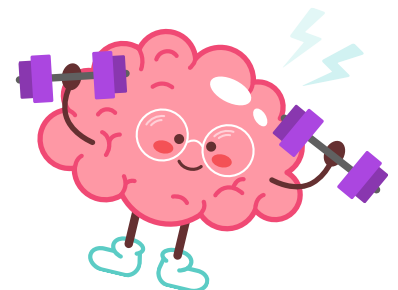
Reinforce your knowledge

Reinforce your knowledge, creative hobbies can provide a sense of pride and achievement, use their strengths to your advantage, and learn to overcome any weaknesses. Learn to do creative problem solving, this can expand your knowledge and broaden your options.

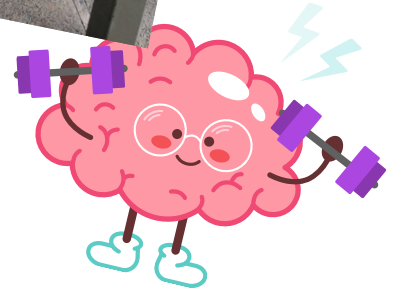
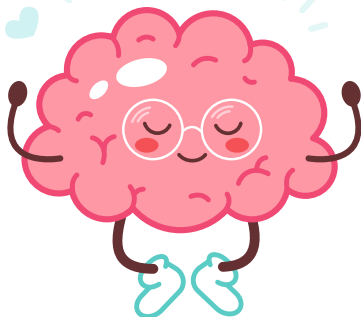
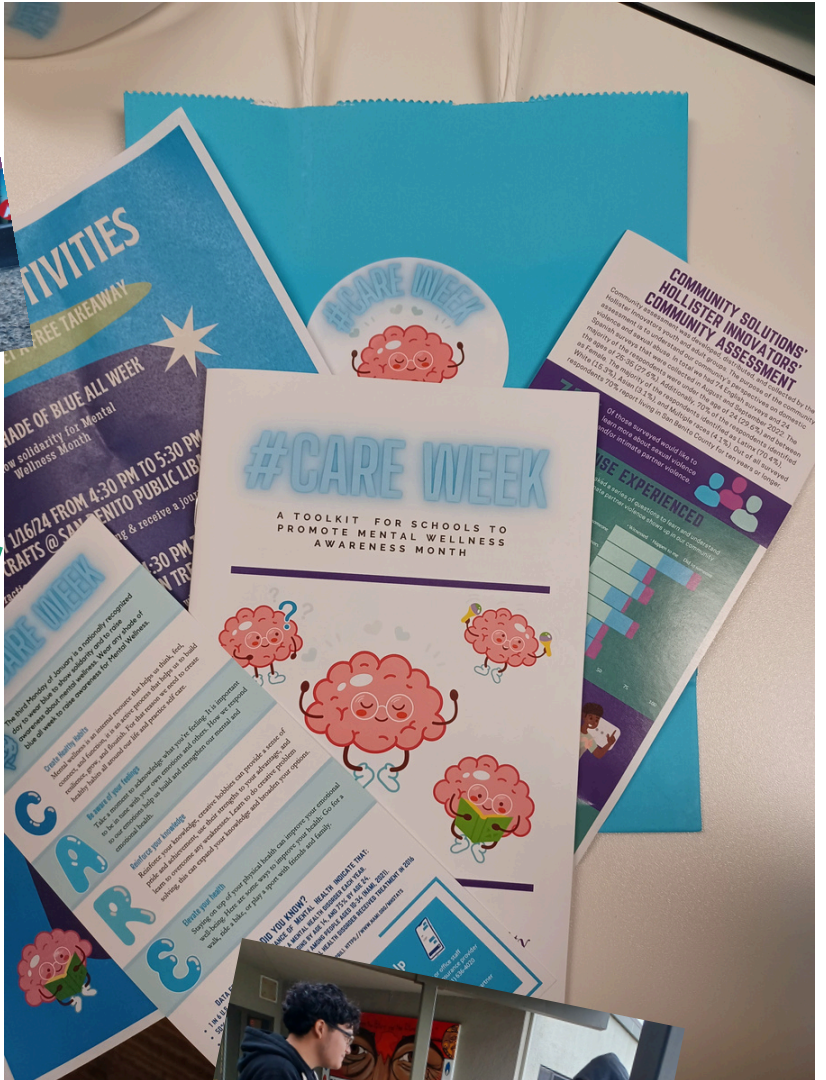


Elevate your health

Staying on top of your physical health can improve your emotional well-being. Here are some ways to improve your health: Go for a walk, ride a bike, or play a sport with friends and family.



#CAREweek: Become Aware, Show you Care



Our Program's Impact



Below are quotes from our leader's on their final thoughts on the impact our program made in their lives:

“One thing that I would say that I have learned from the program is innovative skills. such as, good communication skills and how to be more actively involved in the community.”

“We have been able to make a difference by reaching out to people in our community by the mental health awareness week as well as making people feel more included by hearing their stories.”

“Because I get to help others in my community feel more safer and I get to understand the issues in my community.”



“I and others in my life have been able to have healthier relationships through all of the skills we have learned to better our lives.”



“I feel opened and able to speak up to what I believe in”

“I feel apart of my community because I helped them with violence. It's helped me feel more connected to adults because I'm understanding what violence means to them.”

“It has helped me be connected to my community when we would host community nights and when we recently did our campaign made me more connected to adults since we often had to interact and make connections with them.”