

Blueprint for Action to Advance Family Mental Health with Triple Bottom Line Justice

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Prepared by Elevate Policy Lab at the

Yale school of public health

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Yale school of public health

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Executive Summary

aregivers, their families, and communities across the United States are impacted by pollution, disease, poverty, and violence, and these challenges threaten mental health. The Elevate Policy Lab at the Yale School of Public Health (Elevate) advances family mental health as a pathway to economic and social mobility. Elevate's signature approach is The Mental Health Outreach for Mothers (MOMS) Partnership® Model. Elevate has also launched a unique and transformative place-based to policy approach that centers impacted communities in decision-making and advances family mental health with environmental, health and economic justice: Triple Bottom Line Justice (TBLJ).

Over the past two years, Elevate has led a convening process, bringing together experts from the domains of impacted communities, academia, business, government, and philanthropy to develop Guiding Principles and Pathways for Action that apply TBLJ. This Blueprint for Action report introduces the convenors; provides an overview of the need for action; outlines the Guiding Principles and Pathways for Action; and describes the TBLJ approaches of Brownfields to Health Fields and Civic Justice Engagement that advance family mental health.

The report also discusses the convening approach that Elevate utilized to engage experts from the five domains.

Engagement with experts from these domains took many forms and culminated in the convening event - Coming to the Table Conversations (C2TC) on Family Mental Health with Triple Bottom Line Justice — that took place on May 24 and 25, 2022 with generous support from Perigee Fund. The convening process - including the proof of concept, key informant interviews, facilitated dialogues and C2TC itself has catalysed cross-domain collaborations and actions that embrace the unprecedented federal initiatives for environmental justice, racial equity, and mental health. Elevate's work and federal initiatives are aligned, and present opportunities to implement and amplify the Guiding Principles and Pathways for Action that were identified through the convening process. Ultimately, Elevate encourages robust engagement in on-going cross domain collaborations and will continue to catalyze new partnerships.

and Beyond 2022 Elevate hosts C2TC 2021 in May with great attendance and generative discussion across domains of Elevate launches community, the C2TC initiative government,

Elevate co-produces Blueprint for Action and celebrates federal government recognition of the intersection between environmental stressors and family mental health. With momentum from C2TC, collaborations across domains are ongoing.

MILESTONES FOR ELEVATE'S BLUEPRINT FOR ACTION 2020 2019 2011 Elevate Policy Lab is launched and now based in The MOMS Yale School of Partnership® is Public Health. founded at Yale School of Medicine.

Triple Bottom Line Justice, a place-based to policy equity approach to confront social determinants of health is launched at Elevate, informed by the MOMS Partnership.

through a proof business sector, of concept, key philanthropy and informant interviews, academia. Themes facilitated dialogues, addressed are food is and presentations health, brownfields at national to healthfields, conferences. workforce development and economic & social

mobility.

Meet the Convenors



Elevate is launched with activities and talks on May 6, 2019. Photo: Yale University

levate, launched in 2019, is based in the Yale School of Public Health. Elevate is dedicated to finding innovative and scalable solutions to support the needs of caregivers as they seek health and well-being, pursue social and economic mobility, and foster environmental resiliency for themselves, their families, and their communities. Elevate developed the Triple Bottom Line Justice place-based to policy approach to advance family mental health. The approach is informed by decades of environmental justice advocacy and based on experiences implementing the MOMS Partnership® Model. The MOMS Partnership, Elevate's core program, is a program model and package of principles and approaches that, together, can reduce depressive symptoms among under-resourced, overburdened pregnant persons, and women caregivers, with the goal of improving social and economic mobility of their families.

ELEVATE'S VISION FOR THE CONVENING PROCESS

To advance family mental health with Triple Bottom Line Justice (TBLJ), Elevate developed Guiding Principles

and identified components of equitable Pathways for Action through a convening process.

The vision for the convening process is to bring together experts from government, academia, philanthropy, the business sector, and impacted communities to develop whole-of-government/society solutions that advance family mental health, economic mobility, and environmental resiliency for disadvantaged, underserved, and overburdened populations. This vision for the convening process is sustained by the Elevate mission to advance maternal mental health as a pathway to environmental, economic, and health justice.

PERIGEE FUND

"Perigee Fund partners with organizations whose initiatives support the infant-caregiver relationship and increase the capacity for all families to experience healthy, joyful connections." Perigee Fund focuses funding and resources on two key areas — Mental Health and Family Supports for Well-Being — particularly initiatives that center communities of color. Perigee's support was instrumental in realizing the convening vision.

Introduction

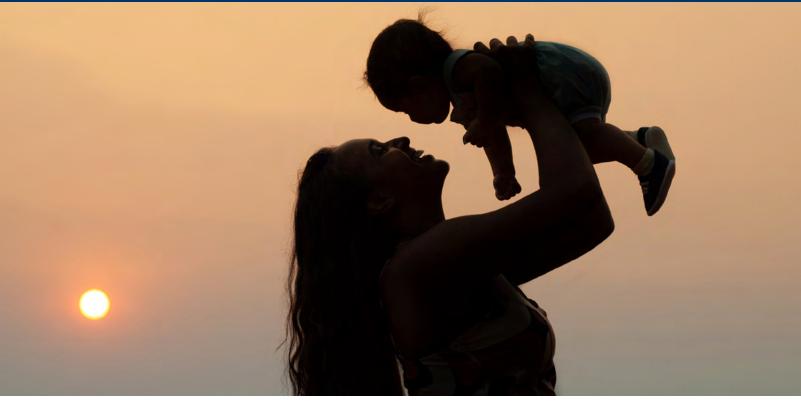


Photo: Pexel

NEED FOR ACTION ON MATERNAL HEALTH: CHALLENGES AND OPPORTUNITIES

aregivers, their families, and communities across the United States are experiencing environmental, health, and economic challenges with multigenerational impacts.

HEALTH CHALLENGES:

- The U.S. is facing a maternal health crisis. The maternal mortality rate in the United States has been increasing and far outstrips that of other industrialized nations. Black women face three times the maternal mortality risk as white women.²
- Maternal mental health (MMH) conditions are the most common pregnancy and childbirth complication; 1 in 8 women report depression symptoms after childbirth.³ Unfortunately, over half of pregnant women with depression are not treated³. Almost 40% of Black mothers and birthing people experience MMH conditions.² Compared to white

women, Black women are twice as likely to experience MMH conditions but half as likely to receive treatment.²

- Mental health affects every age demographic in the United States. A recent KFF/CNN poll, found that about a third of adults under age 30 rated their mental health as "only fair" or "poor". 4
 - A 2021 U.S. Surgeon General's Advisory, <u>Protecting Youth Mental Health</u>,⁵ reports the statistic that one in three high school students reported persistent feelings of sadness or hopelessness in 2019. Concerns about climate change contribute to young people's feelings of hopelessness.

ECONOMIC CHALLENGES:

- Many families are experiencing the effects of increasing prices for housing, food, and energy.^{6,7} Having high financial worry is associated with distress.⁸
- Children are affected by economic conditions.
 Families with incomes near or below the federal

poverty line have higher rates of food insecurity and worse infant health outcomes than families with higher incomes.⁹

• There are disparities in upward mobility across racial groups; Black and American Indian children have lower rates of upward mobility relative to Asian, Latinx, and white children.¹⁰

ENVIRONMENTAL CHALLENGES:

- About 30 million people or about 9% of the U.S. population lives within a half-mile of a Brownfields site and about 149 million or 44% of the U.S. population lives within 3 miles of a Brownfields site.
 - Populations that live near Brownfields sites are "more minority, low income, linguistically isolated, and less likely to have a high school education than the U.S. population as a whole". 11
- There is evidence that living near Brownfields is associated with higher levels of toxic metals in adults.¹² Toxic metals, like lead and mercury, have adverse health effects during pregnancy and across the lifespan.^{13,14}
 - In addition to toxic metals, other contaminants often found at Brownfields sites are oils, fibers, and manmade chemicals.¹⁵
 - Living near a designated Brownfields site or an area with known or perceived environmental hazards has additional health implications. There are physical safety risks from abandoned buildings, and these sites are associated with disrupted community connections.¹⁶
 - Abandoned land may also impact mental health through increasing anxiety and stigma.¹⁷

For additional information about the Coming to the Table Conversations and resources about TBLJ including fact sheets, a glossary, agenda, resources, presenters and subject matter experts, Justice 40 Handbook and Homework, and mechanism to foster connections, visit the C2TC website.

Elevate champions Triple Bottom Line Justice (TBLJ) – which includes health, economic and



Photo: Adobe

environmental justice — as both a goal and as a pathway for communities. Advancing family mental health through approaches like the MOMS Partnership is integral to achieving TBLJ; Civic Justice Engagement and Brownfields to Healthfields are two additional approaches to achieve this end goal (see page 16).

Families and their communities cannot do this work alone. This time of unprecedented federal government spending on environmental justice and White House initiatives for equity, mental and maternal health, and climate (see page 6) are opportunities for local, state, and federal government to work in tandem with community and non-profit, business, philanthropy, and academic organizations to multiply the positive impact of TBLJ approaches for families and their communities.

To this end, Elevate, with generous support from Perigee Fund, laid the foundation for convening the domains of academia, business, government, philanthropy, and communities impacted by environmental, health, or economic disparities to discuss whole-of-government and whole-of-society solutions to achieve family mental health with TBLJ. The convenings coalesced in the event — Coming to the Table Conversations (C2TC) on Family Mental Health with Triple Bottom Line Justice — that took place on May 24 and 25, 2022. The foundation for the convening was a Proof of Concept accompanied by key informant interviews, facilitated dialogues, and presentations at national conferences. The Proof of Concept generated interest and increased understanding of the TBLJ framework among the five domains. During

the convening, cross-domain discussion increased understanding of key issues in family and maternal mental health and generated interest in collaboration between domains.

After the convening, Elevate has continued to engage convening attendees in collaborative efforts. The convening's power is that it brought together people from different domains to discover shared or aligned missions and lay the groundwork for integrated actions that center caregivers, their families, and communities to achieve TBLJ with family mental health.

OPPORTUNITIES FOR COLLABORATION ACROSS DOMAINS

Elevate's efforts to advance family mental health with TBLJ are reinforced through federal policies that recognize family mental health, vulnerable populations, and the impact of environmental stressors on health, well-being, and economic and social mobility. They are also reinforced through collaborations with government and community partners. The below table lists examples of several federal initiatives that can amplify Elevate's and other allied organizations' and individuals' efforts.

Federal Initiatives Related to Family Mental Health and TBLJ

Federal Programming	Integration of Environment and Mental Health	Elevate Alignment
Federal Initiative: Biden Unity Agenda ¹⁸ Agency/Department/Office: The White House Purpose: The Biden Unity Agenda rallies bipartisan support for a fourpart unity agenda that addresses the mental health crisis, cancer research, veterans' needs, and the opioid epidemic.	Recognizes need to "Support Americans by Creating Healthy Environments" by addressing determinants of behavioral health, investing in community services, and fostering a culture and environment that broadly promotes mental wellness and recovery. Advances whole-of-society effort involving multiple departments addressing basic needs. For example, U.S. Department of Agriculture will incorporate updated mental health information into its online resource center for State, local and clinic staff administering the Special Supplemental Nutrition Program for Women, Infants, and Children. Addresses environmental exposures by increasing resources for new presumptive disability compensation claims related to environmental exposures from military service while funding Department of Veterans Affairs for research and medical care on environmental exposures.	Understanding the importance of creating healthy environments for advancing family mental health through whole-of-society efforts.
Agency/Department/Office: The White House/Whole-of-government Purpose: Justice 40 is a nationwide environmental justice initiative with a goal that government intends that 40 percent of the overall benefits of certain Federal investments flow to disadvantaged communities that are marginalized, underserved, and overburdened by pollution.	The Department of Health and Human Services (HHS) Administration for Children and Families lists the following Justice 40 programs: Community Economic Development; Community Services Block Grant; Low Income Home Energy Assistance Program; Low Income Household Water Assistance Program; and Rural Community Economic Development Program.	Fostering environmental resiliency with focus on family health and environmental stressors.

Federal Initiatives Related to Family Mental Health and TBLJ (continued)

Federal Programming	Integration of Environment and Mental Health	Elevate Alignment
Federal Initiative: Biden-Harris Blueprint for Maternal Health ²⁰ Agency/Department/Office: The White House Purpose: The Biden-Harris Administration has outlined five priorities to improve maternal health outcomes: 1) Increasing access to and coverage of comprehensive high-quality maternal health services, including behavioral health services. 2) Ensuring women giving birth are heard and are decisionmakers in accountable systems of care. 3) Advancing data collection, standardization, harmonization, transparency, and research 4) Expanding and diversifying the perinatal workforce. 5) Strengthening economic and social supports for people before, during, and after pregnancy.	Commits to addressing adverse effects on maternal health from climate change and other environmental stressors. Supports increasing access to safe neighborhoods and environments. Recognizes environmental risks to women of childbearing age, pregnant women, and new mothers. Recognizes food insecurity and nutrition, environmental risks, economic insecurity, and personal safety as factors driving maternal health crisis. Recognizes that maternal health analyses have not focused enough on key drivers of poor maternal health outcomes such as social determinants of health, environmental stressors, mental health, substance use disorders, and chronic diseases.	Improving maternal and mental health outcomes for mothers and caregivers by supporting safe neighborhoods and addressing social determinants of health, including environmental and climate stressors.
Federal Initiative: Roadmap for Behavioral Health Integration ²¹ Agency/Department/Office: Department of Health and Human Services Office of the Assistant Secretary for Planning and Evaluation (ASPE) Purpose: The roadmap advances the Administration's Strategy to Address the National Mental Health Crisis. The pillars of the roadmap including strengthening the behavioral health workforce, equity, and integrating behavioral health with other care and social systems.	Advances the Support Americans by Creating Healthy Environments pillar through investments in behavioral health promotion, upstream prevention, and recovery. Emphasizes "a whole-of-society effort," recognizing the importance of "culture and environment" in promotion, prevention, and recovery. Identifies whole of society opportunities to align structural supports and financing to integrate promotion and prevention programs in community-based settings to increase focused investment in culturally relevant, person-centered, and evidence-based promotion and prevention services.	Addressing maternal mental health and mental health for people across the life course while recognizing the importance of "culture and environment" and expanding the behavioral health workforce.

Federal Initiatives Related to Family Mental Health and TBLJ (continued)

Federal Programming	Integration of Environment and Mental Health	Elevate Alignment
Federal Initiative: Environmental Justice Index ²² Agency/Department/Office: Department of Health and Human Services Office of the Assistant Secretary for Health, Office of Environmental Justice, Agency for Toxic Substances and Disease Registry Purpose: The Environmental Justice Index (EJI) is the first national, placebased tool designed to measure the cumulative impacts of environmental burden through the lens of human health and health equity. The EJI delivers a single score for each community so that public health officials can identify and map areas most at risk for the health impacts of environmental burden. Social factors such as poverty, race, and ethnicity, along with preexisting health conditions may increase these impacts.	Highlights the intersection between environmental burden, social vulnerability, and health vulnerability, and accounts for cumulative impacts. In its Health Vulnerability Module, incudes high estimated prevalence of poor mental health, setting a precedent of including mental health in EJ mapping tools. Advances the Geospatial Determinants of Health framework, which articulates geospatial drivers influencing disease prevalence and health promotion.	Accounting for the cumulative impact of place on people, recognizing mental health.
Federal Initiative: Environmental Career Worker Training Program ²³ Agency/Department/Office: National Institute of Environmental Health Sciences Purpose: The roadmap advances the Administration's Strategy to Address the National Mental Health Crisis. The pillars of the roadmap include strengthening the behavioral health workforce, equity, and integrating behavioral health with other care and social systems.	Life skills and other pre-employment training are a fundamental component of the Environmental Career Worker Training Program. This instruction provides trainees with the personal and interpersonal skills required to deal with the challenges of everyday life and to obtain and sustain employment. Life skills curricula address topics such as: confidence building; cultural diversity; financial responsibility; job readiness/employment success; stress and time management; and work relationship dynamics.	Advancing consideration of mental health in environmental workforce training in order to strengthen environmental justice and economic mobility.
Federal Initiative: Brownfields Program ²⁴ Agency/Department/Office: Environmental Protection Agency Purpose: The Brownfields and Land Revitalization Program provides grants and technical assistance to empower states, tribes, communities, and others to work together to prevent, assess, safely clean up, and sustainably reuse Brownfields.	A critical part of the Program is to ensure that residents living in communities historically affected by economic disinvestment, health disparities, and environmental contamination have an opportunity to reap the benefits from Brownfields redevelopment. The Program continues a rich history rooted in a commitment to environmental justice in urban and rural areas, and to helping communities revitalize brownfield properties, mitigate potential health risks, and restore economic vitality.	Fostering environmental resiliency, advancing engagement of impacted community, and addressing needs of people and place concurrently.

THE JUSTICE 40 INITIATIVE AND ELEVATE

A prominent federal effort that aligns with Elevate's work is the Justice 40 Initiative. The Justice 40 Initiative is a historic commitment from the federal government that 40 percent of the overall benefits from certain federal investments flow to communities that are underserved and overburdened by pollution. As a whole-of-government initiative, Justice40 investment categories include climate change, clean and efficient energy, clean transit, affordable and sustainable housing, training and workforce development, remediation of legacy pollution, and clean water and wastewater infrastructure. In 2021, the White House issued

formal guidance, Interim Implementation Guidance for the Justice 40 Initiative, 24 to provide further direction to Federal agencies on the Initiative, while also identifying 21 pilot programs. During the May convening, the Department of the Interior (DOI) gave an overview of how Justice 40 affects the department; 54 DOI programs are covered by Justice40 with investments of about \$3 billion. The Elevate convening process expanded the collective understanding of Justice 40 across domains and aided organizations in understanding how their missions align with Justice 40, and family mental health with TBLJ. To date, almost 500 Justice40 programs have been identified across multiple Federal Departments and agencies.

July **February** July **August January** 2022 2022 2021 2021 2022 President Biden The Office of Council on White House **CEO** releases signs executive Environmental releases expanded Management and RFI for feedback

order establishing Justice40

Budget (OMB) issues interim implementation guidance and identifies 21 pilot programs

Quality (ECQ) releases beta version of Climate and Economic **Justice Screening** Tool along with a request for information (RFI) to solicit feedback

list of Justice 40covered programs

on vision for Environmental **Justice**

Graphic: Urban Institute

In addition to alignment with Elevate's mission and vision, the above initiatives demonstrate the value of collaboration with allied organizations and individuals to reinforce their impact. Like the federal government, Elevate recognizes and, through the convening process, champions the power of working across domains. In addition to these initiatives, there are historic levels of funding that support environmental and economic resiliency amidst the challenges families face. By following the Blueprint for Action, Elevate and partners across domains can work with impacted communities to harness these opportunities.



Photo: Adobe

Guiding Principles



Photo: iStock

uiding principles help ensure that the vision for advancing TBLJ and family mental health is understood and shared among government, community and non-profit, business, philanthropy, and academic organizations alike. Guiding Principles will inform the implementation of policies and programs and support equitable decision-making. The following Guiding Principles emerged from Elevate's convening process which engaged experts in the domains of impacted communities, academia, business, government, and philanthropy for a year leading up to the convening in May 2022. The principles address people, place, and economic and social mobility.



Accelerate Diversity, Equity, and Inclusion:
 All efforts must be founded on the commitment to accelerate diversity, equity, and inclusion in all aspects of decision-making and activities.

- Center Impacted Populations: It is essential for the impacted population to be at the center of decision-making on practice and policy. This is achieved by including the community in developing, implementing, and evaluating interventions and initiatives. This principle also recognizes that solutions be based on the expressed interests of the impacted populations, accounting for actual circumstances and conditions.
- Actively Work to Develop Trust: There
 must be continuing active efforts dedicated towards
 developing and maintaining trust between the
 impacted population and external parties beginning
 at the outset and continuing throughout the
 development and implementation of policies and
 programs.
- Meaningfully Engage Community: Resources and time must be directed toward equitable, meaningful community engagement with outreach to the most marginalized communities, especially those that are underrepresented in leadership in

government and nongovernment organizations. There must be a commitment to level the playing field of understanding, for example, by fostering a common understanding of key terms and concepts.

- Collaborate across Domains: Government, academia, the business sector, and philanthropy should collaborate with communities impacted by environmental, economic, and health challenges. This cross-domain collaboration requires clarity on the range of roles, capabilities, and opportunities for synergy between domains.
- Include Expansive Concept of Family and Whole Health: The two-generation theory of change rests on the premise that making improvements in a caregiver's mental health and well-being will not only be beneficial for caregivers, but also for children. Commitments must be made to consider the whole health of children, adolescents, caregivers, and families, considering both physical and mental health. The core unit of "family" must be viewed using an inclusive and multi-generational lens.
- **Integrate across Sectors:** The public and private health sector, including behavioral/mental health, should integrate understanding of environmental justice and the health effects of climate change into practice. The sector can also engage with collaborative opportunities arising from government programming on environmental justice and climate change.



- **Terminate Root Causes:** Root causes of health disparities, including environmental and social factors, must be targeted and terminated through programing that confronts social determinants of health. Clinical interventions need to be aligned with programs targeting root causes and must be evaluated.
- Support Infrastructure Funding to Address Basic Needs: Barriers to basic needs, safety and psychological wellness for populations impacted by environmental, economic, and health challenges must be recognized as a component of infrastructure funding and development.

- Breakdown Silos: Cultures of silos across domains must be acknowledged and evaluated in order to detect barriers to cross-domain collaboration. Time and resources must be committed to overcome barriers and foster collaboration across silos.
- Recognize Cumulative Effects: The cumulative effects of threats to human health and the environment must be considered and addressed in environmental, health, and economic policies, programming, and evaluation.
- Understand the Legal Framework of Government Decision-making: The legal framework of government decision-making should be made transparent to impacted communities. This includes laws and policies directing government action and funding seeking to advance environmental, health and economic justice, including family mental health.



Account for Adverse and Beneficial Impacts:
 Full cost accounting of adverse impacts and benefits of interventions should be applied to decision-making by government, the business sector, and other relevant sectors.

• Recognize Family Mental Health as

- Fundamental to Workforce Development:
 Connections between family and maternal mental health and workforce development should be explored, explained, and addressed. Workforce development should promote family-sustaining jobs, including temporary support to workers and their families as they prepare for new career opportunities (e.g., training programs that pay trainees and support for educational expenses). Workforce development should engage community leaders for local outreach and recruitment to improve cultural competency and ensure equitable program design.
- Integrate Family Mental Health with Environmental Workforce Training: Family and maternal mental health should be a core component of environmental, climate and infrastructure related worker training programs.

Frontline workers who address basic needs and safety, including contaminated site remediation, food security, disaster and emergency response, weatherization, and community resilience, should be provided with mental health supports.

- Bolster the Mental Health Workforce:
- Quality maternal mental health services require an expanded, well-trained workforce. Developing the mental health workforce (e.g., community health workers, community mental health ambassadors, etc.) can aid in addressing the country's mental health crisis, particularly in maternal mental health. Workforce development resources should address both individuals and organizations to meet the needs of a diverse population. At the individual level this
- means resources for training to respond to family mental health concerns. At the organizational level, it includes recruitment, hiring, training, development, support, and retention.
- Align Value-based Payment and Care
 Reform with Environmental and Climate
 Justice: Payment reform efforts should be part of a
 comprehensive framework that aligns payment and
 equity goals. Further, these efforts should leverage
 capacity from government environmental and climate
 justice initiatives to address social determinants of
 health as well as clinical services and interventions for
 disadvantaged and vulnerable populations, including
 families, pregnant individuals, and infants.

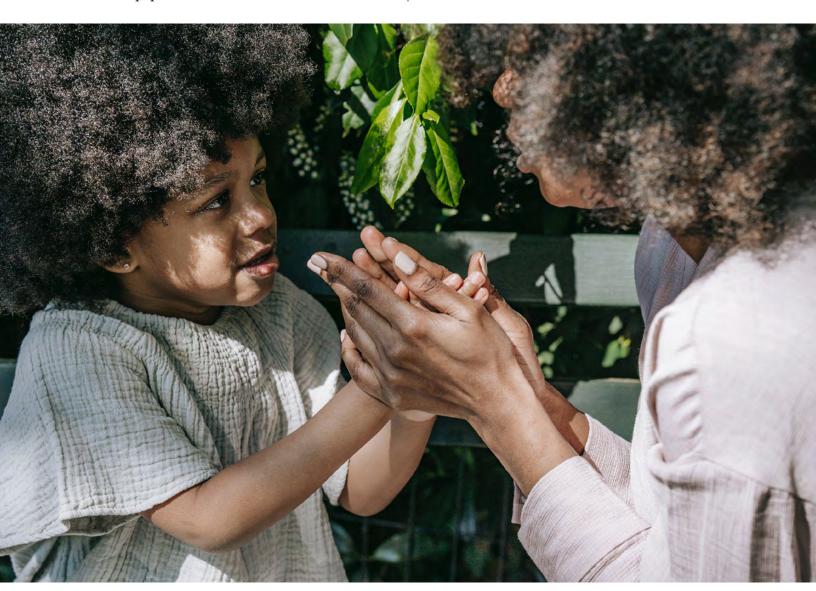
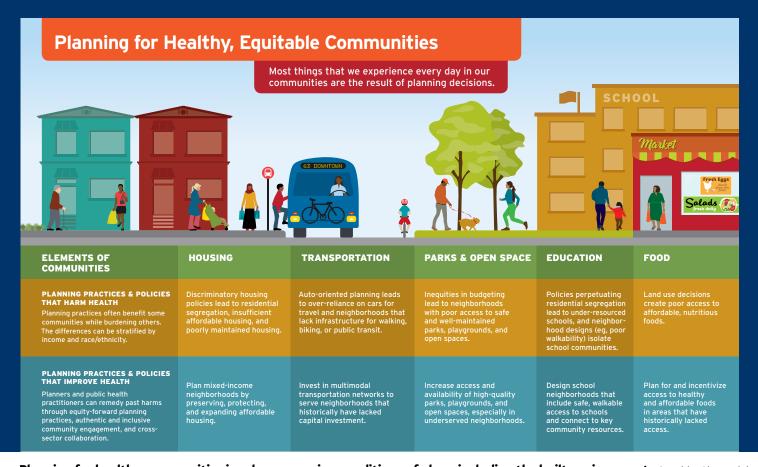


Photo: Pexels

Pathways for Integrated Action and Equitable Collaboration



Planning for healthy communities involves assessing conditions of place, including the built environment. Graphic: Changelabs

uiding Principles highlight collaborative action that should be taken to achieve the vision of family mental health with TBLJ. Critical to success is the careful creation of a pathway for action. While there are many pathways to environmental, health, and economic well-being for impacted communities which amplify family mental health, Elevate suggests that equitable pathways should include five key components to enhance the likelihood of achieving the vision.



COMPONENT ONE: IMPACTED PEOPLE AND CHAIN OF COMMAND

The Chain of Command is a fundamental factor in effective and efficient collaborations intended to support equitable community revitalization. Within this Chain of Command, the impacted population must be the driver of decision-making from the beginning and throughout the process. Community engagement is also fundamental,

and the following measures should be considered:

- Foster engagement of impacted community as experts with lived experience to describe challenges and vision for revitalization.
- Center perspectives of community champions and supporting organizations using multiple approaches including informal conversations, interviews, focus groups and community dialogues.
- Convene facilitated dialogues with diverse interested parties to strengthen the diagnosis of community concerns and the development of plans of action that address cumulative environmental, health, and economic challenges.
- Develop a roster of potential participants for convening processes, which recognizes the fields of family mental health and TBLJ. Within each of these fields, participants should be identified for each of the interested parties' domains.

COMPONENT TWO: PLACE-POLLUTED AND BUILT ENVIRONMENT

Conditions of place that impact the population must be identified and assessed. These include pollution of the natural environment and the built environment. Cumulative impacts should be factored into the assessment. Cumulative impacts are "the total harm to human health that occurs from the combination of environmental burden such as pollution and poor environmental conditions, pre-existing health conditions, and social factors such as access to quality healthcare".22 The seminal environmental justice (EJ) mapping tool for understanding impact of place is the US EPA EJ Screen.²⁵ Based on a chosen geographic area, the tool provides demographic socioeconomic and environmental information for that area addressing 12 environmental indicators, 7 socioeconomic indicators, 12 EJ indexes, and 12 supplemental indexes. EJ Screen has the capability to show how a selected area compares to the state, EPA region, or the nation.

The most recent EJ mapping tool is the US HHS Environmental Justice Index (EJI).²² The EJI is the first national, place-based tool designed to measure the cumulative impacts of environmental burden through the lens of human health and health equity. This tool is precedential because it identifies poor mental health as one of its health vulnerabilities. Poor mental health can be both caused by and exacerbated by poor environmental quality.



Healthy, resilient, and sustainable communities will be achieved when individuals and communities bearing the burden of pollution, disease, poverty, and violence are able to effectively engage in decision-making. Impacted communities are empowered by increasing their understanding of the legal foundations upon which community needs can be addressed and by expanding their access to legal and technical expertise. From the community perspective, this understanding of authorities and appropriations undergirding community problem solving can be clarified as: packaging challenges

and vision according to the framework of the law; strengthening community capacity and enhancing access to government funding; connecting communities' expertise from lived experience to government decision-making; and fostering accountability for government action.

Elevate and organizations across domains can share information on environmental rule of law through fact sheets, workshops, community site visits, literature reviews of academic and grey literature, and by developing talking points to support communities in engaging with government decision-making processes, environmental justice analyses, and health impacts assessments. Direct consultation with community organizations is an important service.



COMPONENT FOUR: PROBLEM SOLVING GAME PLANS

An initial step in any pathway involves communities selecting specific targets that involve the intersections of environmental, health, and economic challenges. At the outset, it should be established that community members are lived experience experts who have primary evidence of the cumulative challenges they face and the vision for revitalization. Their voices and views should form the foundation for the identification of challenges. Based on this articulation of challenges and vision, the following information should be investigated: 1) Identification of Federal government resources potentially relevant to community concerns and vision; 2) Linking specific government resources with community concerns and vision; 3) Exploring procedures to access government resources; and 4) Understanding environmental laws that explain the structure for government support.



Executing data collection and evaluation processes equitably and sustainably is fundamental to successful integrated action and collaboration. When collecting data and information, it is important to honor and center the cultural context and the lived experiences of



Photo: iStock

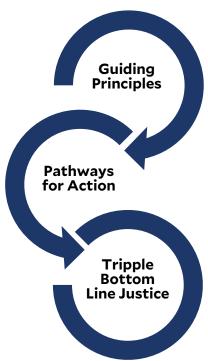
community collaborators. Building trust, fostering open communication, and providing opportunities for capacity building are essential to developing a culturally relevant evaluation that promotes the relevance and usability of the resulting data for collaborators. Equitable and sustainable data collection also requires that evaluation design be co-created with the community and considerate of the power dynamics in the evaluation context.

Engaging with community partners in co-creating the adaptation of interventions to address community needs as they emerge and are increasingly articulated and understood is fundamental to TBLJ work. The evolving nature of TBLJ work necessitates evaluative processes that are often non-linear, iterative, and adaptive. This flexible intervention and evaluation approach fosters relationships and trust by respecting the interests, input, and timeline of the community facing multiple burdens and stressors.

Further, a comprehensive evaluation approach which emphasizes the importance of formative, process, and outcomes evaluation is warranted. Comprehensive evaluation promotes a shared understanding and language around the work that can lead to more context and culturally relevant data. Better data has higher utility to the diverse domains engaged in this work and simultaneously helps to refine the evaluation methods for the TBLJ context.

Successful implementation, data collection, and evaluation rests on partners, especially those representing impacted populations, having the resources necessary for these activities over a period of time. Sustainability is important for long-term equitable collaborations and ways to foster sustainability should be considered from the beginning and throughout the collaboration.

Guiding Principles inform Pathways for Action which have key components that can advance TBLJ.



About Triple Bottom Line Justice



Suzi Ruhl (left), Elevate Director of Policy, speaking at the public announcement of the \$1 million Congressional Community Project Funding earmark for the Mount Growmore Campus with Councilman Ernest E. Newton, II, (center) and Congressman Jim Himes (right). Photo: Elevate

n 2020, Elevate launched an innovative approach:
Triple Bottom Line Justice. Triple Bottom Line
Justice is both an end-goal for communities and an
integrated policy and place-based practices methodology.
TBLJ simultaneously tackles health, environmental, and
economic challenges faced by overburdened, underserved,
and underrepresented communities. TBLJ addresses the
root causes of health disparities and improves mental
health outcomes. TBLJ approaches, together with the
Guiding Principles and Pathways for Action, are Elevate's
blueprint for advancing family mental health.

TBLJ is premised on the experience that meaningful engagement of underserved, overburdened, and underrepresented individuals in environmental, economic, and health decisions at the local, state and national government levels improves the health of these individuals and communities while increasing the effectiveness of government policies. The two signature approaches of TBLJ are Brownfields to Healthfields and Civic Justice Engagement.

1) Brownfields to Healthfields (B2H): Environmental, economic, social, and health

disparities affect communities living near brownfields (properties having the presence or potential presence of contamination). The effects are far reaching and include increased crime rates, loss of social capital, substance abuse, lack of green spaces or areas for recreation, decreased access to healthy foods, poor air quality, contaminated soil or water, elevated blood lead levels, and asthma prevalence. ^{26,27} These effects all have direct or indirect effects on the mental health of families living near brownfields. Brownfields redevelopment can improve family mental health by increasing green space and social interaction and by reducing the stress of living near contamination.

B2H is a community created, multi-stakeholder collaborative and inclusive approach that transforms brownfields into areas that strengthen community health, equity, sustainability, and resilience for overburdened and underserved populations. It leverages government funding with philanthropic and private investment in impacted communities to flip contaminated properties into community

assets. B2H's community-centric approach provides multiple benefits for children, mothers, families, and communities. *Ultimately, B2H is a TBLJ approach that can improve family mental health by developing equitable, resilient, and sustainable communities by meeting basic needs such as health care, nutritious food, recreation and more.*



Common brownfield sites include abandoned gas stations, landfills, former mines, maintenance yards, landfills, and more. B2H transforms these sites into infrastructure that meets basic needs.

2) Civic Justice Engagement: Meaningful engagement with underserved, overburdened, and underrepresented individuals in environmental, economic, and health decisions at the local, state, and national government levels improves the health of individuals, families, and communities. Meaningful civic engagement also increases the effectiveness of government policies. Civic Justice Engagement (CJE), the second approach of TBLJ, can be applied to strengthen environmental, health, and economic



Photo: Pexels

justice with a foundation in the legal framework for government decision-making, applying rule of law as a guiding principle.

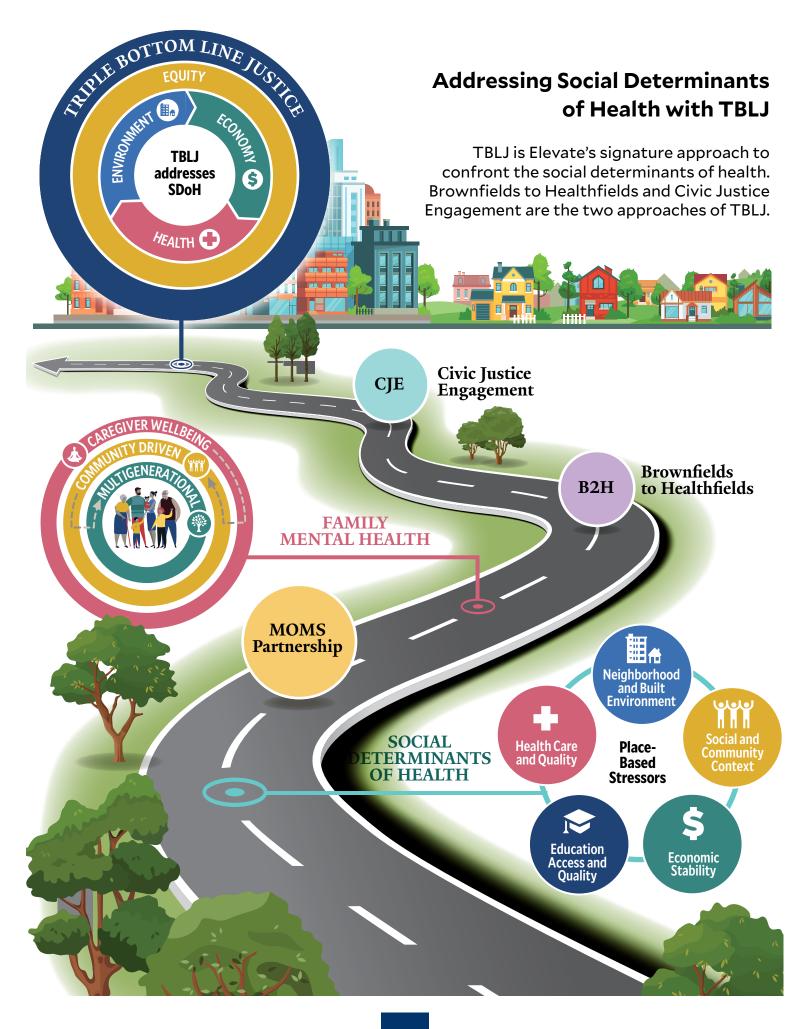
CJE proactively provides educational information and training activities related to rule of law. CJE strengthens the capacity of community organizations to address their concerns through increased awareness and application of legal authorities available to address environmental stressors that hinder family mental health and economic and social mobility. This capacity is also increased through expanded understanding of sound science to develop solutions. Finally, CJE facilitates engagement with government agency officials and staff who can support the community in addressing challenges.





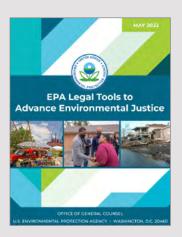


Several paintings of Bridgeport, CT, done by local teens. Photos: National Park Service



CJE INCREASES UNDERSTANDING OF RULE OF LAW

Rule of law is a principle under which all persons, institutions, and entities are accountable to laws²⁸. Rule of law encompasses environmental justice authorities, including federal environmental laws as implemented in statutes and Executive Orders (e.g., Executive Orders 12898, 29 13985, 30 and 14008 31). Administrative law is also emphasized which provides the foundation for public participation in government decision-making (e.g., rulemaking, permitting, enforcement). CJE is steeped in U.S. EPA's trajectory of environmental justice, including EPA Legal Tools to Advance Environmental Justice,³² the seminal Plan EJ 2014,33 and EJ 2020 Action Agenda,34 among other sources with the ultimate goal to increase the capacity of overburdened and under-resourced individuals to meaningfully engage in government decisions that affect their lives.







HISTORY OF TBLJ

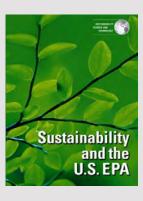
TBLJ's three pillars of health, economic, and environmental sustainability is derived from the

1987 UN World Commission on Environment and Development report Our Common Future (the Brundtland Report),³⁵ and was further described in Agenda 21, the Rio Declaration on Environment and Development,³⁶ and the statement of principles for the Sustainable Management of Forests adopted at the United Nations Conference on Environment and

TBLJ is also informed by Sustainability and the U.S. EPA,³⁷ a report from the National Research Council which recognizes that inherent in the definition of sustainability are the three pillars of environment, social (which includes health), and economics. Elevate's TBLJ approach

Development in 1992.





also recognizes the definition of sustainability from the National Environmental Policy Act. 38 TBLJ reflects the complex intersection of challenges and solutions faced by communitybased organizations who helped found the environmental justice movement. These include the Southern Organizing Committee for Economic and Social Justice and the Southwest Network for Environmental and Economic Justice. Ultimately, TBLJ is Elevate's approach to confront the social determinants of health which are the full set of social, environmental and economic "conditions where people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks."39

B2H AND CJE CASE STUDY: MOUNT TRASHMORE TO MOUNT GROWMORE

Community champions, supported by Elevate and key collaborators in the East End of Bridgeport, CT have had immense success using the two TBLJ approaches in the Bridgeport community. The transformation of Mount Trashmore into Mount Growmore exemplifies the B2H and CJE approaches.

Mount Trashmore was a 35-foot-high mountain of waste that covered 2.5 acres as a former landfill in the heart of the East End of Bridgeport, CT.⁴⁰ The East End of Bridgeport is also a food desert and has transportation barriers that impact health. According to a *Goals and Needs Assessment*, conducted by Elevate in 2019, 19.3% of respondents in Bridgeport reported experiencing more than one barrier to receiving treatment for their emotional health, such as not having transportation or inability to get an appointment soon enough.

Elevate is working with community and government leaders to conduct a convening process for bringing about Mount Growmore though B2H. This process, *Breaking Bread for B2H*, fostered shared learning and replication of successful place-based efforts by bringing multiple parties, resources, and information together to manage the B2H process. Collaborators in *Breaking Bread for B2H* in Bridgeport include community champions from the East End NRZ Market & Café,

state government (Connecticut Department of Energy and Environmental Protection), federal government (US EPA) and academia (Elevate). This convening process gives momentum to the development of Mount Growmore, a hydroponic farm and wellness campus that will replace Mt. Trashmore.

Additionally, Elevate has engaged the University of Connecticut's Technical Assistance for Brownfields Program. This collaboration produced a Story Map on "*Mount Trashmore to Mount Growmore*". This effort has expanded awareness of B2H and CJE to the New England region and a national audience.

To support the East End community in addressing inadequate access to nutritious food champions, supported by Elevate and collaborators, provided legal and technical information on soil contamination and community gardens and connected community members with government programing from the US and CT Departments of Agriculture for soil testing and remediation. These CJE efforts buttress the revitalization of Mount Trashmore into Mount Growmore and address the nutritional and psychological routes for worse health through low or no access to adequately nutritious food. CJE also addresses Bridgeport's transportation needs. Elevate is using CJE to connect community members with government officials to secure consideration of family mental health in development and implementation of transportation programing.



Mount Trashmore in Bridgeport, CT. Photo: CT Post

Mount Growmore is a monumental accomplishment for the East End of Bridgeport community and exemplary of the impact of TBLJ approaches for family mental health. To date, through the tireless efforts of community champions and supported by Elevate and collaborators, Mount Growmore has received:

- \$1 million Congressional Community
 Project Funding earmark for the Mount
 Growmore Hydroponic Farm and
 Wellness Campus, implemented through
 US Department of Housing and Urban
 Development. This earmark was secured
 by Congressman Himes
- \$2 million Connecticut Bond Commission award for Mount Growmore Hydroponic Farm and Wellness Campus



Graphic: University of Connecticut

\$50,000 from the Connecticut Department of Agriculture for a container farm on Mount Growmore

- \$600,000 from US EPA and \$250,000 from the Connecticut Department of Energy and Environmental Protection (CT DEEP) for cleanup of Mount Trashmore and nearby sites
- \$250,000 from the US EPA for Brownfields Job Training Grant

The success and lessons learned from Mount Growmore were highlighted by Congressman Jim Himes during the May 2022 Coming to the Table Conversations on Family Mental Health convening hosted by Elevate, with support from Perigee Fund. Mount Growmore is emblematic of the themes discussed during the convening and the

scalable approach that communities across the United States could adopt. The next section of this Blueprint for Action discusses the Elevate convening process which has expanded awareness of TBLJ with B2H and CJE and highlighted currently available federal opportunities.



Photo: iStock

Coming to the Table (C2TC) Conversations on Family Mental Health Convening 2022



Photo: iStock

INTRODUCTION OF C2TC

On May 24 and 25, 2022, Elevate convened Coming to the Table Conversations (C2TC) on Family Mental Health with Triple Bottom Line Justice. This event was the culmination of a multiyear convening process in which Elevate staff conducted Proof of Concept gatherings, key informant interviews, facilitated dialogues, and made presentations at national conferences. The entire convening process was sponsored by Perigee Fund. C2TC brought together experts from government, academia, philanthropy, the business sector, and communities impacted by pollution, adverse health, poverty, and violence.

Elevate's objectives for the convening were to:

- Foster multi-stakeholder understanding of family mental health and TBLJ among impacted, disadvantaged communities.
- Identify cross domain, collaborative policy and practice actions for community-based organizations, academia, philanthropy, business sector, and government.

 Lay a foundation for collaboration that leads to community transformation, including strategies to drive decision-makers to adopt TBLJ for family mental health

Over two days, experts discussed how to develop whole-of-government solutions that advance TBLJ.

The following are highlights from speakers and discussions about the challenges and potential solutions to achieve family mental health, economic mobility, and environmental justice. Participants had lively, collaborative exchange about solutions at each level of government (local to federal) and which informed the development of the guiding principles of people, place, and economic and social mobility (see page 10). High priority topics were identified from the conversations leading up to the C2TC via the proof of concept, facilitated dialogues and key informant interviews. These topics represented significant challenges facing disadvantaged families that could be paired with important opportunities for solutions. These challenges and solutions are organized by the workout session topics from the second day of the convening:

- Food is Health for Family Mental Health
- · Brownfields to Healthfields for Family Mental Health
- · Maternal Mental Health and Workforce Development
- · Maternal Mental Health and Economic Mobility

These themes are not exhaustive of the concerns of the domains interested in collaboration but are a starting point for continuing conversations. More information about the agenda, presentations, and additional resources on the topics discussed in this blueprint are on the convening website. Following the details of the convening, this Blueprint for Action concludes with a summary of the ongoing, collaborative efforts sparked by the convening event.

C2TC brought together nearly 100 convening attendees over two days, including:

- 17 from academia
- 10 from the business sector
- 24 from impacted communities or nonprofit organizations
- 35 from local, state, or federal government
- 12 from philanthropic organizations

OVERVIEW OF DAY 1: SETTING THE STAGE

WORKING TOWARD TRIPLE BOTTOM LINE JUSTICE WITH MOTHERS AND THEIR COMMUNITIES

Hilary Hahn, MPH, EdM, Elizabeth Krause, ScM, and Suzi Ruhl, JD, MPH, delivered welcoming remarks on Day 1 of the C2T Conversations.

Hilary Hahn, MPH, EdM, is the Executive Director of Elevate. She described the impact of Elevate's signature program, the Mental Health Outreach for Mothers (MOMS) Partnership, which is community-driven and made possible with collaborations between government and community partners. Hahn emphasized how mothers are integral members of their communities. The stressors of pollution, food insecurity, disease, and violence impact mothers', and their communities', physical and mental health.

Hahn discussed the importance of integrated approaches, which may be more complex to design, but have great impact. The TBLJ policy approach provides a framework for confronting place-based stressors.

"We can't be daunted by these complexities. We have to be fearless because mothers and children need us to be."

- Hilary Hahn, Elevate

Elizabeth Krause, ScM, is the Director of Programs at Perigee Fund and maintains a portfolio of grants and special projects related to prenatal-to-3 mental health.

Krause discussed the alignment between the Elevate and Perigee on working to improve family mental health, reduce poverty, and facilitate policy and community solutions. She also gave an overview of the challenges specific to new mothers in need of support for postpartum depression and other mental health issues.

"In my work, I've heard many personal stories from mothers in the depth of postpartum depression. It affected their ability to bond with their young children and how they showed up for their families, work, and in their communities."

- Elizabeth Krause, Perigee

Krause implored the attendees of C2TC to take ownership of the problems and solutions for maternal and family mental health. Combining efforts will mutually reinforce them for the benefit of families.

Quick Facts about Maternal and Family Mental Health

- Maternal morbidity includes both the physical and psychological conditions that are associated with pregnancy.⁴¹ Maternal morbidity can lead to adverse outcomes for both pregnant people and their children (e.g., asthma, preterm birth).³⁹
- Maternal mental health conditions cost the health care system, employers, and public social services programs about \$18 million between conception to a child's fifth birthday in 2019.⁴¹

Suzi Ruhl, JD, MPH, Director of Policy at Elevate and Senior Research Scientist at the Child Study Center, Yale School of Medicine, underscored that the goal of this convening is to bring together diverse and passionate individuals from different domains — government, philanthropy, academia, the business sector, and impacted communities — to advance TBLJ with the Guiding Principles which simultaneously recognize "People and Place."

Ruhl discussed the challenges faced by communities of color and by low-wealth and Indigenous communities, and why TBLJ can be used to overcome these challenges. These challenges include economic and health disparities and environmental disasters. She highlighted the importance of addressing family mental health as part of environmental justice, noting that the White House Environmental Justice Advisory Council is recognizing mental health as a component of environmental justice.

Though there are multiple, complex, interrelated challenges, Ruhl is optimistic because this is a time of unprecedented resources from the federal government and therefore extraordinary optimism. Ruhl outlined several executive orders and federal funding initiatives that are relevant to attendees' efforts to support families. A major federal effort is the Justice40 Initiative.

"Collectively we have the opportunity and the responsibility to not just do what we've been doing better, but to really grasp and confront what needs to be done differently"

- Suzi Ruhl, Elevate

For more information about federal initiatives that relate to family mental health and TBLJ stressors, see pages 8 and 29.

KEYNOTE: CONGRESSMAN JIM HIMES ON THE SUCCESS OF MT. TRASHMORE TO MT. GROWMORE

Congressman Jim Himes has represented Connecticut's fourth congressional district since 2009. Congressman Himes has served as the Chair of the Select Committee on Economic Disparity and Fairness in Growth.

Congressman Himes opened his remarks by noting the demographic diversity of the fourth district of Connecticut. The district is home to Greenwich and New Canaan, some of the wealthiest cities in terms of capital and the network of connections. The fourth district is also home to some of the poorer communities in the country like Bridgeport. Bridgeport is in Fairfield County, which had the highest wage inequality in the country in 2015 when the top wage earners were paid almost nine times as much as the bottom wage earners⁴⁰.

One of the challenges in the City of Bridgeport is an illegal dumping site in an area that was called Mt.

Trashmore. The illegal dumping site is surrounded by a vibrant community with generations of people that care about their neighbors and environment. Congressman Himes secured \$1 million dollars in Congressional Community Project Funding (earmarks) that will go toward the construction of a hydroponic farm and a wellness campus and community outreach center for members of the East End community of Bridgeport.

Congressman Himes highlighted that the commitment of local leaders helped make the federal funding possible. Himes declared, "Mt. Growmore is about more than hydroponics. It is about building hope and equity in a community and taking a holistic approach for the entire neighborhood, including children, to succeed."



Deborah (Deb) Sims, Executive Director of East End Market and Café.

Photo: Courtesy of East End NRZ Market and Cafe

Bridgeport is not the only community that can be transformed by a project like Mt. Growmore. Himes expressed excitement about the C2TC because it is a spark for how to scale solutions nationwide.

KEY THEMES FROM THE DISCUSSION ON THE INTERSECTION OF FAMILY MENTAL HEALTH AND ENVIRONMENTAL, ECONOMIC, AND HEALTH JUSTICE

The expert panel included:

- · Deborah Sims, East End NRZ Market and Café
- LaToria Whitehead, U.S. Department of Health and Human Services
- · Kelvin Chan, Robin Hood
- · Susanne Klawetter, Portland State University
- Caroline Simmons, City of Stanford Connecticut

Pauline Louie, who at the time was at the Department of Housing and Urban Development (HUD), moderated the discussion among the panelists. Louie is known for her leadership in HUD's disaster housing response and long-term recovery teams. Key themes and potential action items that emerged are in the table below:

Themes	Brief Summary
Vertical and Horizontal Collaboration	Panelists noted that agencies/offices within a single agency sometimes work with the same communities and do not realize and affirmed that despite challenges, collaboration are possible within an organization and between organizations.
Meaningful Community Engagement	Mothers are not often invited to decision-making. Too often, mothers are not able to engage because of the demands of caregiving. Working with mothers in communities is going to be a catalyst for change for the lives of children and their families. There is a need to develop opportunities and provide support for community members to be part of the planning, implementation and evaluation processes for interventions.
Whole-of- Government	• Justice 40 presents opportunities to create wrap-around services for family mental health and health more broadly as a whole-of government-solution.
Approach	• A stellar example of example of a wrap-around service is the Warm Connections intervention that is a partnership between public health, Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and community mental health workers.
	• the City of Stanford's Maternal Mental Health Forum and a collaborative diaper drive to support families is a significant example of collaboration between local governments and diverse business and community partners.
Breakdown Silos Between Research, Policy, and Practice	Panelists recommended a holistic perspective to intervene on the intergenerational transmission of poverty and trauma. Robin Hood also includes children in their vision for interventions.
Social Determinants of Health	Panelists discussed how optimal infant mental health and early childhood development are shaped by the social, environmental, and cultural context surrounding a child. The natural environment could be considered a social determinant of health.

OVERVIEW OF DAY 2: CLIMATE STRESSORS, HEALTH INEQUITIES, AND MENTAL HEALTH

On Day 2 of the convening, Hilary Hahn and Michael Baker, MDB, Inc., opened the session. Hahn re-introduced the objectives of the meeting — to advance cross-domain learning and collaboration. Baker introduced the day's keynote speaker, Dr. John Balbus.

KEYNOTE: DR. JOHN BALBUS ON THE CONNECTIONS BETWEEN THE ENVIRONMENT AND MENTAL HEALTH

John Balbus, MD, MPH, is the Interim Director of the new Office of Climate Change and Health Equity (OOCCHE) within the Office of the Assistant Secretary for Health. Dr. Balbus has over 25 years of experience working on the health implications of climate change. His remarks were centered on and the connection between climate change, mental health, and TBLJ and the vision of the OOCCHE.

Dr. Balbus discussed how he has often had to deliver grim news about the state of the climate and implications for our collective future. Dr. Balbus noted that recent research demonstrates that the grim news about the climate has effects on the mental health of young people in the United States and around the world. Balbus cited figures from the Surgeon General about increases in young people's suicide rates and disparities of adverse mental health outcomes among racial and socioeconomic groups. He referenced Hickman et al.'s publication⁴³ in Lancet Planetary Health to emphasize the global nature of the youth mental health crisis and its connection to climate. Hickman et al. found that 84% are at least moderately worried and more than 50% reported sadness, anxiety, anger, and hopelessness.

Hickman et al.'s article also found an association between young people's depressive emotions and government inaction on climate change. Dr. Balbus views OOCHE as an avenue to demonstrate to young people that climate and health are a priority. Balbus shared a quote from a recent paper by Howard Frumkin, M.D., titled *Hope*, *Health, and the Climate Crisis*: "We must nurture and sustain hope if we are to meet this challenge [of climate change]. ⁴⁴ Faced with the threat of climate change, health professionals can care for ourselves, our patients,



Photo: iStock

and our communities, by resolving to nurture hope, and by marshalling evidence, empathy, and fortitude in doing so as effectively as we can."

The three areas OOCHE divides its work in are:

- 1) Climate Change Health Resilience
- 2) Recognizing the Root Causes of Health Disparities
- 3) Health Sector

Dr. Balbus shared that one of the key activities of the Office is a <u>public pledge</u> to get health systems and other health sector companies to publicly commit to decarbonization and resilience. This will build an awareness that the government is addressing the feeling of helplessness and betrayal. He concluded by saying the Office is ready to work with the academic, philanthropic, and private sector, and Substance Abuse and Mental Health Services Administration (SAMHSA) to make a difference at the community and neighborhood level.

SUMMARIES FROM INDIVIDUAL WORKOUT SESSIONS

Following Dr. Balbus's keynote address, convening participants had concurrent lively discussion about the following topics: Food is Health for Family Mental Health; Brownfields to Healthfields for Family Mental Health; Maternal Mental Health and Workforce Development; and Maternal Mental Health and Economic Mobility. Challenges and opportunities for whole-of-government and community-centered interventions are discussed. Details of participants in each working group can be found on the agenda on the event website.

Food is Health for Family Mental Health

Challenges	Opportunities
Different domains use the same terms in different ways (e.g., "environment" has multiple meanings)	Use model from disaster response of an incident command system for different domains to work together to come up with shared terminology.
Crisis response for community members	Create plans with short and long-term actions to help community members respond in the first 24 hours of a crisis such as a gun violence incident. The plan can help community members support each other.
Evidence-based common practices	Participants from different domains want to work together and do so in an evidence-based way.
Continuity across administrations	At all levels of government, priorities can switch as parties or administrations change. There is a need and opportunity to create plans that are sustainable across administrations.
Lack of access to nutritious food	Engage in interprofessional training about food insecurity and explore how to incorporate innovative interventions like screening for food insecurity into current activities. "Food as medicine" is receiving heightened attention as an overlap of nutrition and healthcare. It can include medically tailored meals and groceries, and produce prescription programs. ⁴³

Brownfields to Healthfields for Family Mental Health

Challenges	Opportunities
Terminology	There is a need for common terminology among impacted communities, engineers, scientists, and public health and health care colleagues, and for communicating effectively with residents living near brownfields.
Meaningful community engagement	Engagement of the impacted population living near Brownfields in decisions about cleanup and remediation is buttressed by Brownfields laws and government policies. Significant progress is being achieved to engage overburdened, underserved and disadvantaged communities in Brownfields revitalization.
Cultural sensitivity and language	There is an opportunity to incorporate language diversity to ensure that non- English speaking populations can access resources and are aware of the risks of Brownfields sites. Cultural sensitivity and humility must be assured.
Silos between domains	There is interest in knowing which offices are involved in efforts to revitalize communities (e.g., community and economic development, public health, WIC, etc.) and an opportunity for integrated site tours of Brownfields. This can also increase cross-domain knowledge about Brownfields and the health risks they pose.

Maternal Mental Health and Workforce Development

Challenges	Opportunities
Insufficient availability of peer mental health supports to meet identified community needs	Federally funded community health worker training programs such as Make the Road New York ⁴⁴ that leverage the leadership and social networks of community members in order to reach and educate a broad spectrum of community members could be expanded to address maternal mental health and train additional workers.
Incorporating mental wellbeing into worker training such as environmental workforce (the worker is the family)	Much environmental training focuses on addressing hazards related to job tasks. Trainings can expand to include mental health topics. NIEHS Worker Training Program is a national model for incorporating mental health in its training.
Adequate support for mental health workers	Community health workers (CHWs) who offer peer support often share the lived experience of those they support. There is an opportunity to develop programming that supports the CHWs own mental health, including through training and organizational practices such as reflective supervision.
Sustainable support for peer workers/community health workers	Federal funding for environmental training offers an unprecedented opportunity for worker training.

Maternal Mental Health and Economic Mobility

Challenges	Opportunities
Maternal depression is as a key factor that broadly affects the well-being of children and economic opportunities for families	Policymakers can explore flexibility that exists within federal and state statutes for agencies to support mental health programming. For example, some states are utilizing Temporary Assistance for Needy Families (TANF) funds to provide mental health services for mothers receiving cash assistance.
Place-based stressors like housing and food insecurity affecting both maternal/ family mental health and economic mobility	Specific federal initiatives provide support to address place-based stressors. For example, the US Department of Agriculture Rural Development Innovation Center provides funding for infrastructure, housing, and business projects, with a focus on capacity building.
Building general recognition of the ways in which social determinants of health create cumulative burdens on women's' mental health	Continue the cross-domain conversations and collaborations jump-started through this convening process.
Addressing root causes of family mental health	Partners across domains can recognize the role of structural racism and other social determinants of health and address those root causes as interventions, policies, and programs are implemented.

These challenges and opportunities and the themes of the discussion from the first day of the convening inform the Blueprint for Action's Guiding Principles and the Pathways for Actions described on pages 10 and 13.

Post-Convening Actions



Photo: Pexels

mportantly, through interactions during the C2TC, new collaborations and actions were generated.

Examples of follow-up action are provided below, according to the C2TC convening themes.

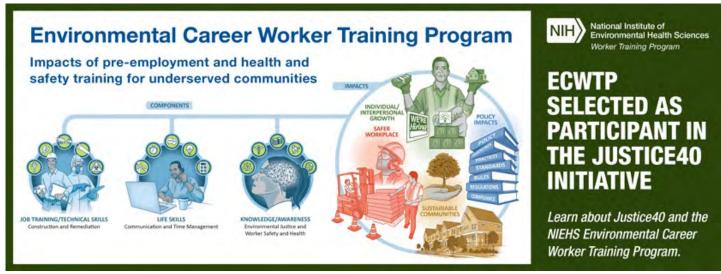
Food is Health for Family Mental Health: The vital importance of nutritious food to mental health is well established. The White House continues to identify actions that can be taken across all sectors according to the following five pillars:

- 1. Improve food access and affordability
- 2. Integrate nutrition and health
- 3. Empower all consumers to make and have access to healthy choices
- 4. Support physical activity for all
- 5. Enhance nutrition and food security research

Following C2TC, a major focus involved connecting participants and allies with federal government venues for engagement. These include the White House Conference on Hunger, Nutrition, and Health Listening Session and the White House Rural Partners Calls.

Brownfields to Healthfields for Family Mental

Health: The US EPA has championed the cleanup and redevelopment of contaminated sites to promote environmental health and economic vitality. The EPA also recognizes the community created approach of B2H. Following C2TC, EPA has made significant contributions to incorporating family mental health as part of B2H from the national to local levels. At the 2022 National Brownfields Training Conference, convened by EPA, Elevate led two sessions that amplified the need to address family mental health as part of brownfields remediation and redevelopment. These sessions were: Roundtable: Using Health Equity Tools to Achieve Community Resiliency; and Affiliates' Meeting: Advancing Brownfields to Healthfields (B2H) for Basic Needs and Safety. Additionally, US EPA Region 1 has joined the Breaking Bread for B2H for Bridgeport and Beyond collaboration, which is convened by Elevate. Through this collaboration, EPA is providing training and technical assistance for the revitalization of Mt. Trashmore to Mt. Growmore, which will establish a hydroponic farm and wellness campus that will benefit family mental health.



Graphic: NIH

Workforce Development: The innovative leadership of the NIEHS Worker Training Program (WTP) is well-established. WTP is at the forefront of providing opportunities for individuals from disadvantaged communities to obtain careers in environmental cleanup, construction, hazardous waste removal, and emergency response while addressing the mental health needs of its training participants. Following C2TC, WTP produced an agency wide news brief, Improving mental well-being, workplace health, and climate resilience. 47 The brief provided an overview of C2TC and highlighted the inextricable link between mental health and worker health. The conversations started at C2TC continued at the 2022 National Brownfields Training Conference, Affiliate's Meeting: Justice 40 Stakeholder Engagement Meeting. Elevate and our community partners shared information on family mental health with NIEHS Worker Training Program's Environmental Career Worker Training Program, government officials, and WTP grantees, which expanded the conversation and catalyzed interest in more collaborations.

Economic and Social Mobility: Community economic and social conditions affect mental health of families. Young people from socioeconomically disadvantaged backgrounds who are unable to achieve steady, decent-paying employment suffer financial hardship and other stressors that damage mental health (e.g., food insecurity, unstable or poor-quality housing, and interpersonal violence). Unsafe working conditions are also stressors that contribute to poor mental health

and economic outcomes. Following C2TC, Elevate engaged with an innovative program offered through the Anacostia Watershed Urban Waters Federal Partnership in Washington, D.C., which is sponsored by the U.S. Department of the Interior. Federal and District government officials designated the Anacostia Urban Water Ambassador and launched a project that enabled the Anacostia Watershed location of the Urban Waters Partnership and the University of DC (UDC) to work collaboratively in Ward 8, a neighborhood near the Anacostia River, to increase science, technology, engineering and math (STEM) career opportunities for students at Anacostia High School students. Elevate worked with the students to explain the relationship between family mental health and economic and social mobility. As a result, the students highlighted the importance of MOMS Partnership and its inclusion in programming designed to advance economic and social mobility in the community.



Young rowers on the Anacostia River. Photo: NPS

Closing



Photo: Pexels

are experiencing health, environmental, and economic hardships. Elevate conducted a multifaceted convening process that includes the *May 2022 Coming to the Table Conversations*, which gave momentum to post-convening actions. Through this convening process, Elevate and our collaborators have developed Guiding Principles and Pathways for Action that center the communities confronting these overlapping challenges.

The Guiding Principles and Pathways for Action when applied to the Triple Bottom Line Justice approach can lead to beneficial mental health impacts for caregivers and their families, which in turn will lead to economic mobility and environmental resiliency.

The Blueprint for Action lays out strategies for developing scalable solutions for the challenges facing families today and it is also a call to action to join in these efforts. Ultimately, Elevate extends an open invitation to apply the Blueprint for Action and join across domain collaborations to advance family mental health with Triple Bottom Line Justice.

"Elevate takes bold action to address the maternal mental health crisis, partnering with impacted communities and government while fostering collaborations across multiple disciplines and sectors. Through this Blueprint for Action, Elevate is championing multigenerational mental health while advancing economic mobility and environmental justice. The Blueprint for Action serves as the foundation for funding and multi-sectoral programmatic and policy solutions to elevate maternal mental health across the United States."

 Megan Smith, DrPH, MPH, Founder of MOMS Partnership and Elevate Policy Lab



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