



2020 Small Grants Awards – Funded Partnerships

Undergraduate Student – Community Grant

- **Program Development Grant**
 - STEM-Boxing Initiative at Corner Team, Inc.

Graduate Student – Community Grants

- **Research Grants**
 - Assessing the Acceptability of Disaster Relief Food Rations to Enhance Baltimore City's Resilience Planning
 - Cooking Up Local Thoughts on Local Produce
 - Exploring Urban Native American Food Security and Food Sovereignty in Baltimore Using Mixed Methods Research
 - Health Experiences of African American Mothers: Wellness in the Postpartum Period and Beyond (HEAL study)
 - The Effects of Violence and Trauma on Black Transmen's Sexual and Mental Health
- **Program Development Grants**
 - Baltimore Peace Challenge: Expanding Ceasefire to Prevent Violence
 - Education to Independence: Health Education Workshops

Faculty – Community Grants

- **Research Grants**
 - Building Our Nation's Daughters (BOND): Improving Mother-Daughter Relationships, Mental Health, and Reducing Risk Factors
 - Climate Activism and Mental Health in Baltimore City
 - Evaluation of Dent Education's Bet on Baltimore Summer Program
 - A Trauma-Informed Program for City Schools Parents
- **Program Development Grants**
 - Passport to Freedom: Health and Housing
 - The Granny Project: A Multigenerational Approach to Adolescent Food Insecurity

Undergraduate Student – Community Grant

Program Development Grant

STEM-Boxing Initiative at Corner Team, Inc.

Undergraduate Student: Jack Simone, Biophysics, Johns Hopkins Krieger School of Arts and Sciences

Community Partner: Sara Artes, Corner Team, Inc.

In the East Baltimore Midway community, Corner Team, Inc. is a name synonymous with youth empowerment and education. We are a young nonprofit that functions as a full-time boxing gym with over 120 boxers and fitness-seekers while also dedicating ourselves to community programming and service. The gym currently sponsors an after school program for young people in our and neighboring communities. At this program, students can find homework support, the opportunity to participate in STEM enrichment projects, and free gym time with our professional coaches. In order to continue teaching new and applicable skills in the program, we need to bring in new technology with which the students can interact. Laptops and personal fitness trackers will allow the members of the program to learn data collection and analysis skills while improving how they and the members of the gym train. Merging Corner Team’s existing lesson plans, personnel, and neighborhood reputation with new technology has the potential to create a safe space where young people can grow and challenge themselves while developing marketable skills.



Graduate Student – Community Grants

Research Grants

Assessing the Acceptability of Disaster Relief Food Rations to Enhance Baltimore City's Resilience Planning

Graduate Student: Sarah Hinman, Department of International Health, Johns Hopkins Bloomberg School of Public Health

Community Partner: Sarah Buzogan, Baltimore City Department of Planning, Office of Sustainability

In recent years, Baltimore has experienced weather-related and other emergencies, which have left vulnerable low-income residents unable to obtain sufficient food. With global climate change, it is anticipated that these challenges will increase in frequency. Baltimore City's Food Resilience planners would like to create a stockpile of food rations for emergency situations, but no research has been done on the acceptability of different emergency rations (MREs, HDRs, etc.) in the United States, much less to low income urban communities. Our specific aims are to rank existing rations in terms of acceptability to low-income residents of Baltimore, understand the reasons for these rankings and learn how to improve the existing rations. Our study proposes to conduct taste tests and evaluations of disaster relief rations with 108 low-income residents of Baltimore using instruments we have already developed and piloted. Evaluations will be used to rank and provide guidance on which rations should be stocked and how they should be designed. This will be the first study to evaluate the acceptability of disaster relief rations in a civilian population and is a crucial aspect of preparedness for impending global changes.

Cooking Up Local Thoughts on Local Produce

Graduate Student: Gabby Headrick, MSPH, RDN, LDN, Doctoral Student, Human Nutrition Program, Department of International Health, Johns Hopkins Bloomberg School of Public Health

Community Partner: Mariya Strauss, Executive Director, Farm Alliance of Baltimore

This project will evaluate participant perceptions of the education and outreach component of the Farm Alliance's Double Dollars program by investigating the effect of Farm Alliance cooking and nutrition demonstrations on participants' views on local produce, awareness surrounding the health benefits of local produce, use of local produce in their own cooking, and perceived factors affecting their ability to use local produce in their cooking. This will be accomplished through data collection in the following formats: focus groups with cooking demonstration participants, a demographic and program impact survey among participants, and observation of cooking demonstrations. The data will be compiled and analyzed using Atlas.ti version 8 and an inductive thematic analysis approach in order to develop a report on the participant opinions of the cooking and nutrition demonstrations. Descriptive statistics will be used to understand the perceived impact of the program among participants. These findings will be

disseminated throughout the Farm Alliance network of member farms, board members, and partner organizations. By understanding participant opinions of the cooking and nutrition demonstrations, the Farm Alliance will be able to refine programming and guide other nutrition education projects in order to better advance the health and well-being of Baltimore City residents.

Exploring Urban Native American Food Security and Food Sovereignty in Baltimore Using Mixed Methods Research

Graduate Student: Tara Maudrie, International Health: Human Nutrition, Johns Hopkins Bloomberg School of Public Health

Community Partner: Kerry Hawk-Lessard, Native American Lifelines, Inc.

Diet-related chronic diseases (type 2 diabetes, cardiovascular disease) are extremely prevalent in American Indian/Alaska Native (AI/AN) communities, especially urban Native communities. The risk of these diseases is exacerbated by food insecurity. To our knowledge no research has been conducted with the Baltimore Native community and no studies have explored the application of Indigenous Food Sovereignty to improve food security in the context of an urban Native community. We propose to conduct formative sequential explanatory mixed methods research with the Baltimore Native community to explore food insecurity (population=6441). We will involve the Baltimore Native community in discussions regarding access to healthy foods, which will help create community-driven solutions to support access to healthy foods and ultimately to improve dietary quality through application of Indigenous Food Sovereignty. We will use mixed methods to screen for food insecurity (n=40-50), and In-Depth Interviews (n=8) and talking circles (n=2) to identify intervention points to increase food security. This study will contribute to the field of urban AI/AN health research and results will be used to advocate for future funding to improve the health of the Baltimore urban Native community and inform policy change to reduce health inequities.

Health Experiences of African American Mothers: Wellness in the Postpartum Period and Beyond (HEAL study)

Graduate Student: S. Michelle Ogunwole, Graduate Training Program in Clinical Investigation, Johns Hopkins School of Medicine and Bloomberg School of Public Health

Community Partner: Stacey Tuck, B'More for Healthy Babies

African American (AA) women are 3-4 times more likely to die of a complication of childbirth than white women. Compared with white women, they have higher rates of maternal morbidity, including gestational diabetes, preterm birth, and preeclampsia. Elimination of these persistent disparities will require multi-level public health solutions. Given the increasing prevalence of comorbid chronic diseases that have contributed to disparities in maternal health outcomes. Enhancing women's engagement with postpartum primary care services represents one possible solution for improving chronic disease screening, prevention, and management, which ultimately will improve future pregnancy outcomes and

women's long-term health. However, rates of primary care follow-up after pregnancy are low among AA women. The goal of this qualitative study is to explore barriers and facilitators to primary care follow up for AA women in the postpartum period. We will partner with B'more for Healthy Babies, which supports the Baltimore City Dept of Health's postpartum/newborn home visiting programs, to recruit postpartum AA women, with medically complicated pregnancies-a population that would benefit from continued primary care follow-up. Our results will inform the development of community-based and healthcare safety net interventions aimed at improving postpartum health and healthcare access, and ultimately maternal health equity.

The Effects of Violence and Trauma on Black Transmen's Sexual and Mental Health

Graduate Student: Joyell Arscott, PhD, RN, ACRN, Postdoctoral Fellow, Johns Hopkins School of Nursing

Community Partner: Jean-Michel Breville, Coordinator, Transgender Response Team

Black transgender men (BTM) experience high rates of violence and trauma over their lifetime due to the intersection of their gender identity and race. However, there is little information in the literature that discusses BTM's experiences with violence and trauma or their subsequent health needs, particularly for their mental and sexual health. Therefore, there must be an understanding of what BTM lifetime experiences with violence and trauma. In this study, we aim to 1) identify culturally appropriate methods for recruiting Black transgender men in the Baltimore Metropolitan area; 2) use key informants from the Black transgender men's community to inform and refine a quantitative survey to assess Black transgender men's reports of lifetime experiences of violence, and the resulting effects on their mental health and risk for HIV; and 3) conduct a quantitative survey examining the Black transgender men's lifetime experiences of violence and resulting health needs of Black transgender men in the Baltimore Metropolitan area. Ultimately, we hope that we develop a better understanding of the health needs of BTM in Baltimore, and this knowledge will help local programs and organizations to develop timely, relevant, and culturally sensitive programming to address BTM's health needs.

Program Development Grants

Baltimore Peace Challenge: Expanding Ceasefire to Prevent Violence

Graduate Student: Mihir Chaudhary, Johns Hopkins Bloomberg School of Public Health

Community Partner: Letrice Gant, Baltimore Ceasefire

Baltimore is on track to see its fifth consecutive year with over three hundred homicides. Evidence supports the efficacy of multiple violence intervention programs in reducing rates of fatal and nonfatal shootings. A particularly effective intervention is seen in the Baltimore Ceasefire movement's weekends

of peace. Every year in February, May, August, and November Ceasefire calls for a specific weekend (Friday through Sunday) of seventy-two hours without violence. During and leading up to this period Ceasefire mobilizes a large cross-section of the Baltimore public to bring awareness to the violence rippling through poor Black communities, facilitating events throughout the city. A forthcoming study on Ceasefire demonstrates that this community-lead armistice resulted in a 52% (95% CI: 33-66%) reduction in all shootings throughout the city without evidence of any postponement effect.¹ This grant proposes an expansion of Ceasefire activities leading up to their May weekend of peace specifically utilizing a variant of the evidence-based strategy of “focused deterrence” which channels interventions into those geographical parts of the city at highest risk for violence.² Through a series of public meetings in the neighborhoods experiencing the highest rates of violence, community members and Baltimore Ceasefire ambassadors come together in workshops designed to reduce violence. This grant will aid in (a) expanding public outreach specifically related to Ceasefire weekends of peace and (b) facilitating public meetings in the highest risk parts of Baltimore city the month leading up to the Ceasefire May weekend.



Education to Independence: Health Education Workshops

Graduate Student: Libby Aldridge, Johns Hopkins School of Nursing

Community Partner: Mary Slicher, Executive Director, Project PLASE

The purpose of the Education to Independence project is to develop curriculum for health education workshops using temporary housing client input, and to secure a sustainable pool of volunteers to lead the workshops. The Education to Independence project is being created to keep Project PLASE (People Lacking Ample Shelter and Employment) residents engaged during their stay, to ensure they are living in a healthy environment and are on a path to sustained medical independence following their stay. The project will begin by establishing workshop topics and lesson plans to be facilitated at both locations across the service year and continuing after the year’s completion. This will be done by meeting with residents at each location to gauge interest and determine the best time for them using a written or verbal presurvey. A post-workshop survey will be administered in written and oral formats after each workshop to evaluate the content, method of delivery, resident interest, and perceived resident learning. Funding from the UHI Small Grant Program would support the purchase of demonstration materials, such as insulin administration and blood glucose monitoring kits, to reinforce the education provided in the workshops and engage residents who prefer hands-on learning.



Faculty – Community Grants

Research Grants

Building Our Nation’s Daughters (BOND): Improving Mother-Daughter Relationships, Mental Health, and Reducing Risk Factors

Faculty Partner: Rebecca L. Fix, Assistant Scientist, Department of Mental Health, Johns Hopkins Bloomberg School of Public Health

Community Partner: Ateira Griffin, M.Ed., Building Our Nation’s Daughters (BOND)

The planned project will provide a rigorous pilot study examining the efficacy of a program for single Black mothers and their daughters in Baltimore City. The program – Building Our Nation’s Daughters (BOND) is a single-mother mentoring program that offers resources and group therapy in Baltimore to cultivate positive mother-daughter relationships, strengthen single-mother families, and to ensure every single-mother household has equitable access to opportunities. Further, BOND focuses on improving mental health outcomes for participating mothers and daughters and this study will shed light on how BOND participation influences economic outcomes for single mothers, mental and physical health for mothers and daughters, and aggression and delinquent behavior among daughters. Community-based participatory research methods and mixed methods will be used. The first study phase entails conducting five focus groups with mothers, daughters, and program staff/volunteers that will inform the study survey. The second phase will involve pre-post BOND program participation surveys completed by 45 mothers and 45 daughters. Ultimately, the proposed research will provide pilot data for a scalable program designed to improve economic outcomes, physical health, mental health for single mothers and their daughters, and reduced risky and delinquent behavior among daughters.



Climate Activism and Mental Health in Baltimore City

Faculty Partner: Jura Augustavicius, Assistant Scientist, Department of Mental Health, Johns Hopkins Bloomberg School of Public Health

Community Partner: Onyinye Alheri, Organizer, Baltimore People’s Climate Movement

The last two years have seen increasing numbers of activists organizing around the issue of climate change globally with unprecedented youth engagement. Baltimore has gained new chapters of national climate action organizations and an influx of new members to existing organizations. Climate change acts as a threat multiplier of unequal and socially determined risks and impacts to mental health and psychosocial well-being. Already at increased risk of burnout, anxiety, and suicidal ideation, climate activists may be particularly vulnerable to climate change related mental health and psychosocial problems, but are also uniquely positioned to contribute toward positive psychosocial adaptation in their communities. This study will be jointly conducted by the Johns Hopkins Bloomberg School of Public Health and the Baltimore Peoples Climate Movement, a coalition of local climate activist organizations

focused on environmental and social justice. Using participatory qualitative research methods, we seek to gain an understanding of the mental health and psychosocial needs of climate activists, to identify appropriate mental health and psychosocial supports for climate activists, to start a conversation on how best to implement supports across organizations in Baltimore, and to build capacity among climate activist organizations to incorporate mental health and well-being into local climate activism.

Evaluation of Dent Education’s Bet on Baltimore Summer Program

Faculty Partner: Steven M. Ross, Professor, Johns Hopkins School of Education, Center for Research and Reform in Education

Community Partner: Rajan Patel, CEO, Dent Education

Bet on Baltimore is an engaging summer internship program for high school students in the Baltimore City Public School System. Developed by the non-profit Dent Education, the program centers on teaching students design thinking principles and developing their skills related to entrepreneurship. Participating students complete the program through attending one of 10 different Dent locations, and receive a monetary stipend through the YouthWorks summer jobs initiative. By the end of the 5-week program, students launch a business or social venture and have the opportunity to pitch their venture for further seed funding. Through this process, the program seeks to (1) engage high school students in meaningful work, leadership, and personal development activities to increase interest in education and preparation for careers; (2) curb summer learning loss; (3) alter students’ self-perceptions, as well as perceptions of the world around them; and (4) teach key mindsets, such as seeing problems as opportunities, embracing failure as part of the learning journey, and to feel confident in their ability to make an impact on the world.

A Trauma-Informed Program for City Schools Parents

Faculty Partner: Deborah Gross, DNSc, RN, FAAN, Professor, Johns Hopkins School of Nursing

Community Partner: Kwane Wyatt, Program Director, Fund for Educational Excellence

Recognizing the prevalence of trauma among Baltimore City Public Schools students, the district has invested in a number of trauma-informed initiatives targeting teachers, students, and school culture. However, none of these initiatives have focused on the parents who are central to their children's learning and wellbeing. Since 2014, the Fund for Educational Excellence ("the Fund") has led a successful initiative to bring an evidence-based parenting program called the Chicago Parent Program (CPP) to Baltimore City Public Schools with the goals of strengthening parenting, school engagement, and children's readiness to learn. However, it is unclear the extent to which CPP is helping parents who have been exposed to childhood trauma. This proposed Faculty-Community Research Project between Johns Hopkins School of Nursing and the Fund seeks to understand (a) the extent to which parents who

participate in CPP have been exposed to childhood trauma as well as positive childhood experiences and (b) whether those exposures are associated with CPP uptake (i.e., parent attendance rates, skill practice completion rates) and impact (i.e., parent satisfaction, parent engagement, disruptive child behavior problems). Results will contribute to district-wide efforts to create a trauma-sensitive school environment for educating its students and supporting their families.

Program Development Grants

Passport to Freedom: Health and Housing

Faculty Partner: Phyllis Sharps RN, PhD, FAAN, Professor, Associate Dean for Community Programs, Johns Hopkins School of Nursing

Community Partner: Beth Benner, Women's Housing Coalition

Purpose: To provide formerly homeless women a supportive group to process the impact of trauma on their overall health and wellbeing, learn strategies to reduce the symptoms of trauma and stress, and increased ability to cope with everyday stress while maintaining permanent housing.

Methods: A mixed method design to examine the feasibility and effectiveness of the Passport to Freedom (P2F) Program, an intervention for formerly homeless women currently housed through a supportive permanent housing program. P2F involves: three 2-hr sessions to promote physical and emotional wellbeing through mindfulness techniques and health promotion activities; two home visits to provide individualized sessions with a nurse and a community health navigator; and a follow-up session 4 weeks after intervention to discuss their perception of the intervention. Evaluation: Qualitative findings from sessions and quantitative findings from pre and post questionnaires: Baseline demographics, Adverse Childhood Events Survey (ACES), Severity of Violence against Women Survey (SVAWS), Difficulties in Emotion Regulation Scale (DERS), Everyday Stressors Index (EDI), and Perceived Health Competency Scale (PHCS).

Expected Results: By the end of the program, women will have improved emotional self-regulation in response to everyday stress, positive perception of managing their overall health, and increased confidence in maintaining stable housing.

The Granny Project: A Multigenerational Approach to Adolescent Food Insecurity

Faculty Partner: Kristin Mmari, DrPH, Associate Professor, Department of Population, Family and reproductive Health, Johns Hopkins Bloomberg School of Public Health

Community Partner: Joni Holifield, HeartSmiles

HeartSmiles is a nonprofit founded by Joni Holifield to help disconnected youth in Baltimore education and employment resources while providing leadership and entrepreneurship programming. Just this past summer, Joni and her HeartSmiles team developed a program that aims to address food insecurity among young people. The Granny Project (GP) is a proposed educational and nutritional program developed completely by youth members in association with HeartSmiles and the Center for Adolescent Health. This program is a multigenerational approach to reduce food insecurity by utilizing elder mentors from the community with a passion for cooking, known as “grannies”. Working collaboratively, youth would learn valuable cooking skills while developing meaningful relationships with a strong positive mentor from their own community. At the end of the session, each youth members receive printed recipes from the meal cooked during that session and all the necessary ingredients to make the meal at home. The consequences of hunger are severe and the need for food services directly for youth and young adults is high. The Granny Project will provide a space in Baltimore City for youth to be included in food programming and to advance nutritional knowledge and community relationships.

