

AGENDA

Healthy Start Regional Meeting 2018

June 25-26, 2018

[Embassy Suites Chicago Downtown](#)—600 North State Street

Chicago, IL 60654

Meeting Objectives:

By the end of this meeting, participants will be able to:

1. Build skills in sustainability, leadership, quality improvement, or recruitment and retention
2. Connect and network with peers and federal project officers to exchange best practices and share lessons learned
3. Develop an action plan for sharing the key takeaways from the meeting with partners and staff “at home”

DAY 1

8:00 **Registration Open**

9:00 **Welcome and Project Officer Remarks**

Healthy Start Jeopardy - Icebreaker

10:00 **Concurrent Skills Building Sessions**

Track 1 –Leadership, Sustainability, and Resilience for Healthy Start Initiatives

Track 2 - Better Every Day: Quality Improvement and Performance Measure to Facilitate Best Outcomes for Healthy Start participants, programs, and communities

Track 3 - Enhancing Participant Recruitment and Retention Efforts through Exploration, Conversation, and Application

12:00 Lunch (on your own)

1:30 **Continued Skills Building**

5:00 Adjourn

DAY 2

9:00 **Reconvene Concurrent Skills Building and Action Planning for Bringing Skills Home**

11:30 Lunch (on your own)

1:00 **Community Café**

3:00 **Self Care Session**

4:00 **Closing**

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SESSION DESCRIPTIONS:

Session Title	Session Description	Session Facilitator
Day 1: Leadership, Sustainability, and Resilience for Healthy Start Initiatives	This interactive learning event will provide participants with an opportunity to explore essential leadership skills needed to plan for the sustainability and resilience of Healthy Start initiatives. The workshop will enable participants to learn theory and then apply it using specific tools and exercises. The sharing of wisdom and experience amongst peer participants will also be an essential element of the workshop's design. Following this workshop, participants will also be provided the opportunity to participate in a Peer Learning Network (PLN) series with their fellow participants from this workshop, thus allowing for continued exploration, conversation, and application.	Sylvia Cheuy Tamarack Institute
Day 1: Better Every Day: Quality Improvement and Performance Measure to Facilitate Best Outcomes for Healthy Start participants, programs, and communities	This collaborative skills-building workshop will offer the opportunity to explore new tools and resources, engage in in-depth peer sharing, and apply quality improvement concepts. Participants will identify common challenges experienced, and will then work through a series of collaborative efforts to identify root causes and opportunities for improvement. Best practices will be identified from colleagues and from existing literature. Participants will come away with strategies to test in their own programs to improve performance, a documented plan as to how those strategies can be tested, and specific approaches ensure that successful changes can be sustained. Topics for improvement will be selected by participants and may include performance measures, as well as key areas such as project management, contract management, CAN engagement, and retention. Following this workshop, participants will also be provided the opportunity to participate in a Peer Learning Network (PLN) series with their fellow participants from this workshop, thus allowing for continued exploration, conversation, and application.	Jillian Maccini Healthy Start EPIC

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Session Title	Session Description	Session Facilitator
Day 1: Enhancing Participant Recruitment and Retention Efforts through Exploration, Conversation, and Application	This interactive workshop will provide participants the opportunity to explore new tools and resources, engage in in-depth peer sharing, and practice applying tools aimed at enhancing participant recruitment and retention efforts. Facilitators will use the Healthy Start Recruitment & Retention Toolkit developed by Kimberly Leslie-Patton, PHD, CMC, CHW as a foundation and guide throughout the workshop. To get started, participants will explore some of the pre-work necessary to enhance recruitment and retention efforts, such as assessing a program's cultural and linguistic competence. In addition to learning about and applying various recruitment and retention tools, the workshop will also include discussions related to the role that the Healthy Start Screening Tools and the Community Action Networks (CAN) can play in recruitment and retention efforts. By the conclusion of the workshop, participants will have begun to develop an action plan that they can bring back to their teams for further development and use. Following this workshop, participants will also be provided the opportunity to participate in a Peer Learning Network (PLN) series with their fellow participants from this workshop, thus allowing for continued exploration, conversation, and application.	Kimberly Bradley Healthy Start EPIC
Day 2: Reconvene Concurrent Skills Building and Action Planning for Brining Skills Home	Meeting participants will return to the skills building sessions from Day 1 and explore opportunities for action planning. Participants will have the opportunity to join a Peer Learning Network to continue the learning, sharing, and implementation efforts following the meeting.	
Day 2: Community Café	During this session, participants will join in three different small group conversations for 20 minutes each. The facilitator for each table discussion will capture and integrate the ideas shared (what are your greatest challenges, what are your greatest successes and what resources do you find valuable) into each conversation and build upon the previous discussion. Following the three rounds of discussions, there will be a report out of the ideas, themes, and key takeaways from each.	All participants
Day 2: Harmonizing (family, work, social life and school) with a focus on self-care: Going from chaos to clarity	<p>During this session, participants will experience the following practices:</p> <ul style="list-style-type: none"> • Self-care, breathing & chair yoga and stress reduction massages (Interactive) • Understanding that the vibration and frequency in ourselves and in our home will affect everything external (family, others, work,school) • Understanding the power struggle-- do you want to be right or do you want to have peace • Observing vs. Absorbing • Building self-worth and affirming the positive • Leading with kindness and compassion • Intentional listening • 4 Agreements--volunteers will participate in a short skit based on 2 of the agreements (Interactive) 	<p>Dr. Pamela C. Phoenix, CEO & staff</p> <p>Phoenix Diverse Holistics Collaborative</p> <p>312-437-0796</p>