# All Staff In-Service Agenda

| 8:30-9:00am   | Coffee & Settle in |
|---------------|--------------------|
| 0.30-9.00aiii | Coffee & Settle in |

| 9:00-11:00am   | Uncomfortable Conversations & Misinformatio |
|----------------|---|
| 9.00-11.00aiii | Uncomfortable Conversations & Misinformat   |

| 10:00-10:30am | Frances Quaempts: Sharing |
|---------------|---------------------------|
|---------------|---------------------------|

| 11:00am-12:00pm | Health Department & First Responders |
|-----------------|--------------------------------------|
|-----------------|--------------------------------------|

| 12:00-12:30pm Lunc |
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|--------------------|

| 12:30-12:50pm | Stephanie Partida: | <b>OLA Takeaways</b> |
|---------------|--------------------|----------------------|
|---------------|--------------------|----------------------|

| 1:50-2:30pm | Painting |
|-------------|----------|
|-------------|----------|

| 2:30-50pm | Cecili Longhorn: Marketing & Outreach strategies |
|-----------|--|
|           | to engage your community                         |

2:50-3:20pm Director's Meeting - Support Staff Meeting

3:20-3:30pm Wrap up, door prizes, and evaluations

# Community Agreements

- 1. Come with a beginner's mind
- 2. Active listening is a must
- 3. Remain open, with curiosity modeled by responding with questions before responding with your own interpretation or explanation of impact in regards to someone else's comments
- 4. Recognize and acknowledge people's experiences. The person/people you are in conversation with are bringing their own perspective, shaped by their own experiences (culture, history, practices, upbringing)
- 5. Prioritize your individual needs
- 6. Everyone has agency, and, regardless of agreement and alignment, everyone is worthy of being valued in the dignity of their humanity
- 7. Disagree, but don't be Disagreeable
- 8. Stories stay... but lessons leave

This training alone is not a checklist, a meeting, or a one-time commitment. Make small, realistic, challenging commitments to grow, learn and evolve.

Scan the links below to review some useful resources regarding todays discussion topics.

<u>Conversation Guide: Talking about Race, Racism,</u> <u>Care, and Caregiving - Caring Across Generations</u> <u>Talking About Race | National Museum of</u> <u>African American History and Culture (si.edu)</u>





7 Ways to Have a Conversation About Racial Justice

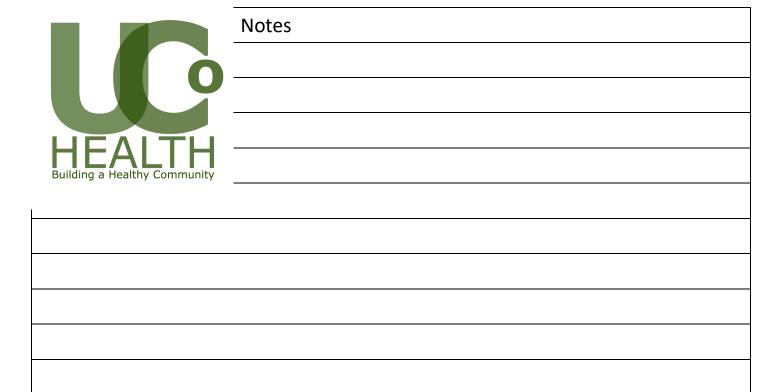
(aarp.org)



# **Uncomfortable Conversations**

in places where we may have misinformation around many topics

| Notes | Want to learn more? Here's a recommended reading list. |
|-------|--|
|       | "A stubborn Twig"                                      |
|       | by Lauren Kessler                                      |
|       | "Proud"  |
|       | by Ibtihaj Muhammad                                    |
|       | "The New Jim Crow"                                     |
|       | by Michelle Alexander                                  |
|       | "Me and White Supremacy"                               |
|       | by Layla F. Saad                                       |
|       | "We are Displaced"                                     |
|       | by Malala Yousafzai                                    |
|       | "Why are all the Black Kids sitting together in        |
|       | the cafeteria"   |
|       | by Beverly Daniel Tatum                                |
|       | "Other Words for Home"                                 |
|       | by Jasmine Warga                                       |
|       | "Stamped"  |
|       | by Jason Reynolds, Ibram X. Kendi                      |
|       | "White Fragility"                                      |
|       | by Robin DiAngelo                                      |
|       | "Caste"  |
|       | by Isabel Wilkerson                                    |
|       | "Uncomfortable Conversations with a Black              |
|       | Man"   |
|       | by Emmanuel Acho                                       |
|       | "While Time Remains"                                   |
|       | by Yeonmi Park   |
|       |  |



Interested in following up about a program or resource?

Contact your local UCo Health for more information.

### **General Information**

### **Umatilla County Public Health Clinics**

Pendleton: Phone: 541-278-5432

Address: 200 SE 3rd Street, Pendleton, OR 97801

Hermiston: Phone: 541-567-3113

Address: 180 NE 2nd St., Hermiston, OR 97838

email: health@umatillacounty.gov

website: UCoHealth.net
We are also on Facebook.

For the Communicable Disease Program

Phone: 541-278-6290

email: uco.cd.prevention@umatillacounty.gov

## Health and Wellbeing

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YOGA RELAXING MINDFULNESS CALM ACTIVITY CHILL EXERCISE SOCIALISING SLEEP HEALTH MOVING WELLBEING VEGETABLE GYM FUN OUTDOORS RUNNING BANANAS

# NARCAN

Corey Gorham UCFD #1





# OLA Takeaways - Playaway Audiobooks, wonderbooks, and more

Stephanie Partida



# **OLA Takeaways**

# Amanda Hespel

# Notes:

# SUDOKU

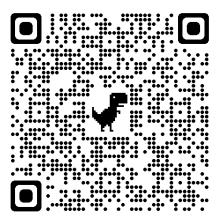
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Marketing and Outreach Strategies to Engage Your Community

# **Cecili Longhorn**

| Notes: |  |  |
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Scan the QR code to complete the evaluation for todays in-service.

# **ANSWER**

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