APR26

WEDNESDAY WORKSHOPS

A conversation with Dr. Moshe Szyf on Epigenetics	This is an open opportunity for questions and discussion with Dr. Szyf following his keynote address earlier in the day. The session will be moderated by Healthy Gen Board memer Dr. Nancy Anderson.
ACEs & Trauma Informed Project Mapping	Dedicated to mapping Adverse Childhood Experiences (ACEs) & Resilience initiatives happening throughout Washington State & nationwide.
Adverse Childhood Experiences & secondary traumatic stress: Promoting health equity for service providers and educators personally, professionally, and organizationally.	Secondary traumatic stress is the impact on individuals who work with, teach, advocate for, and care about individuals, families, and communities that have experiences ACEs and trauma. This presentation is appropriate for mental health providers, educators, healthcare providers, interpersonal violence advocates, and anyone who works with children, adults, and families who have trauma in their lives.
Bridging Community Voice & Systems-Level Change: An Evaluation of a Community-Based CHW Program	Come learn about the SW Washington Healthy Living Collaborative's (HLC's) unique model. It trains and empowers Community Health Workers (CHWs) to actively work in their own communities and to help ensure that the HLC's systems-level efforts match community needs. Hear from program leaders and an outside evaluator on early evaluation results from CHWs' perspectives. Then, join presenters, staff and CHWs to share and discuss in small groups based on a topic of your choice.
Building Hope Through Economic Empowerment in Minority Communities	Based on some unreal fear, society set up what is today referred to as a long history of marginalisation. A system that began when a few strong people grabbed every factor of production to themselves has now spiraled into a global crisis. In favouring some people against others, Society has set off series of battles against itself. Be it in wealth creation and distribution, or access to healthcare, underprivileged people wish for a better life, while the privileged see that desire to live a decent life as a threat of encroachment into their reservoir, or to breach their fortress. The truth remains that human's basic needs of food, shelter, clothing, are real and take precedence over other desires, thus making the quest for them endless, and at the same time a tool for coercion, control and further suppression. If you are hungry and homeless and naked, or all of the above, you do not have the serenity of mind to question the lopsidedness in healthcare, neither do you have the independence and confidence to demand responsibility and accountability. The economic walls erected by this imbalance have been discussed many times, but substantial progress to eliminating those demands consistency in dexterity, devotion and dedication. The battle between society and itself is a battle between inequality and equality, and the time to declare a full blown war is now. This workshop therefore invites you to war with status quo, socio-economic and political disparity by building hope through capacity building and economic empowerment: with a focus on proactive reorientation programs, timely information dissemination and management, skill acquisition, access to jobs, building of sustainable SMEs, consciously favourable legislation, cultural inclusiveness and volunteerism, a lot can be achieved.

Community Based Health Approach - Pierce County Accountable Community of Health	Community based health transformation is an essential component of health reform. However, to be successful, it must not stand on its own, be a one off project that only addresses medical systems and clinical strategies. For it to be truly transformative it has to: Be a part of the larger system reform efforts that are essential to health reform. Clinical services need to be transformed in ways that improve patient outcomes and health services and systems need to be transform by addressing health policy, payment and finance, and the structure of care delivery and deepening connections between systems. However, if transformation stops there we will not reach the goals of the triple aim. It is also critical that we creates cross-sector relationships with public and private-sector organizations whose actions have significant consequences for the health of the public to address the social determinants of health. We need to work with these partners, using appropriate health data, to inform policy and system change efforts that identify, address, and prioritize community or population-wide health. This includes engaging community partners who have an unusually close relationship with communities that have the poorest health outcomes. To achieve this practice transformation efforts must be deeply connected to the other transformation efforts in the state such as the Accountable Communities of Health. Please join us in an interactive session with **the Pierce County Accountable Community of Health – putting shared learning into** community-led action!
Emotional Emancipation from Trauma - A Spiritual and Moral Response	**This topic embodies the work of neurobiology, epigenetics, historical trauma – multi-**generational and inter-generational and acknowledgement of the healing needed. Recognizing that there are invisible wounds of war confronting our citizenry and the brave soldiers who allow Americans to have their freedoms. Trauma Informed Care for Healing Invisible Wounds is a model that acknowledges the intersection between trauma and spirituality. While providing an explanation of moral injury and spiritual distress related to trauma, the session will provide tools for hope as we refound, reframe and receive grace for healing the long term impact of trauma.
Essentials for Childhood: What It Is & How it Hopes to Help Communities & Stakeholders	Essentials for Childhood is a 5 year initiative funded by the CDC to 5 pilot states including Washington. It is a collective impact initiative with a vision that all children in Washington State thrive in safe, stable and nurturing relationships and environments. One of its workgroups is focused on Community & Stakeholder Education & Action. This group is hoping to offer connective tissue/infrastructure for community of practice and learning community support to the multitudes of amazing work happening all over the state focused on NEAR sciences, ACEs, Brain Science & Resilience. This session will be held in the Mapping Room which has the purpose of gathering into one collectively accessible place where work is happening around the state.
Health Equity 101: Creating the World We Want to Live in Through Public Health	This workshop will give you an overview of Health Equity as a concept, movement and practice within Public Health.
Is This Really Success	A conversation in which the way we define progress and success in social justice and social services can harm the marginalized communities we aim to serve.

Motivational Interviewing	Motivational Interviewing (MI) is a directive, client-centered counseling and or communication style for eliciting behavior change by helping individuals to explore and resolve ambivalence, while minimizing resistance and maximizing intrinsic motivation. Compared with nondirective counseling styles, MI is value- focused and goal-directed. Based on the physics of behavior change, participants learn assessment and communication skills that foster sustained behavior change by tapping into intrinsic motivation. Aside from a didactic approach, there will be video examples, and skill practice. Audience participation is highly encouraged.
National Network of Libraries of Medicine; Unlocking a Treasure Chest of Information	The National Library of Medicine's PubMed Health provides information for patients and clinicians on prevention and treatment of diseases and conditions. PubMed Health specializes in reviews of clinical effectiveness research, with easy-to-read summaries for consumers as well as full technical reports. Clinical effectiveness research finds answers to the question "What works?" in medical and health care. See this demonstration to unlock a treasure chest of information.
Pathways	Pathways is an evidence based, community care coordination model that supports a sustainable CHW work force. It both prepares CHWs to be Care Coordinators and ties payment to the outcomes CHWs deliver. Pathways is the Health Care Authority's recommended care coordination model and will be implemented in regions across the state. Come learn about this exciting new opportunity that addresses both health care and social conditions that lead to improved health.
Power Dynamics in Personal & Organizational Engagement	What can infants teach us about the dynamics of power? How (and why) can we move from "youth voice" to "youth voice and action?" When does organizational client engagement become meaningful, and who decides what change it can or must propel? When human systems for managing the exchange of power seem to falter, where do we look for models?
Race Based Conversations	The purpose of this professional development presentation is to provide space to cultivate a critical, transformative lens on our daily interactions around race in our families, communities and workplaces. Participants will engage in activities and discussion that promote deep listening when engaging in conversations about race, including: ● Engage in discussions about the barriers that keep people from having real and honest conversations about race and racism. ● Practice deep listening techniques and learn how to sit with being uncomfortable in the moment and stay engaged. ● Practice being present to oneself and others when emotions are high. ● Explore how systems can create change for social justice. ● Examine ways other perspectives can transform health care systems that have previously held only one dominant perspective. ● Invoke deep curiosity around race based conversations.

School Based Mental Health	This talk wrestles with these questions, based on one learner's journey through systems of power.
Using Social Media in Public Health Campaigns	From clinical healthcare to public health campaigns, social media is playing an increasing role in the promotion and dissemination of information and data to inform the public and community health practices. Twitter as a place to share preventative information and current health concerns is growing in popularity as public health departments turn to this additional resource to get their message out. Come see how it all works and how to connect with your intended audience.
What Story Does Your Data Tell?	We all know that data matters, yet sometimes it is hard to figure out what really helps guide the work you do. Partners in Whatcom County are using information available not to study the problem, but to bring hope and shape to local school and community solutions. In this workshop, participants will learn how to identify data sources (including the Healthy Youth Survey) to describe hope for the change they are trying to make, to understand the how to correlate risk and resilience measures, and how participants can frame their data "story" to deepen the positive change the community wants.

APR27
THURSDAY WORKSHOPS

Aces & Trauma Informed Project Mapping	Dedicated to mapping Adverse Childhood Experiences (ACEs) & Resilience initiatives happening throughout Washington State & nationwide.
Building a CHW Coalition	A panel of representatives and leaders from four regional Community Health Worker Networks will discuss how each of their networks formed and the value each network has brought to their community. Panelists will share how they identified the need for a network or coalition and what kind of ongoing support is needed, along with their success stories and lessons learned.
Community Based Peer-Leadership	In this workshop, Salishan Community Health Advocates will provide a brief overview of their neighborhood, Salishan (Tacoma, WA), what Community Health Advocates (CHAs) are and how they work together with their friends, families and neighbors to make positive changes in their lifestyle and make healthy eating and physical activity the neighborhood norm. These leaders in health will provide details and activities to instruct participants how their model is not just building leadership within the CHA Cohort, but is building community capacity.
Community Healing: A 4-Fold **Path to Healing Trauma – An** individual and collective journey.	All of us have been impacted by trauma, either directly or through the shared experiences of others. That trauma can impact the way we see the world and interact with those around us. Most of us struggle with the recognition and acknowledgement of the impact on ourselves and or those we serve. If indeed we are on a quest to build resilient, self-healing communities, where does this start? **What's the pathway? Join me in an exploration of the possible.**
Creating Professional Balance in a Traumatic and Triggering World	As increased stress and fear is met with decreased collective capacity to meet basic needs, the desire for trauma-focused education among health practitioners continues to grow. This interactive workshop focuses on how to sustain positive, intentional presence during a hyper-divisive, oppressive socio-political context. As **professionals committed to improving others' well-being, our ability to navigate** stress, secondary trauma, and systems of oppression requires continual reflective practice. The impact of immersing ourselves professionally (politically, emotionally, **spiritually) in other people's trauma, while navigating our own triggers, can foster a** professional reaction to deny our well-being and unconsciously defend our own untreated traumas. This workshop centers on the creative exploration of voicing how our own traumas have shaped our work. We will identify and reflect on past experiences, both positive and challenging, that have shaped us professionally and engage in practical strategies to name our need for balance, focusing on the critical foundation of giving voice to healing so we can continue to cope in a positive manner with the daily impact of our work.

Developing a Community-Driven Cross-Sector Data Strategy in SW WA	Designed with extensive community input, the Community Connections Initiative is a multi-sector effort launched by the Healthy Living Collaborative (HLC) in partnership with the Providence Center for Outcomes Research & Education (CORE) that builds a regional community health dataset that connects data across multiple sectors. CORE and HLC partners co-designed the approach with the intent of leveraging their shared data to create data-driven strategies to foster learning and collaboration for improving community health in Southwest Washington. The partners aim to develop a collaborative regional approach to addressing underlying social and economic issues that lead to poor health outcomes, creating strategies and programs to better serve individuals and communities with complex health and social care needs. Future work will entail leveraging this initiative to support the SW Accountable Community of Health. This workshop will be an opportunity to learn more about the background of the initiative, the process behind it, what information it aims to provide to the community, and a chance to discuss and share learnings to date on building the initiative.
Fake News and Truth	Biased. Fake news. Alternative facts. These are terms used to cast suspicion on a claim or a news story. Sometimes this suspicion is justified, but these labels are increasingly used as a rhetorical weapon against reliable and factual sources. It's enough to make one feel hopeless about the tasks of figuring out what is true, who to trust, and if anyone will ever really change their minds. This talk seeks to provide some clarity about the "fake news" strategy, especially in terms of the values and motives that underlie it. Practical advice about how to engage and combat this strategy is offered, seeking to provide some cause for hope in a difficult time for truth.
Finding Resilience Through Self Expression	In this workshop we will discuss and create the means of using poetry, theater improvisation, and the use of your body in a present space to connect with our true selfs. I believe that if we can consciously, excessively find our truth resilience can become easier in the face of any level of oppression to hopefully dismantle it. In a country that does not celebrate who we all intersectional are and our unique gifts, here is a workshop that will challenge that concept and give you tools to align to your truth. While finding your resilience to keep pushing forward and feel comfortable bringing that truth and resilience to any movement ,community or personal goals.
Healthy Seven Generations: Healthy Babies, Healthy Moms, Healthy Families	"Healthy Seven Generations? Healthy Babies, Healthy Moms, Healthy Families: Healthy Communities: A Tribal Maternal-Infant Health Strategic Plan" was developed in response to the persistent disparities in American Indian/Alaska Native infant morbidity and mortality in Washington State. This marked a new beginning of collaboration to support tribally-driven public health. Our workshop proposes to tell the story of this collaboration, where the AIHC's public health efforts are currently and how this work has resulted in a tribally developed public health model "The Pulling Together for Wellness Framework" (PTWF). The PTWF takes a 7 Generation approach, is grounded in the goal of equitable maternal and infant health, is guided by vision and values articulated by Tribal leaders and recognizes that our culture is a key component of our health and resilience. Today, the AIHC utilizes the PTWF to identify linkages and address its Healthy Communities, Home Visiting, Maternal and Infant Health work collaboratively to achieve the goal of healthy Native communities.

Helping Health Systems Adopt a More Inclusive Way of Working	Almost everyone in the health sector is aware that the status quo is not working. Many are aware that this in part because current approaches fail to take into **account people's day-to-day realities and how they understand their own health. There is an increasing emphasis on addressing the 'social determinants' of health** through cross-sector collaborations and community partnerships. Yet for those in health systems to really create change with communities, not just provide services to them, requires adopting a way of working that is much more inclusive, participatory, and responsive than most of them are used to. You can help them do this!

Drawing on principles that Bridging Health & Community has described to help those in health work with communities in new ways, this workshop will facilitate participants to:
- reflect on their own experiences, assumptions, and reservations about health systems as partners;
- gain insight into the ways of working, mindsets, and drivers of decisions that affect how health systems partner with community organizations and residents;
- identify entry points that help health systems embrace the value of the community as a key partner; and
- derive strategies for how to recognize allies in and build partnerships with health systems in ways that will benefit from alignment without hindering your core purpose or shifting your way of working. |
Hope is a Learned Skill. It is Not a Feeling, but a Strategy	The research is clear; the best predictor of a high school students graduating from college is how hopeful that student is (see Doctor Shane Lopez with Gallup and the Strengths Institute). One of the areas we will discuss at this workshop will be the work in the field of neuroscience, particularly the understanding of the process of mental time travel, the understanding of how the brain reconstructs its past personal events (memory) and its relationship to the mental construction of possible future events (HOPE).This process has the power to divide our youth into two categories-HOPEFUL and HOPELESS. The other area we will cover will be how to create this climate of hopefulness in your building and community in a collective manner. If we are to foster hope in ALL students, not just SOME students, it is imperative we have a strategic plan in moving from ME to WE.
How Building Resilience in the Face of Trauma Helps Both Schools & Kids Succeed	This session provides a framework for understanding the rapid expansion of trauma-informed schools and the evidence supporting this work. New research is presented on the critical role adversity in the community plays in school success and lessons from the CLEAR (Collaborative Learning for Educational Achievement and Resilience) model.
Mass Incarceration as a Public Health Crisis	An unprecedented number of Americans are incarcerated, and even more have criminal records and history of involvement with the justice system. As of the most recent bureau of justice statistics survey (2008) approximately 52% of state inmates and 63% of federal inmates were parents to about 1.7 million children. It our duty as public health professionals to give serious consideration to the health outcomes related to incarceration. This talk will summarize the effects of mass incarceration on health outcomes for children and family members who have a incarcerated or formerly incarcerated loved one.

Mental Models: The Power of Story & Restorying: A conversation on Worldview and implications for our daily actions and interactions!	Every day we engage with people who are very different form us and who are very similar. Same race, gender, ethnicity and more. Epigenetics tells us that were more alike than different. So why can't we "just get along"? Our worldviews, made up of our values, beliefs, assumptions, attitudes and ideas, impact everything from how we understand the nature of reality to how we respond to the environment around us. Each person's worldview influences their goals and desires, consciously and unconsciously shaping perceptions, motivations, and values. The convergence of our individual characteristics and our unique history, including our life experiences, region, culture, religion, socioeconomic status, and family are expressed through our worldview. Our worldviews inform and affect our individual realities and the actions we take in the world. There is an infinite multiplicity of worldviews and more than one "right" way or perspective. Each of us has our own unique worldview. We are each part of a complex, ever-changing, interconnected, living universe. What we do influences the world around us, and the world around us influences us, even when we are not aware of exactly how.
Precarious Health: Multigenerational Trauma of Undocumented Families	Throughout decades, undocumented families have lived with exclusion from health services, lack of education resources, and fear of deportation, which cause trauma and affect their mental health. Today, over 11.5 million undocumented people reside in the United States and the uncertainty of their safety and future is higher than ever. Learn from community organizers the history of undocumented people in the United States, current events and legislation, and the ways immigration intersects with health. After this workshop, you will leave with tools that you can use as service providers to support undocumented families in your everyday work.
School Discipline: Creating a Trauma-Informed Multi-Tiered System of Support	Participants will examine a Trauma-Informed Multi-Tiered System of Support used to structure school-wide behavioral interventions. This training will provide an introduction to Adverse Childhood Experience (ACEs), the neurology of behavior and a look into the influence of environmental factors which can lead to negative life outcomes. Participants will be introduced to a few evidenced-based, trauma-informed interventions which address maladaptive behaviors and promote social and emotional learning.
Trauma + School: Learning from Men in Prison about their Life Journeys	It would be easy to be overwhelmed by statistics on incarceration: 2.2 million adults are in jail or prison; 40% of seriously mentally ill have been incarcerated at one time; 1 in 4 black children and 1 in 25 white children will have an incarcerated parent by age 14. But the stories behind these statistics shed light on how we can do better. Building on our best understanding of complex trauma, this interactive session will report on a recent study with currently incarcerated men and engage participants in dialogue about what each of us can do next.