

# Community Collaborators Feedback Results

In Spring 2023, Community Collaborators in Charlestown hosted 3 groups/events to residents providing them opportunities for connection and change. Two of the group model programming events administered a feedback survey to the participants to understand knowledge/skills gained, overall satisfaction, and areas for improvement. A total of 27 participants completed the group sessions and feedback survey: 24 for *Planting Seeds for a Healthier Charlestown* and 3 for *Ending Stigma: Honest Conversations about Substance Use Disorders*.

All 27  
Participants  
Stated They:



Engaged with community members in new ways.



Are more aware of how to find support and available community programs.



100%

Are more likely to participate in community programs.



96%

Are more aware of how to care for themselves and others in times of distress.



93%

Are more aware of how to access long term supports and resources.

## 100% of Participants Said:

Group session was well organized.

Information was presented clearly.

Facilitator(s) were knowledgeable about topics.



100% said they will be able to use what they learned.

100%

Of participants said the sessions met their expectations.



17 participants know others who'd like to participant in these type of group sessions.

### Strengths

- Ability to ask questions without judgement
- Resources and information shared by facilitators
- Hands-on activities
- Learning new things
  - Plant care (nutrients in soil)
  - Nervous system/the body
  - Poly Vagal theory
- Meeting new people
- Positive energy

### Areas of Improvement

- Sessions
  - Guest speakers
  - Make delivery of content information more engaging
- Promotion
  - Circulate flyers and programming to local schools in the area
  - Encourage participants to bring a friend to increase attendance and engagement
- More groups

### Topic Ideas

- Substance Use Resources
  - Where to find support resources like a detox facility, safe use sites, etc.
  - How to better connect those with substance use disorders to social work resources within the community.
- Trauma-informed care as it relates to MGB
- Wellness
- Plant and Flowers
  - Planting flowers
  - Reviving dead or dehydrated plants
  - How to make a box garden
- Food and Cooking
  - Learning how to cook
  - Health benefits of different foods
- General opportunities to learn new things/Anything