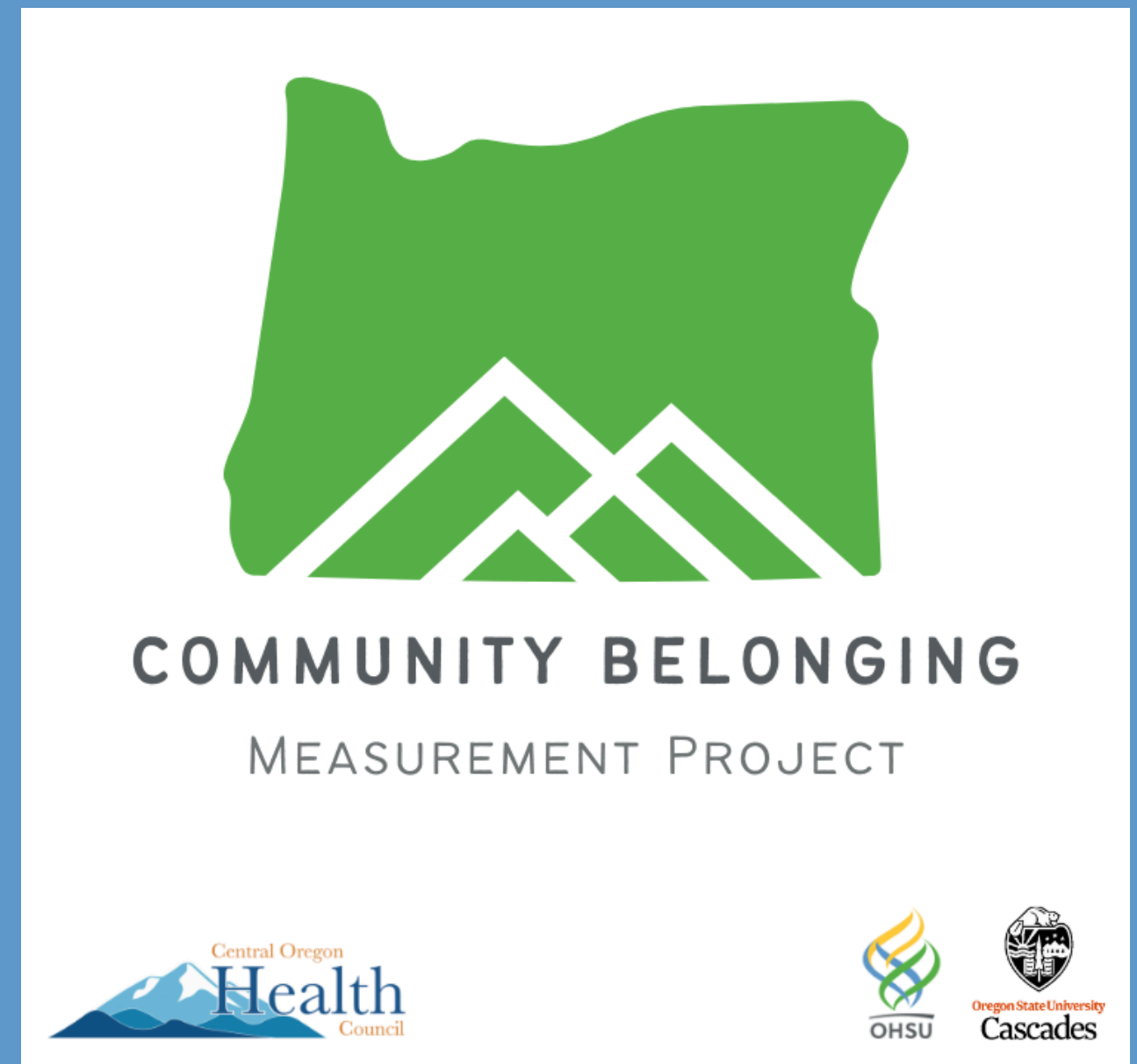


Community Belonging Data Walk



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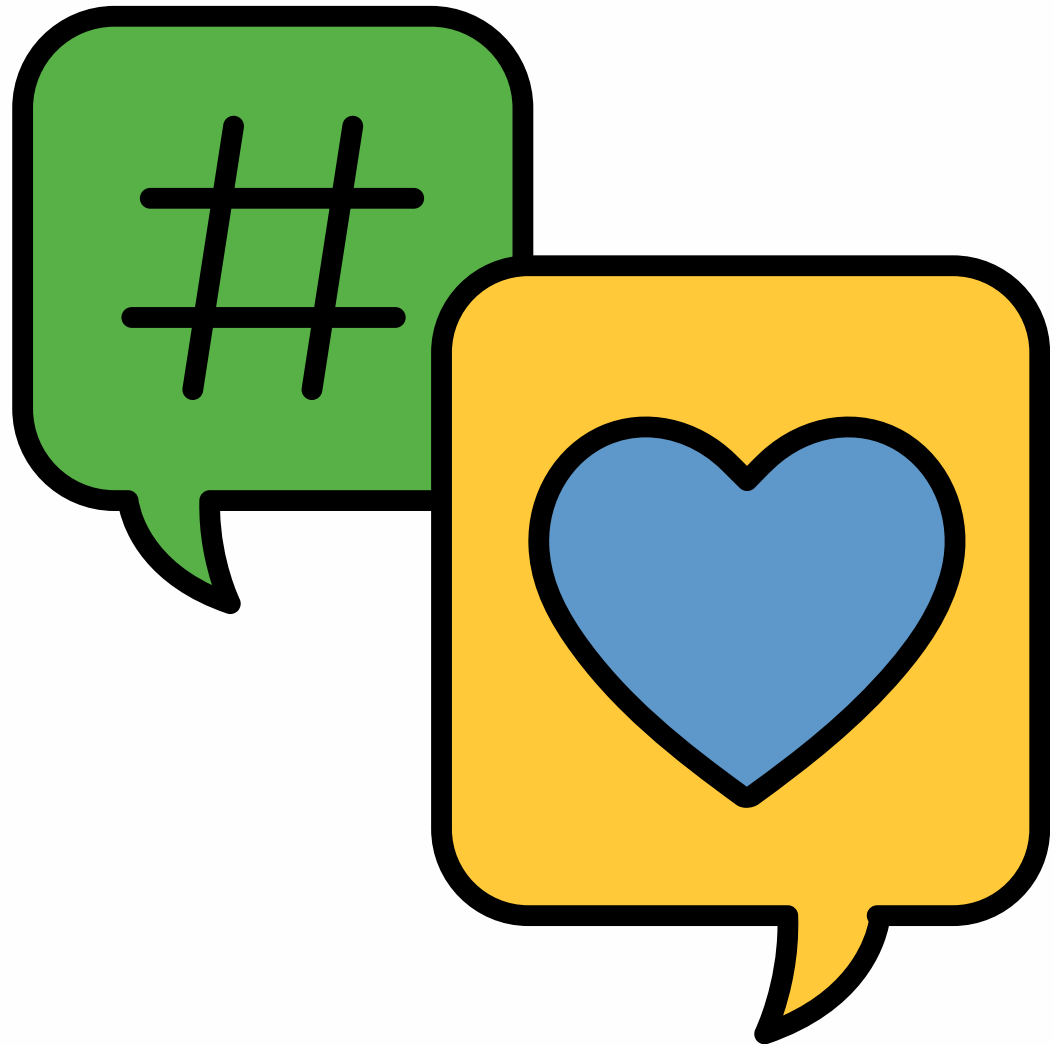
Places & Spaces

Belonging in Central
Oregon

Resilience in Central
Oregon

Moving forward
together

Introduction



Purpose of today's session

Over the past year, a team from OHSU and OSU-Cascades have been leading a community-engaged research study on belonging and resilience in Central Oregon. Today we will share some of the results with you and invite you to tell us what you think during a few group activities. Your shared point of view will help study findings be used more meaningfully in our community.

Guidelines for discussion

- Assume good intentions, be aware of impact.
- Build on the ideas of others.
- It's okay to disagree, do so with respect.
- Ask clarifying questions but stay focused on the topic.
- Listen to each other.
- Create a safe and supportive environment.
- Be respectful of different cultural backgrounds.

what group agreements do you want to add?

If you have further questions or additions that we don't have time for today, let's exchange contact info so we can follow-up!

Email Kaitlin at: greenkai@ohsu.edu

What is something that you do to help others feel they belong?

Belonging is the feeling of acceptance and value that comes through sharing experiences or characteristics with others. Some experiences or characteristics are more important than others in making us feel like we belong to a community.

Community can be defined however is meaningful to you – it can describe places, spaces, or groups of people with whom you share common characteristics or interests.

Approach & Objectives

The purpose of the community belonging research project is to:

- Measure community belonging and resilience in Central Oregon
- Team up with community members to make meaning from and share the findings to help build programs that foster community connections and supports



Research Scope

A brief overview of the Community Belonging Research Study



A postcard invitation to participate in the survey was sent to 13,000 addresses in Central Oregon.

22 community organizations shared the survey with their networks via email, social media, and physical and electronic flyers.

We attended 9 in-person events, including at mobile food pantries and soup kitchens in the tri-county area.

When was data collected?	• January 2023 to July 2023
How many people participated?	• 1,019 Survey participants • 35 focus group participants
Where did the study take place?	• Deschutes, Crook, Jefferson, and Northern Klamath County, as well as the Confederated Tribes of Warm Springs Reservation
How was data collected? <i>Qualitative Methods</i>	• 90 minute virtual focus groups with 7 priority communities, covering topics of belonging in places and spaces, and identity
How was data collected? <i>Quantitative Methods</i>	• A survey on belonging, resilience, and health for Central Oregon residents
What are the limitations of the study?	• Only conducted in English and Spanish • Snapshot in time, can't measure change over time

About the Sample*

We conducted virtual and paper surveys with 1,019 Central Oregonians. Here's a little bit more about them.....



Gender

- 69% Women
- 29% Men
- 2% Non-binary**
- 1% Transgender



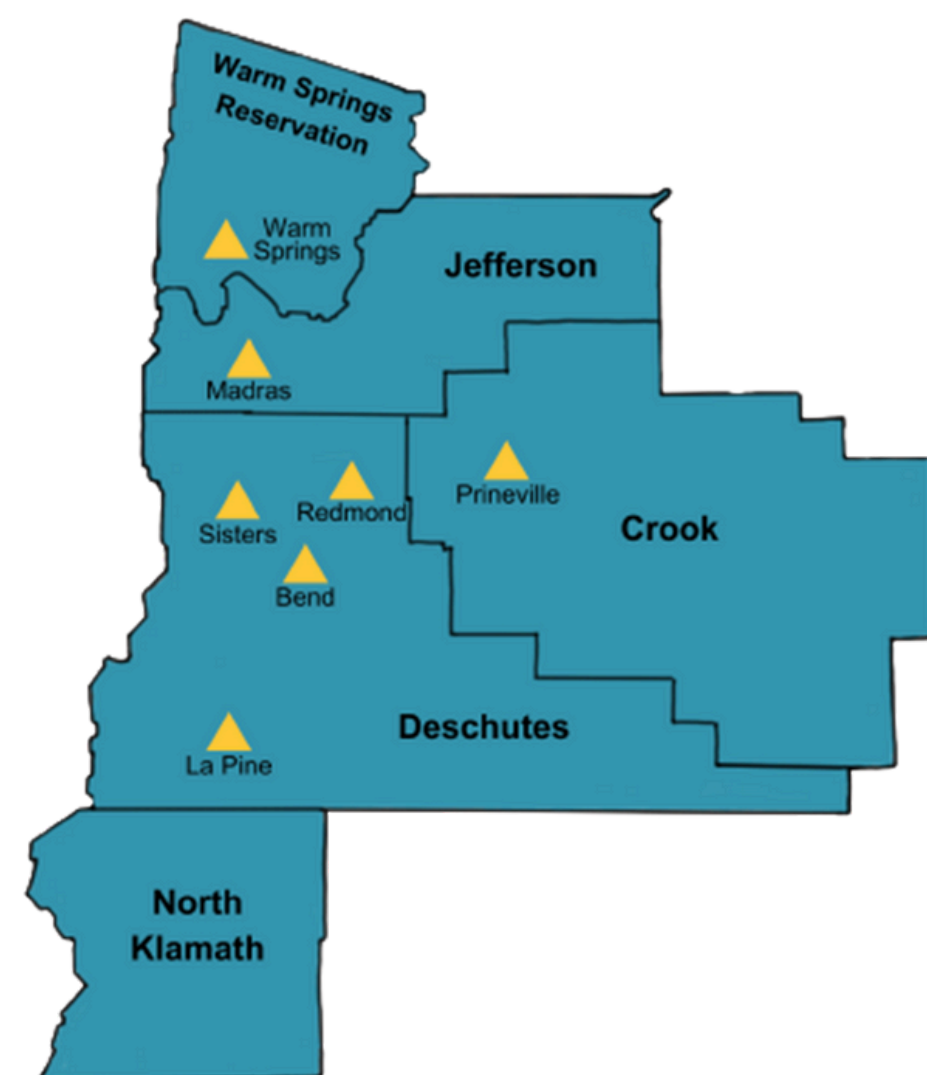
Age

- 27% 18-34
- 51% 35-64
- 23% 65+



Town

- 48% in Bend
- 13% in La Pine
- 8% in Madras
- 8% in Prineville
- 17% in Redmond
- 4% in Sisters
- 3% in Warm Springs



Race & Ethnicity***

- 77% White only
- 10% Hispanic or Latine/o/a
- 7% Native American
- 3% Asian
- <1% Black
- 1% Native Hawaiian or Pacific Islander
- 8% Biracial



Sexual Orientation

- 87% Straight or Heterosexual
- 9% Lesbian, Gay, Bisexual, Pansexual or Queer
- <5 Asexual participants



Education

- 12% High school/GED or less
- 19% Some college
- 15% 2 year degree
- 54% Bachelor's degree or greater



Income

- 13% Less than \$25,000
- 19% \$25,000-\$49,999
- 19% \$50,000-\$74,999
- 17% \$75,000-\$99,999
- 31% 100,000 or more

*Totals may not add up to 100% due to rounding and/or non-response

** Response options included: non-binary, third gender, agender, gender nonconforming or genderqueer

***Respondents were able to select more than one option

About the LGBTQA+ sample*

Of the 1,019 people who completed the survey, **106 (10%)** identified as LGBTQA+. Here's a little bit about them....



Gender

- 74% women
- 14% Non-binary**
- 10% Transgender
- 9% Men



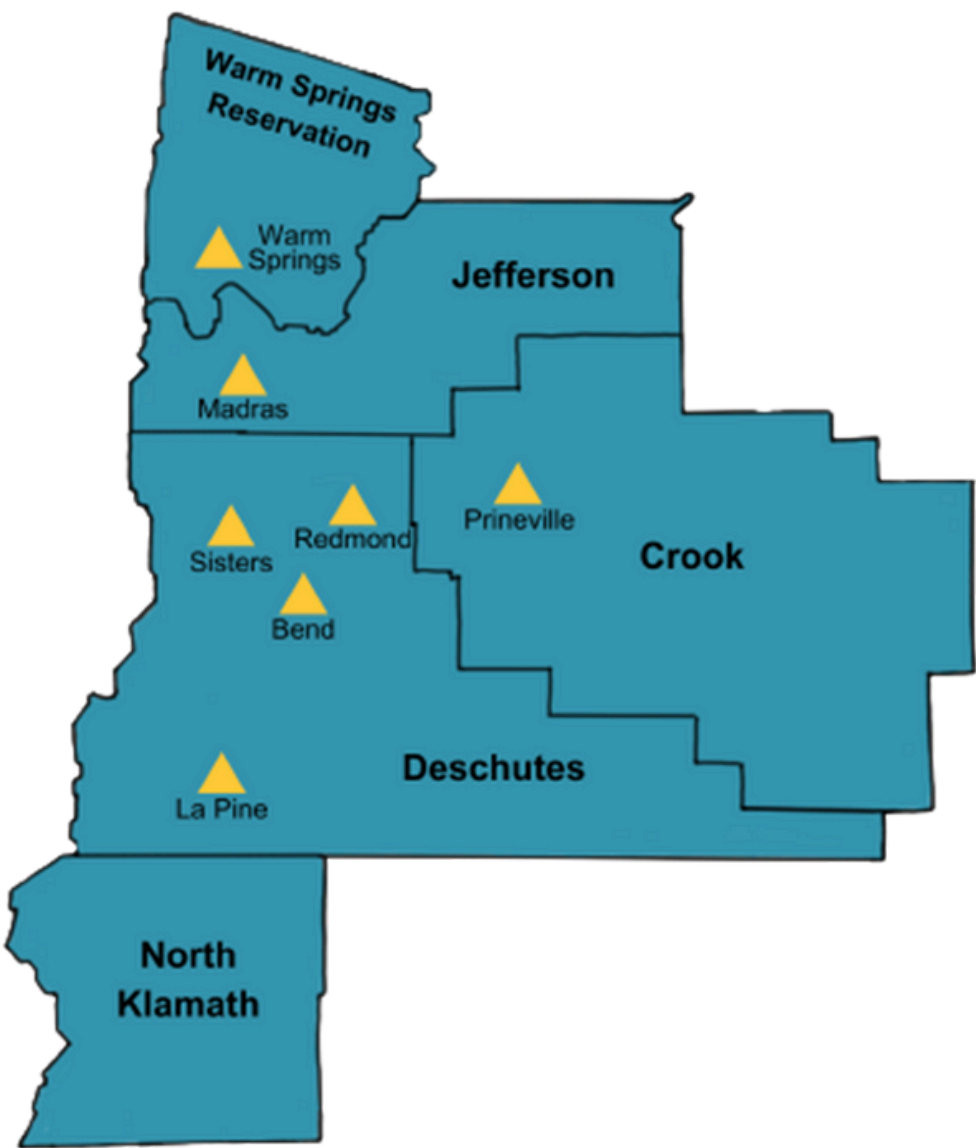
Age

- 60% 18-34
- 34% 35-64
- 6% 65+



Town

- 52% in Bend
- 7% in La Pine
- 10% in Madras
- 9% in Prineville
- 19% in Redmond
- <5 respondents in Sisters
- <5 respondents in Warm Springs



Race & Ethnicity***

- 73% White only
- 18% Hispanic or Latine/o/a
- 6% Native American
- <5 Asian respondents
- <5 Black respondents
- <5 Native Hawaiian or Pacific Islander respondents



Education

- 14% High school/GED or less
- 21% Some college
- 18% 2 year degree
- 47% Bachelor's degree or greater



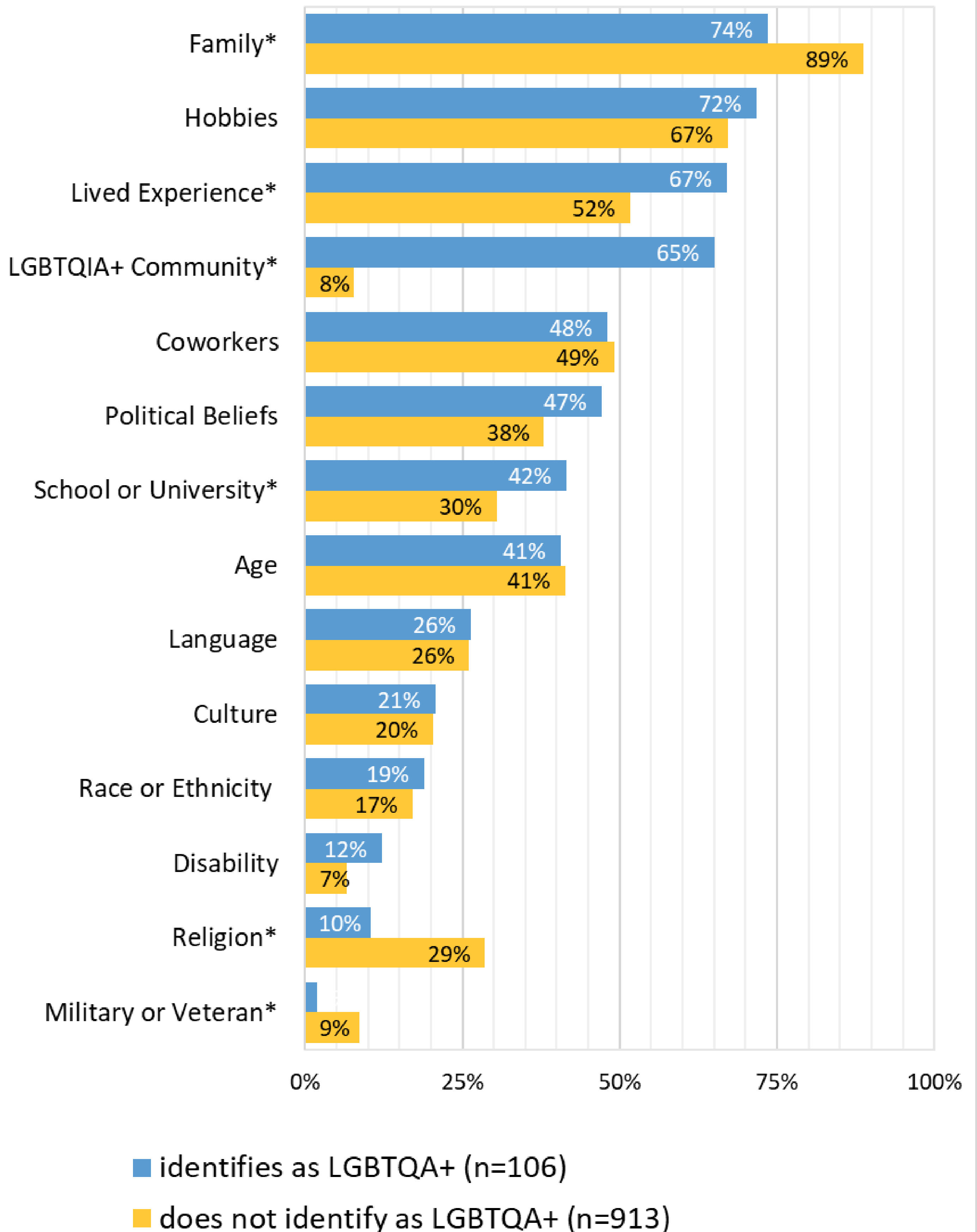
Income****

- 22% Less than \$25,000
- 21% \$25,000-\$49,999
- 23% \$50,000-\$74,999
- 16% \$75,000-\$99,999
- 18% 100,000 or more



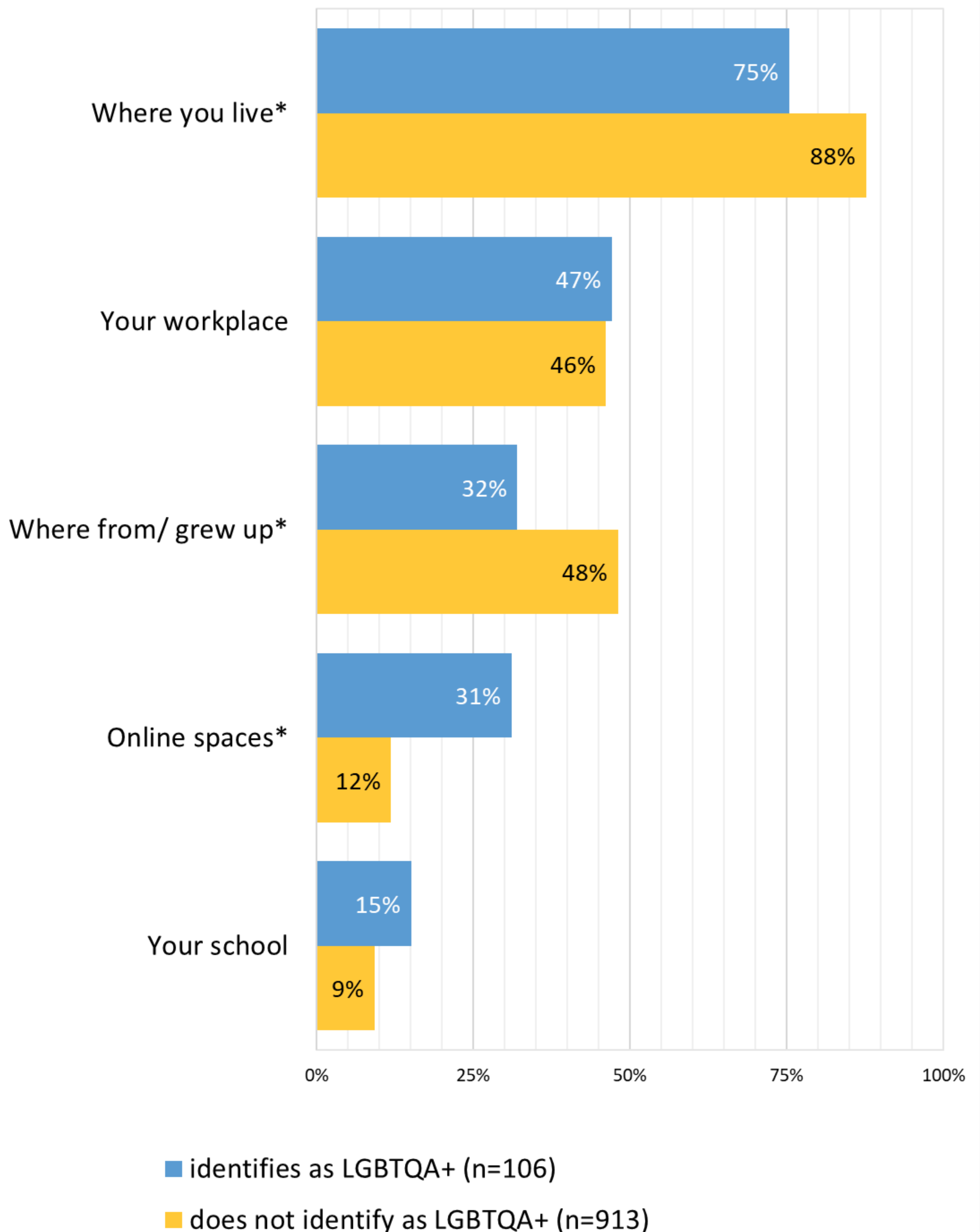
*Totals may not add up to 100% due to rounding and/or non-response
** Response options included: non-binary, third gender, agender, gender nonconforming or genderqueer
*** Respondents were able to select more than one option
**** Income and gender do not include respondents who preferred not to say or preferred to self-describe

Which of the following communities or identity groups make you feel like you belong?



*There is a statistically significant difference between LGBTQIA+ individuals and those who are not LGBTQIA+ for items with an asterisk.

In which of the following places or spaces do you feel like you belong?



*There is a statistically significant difference between LGBTQA+ individuals and those who are not LGBTQA+ for items with an asterisk.

What comes up for you?
How is your experience similar?
How is your experience different?

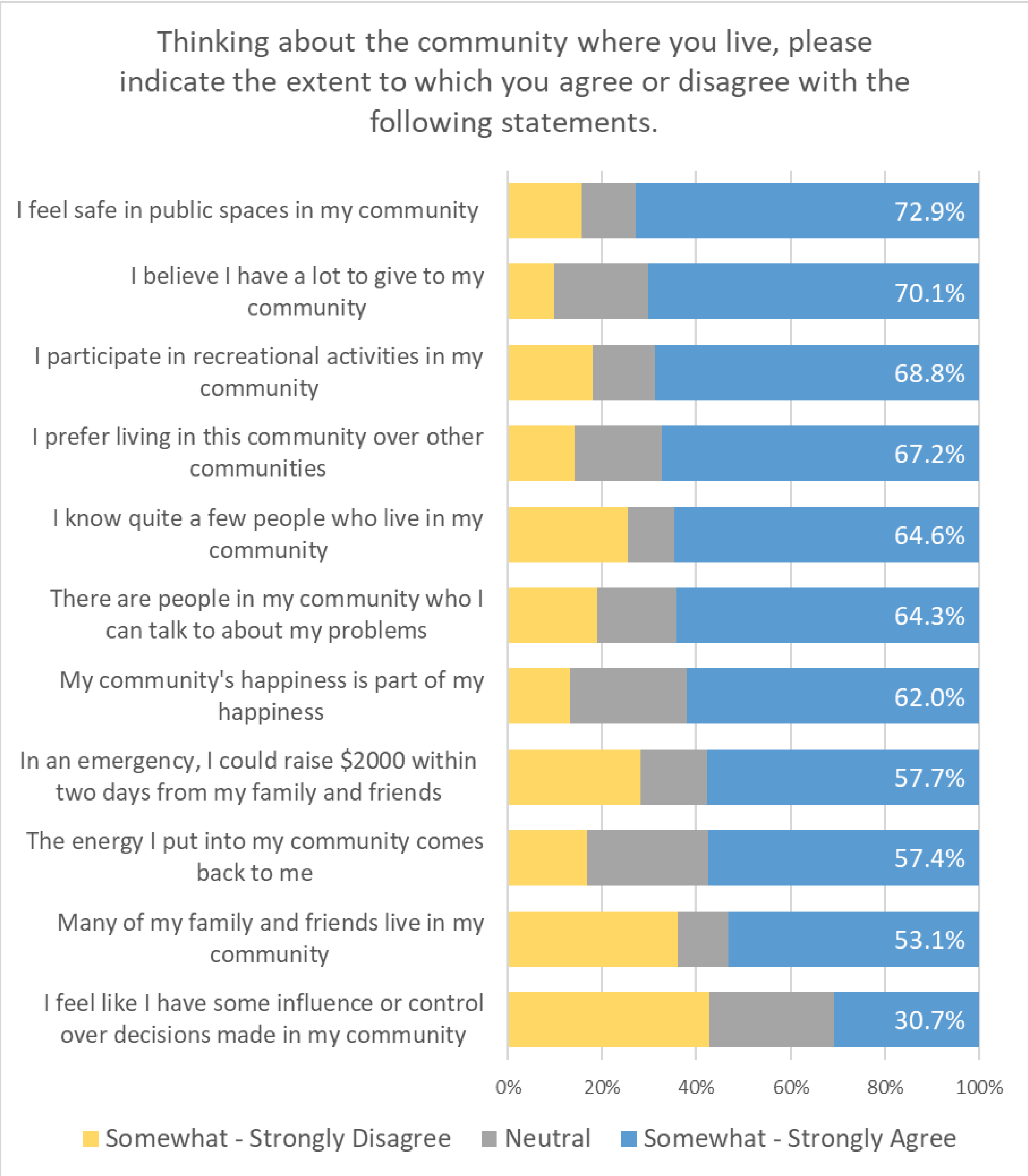


On a sticky note, share your thoughts by starting with “I notice...” or “I wonder...”:

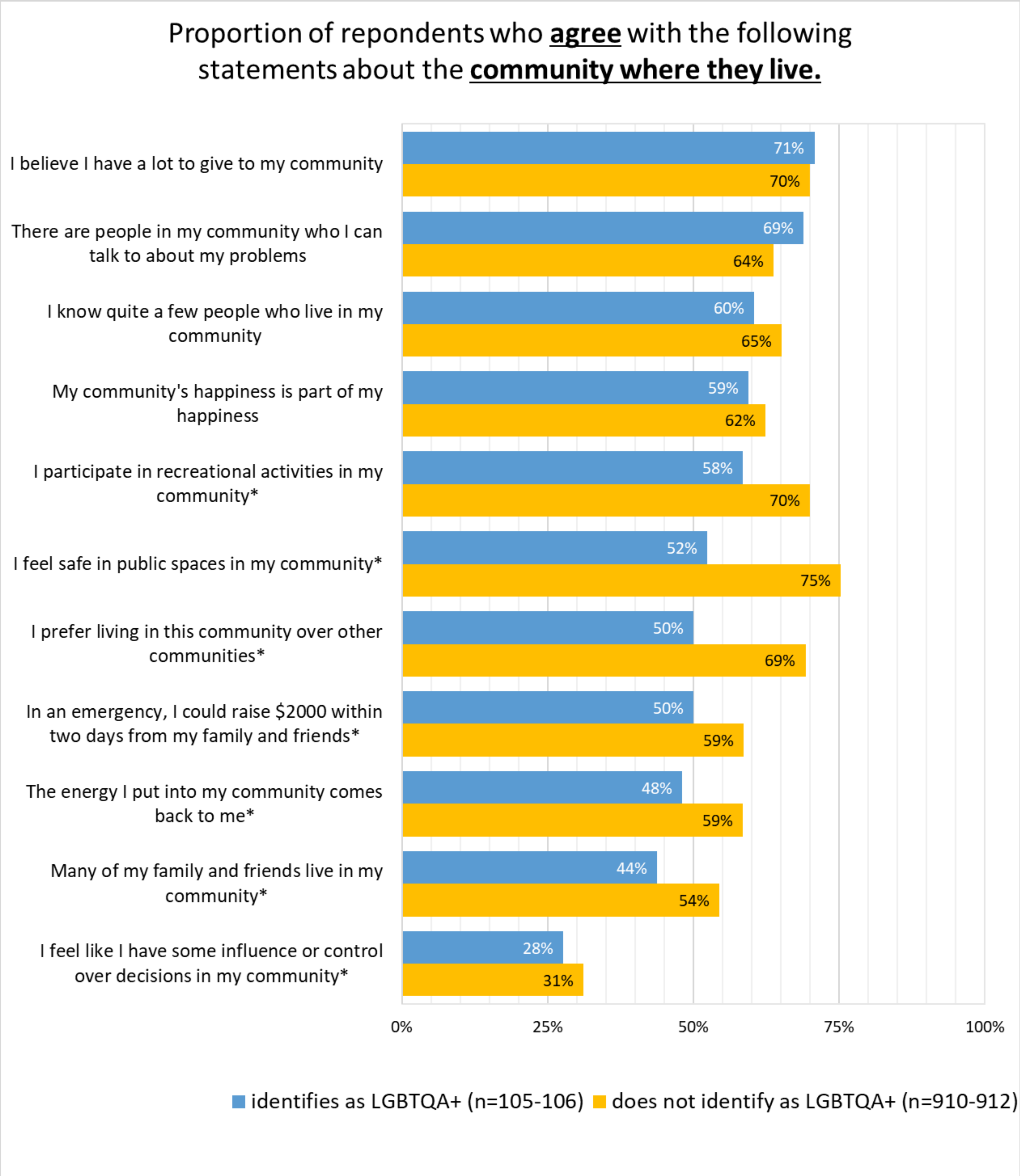
I notice...

I wonder...

Community Attachment & Connection in Central Oregon



Community Attachment & Connectedness among LGBTQA+ individuals



Notice the strengths:

“I have a lot to give my community” (71%)

“I know quite a few people who live in my community” (60%)

“There are people in my community who I can talk to about my problems” (69%)

*There is a statistically significant difference between LGBTQA+ individuals and those who are not LGBTQA+ for items with an asterisk.

What comes up for you?
How is your experience similar?
How is your experience different?



On a sticky note, share your thoughts by starting with “I notice...” or “I wonder...”:

I notice...

I wonder...

We looked for themes from written responses to survey questions and answers to focus group questions to understand what helps and hurts the ability to feel you belong.

What words, feelings, or images, stand out to you?

“I think it would be cool to have community gathering events that are centered around art doing. Yeah. It's not drinking and it's not active stuff because we have enough here.”

“I would also love to see more [intergenerational spaces for connection] too because there's also this desire of having more elders in my community that are LGBTQ and nonbinary and just more diverse, and it's seriously lacking with the way that we design our social spaces as it is right now.”

“My colleagues are really supportive and I really feel like I belong in that space, and so I feel like I have the ability to interact with the community members and partners that we have in rural communities with enough stores of strength and support around me for when they inevitably never use my pronouns or say something not super thoughtful or progressive and harmful in some ways..”

“...sometimes there's certain parts of town I don't want to go to. I feel uncomfortable going to certain parts, worried that something's going to happen. I don't know if anybody else feels like that, but I kind of do.”

“My working model in my head is if you don't feel like you belong, you just sort of close in and your world gets smaller, and as your world gets smaller you just don't extend either your mind or your body. I think it would just become very lonely.”

Here's what we noticed too.

Intergenerational and diverse representation in the community contributes to a sense of belonging. This can be facilitated through design.

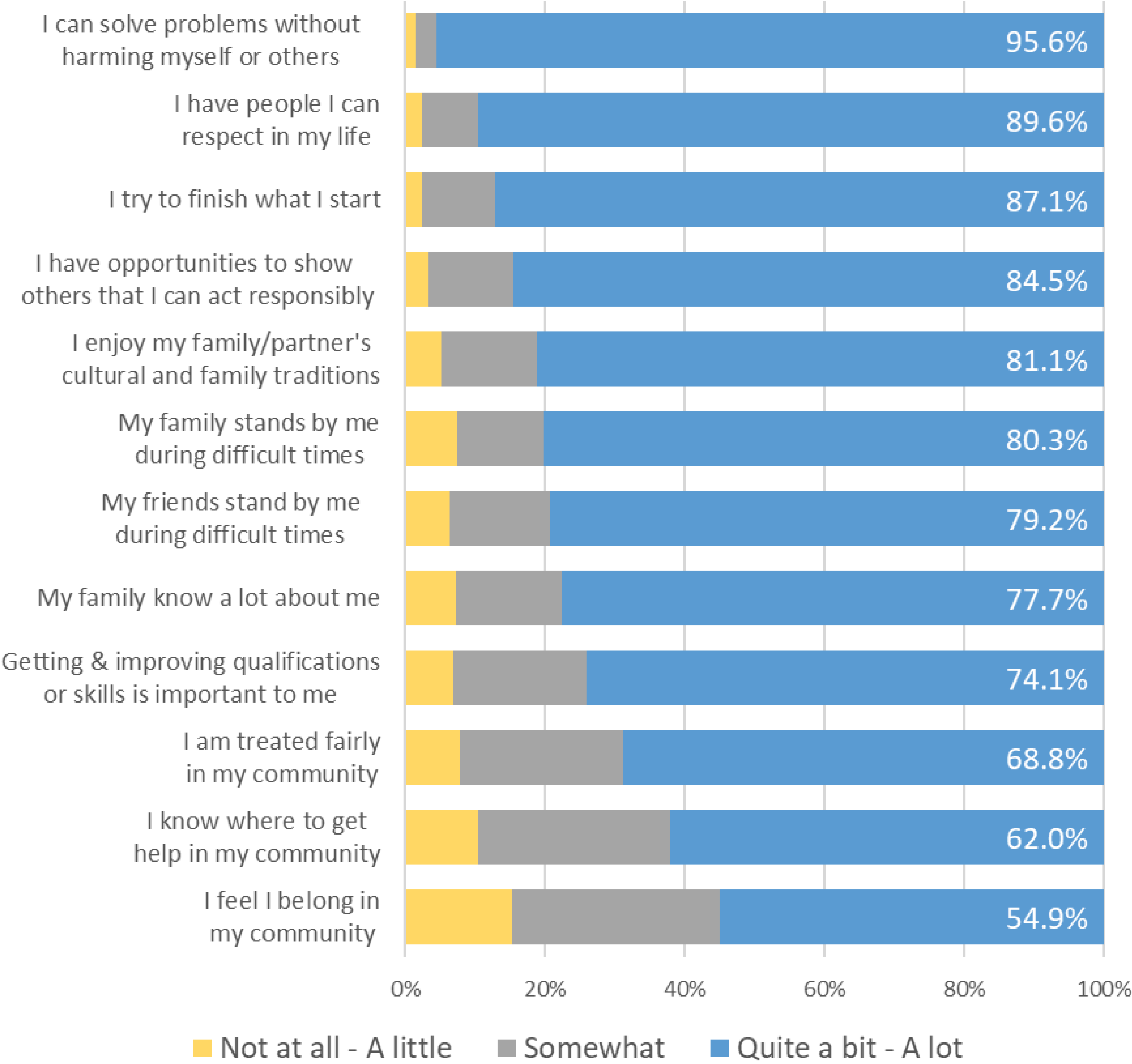
Socioeconomic disparities have a negative impact on sense of belonging.

Belonging can be fostered through shared interests and supportive actions. Isolation and its negative health impacts are commonly connected to feeling that you don't belong.

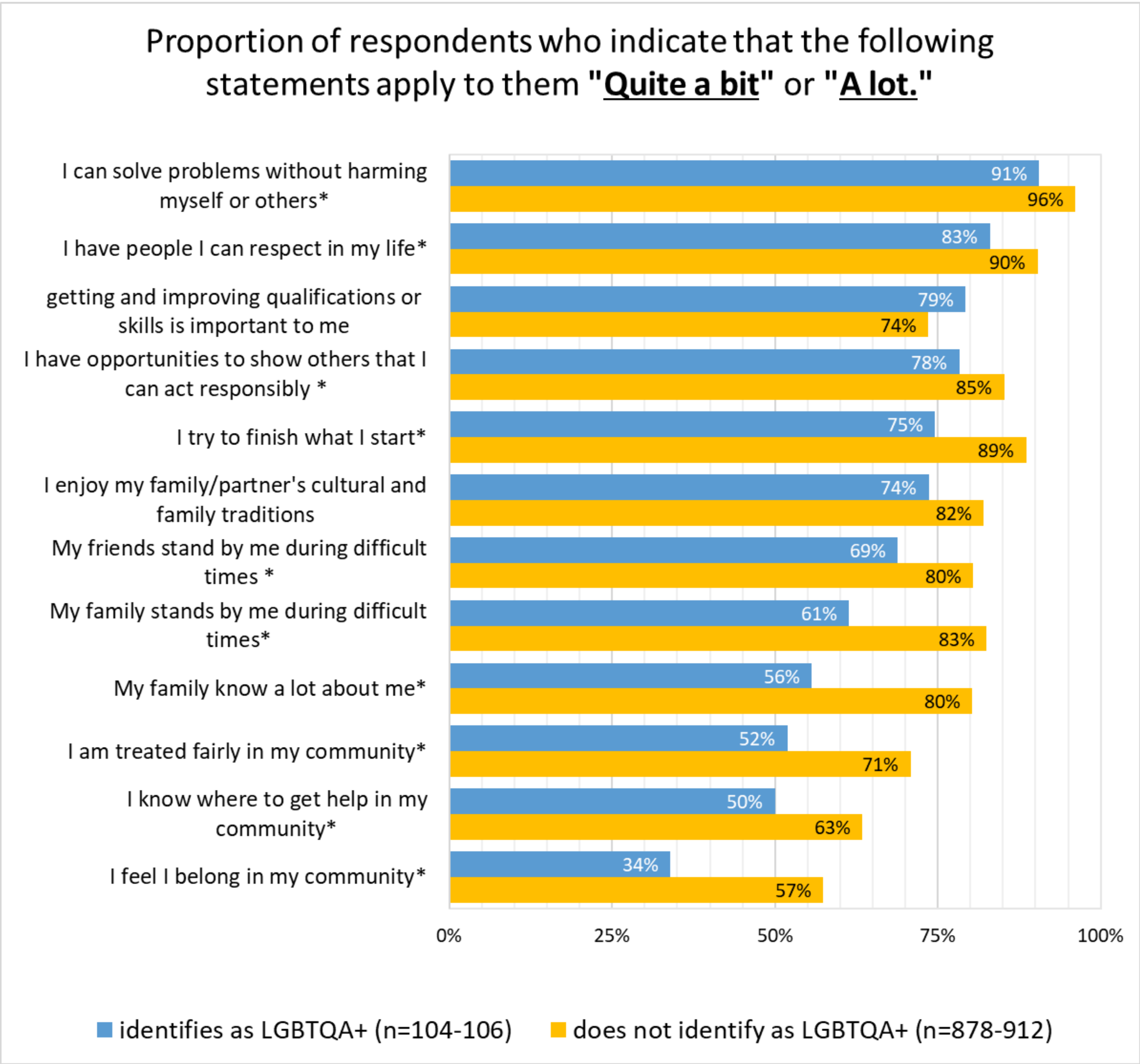
There are some places that feel more safe than others. Physical and emotional safety contribute to a sense of belonging.

Resilience in Central Oregon

To what extent do the following statements apply to you?



Resilience among LGBTQA+ individuals



Notice the strengths:

“I can solve problems without harming myself or others” (91%)

“I have people I can respect in my life” (83%)

“Getting and improving skills/qualifications is important to me” (79%)

*There is a statistically significant difference between LGBTQA+ individuals and those who are not LGBTQA+ for items with an asterisk.

What comes up for you?
How is your experience similar?
How is your experience different?



On a sticky note, share your thoughts by starting with “I notice...” or “I wonder...”:

I notice...

I wonder...

In what ways can challenges to belonging be addressed?

How can we support strengths that promote to a sense of belonging?



These findings and recommendations will be shared with community groups working to support Central Oregonians.

We also asked for recommendations from survey and focus group participants.

Do you see these actions happening already?
Are any of these new ideas?

Work in Progress

More affordable housing would help to economically diversify our community and make it easier for others to start a new life here.

Community support groups with trained facilitators - mental health provider shortage

More safe spaces for trans people. A support closet to help trans folks get clothing or binders and other important things.

New Idea

Decrease costs, or provide more assistance opportunities, for entertainment activities for families with children of all ages.

More spaces to gather- there is no LGBTQA+ center. There are some LGBTQA+ nights at bars but are not accessible for youth and neurodivergent folks.

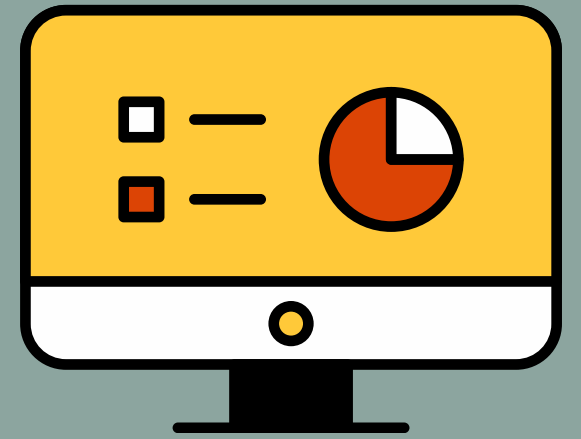
Hosting intergenerational listening sessions

More free, community-wide events (not focused on alcohol or buying from vendors)

How would you want to find out about the results of this study?

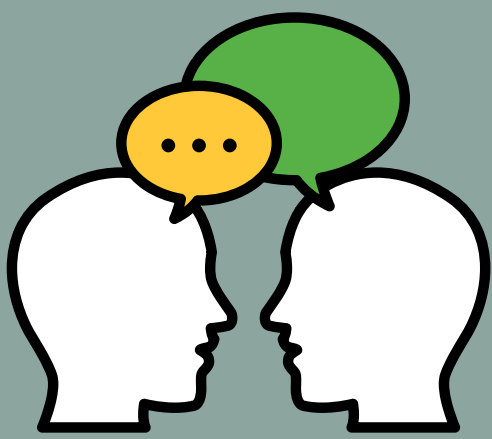


printed report

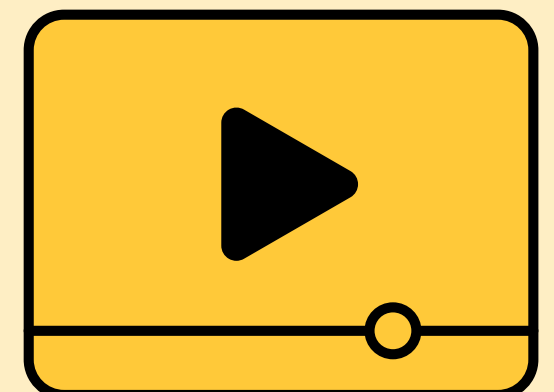


in-person presentation

your other ideas:



**informal
community events**



**social media-ready
video/infographics**