

Resilience, Equity, Diversity, and Inclusion: Region IV

Details of the Region IV Learning Sessions

Goals:

- Identify and address root causes of burnout to build a resilient workforce.
- Recognize current strengths and areas of needed growth in addressing health equity.
- Explore the tools necessary for diversity, equity, and inclusion work.

Components:

- **Baseline Reflection Tool.** We ask that each participant fill out this short tool so we can gain a sense of where everyone is with (1) feelings of burnout and resilience and (2) our current understanding of the competencies necessary for health equity work. We will send a link out to the reflection tool in late March. [Please click here for the Assessment Tool.](#)
- **Session 1: Burnout, Resilience, and Meaningful Work.** 04/04 2PM Central: We are inviting a resilience expert to talk about understanding burnout and focusing on resilience as the foundation for work to advance health equity (Foster School of Business, University of Washington and MCH Navigator). **REGISTER HERE:** <https://bit.ly/Region4TA1>
- **Session 2: Guided Peer-to-Peer Learning.** **NOTE NEW DATE!** 04/26 2PM Central: We will look at what Title V agencies across the country (including Region IV) are doing to address health equity and SDOH. Then we'll do an interactive SWOT analysis of where we are with health equity and where we would like to be. Finally, we will ask participants what skills they want to focus on in the upcoming sessions. (MCH Evidence Center and MCH Navigator/ATMCH). **REGISTER HERE:** <https://bit.ly/Region4TA2>
- **Session 3: Equity.** 05/16 2PM Central: We'll present asset framing as an innovative tool to advance health equity. Presenters will also summarize additional "tried and true" tools from the WDC toolkit (WDC). **REGISTER HERE:** <https://bit.ly/Region4TA3>
- **Session 4: Inclusion.** **NOTE NEW DATE!** 06/07 2PM Central: We'll discuss inclusion, both internally in our workplace and at the community level for engagement with our multiple stakeholders (CityMatCH). **REGISTER HERE:** <https://bit.ly/Region4TA4>
- **Session 5: Diversity.** 06/27 2PM Central. We'll present strategies for fostering a skilled, flexible, and diverse workforce (as part the AMCHP Strategic Plan), including state-based case studies (AMCHP). **REGISTER HERE:** <https://bit.ly/Region4TA5>
- **Session 6: Putting It All Together.** 07/18 2PM Central: We'll debrief and share resources on resilience and health equity and well as allowing for reflection on what states plan to do going forward (MCH Navigator). Then we'll wrap up by tying what we're doing back to the evidence and how to ensure that your programs address disparities through Results-Based Accountability in meaningful, measurable, and moveable ways (MCH Evidence Center). **REGISTER HERE:** <https://bit.ly/Region4TA6>

- **Follow-Up Reflection Tool.** We'll follow up with a survey in late July to see how everyone is feeling about implementing what we've learned. Disaggregated responses will be available for all of Region IV and for each state.