

Health Cafes

A Community-Health System Partnership to Improve Health



October 29, 2025

Michigan Premier Public Health Conference

Andrea Brown & Angela Johnson



Overview

Introductions & Partner Profiles

What are Health Cafes?

Community as Experts

Community-Engaged Practitioners

Community Impact

Lessons Learned

Shared Value = WOW

Introductions – Partner Profiles

Ms. Andrea Brown

*“The best way to find
yourself is to lose yourself
in the service of others”*

-- Mahatma Gandhi

Sauk Trail Resident Council & Family Empowerment Program



- **Sauk Trail Pointe:** a housing community located in Ypsilanti
- Families are supported by **Family Empowerment Program (FEP)**, a partnership between Eastern Michigan University and Ypsilanti Housing Commission; FEP is coordinated by community-based social workers;
- FEP coordinates **social, health, & economic access, & educational support** for families in Ypsilanti Housing Commission communities.
- Programs increase access to resources through community building to **foster self-sufficiency & enhance quality of life.**

Family Empowerment Program (FEP) Families

- **Launched in 2011** via support from the Kresge Foundation
- FEP currently (June 2025) serves:
 - *342 households*
 - *Includes 475 adults, 80 older adults, & 458 children under 18*
- FEP-YHC participants are predominantly women of color who have children.



Sauk Trail Pointe Community

- *Who are Sauk Trail Pointe families?*
- *What do they desire? Their hopes? Dreams?*
- *What are their greatest barriers to experiencing best health?*

Ms. Angela Johnson

“Success isn’t about how much money you make it’s the difference you can make in people’s lives.”

- - Michelle Obama

Community Health Services (CHS)



CHS Mission

To lead Michigan Medicine in **improving access, equity and health outcomes in the community** and for those we serve.

CHS Vision

Our communities will have **access to high-quality, innovative, equitable and responsive services** that support comprehensive health and well-being.



Community Outreach, Engagement & Reporting

Community Health Planning & Investment
Immunization & Health Screening Program
Program for Multicultural Health



Patient Support
Volunteer Services
Friends Gift Shops
Michigan Medicine Lodging



Youth & Adolescents

Adolescent Health Initiative (AHI)
Regional Alliance for Healthy Schools (RAHS)

Older Adults
Ann Arbor Meals on Wheels
Housing Bureau for Seniors
Osher Lifelong Learning Institute (OLLI)
Silver Club Memory Programs
Turner African American Services Council
Turner Senior Wellness Program





The Program for Multicultural Health (PMCH) develops culturally responsive initiatives in partnership with communities that enhance overall health & well-being by increasing knowledge, skills, & health equity.



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

AUG 23, 2025
11AM - 8PM
PARKRIDGE PARK HARRIET STREET YPSILANTI, MI.

SUMMER FEST
JOE DULIN DAY

RESOURCES • MUSIC • FOOD • FUN
Grills, Alcohol & Dogs are NOT Allowed

PERFORMERS
CLOCKWORK BAND - FULL CIRCLE BAND - LAKESIA MUHAMMAD - NIKKI GIOVANNI

AWARDEES
GEORGE GOODMAN - JAMES 'JB' BREWER - KEN HOBBS

• FOOD VENDORS • MERCHANDISE VENDORS • Free Health and Community Resources

Health Cafés

What are Health Cafés?

- Community based health sessions that **bring together community members and health professionals** to discuss and learn about topics of interest
- Health Cafés create an **accessible, welcoming space** where community members can connect with healthcare professionals and health education in a comfortable, non-clinical setting.
- By partnering with the University of Michigan Health, the health cafe **bridges the gap between academic medicine and grassroots community health needs.**
- Health Cafes are **supported as a collaboration between various organizations (FEP of YHC & EMU)** in partnership with UMH utilizing funding from numerous sources.

Health Café

Food as Medicine:
Managing Stress through Nutrition



Health Cafés are community-based health sessions that bring together community members and health professionals to learn about health-related topics of interest to the community. Join us for a fun-filled evening of learning what foods and nutrition sources can help prevent and manage stress.

Join us for:

• Food • Raffles • Fun!!!

March 20, 6pm

Sauk Trail, 928 W Michigan Ave.
Ypsilanti, MI 48197



Health Cafés

Health Cafés are community-based health sessions that bring together community members and health professionals to learn about health-related topics of interest to the community.

For info or to register, email:

angejohn@med.umich.edu

Heart Health Series:

Know Your Numbers

- Blood Pressure Screenings
- Cholesterol Screenings

CPR Training

Amenities include:

- Food
- Health Jeopardy
- Raffles



• March 21, 6pm

New Parkridge, 831 Hilyard Robinson Way, Ypsilanti, MI 48197

• April 25, 6pm

Sauk Trail, 928 W Michigan Ave, Ypsilanti, MI 48197

• May 16, 6pm

New Parkridge, 831 Hilyard Robinson Way, Ypsilanti, MI 48197



Health Café

Journaling 101 & Other Ways
to De-stress & Find Joy



Health Cafés are health sessions that bring together community members and health professionals to learn about health-related topics of interest to the community. Learn how journaling can help manage stress and create a calmer self

Join us for: • Food • Raffles

• Bring a Friend - Win a Prize!

May 15, 6pm

Sauk Trail, 928 W Michigan Ave.
Ypsilanti, MI 48197



M UNIVERSITY OF MICHIGAN HEALTH
MICHIGAN MEDICINE

**COMMUNITY
HEALTH SERVICES**

What is ONE WORD that describes what you need to do to have a positive community partnership ?

<https://livecloud.online/en/wordcloud>

Community as Experts

Cafes are Informed by Residents

Residents meet as the Health Cafe Board at **Interest-gathering meetings to:**

- Discuss potential cafe topics
- Address local health concerns and coordinate resources
- Plan what the next couple of months will look like
- Build community connections around health and wellness topics
- Provide feedback on health cafes

5 Café board members are residents who volunteer to serve; meet once every other month. These are residents who actually attend the Health Cafes. Everyone's opinions and concerns are valued, we do not turn anyone away.

The Sauk Trail Self Sufficiency Store

The 3 C's:

“Clean Body, Clean Health, Clean Home”

Pop-Ups at Health Cafés

Reinforce Residents' effort to maximize health

Health Cafe – Video Vignette

<https://youtube.com/shorts/pBgXRIUYI7I>

Community Impact

2023-24 HEALTH CAFÉS SURVEY FEEDBACK



126 TOTAL PARTICIPANTS

We had 126 participants attend our 2023-24 health cafés!

OVER 90% SATISFACTION

Over 90% of participants agreed the presenters are clear and easy to understand, the environment is comfortable for learning, and the cafés are valuable and fun to attend.



DETAILED FEEDBACK

How do we increase attendance?

- Community outreach
- Advertise that kids are welcome
- Offer incentives

What did you like?

- Music, food, and people
- Learning new things
- Things are explained in terms you understand

What future topics would you like to see?

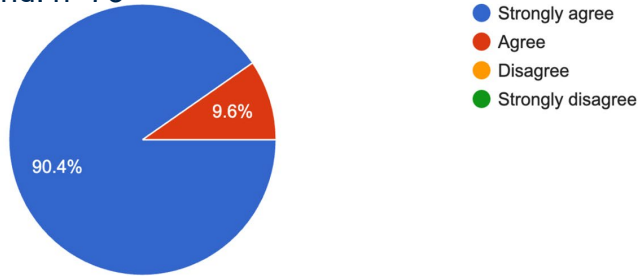
- Mental health
- Dental health
- Women's health
- Health screenings
- Stress management



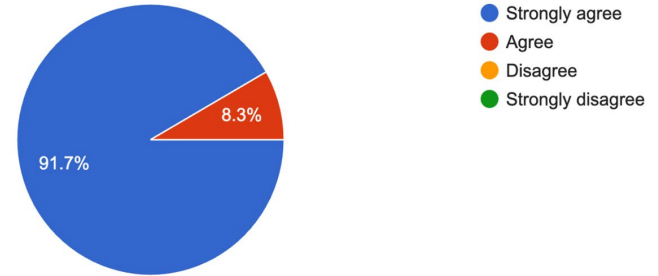
Survey Response Summaries

The presenter(s) were clear and easy to understand.

73 The presenter(s) were clear and easy to understand. n=73

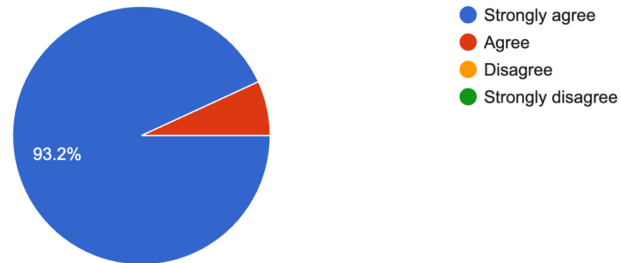


The workshop topic is important. n=60



The workshop environment was comfortable for learning / The space was comfortable and inviting.

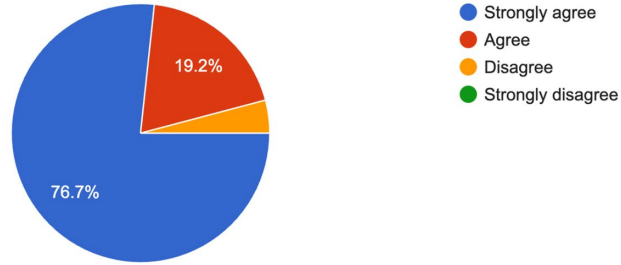
73 responses



Survey Response Summaries

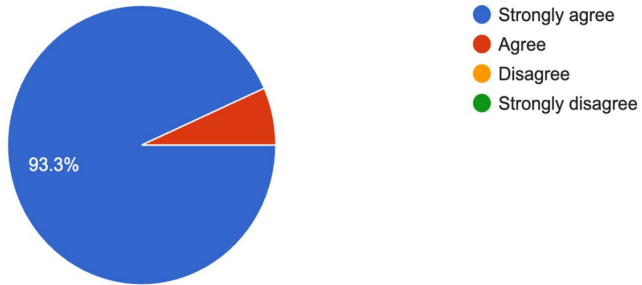
There was enough time for questions and answers.

73 responses



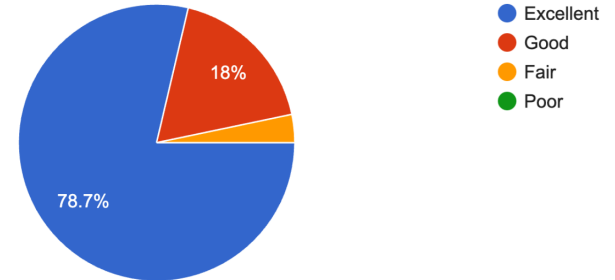
I enjoy attending and find it of value.

60 responses



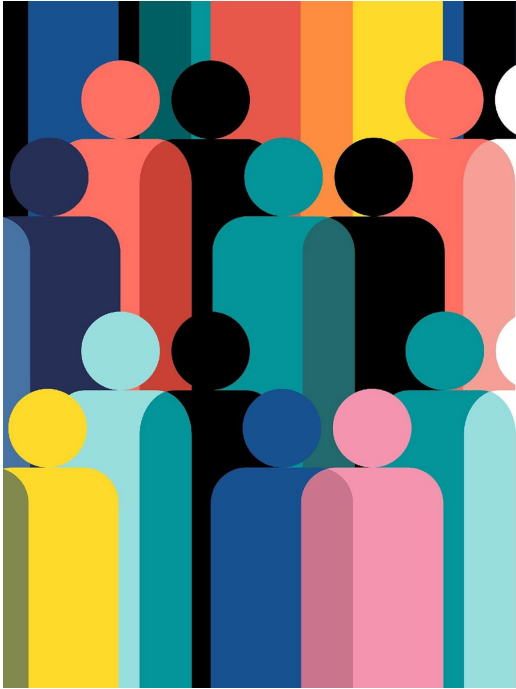
Overall, how would you rate this workshop?

61 responses



Lessons Learned

Building Community



Humans require **social connection to survive**

Successful societal function requires we, as human beings:

- Maintain & advance humanity by igniting & maintaining social connection
- Recognize we are all interdependent upon one another
- Rely on & provide support in meaningful ways
- Double Pandemic: tremendous emotional psychological suffering due to social isolation; families, esp. those with children & older adults impacted

Partnership = Critical Foundation

Informed by CBPR Practice



Ways of Working (WOW)

“We” not “I”

Clear interest

Attentive & Responsive

Mutual Authentic respect (not just spoken)

Consistent, Regular Communication



“We” not “I”

Avoid individualism (societal norm)

Coming into community means starting and building relationships with community that becomes mutually beneficial

Partnerships are powerful and work because we work together

There's no “I” in “Team”

It may start with “I” but it always ends with a “WE”

It's the but when you come to community, its. The “We”

“I” Approach: Single point of failure “WE” Approach: Built in redundancy and support

“We” builds trust and “I” erodes it

LISTEN

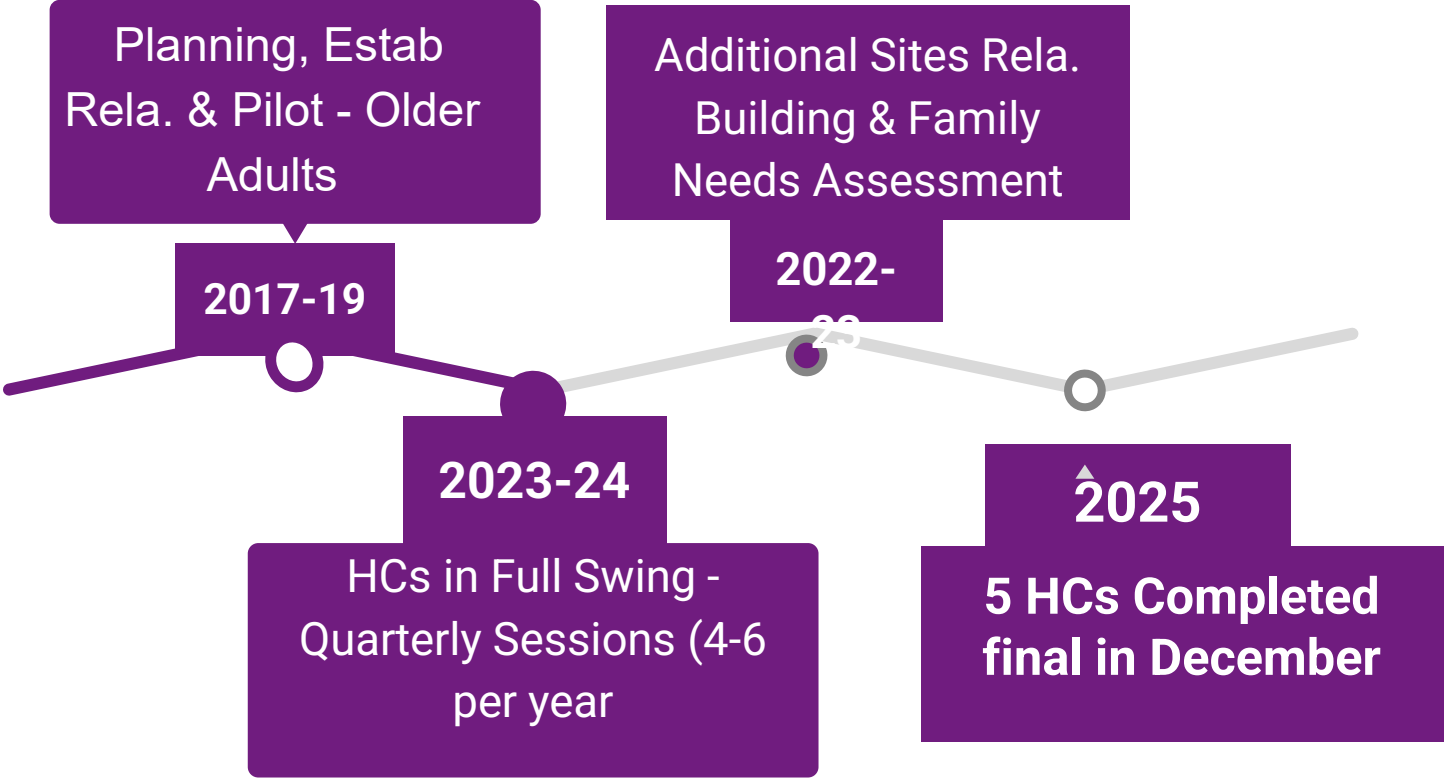
Seek First to Understand then to be Understood

Listen with the Intent to Understand, Not the Intent to Reply

- Steven Covey



Building with Community Takes Time



In Sum

1. Approach partnership opportunity with **authenticity, clear goals, & intention**
2. **Build relationships** with key community members
3. Identify & **Listen to community interest** & needs
4. Work together partnership with mutual benefits
5. Practice Respect
6. Communicate regularly and respectfully
7. **Allow time** to build relationship
8. Repair misunderstanding as needed

THANK YOU



For more information:

Andrea Brown:

missbrown1425@gmail.com

Angela Johnson:

angejohn@umich.edu