

# Growing Resilient Communities - 6th Annual Gathering of Collaboratives and Tribal Nations Addressing ACEs

June 27<sup>th</sup>, 2023

## Welcome and Keynote Session

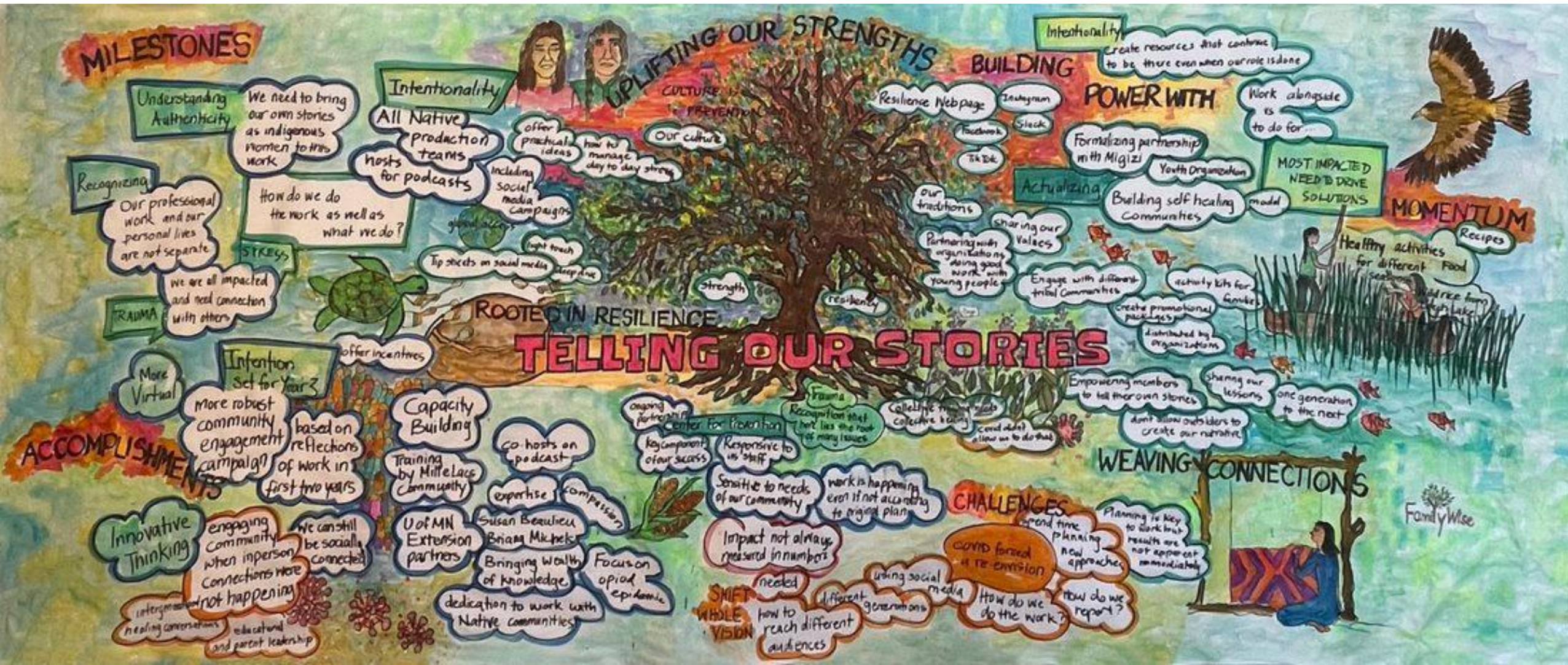
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*Hosted by FamilyWise Services in partnership with Blue Cross Blue Shield Center for Prevention and Minnesota Department of Human Services*

# Honoring Our Relationships

Health POWER and Tribal NEAR





*Collaboratively Honoring & Healing Communities*

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More Resilient Minnesota seeks to improve the health and resilience of current and future generations. Resilience includes individuals' inherent strengths and nurtured capacities as well as the resources and supports of their families, communities, and cultures.

# Self-Healing Communities

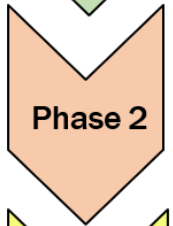
A Transformational Process Model for Improving Intergenerational Health



## Self-Healing Communities Model



*Understanding ACEs: Building Self-Healing Communities Presentations*



Regional ACE Interface Presenter Trainings



Community Resilience Conversations and *100 Cups of Coffee* Interviews



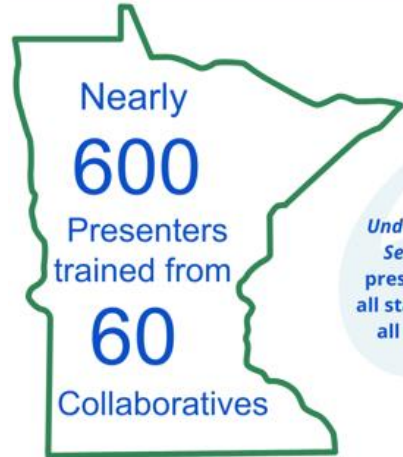
Community Resilience Plans and Community Resilience Initiatives



**More  
Resilient  
Minnesota**

*Collaboratively Honoring & Healing Communities*





*Understanding ACEs: Building Self-Healing Communities* presentations were made to all staff in our district, serving all of our county's schools

**15,620** Participants reached

**578** Presentations

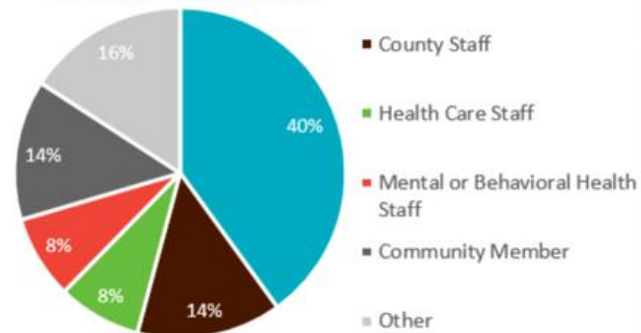
**70** Counties

**75** Active Collaboratives

**1,272** People have shared their wisdom through Community Resilience Conversations and *100 Cups of Coffee* Interviews

“ In 2022, we were able to train new presenters who have been incredibly involved and proactive with offering presentations. Our goal was to host at least 6 presentations and ended up offering 12 presentations (with more scheduled in 2023!) ”

**Sectors Reached**



Our Collaborative trained interviewers, who offered 50 - *100 Cups of Coffee* interviews. We interviewed people whose voices are not typically heard at decision-making tables. There is an ongoing effort to have those ideas incorporated into the building and programming

# More Resilient Minnesota Progress Report

# Group Agreements

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- Care for and respect each other's unique experience
- Be as present as possible
- Take your own risk; find your growing edge
- Speak your own truths
- Lean into this conversation
- Take care of yourself; the best intervention is our own regulated nervous system





**The best intervention is our  
own regulated nervous system.**

*- Mindful Schools*



- The practices of truth and acknowledgment are critical for healing and reconciliation
- In Minnesota, we are gathered on homelands of Dakota and Anishinaabe peoples
- We cannot separate the history of our nation from the history of colonialism and slavery in the United States
- We acknowledge that immigrants in this country have contributed to our diverse and thriving communities and economy
- We all have a role to work to disrupt systems of oppression and co-create an antiracist society.
- We acknowledge that there have been national and global incidents happening in our world today that have led many of us to be in a heightened state of stress
- Together we can support community resilience by changing the systems and our individual practices that contribute to these inequities
- When we work collectively, transformative change is possible

# Acknowledgements

# Schedule

9:00 – 9:20 a.m. **Welcome**

9:30 – 11:00 a.m. **Keynote Presentation** – Donte Curtis, *Catch Your Dream Consulting*

11:15 a.m. – 12:15 p.m. **Breakout Session 1 – *three options***

- Youth-Adult Partnerships - Carlton County REACH Program Youth Panel
- Create Movement: Ripples for Community Wellness – Dr. Raj.
- It’s Complicated: Youth, Technology, and Mental Health with Erin Walsh from the Spark and Stitch Institute

12:30 – 1:15 p.m. **Special Session for CMHC & FSC Collaborative Coordinators**

1:30 – 2:30 p.m. **Breakout Session 2 – *three options***

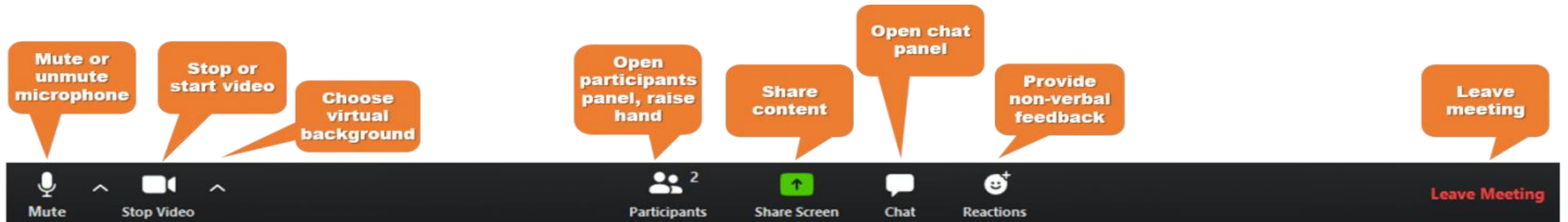
- Radical Hospitality: Youth Voice, Leadership, and Collaboration
- “Bimaadiziwin”– The Story of How Leech Lake Youth are Reclaiming their Culture and Living in a Good Way
- 2022 Minnesota Student Survey Results: What We heard from Young People, and How Communities are Partnering with Young People to Make Meaning Out of the Data

2:45 – 3:30 p.m. **Closing**

# Using Zoom

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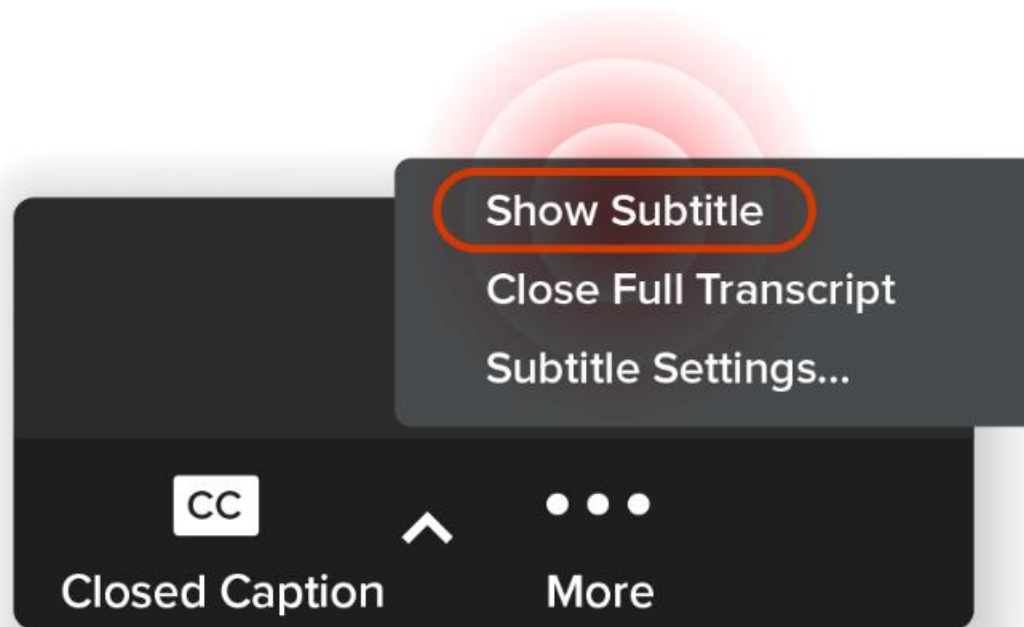
Click on these buttons to mute/unmute, turn on your video, open the chat, provide non-verbal feedback, & leave the meeting



# Closed Captioning

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- In the bottom of the Zoom window, click the “^” up arrow button next to “Closed Caption” and then click on “**Show Subtitle**” to start displaying Rev Live Captions in your Zoom Meeting.



# "Why Do We Gather?"

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ART OF  
GATHERING  
by Priya Parker

**"Gathering matters because it is through each other that we figure out what we believe."**

*- Priya Parker*