



## Agenda

### Symposium Committee

Monday, August 15, 2022, • Time: 10:00 a.m. – 11:00 a.m.

Join Zoom Meeting:

<https://wichitastate.zoom.us/j/94634237814?pwd=YVRvQ0pCZktXVmppQnR0eEhsSTliQT09>

**Attendance:** Katrina, Diana, Kim, Sasha,  
Lucia, Grant, Amy G, Kelly, Jackie, Neshia

- **Welcome & Introductions**
- **August Meeting- create draft agenda**
  - Topic ideas
    - Think about the populations reached overtime---Impact report?
    - What is happening within respective organizations regarding the work that CHWs have done? Collect success stories (perhaps share in slideshow? Mini video clips? Articles?). How are orgs working to create a workflow that includes self-care and resilience? How to embed this into their workflow. If they don't, create awareness of the importance of self-care. Ex. Friday's after 12p do not call members, no meetings, etc. to decompress as the weekend approaches. Guest speakers: trauma, self-care, internal teams (activities: Pride Month, parade, merch, something to ensure CHWs aren't burning out at work).
    - Self-care (what angle do we want to take?) (Taking a walk, long bath etc, isn't really all CHWs need. They must be able to find balance and actually take a break to focus on self. Anchor their work and center themselves. The narrative must match what we typically say about self-care).

#### **Resources**

CHWs helping those that have been incarcerated (Sasha's work)—depending on readiness. There may be something to share. Research is currently in the planning phase.

Dying of Whiteness- Talks about how politics of racial resentment is killing America's Heartland. <https://www.amazon.com/Dying-Whiteness-Politics-Resentment-Heartland> <https://www.dyingofwhiteness.com/> ( consider a partner in the community to share on this?)

Diana will check on someone/content around incarceration and share with us next meeting.

- What about creating tables that have different topics and people can move around to have small discussions?



- “World Cafe” mental health first aide, chronic disease, breast feeding, mental health first aide, etc (subjects not quite enough for presentation, but CHWs had the chance to go around the room and learn from one another---this could help with their desire to network).
- “CHW Café” Maybe something about programs around the state used to employ CHWs. Share about their programs and what they do. (include subjects above)

Check the agenda/notes from year 2 when this was done. Then, it was 6 tables with rotation. Lasted about an hour.

- Speaker ideas
  - Dana Peterson- Economist who worked for Citi. Studied lost business opportunities and wages from jobs, lost employment, etc. (Amy G) (virtual speaker or travel in NY?) Diana sent a LinkedIn message to say hello.
    - Chief Economist  
The Conference Board  
Center Leader, Economy, Strategy & Finance  
[dpeterson@tcb.org](mailto:dpeterson@tcb.org)
    - Racism cost the US economy \$16 Billion (based on her study)
  - Franchon Frances: Invite her to talk about signs of burnout. What can be done tangible, pragmatic, to soothe the amygdala.
  - Utilize the skills of KS CHWs to present their work
    - Panel
    - Subject Matter Expert
    - Update on things CHWs can do now that they have certification. CEUs, employment opportunities and others. What has the certification done to help their career? What has being a CHW in general done to help expand their career?
- KEEP Photo booth for 2023
- **Begin Recruiting-** September thru November 2022
  - Format (breakouts? CHW panel?)
  - Pre-syposium 2023?

### Next Steps:

- Select the topics/theme during Sept mtg, send them to the committee for VOTE via. Present the final topics and theme during the October meeting. We need to send asks to speakers beginning in December.
- Get an update on Pre-Symposium 2023 ( June 14<sup>th</sup>)



- Symposium- June 15<sup>th</sup>

**Next Meeting**

Monday September 19, 2022

Monday October 17, 2022

Monday November 21, 2022

Monday December 19, 2022