



# KITSAP *Strong*

2013-2017 | 4-YEAR REPORT

BILL & MELINDA  
GATES *foundation*



KITSAP  
COMMUNITY  
FOUNDATION



United Way of Kitsap County



THE SUQUAMISH TRIBE



PHILANTHROPY  
NORTHWEST



CHI Franciscan Health



KITSAP PUBLIC  
HEALTH DISTRICT

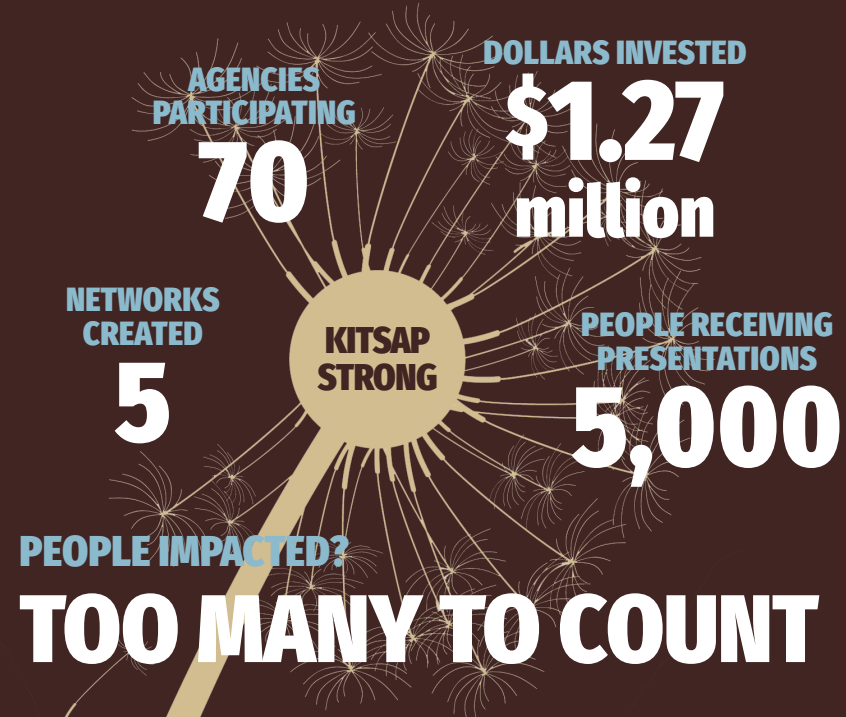


OLYMPIC COLLEGE





**Kitsap Strong** is a network of leaders collaboratively implementing a theory of community improvement grounded in NEAR (neuroscience, epigenetics, ACEs, resiliency) science and equity.



## Our funders make the difference

Bill & Melinda Gates Foundation

Kitsap Community Foundation

The Suquamish Tribe

United Way of Kitsap County

Kitsap Public Health District

Olympic College

CHI Franciscan



## Resilience:

### BUILDING HOPE

By building relationships, cultivating self care, and the development of adaptive coping skills, we can transform a potentially toxic event into a tolerable one.



## ACEs (Adverse Childhood Experiences)

ACEs are a set of traumatic experiences that can be “toxic” to our brains and bodies – leading to increased social, emotional, mental, physical, & behavioral health challenges, relationship disruption, difficulty with work, and can make parenting much more difficult. The more ACEs a person has experienced, the greater the risk of social and health challenges across the life-span.

The 10 ACEs are: physical, sexual, or verbal abuse, physical and emotional neglect, witnessing a domestic violence, losing a parent to separation or divorce, or having a family member who is: experiencing mental health issues, struggling with substance abuse, or in prison.

➡ **37% of Kitsap residents reported having 3 or more ACEs.\***

## Kitsap Strong Common Agenda

Improve the well-being and educational attainment of Kitsap residents, through a focus on empowerment and equity, the prevention of ACEs, and the **building of resilience.**

\*Based on BRSFF data from 2011.



# Kitsap Strong timeline

The **Commission on Children and Youth** and **Washington Family Policy Council** support resiliency building efforts with youth through the “It’s Time for Kitsap Kids” campaign.

In 2011, the **Kitsap Community Health Priorities (KCHP) Summit**, ACEs identified as a major health concern in the community and **ACEs Partnership** forms – a group of community leaders passionate about educating our community about ACEs.

## Before our story starts...

The **Bill & Melinda Gates Foundation** invites proposals for its Building Community Philanthropy Program, seeking a partner in each Washington county to join it in building philanthropy and reducing inter-generational poverty.

Kitsap Community Foundation forms an alliance with the **Suquamish Tribe** and **United Way of Kitsap County**, then applies for funding from the Gates Foundation.

## 2013

The **Bill & Melinda Gates Foundation** awards the project \$340,000 to be used over four years.

The **Suquamish Foundation** and **United Way of Kitsap County** each match that award, bringing the project just over \$1 million for its first four years.

The Kitsap Public Health District joins the group of funders and provides inkind support.

**KCHP** organizes a community assessment of resources and challenges, and the group decides to form a collective impact project that will focus on **reducing ACEs and building resiliency**.

Kitsap Strong holds 2 community summits, involving over 100 leaders in identifying priorities and developing ideas to prevent ACEs & build resiliency.

## 2014

## 2015

The project takes on the name **Kitsap Strong** and hires a project director. The Kitsap Community Foundation serves as the backbone organization.

A **leadership team** of 15 people from different organizations is formed to develop the common agenda, shared measurements, and to guide the overall direction.

Kitsap Strong organizes the **Collaborative Learning Academy**, providing funding and training to 26 local organizations in NEAR sciences and equity.

**Olympic College** joins as a funder of the Graduate Kitsap & Mason Network.

Kitsap Strong extends the **Collaborative Learning Academy** for a second year.

Kitsap Strong provides funding to Kitsap Public Health District to act as coordinator of the **HEAL Network**.

The **Bill & Melinda Gates Foundation** awards **Kitsap Strong \$500,000** for another four years of work.

**CHI Franciscan** joins as a funder of the Trauma-Informed Care – “Innovation” Network.

## 2016

## 2017

A Networks Coordinator and two Network Managers are hired for the **Graduate Kitsap and Mason Network** and the **Innovation Network**, supporting the expansion of these networks.





# Kitsap Strong Leadership Committee

Attachment and Trauma Network

Emmanuel Apostolic Church Harrison Foundation

Harrison Foundation

Kitsap Community Resources

Kitsap Community Foundation

Kitsap County

Kitsap County - Department of Human Services

Kitsap Mental Health Services

Kitsap Public Health District

Olympic College

Olympic Education Service District 114

Partnering For Youth Achievement

Peninsula Community Health Services

Special Assault Investigations & Victim Services (SAIVS)

The Suquamish Tribe

United Way of Kitsap County

US Navy

WSU Kitsap County Extension

YMCA of Pierce and Kitsap Counties



## Collective Impact


**working together to solve complex problems**

A collective impact project is able to approach a highly complex challenge from many different angles and include many different viewpoints. With shared data, a common goal, and the same outcomes in mind, **many organizations and individuals** are able to work on a shared challenge from their own field of expertise – in partnership, communication, and collaboration with others who are moving toward the same goals.

**Collective impact and true collaboration is not easy.** The work is messy and change takes time. We know that our community has the knowledge, talent, and empathy necessary to sustain this work. Together we can accomplish our goals, but it is going to require a collective impact approach, because the challenges we face – promoting equity, preventing ACEs, and building resiliency – are bigger than any one agency.

Effective collective impact projects emphasize shared values and include:

- A common agenda or shared hope/community aspiration
- Shared measurements to support strategic learning
- Mutually-reinforcing, high leverage activities
- Continuous communication
- A backbone organization and staff to manage networks



If we can  
change  
how our  
community  
understands  
the “problems”  
and their common  
origin in ACEs and  
inequality, then  
together we can  
develop new  
and different  
solutions.



# Kitsap Strong Partner Agencies

Agape – PCAP  
 Alliance for Child Welfare Excellence  
 Bainbridge Island Police Department  
 Bainbridge Island School District  
 Bainbridge Youth Services  
 Bethany Lutheran  
 Boys and Girls Club  
 Bremerton School District  
 Bremerton UMC Tutoring Program  
 Central Kitsap School District  
 City of Bremerton  
 Fetu Ta’iala Project  
 Gathering for Hope

Holly Ridge Center  
 Hope Circle  
 Housing Kitsap (B.A.S.I.C.)  
 Kids In Concert  
 Kitsap Child Care & Preschool  
 Kitsap Connect  
 Kitsap County Parent Coalition  
 Kitsap County Prosecutors Office  
 Kitsap Immigrant Assistance Center  
 Kitsap Legal Services  
 Kitsap Regional Library  
 Kitsap Rescue Mission  
 Kitsap Sexual Assault Center



Kitsap Transit  
 Lindquist Dental Clinic for Children  
 Little Rhythms Learning Center  
 Multicare Hospice of Kitsap County  
 NAACP  
 Navy Credo NW  
 North Kitsap School District  
 North Mason School District  
 Olive Crest  
 Olympic College Foundation  
 Olympic Community of Health  
 One Heart Wild Education Sanctuary  
 OurGEMS  
 Planned Parenthood

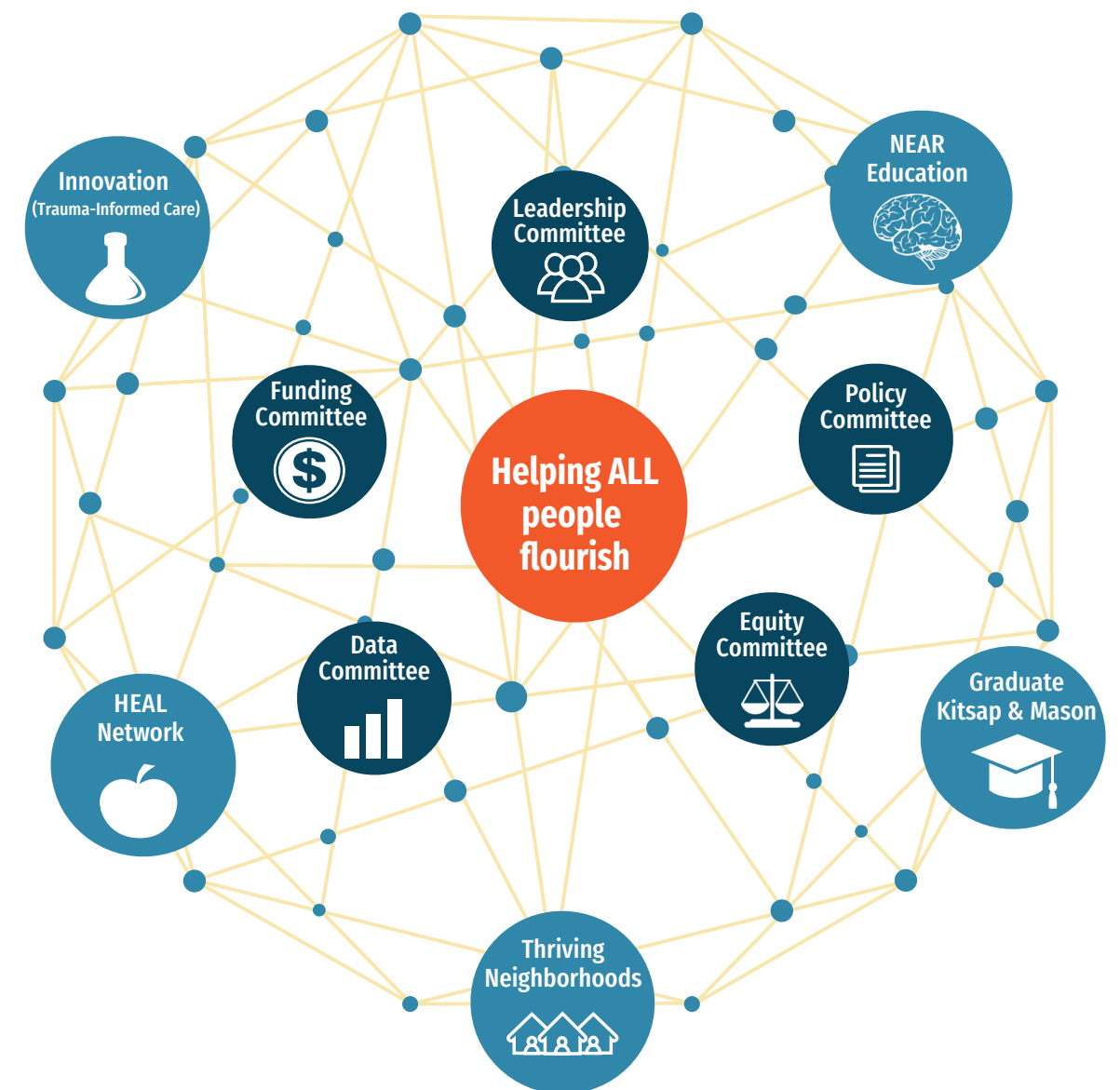
Port Angeles School District  
 Raising Resilience  
 Salvation Army  
 Scarlet Road  
 South Kitsap Helpline  
 South Kitsap School District Ready! For Kindergarten  
 St. Vincent de Paul  
 Stand up For Kids  
 University of Washington Tacoma  
 Weaver Foundation- Georgia Mattson Memorial Shelter  
 West Sound Treatment Center  
 YWCA

## The Networks

working together to solve complex challenges

Kitsap Strong is made up of five networks: Graduate Kitsap & Mason, HEAL, Innovation (Trauma-Informed Care), NEAR Education, and Thriving Neighborhoods. Each network is in a different stage of development and working on an individual focus, but shares Kitsap Strong’s common agenda of improving the well-being and educational attainment of Kitsap residents through a focus on empowerment and equity, the prevention of ACEs, and the building of resilience. Thriving Neighborhoods is in the early stages of developing a coalition and network partners. The following pages include a deeper look at Graduate Kitsap & Mason, HEAL, Innovation (Trauma-Informed Care), and NEAR Education.

The five committees provide infrastructure and support to each of the networks, offering overall leadership, policy, funding, data, and equity.





# Graduate Kitsap & Mason Network

working to improve educational equity & post-secondary attainment

By reducing gaps in educational opportunity and promoting an understanding of Social Emotional Learning and Trauma-Informed schools, this network will work to increase high-school graduation and post-secondary enrollment and completion.

This network is founded on the belief that permanently increasing educational attainment can only be accomplished by increasing the resiliency of families and by improving the social determinants of educational success. The Graduate Kitsap & Mason Network has set the following goals (average rates, Kitsap and Mason Counties):

2015 averages*	Kitsap	Mason	2030 Goal
High-school graduation:	82%	74%	90%
Post-secondary enrollment:	59%	43%	90%
Post-secondary completion:	<30%	<30%	70%

\*Data Source: OSPI Performance Indicators



## Participating Agencies

- Bainbridge Island School District
- Boys and Girls Club
- Bremerton Kiwanis
- Bremerton School District
- Central Kitsap School District
- Chief Kitsap Academy (Suquamish Tribe)
- College Success Foundation
- Fetu Ta'iala Learning Center
- Housing Kitsap
- Kitsap Community Foundation
- Kitsap Community Resources
- Kitsap County Commission on Children and Youth
- Kitsap County Developmental Disabilities Department
- Kitsap Immigration Assistance Center
- Kitsap Public Health District
- Kitsap Regional Library
- New Life CDA
- North Kitsap School District
- North Mason School District
- Olympic College
- Olympic College Foundation
- Olympic Educational Service District
- OurGEMS
- Shelton School District
- Special Education Advocacy
- Suquamish Tribe
- United Way of Kitsap
- University of Washington
- YMCA of Pierce and Kitsap Counties

# Healthy Eating Active Living (HEAL) Network

focused on physical health, chronic disease prevention, active living, and exploring the role of the physical and social environment on our health

Led by the Kitsap Public Health District, this Kitsap Strong network grew out of a group of community organizations that recognized the importance of collective impact for community health improvement. Many had previous experience working together on a successful obesity-prevention campaign called 5210 Kitsap. The HEAL coalition recognizes that lasting change requires a shift in the way we live, learn, work, and play in Kitsap.

The coalition team has two focus areas: Healthy Eating and Active Living. Under these focus areas, goals and strategies have been identified for Kitsap County through reaserch, discussion, and stakeholder engagement.

**80%** of Kitsap youth and adults report eating fewer than 5 fruits and vegetables in a day.

**57%** of Kitsap adults report less than 60 minutes of physical activity each day.

**77%** of 10<sup>th</sup> and 12<sup>th</sup>-graders report less than 60 minutes of physical activity each day.

We envision an environment that supports equitable access for all to choose physical activity and foods that contribute to health and well-being in Kitsap.

Data Source: Youth: Healthy Youth Survey 2016; Adults: Behavioral Risk Factor Surveillance System 2016.

## Participating Agencies

- Kitsap Public Health District
- Kitsap Transit
- Bikes Everywhere
- WSU Extension – SNAP
- WSU Extension
- Peninsula Community Health Services
- Olympic Educational Service District 114 – Head Start, Early Head Start
- Haselwood YMCA
- YMCA of Pierce and Kitsap Counties
- Suquamish Tribe Community Health Department





# NEAR (neuroscience, epigenetics, ACEs, resiliency) Training/Education Network

working to provide high quality, consistent, scientifically-accurate information

This network has provided over 200 presentations on NEAR science to over 5,000 people since April 2015. A critical component of this Network is expanding the number of diverse voices able to deliver the NEAR science information – with passion and empathy – to a wide variety of audiences, whether they’re families, congregations, or educators. The Olympic NEAR Speakers are working to expanding the reach of NEAR science, ACEs, and resilience knowledge throughout our communities.

Recently, this network has expanded from 1 ACE Interface Certified Speaker in 2015 to 32 speakers in the Olympic NEAR Speakers network. The goal of this Network is to create brave spaces for audiences to explore the NEAR sciences education and envision opportunities to put the science into action in their work and lives.

The table below represents the growth of the Network since 2015 and the number of people and organizations that have been reached with this valuable, scientifically-accurate information.

Measure/Year	2015	2016	2017	Total
Number of NEAR presentations	30	79	106	225
Number of attendees (headcount)	1168	2542	1415	5125
Number of ACE Interface Certified Trainers	1	0	31	32



# Innovation Network (Trauma-Informed Care)

helping agencies explore how to incorporate the NEAR sciences into their work and evaluate their services through a trauma-informed, client-centered, NEAR perspective

The Innovation Network is a group of community leaders who have a deep understanding of the NEAR sciences and are now exploring how to apply this science in their work, including the development of trauma-informed care practice, and efforts to promote equity. The goals for this network are to create an equitable community that is trauma-informed and trauma-responsive, improving outcomes for both the clients that agencies serve and the staff/employees who provide those services and support.

A Trauma-Informed Care (TIC) approach has been shown to improve outcomes in behavioral health, chronic disease management, pediatrics and primary care, criminal and juvenile justice, education, housing, welfare services, youth services, and child welfare. Network participants go through trainings in ACEs, NEAR science, and trauma-informed care, and then become champions of these practices within their own organizations.

The Innovation Network launched the **Collaborative Learning Academy (CLA)** in 2015 with the goals of expanding knowledge about NEAR sciences and building support for a collective impact approach to social challenges in the community. During the next two years, over 80 key participants from 26 local nonprofit agencies attended CLA sessions. Their respective agencies received learning-focused grants totaling over \$146,000 that Kitsap Strong has invested towards building a trauma-informed community.

### Collaborative Learning Academy Goals:

- Increase the number of agencies receiving education on NEAR sciences and trauma-informed care.
- Increase the percentage of agencies with trauma-informed policies and services.
- Increase the number/percentage of agencies implementing programs/services that build resiliency.
- Improve the level of collaboration between agencies or among departments, services, and programs.



- Participating Agencies**
- Agape - Parent Child Assistance Program
  - Attachment & Trauma Network
  - CHI Franciscan Health
  - Housing Kitsap
  - Kitsap Connect
  - Kitsap County Human Services
  - Kitsap County Parent Coalition
  - Kitsap Mental Health Services
  - Kitsap Public Health District
  - Kitsap Rescue Mission
  - Navy Credo NW
  - New Life Community Development Agency
  - Olympic Educational Service District 114
  - Peninsula Community Health Services
  - Scarlet Road
  - Weaver Foundation-Georgia Mattson Memorial Shelter
  - YMCA of Pierce and Kitsap Counties







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