



**Center for Advancing Rural Health Equity Fall Gathering:
Learning and Acting Together in our Communities**

Monday, October 30, 2023 | Lake Morey Resort, Fairlee, Vermont

EVENT SUMMARY



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Overview

The Center for Advancing Rural Health Equity held its second gathering on Oct 30, 2023 at Lake Morey Resort in Fairlee, VT. Approximately 160 people came together to learn from one another about health disparities in our region and to participate in dialogue about how to work together across disciplines and sectors to advance health equity in our rural communities.

Dr. Yvonne Goldsberry’s keynote highlighted the importance of community power and served as a reminder of both the challenges and opportunities for all of us as we strive toward improving health equity. Dr. Goldsberry encouraged us to “dig deeper” in our work and to demonstrate commitment, work to improve capacity, be accountable and cultivate relationships, support the power and assets of our communities, and to be bold in standing with the community.

A panel discussion moderated by Dr. Sally Kraft included diverse perspectives on building coalitions and engaging in partnerships between grassroots organizations and larger institutions. Panelists Dr. Sanam Roder deWan, Kailene Jones, and Angela Zhang, together with Dr. Goldsberry, spoke about their experiences with power dynamics and the need for systemic change to help foster more equitable partnerships.

Throughout the morning, speakers and participants identified the importance of community engagement, trust, and collaboration to help us achieve shared goals.



Key themes from breakout workshop sessions

These sessions included three separate moderated panel discussions. Each panel was presented with the same set of four questions plus questions from participants. The focus areas of the three panels were behavioral health, food and nutrition, and early childhood development.

While the panels focused on separate topics, there were several themes that were common among the different sessions. Each panel brought up the need to engage customers (clients/patients) “where they are.” By this, the groups meant going to locations where the population they serve congregate to meet with them or provide services. It was repeatedly affirmed that this was the most effective way to gain trust, information, and data.

Another common theme was the need to partner with trusted community organizations to provide services. Across all groups this was discussed as a more efficient way of gaining trust while providing services. Some groups mentioned were local libraries, Boys and Girls Clubs, and local hospitals. It was highlighted that there is an existing sense of trust between customers and these organizations, which would lead to increased participation in programs. The last major theme discussed across all of the panels were the high-level barriers that impede progress. It was noted that these barriers affect both service providers working with the community and community members while trying to access services.

Participants were invited to leave feedback from these sessions. Below is a summary of themes from these comments:

- **A need to address priority health and social needs**, including poverty and education, transportation, food and nutrition security, health insurance coverage, mental health and substance use disorders; and to discussing and addressing systemic racism
- **A call to focus programs on minority populations**, including veterans, LGBTQ, BIPOC community members, and at-risk youth
- **A need for improved coordination** between various health and social service providers and opportunities for connection to resources (breaking down silos and reducing duplication)
- **Ideas for CARHE support:**
 - Capacity building, including learning opportunities for small organizations and programs, and diversity training
 - Policy and advocacy, including training in civic and policy engagement, and advocacy for key health policies (e.g. paid family leave, reimbursement for mental health services)
 - technical assistance for teams interested in getting started in equity work
 - pairing researchers with programs to improve evaluation
 - Engaging medical and other students
 - Leveraging business sector to reach people “where they are at”
 - Seeking unrestricted funding for workforce development and nonprofit capacity building
- **Ideas for future events:**
 - More time for small group discussion
 - More time for questions
 - Elevate voices of people with lived experience and people who have created small groups or services
 - Practical suggestions for what people can do today to get started
 - Host an event for community health workers and other “boots on the ground” workers



Key themes from the World Café roundtables

Through an interactive facilitated discussion, participants responded to the following three prompts:

1. What critical health, social drivers of health, and health care needs in our rural communities do you see as valuable opportunities for partnerships between health care providers, researchers, community service organizations, and community members address together?
2. What things get in the way of these partnerships forming and being successful?
3. What could the Center for Advancing Rural Health Equity (CARHE) and others be doing to make it easier for these partnerships to find each other, develop shared interest, and form these partnerships?

Summary themes:

Health and social needs:

- Social determinants of health – the most widely cited needs were social determinants of health, including transportation, housing, food, social isolation, education, recreation, and others.
- Healthcare access – access to care and services was also a prominent theme, including mental health care, maternal and child health and services, complex needs, and others.
- Family and child supports – including gaps in child care, paid family leave, and issues of domestic violence.
- Other key needs and issues included:
 - Civic belonging
 - Stigma
 - Substance use disorders
 - Rurality
 - Older adults
 - Racism/discrimination

Barriers/facilitators to partnerships:

- Collaboration – collaboration was a key barrier mentioned, including the need for coordination between various actors, reducing duplication, and prioritizing needs and programs.
- Systems and structures – systemic issues were another common theme, including funding structures and duration of funding, payment systems, leadership, administrative systems, and others.
- Community engagement – participants also discussed the need for inclusion and ways to be more inclusive of individuals.
- Other key ideas shared included:
 - Culture
 - Trust
 - Power dynamics
 - Knowledge and info sharing

Opportunities to improve how we work together:

- Resources – the most common opportunity was related to growing resources, including the need for more time and capacity, adequate workforce, and more funding.
- Communication – participants noted needs for greater communication between organizations and about services, a central place to find information, opportunities for dialogue and exchange, and other areas.
- Convening – including bringing people together, hosting events and working groups.

- Research and data – including a need for more/better data and data sharing.



Program and Session Details

PROGRAM AT A GLANCE

8:00 - 8:30 AM	Registration and Coffee
8:30 - 8:40 AM	Welcome
8:40 - 9:10 AM	Keynote with Dr. Yvonne Goldsberry: Digging Deeper for Health Equity
9:10 - 10:05 AM	Panel Discussion: Partnering for Health Equity from the Ground Up
10:05 - 10:15 AM	Break & Transition
10:15 - 11:15 AM	Workshop Sessions: Value-based Approaches to Health Equity Work Waterlot Room: Food and Nutrition Security Terrace Ballroom: Childhood and Family Supports Morey Room: Behavioral Health Needs
11:15 - 11:25 AM	Break & Transition
11:25 - 11:55 AM	World Café: Creating the Conditions for Equitable Partnerships
11:55 - 12:00 PM	Closing in Gratitude
12:00 - 1:00 PM	Lunch featuring a plant forward menu

SESSION DETAILS

8:30 – 9:10 AM

Terrace Ballroom

Welcome and Setting the Stage

Rudy Fedrizzi, MD, Public Health Services District Director, Vermont Department of Health

Keynote: Digging Deeper for Health Equity

Dr. Yvonne Goldsberry, PhD, MPH, MSUP, President, The Endowment for Health

9:10 – 10:05 AM

Terrace Ballroom

Panel Discussion: Partnering for Health Equity from the Ground Up

During this session, panelists will share their stories of change and how small initiatives can partner toward improved health equity for our communities.

Yvonne Goldsberry, PhD, MPH, MSUP, President, Endowment for Health

Sanam Roder deWan, MD, PhD, Associate Professor of Community and Family Medicine, Geisel School of Medicine at Dartmouth and Service Delivery Redesign Lead, The World Bank

Kailene Jones, MPH, Founder and Board Chair, Women of the Mountains Birth Initiative (WOMB)

Angela Zhang, MSW, Programs Director, LISTEN Community Services

Moderated by Sally Kraft, MD, MPH, Population Health Officer, Dartmouth Health

10:15 – 11:15 AM

**Workshop Sessions: Value-based Approaches to Health Equity Work
Food and Nutrition Security**

Waterlot Room

Kim Dittus, MD, PhD, Associate Professor of Medicine, Hematology/Oncology Division, University of Vermont

Krista Karlson, Development Manager, Willing Hands

Bea Ngugi, MSW, Social Worker OB/GYN, Dartmouth Health

Facilitated by Taralyn Bielaski, MPH, Community Health Partnership Coordinator, Dartmouth Health

Childhood and Family Supports

Terrace Ballroom

Matt Cahillane, MPH, Principal Ecological Solutions Consulting, CHICKS

Ellen Taetzsch, MPH, Systems Manager, Early Childhood Region 1, Monadnock United Way

Nina Sand-Loud, MD, Assistant Professor Psychiatry and Pediatrics, Geisel School of Medicine at Dartmouth

Facilitated by Holly Gaspar, MPH, MED, Manager, Population Health, Dartmouth Health

Behavioral Health Needs

Morey Room

Julie Balaban, MD, Assistant Professor of Psychiatry and Pediatrics at Dartmouth Health, Section Chief for Child and Adolescent Psychiatry, Department of Psychiatry, Dartmouth Health

Laura Byrne, MA, Executive Director, HIV and Hepatitis C Resource Center

Stephanie Bergeron, MS, Project Director, Certified Community Behavioral Health Clinic, West Central Behavioral Health

Facilitated by Andrea Smith, MPA, MSW, CPS, Senior Community Health Partnership Coordinator, Population Health, Dartmouth Health

11:25 – 11:55 AM

Terrace Ballroom

World Café: Creating the Conditions for Equitable Partnerships

This semi-structured Open Space session will encourage collaboration by exploring how community members, leaders, researchers, and clinicians can better build mutually valuable partnerships drawing on shared interests to improve rural health.

Hosted by: Greg Norman, MS, Senior Director of Community Health, Dartmouth Health

11:55 – 12:00 PM

Terrace Ballroom

Closing in Gratitude

Sally Kraft, MD, MPH, Population Health Officer, Dartmouth Health

12:00 – 1:00 PM

Lakeside Dining Room

Lunch

Featuring a plant forward menu

Speaker Bios

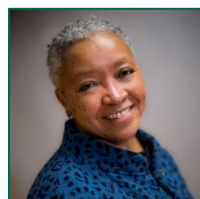
PRESENTERS, PANELISTS, FACILITATORS



Rudolph Fedrizzi, MD

Public Health Services District Director, Vermont Department of Health

Rudolph (Rudy) Fedrizzi is the Public Health Services District Director for the White River Junction Office of Local Health in the Vermont Department of Health. Prior to his career in public health, Dr. Fedrizzi practiced Obstetrics and Gynecology for 16 years. His past administrative and clinical experience includes Chief of OB-GYN Services and training as a flight surgeon at Luke Air Force Base Hospital in Glendale, AZ, Medical Director of the Northern New Mexico Women's Health and Birth Center in Taos, NM, and Director of Surgical Services at Cayuga Medical Center in Ithaca, NY. Currently, he is Chair of the Upper Valley Medical Reserve Corps Advisory Board, President of the Public Health Council of the Upper Valley Board, Vice President of the Southern NH Area Health Education Network (AHEC) Board, member of the Twin Pines Housing Board, and member of the Rotary Club of Lebanon, NH.



Yvonne Goldsberry, PhD, MPH, MSUP

President, The Endowment for Health

Before joining the Endowment, Dr. Goldsberry served as Vice President of Population Health and Clinical Integration for Cheshire Medical Center/Dartmouth Hitchcock Keene. She is well known as the architect of the nationally recognized Healthy Monadnock initiative, where she engaged numerous community coalitions and over 2,000 community leaders, stakeholders and residents in a bold vision for community health. Prior to that, Dr. Goldsberry served at the NH Department of Health and Human Services, Office of Community and Public Health. There, she successfully managed statewide planning, funding and allocations; developed the NH Public Health Network; and contracted for an \$11-million federal emergency preparedness initiative. Earlier in her career, Dr. Goldsberry held leadership positions at Home Healthcare Hospice and Community Services in Keene, and at the Washington Business Group on Health and George Washington University Center for Health Policy Research, both based in Washington, DC. Dr. Goldsberry holds a PhD in Public Policy from George Washington University, a Master of Public Health and a Master of Science in Urban Planning from Columbia University, and a Bachelor of Arts in Biology from Brown University.



Sally Kraft, MD, MPH

Population Health Officer, Population Health, Dartmouth Health

Sally Kraft is Vice President of Population Health at Dartmouth Health where she leads a multi-disciplinary team dedicated to improving the health of populations and communities across the region served by Dartmouth Health faculty and affiliates. Dr. Kraft served as the Medical Director of Quality, Safety and Innovation at the University of Wisconsin Health system from 2007-2014 where she led system-wide initiatives to redesign ambulatory care. She received her MD and MPH degrees from the University of Michigan, completed a residency in internal medicine at Santa Clara Valley Medical Center and fellowships in Pulmonary and Critical Care medicine at Stanford University. She has practiced pulmonary and critical care medicine in Stanford CA and Madison WI.



Sanam Roder deWan, MD, DrPH

Associate Professor of Community and Family Medicine, Geisel School of Medicine at Dartmouth

Dr. Sanam Roder-DeWan, MD, DrPH, is a family physician and implementation scientist in the Dartmouth Health Department of Community and Family Medicine. She is focused on closing the global maternal and newborn health equity gap through health system reforms that improve quality of care at scale for marginalized populations in the US and low- and middle- income countries



Kailene Jones, MPH

Founder & Board Chair, Women of the Mountains Birth Initiative

Natural birth enthusiast, mother of 3, and public health professional with a passion to make a broad impact on the lives of women and their children. Kailene has been captivated by the perinatal world since childhood, growing up as the oldest of six and attending 6 births before the age of 18, she fell in love with the empowering journey she watched multiple women embark on while they brought new life into the world. Originally studying to become a nurse with the goal of becoming a nurse midwife, Kailene quickly realized she wanted to make a difference that would require much more than just providing direct care. This desire led her to obtaining a bachelor's degree in Public Health from Colby-Sawyer College in 2017, followed by a master's degree in Public Health from University of New England in 2020. Throughout her academic career Kailene focused her research on maternal health needs and outcomes, gaining a wealth of knowledge regarding the necessity for systems change in the US maternity care industry. Currently employed by Dartmouth Health, Kailene now has 5 years of public health project coordination experiences, 2 years of public health project management experience, and 3 years of grant writing experience. Kailene is eager to use these public health skills to help strategically build WOMB into a sustainable nonprofit that will provide North Country women and families with holistic perinatal resources/education, connection and supports for years to come.



Angela Zhang, MSW

Programs Director, Listen Community Services

Originally hailing from Virginia and now living in Lebanon, NH, Angela Zhang is the Programs Director at LISTEN Community Services, a social services agency based in Lebanon dedicated to helping meet the critical needs of Upper Valley individuals and families. In her work, she is actively involved in fighting poverty, homelessness, and racism in the Upper Valley. She believes strongly in building community, mutual support, and visibility for Black, Indigenous, and People of Color (BIPOC) communities. In 2020, Angela co-founded the BIPOC Social Workers of Northern New England affinity group. She also teaches at the Social Work department at Plymouth State University. In her spare time, she volunteers as a crisis line advocate for WISE, and serves on the Board of Directors for WISE and Twin Pines Housing Trust. Angela was named the 2022 Social Worker of the Year by NH National Association of Social Workers.



Taralyn Bielaski, MPH

Community Health Partnership Coordinator, Population Health, Dartmouth Health

Taralyn is a Community Health Partnership Coordinator in the Population Health Department at Dartmouth-Hitchcock Medical Center. In her role she supports programs across the Dartmouth Health system that address the social determinants of health with a strong focus on food and nutrition access. Taralyn also serves as the Greater Sullivan County Public Health Advisory Council Lead, support community health improvement strategies across 15 rural towns and one city. Her work includes

designing and implementing various food and nutrition access programs including: shelf stable food access across over a dozen clinics, food prescription programs for pediatrics and OB/GYN populations, implementing a mobile farm stand for a rural, critical access hospital among other various programs.



Kim Dittus, MD, PhD

Director of Oncology Support Services and Oncology Integrative Health,
University of Vermont

Kim Dittus is a medical oncologist with a background in nutrition and lifestyle change. She is the medical director of Supportive Services at the UVM Cancer Center where she promotes programs that mitigate or improve side effects related to cancer and cancer treatment. Her research interests broadly encompass cancer survivor issues. In particular, she is interested in developing interventions that promote healthy food choice and movement.



Krista Karlson, BA

Outreach & Development Manager, Willing Hands

Krista Karlson is the Outreach & Development Manager at Willing Hands, a food recovery organization working to end hunger and reduce food waste in the Upper Valley region. In collaboration with the Center for Advancing Rural Health Equity, Krista and her colleague Katie Ryan O'Flaherty are implementing a study of the impact of free fresh food deliveries at income-eligible housing sites. Prior to Willing Hands, Krista worked in magazine journalism where she wrote and edited stories at the intersection of environmental and social issues.

Beatrice Ngugi, MSW, PMH-C

Social Worker, OB/GYN, Dartmouth Health

Beatrice is a social worker with Dartmouth Health's Department of Obstetrics and Gynecology at Dartmouth Hitchcock Medical Center. Her experience has been largely focused on working with patients that are pregnant, postpartum, and/or struggling with infertility and other reproductive concerns. She has extensive training in maternal mental health and is certified as a specialist in maternal mental health treatment by Postpartum Support International (PSI). Beatrice's practice is rooted in providing inclusive, equitable and person-centered care. She is passionate about utilizing community-based interventions as a means to reducing disparities and increasing access to mental health services.



Holly Gaspar, MPH, MED

Manager, Population Health, Dartmouth Health

Holly Gaspar, MPH, MED, is a manager in Population Health at Dartmouth Health, leadership and oversight to many projects focused on perinatal and early childhood, for advancing health and wellness across clinical and community based settings. Prior to this role, Holly spent a decade in the field of Child Life at the Children's Hospital at Dartmouth, providing direct psychosocial care to children and families in a variety of in-patient and out-patient settings. Holly created and facilitated a multisite, evidence-based program to support children's coping with painful procedures using non-pharmacological approaches to care. Holly uses standard approaches in project management and quality improvement, systems theory, strength-based, and trauma-informed care to collaborate with healthcare settings and community agencies to enhance support and access for children and families impacted by substance misuse, trauma, and social vulnerabilities during the early childhood time period. In addition to her multiple certifications in the education and clinical

fields, Holly has also been asked to share her expertise as an adjunct faculty member at the Community Colleges of Vermont.



Matt Cahillane, MPH

Principal, Ecological Solutions Consulting

Matt Cahillane is a public health professional with three decades of experience working on environmental impacts at the local and state level in the New England region. His current affiliations include a principal consultant for his company, Ecological Solutions, an Advisor for NH Healthcare Workers for Climate Action, and an adjunct faculty member at Antioch New England University. Prior affiliations include working as a program manager NH Division of Public Health Services. He is an author on several published research studies related to environmental hazards, climate modeling, and building community resilience to severe weather events. One of his career goals is to build a cadre of instructors help people adapt to the impacts of climate change, including Lyme disease, mental stress, and severe weather impacts. His education includes a bachelor's degree in Preventive Health Studies from UMass Amherst, and a Master of Public Health (MPH) from UCLA.



Ellen Taetzsch, MPH

Systems Manager, Early Childhood Region 1, Monadnock United Way

Ellen Taetzsch is the Systems Manager for Early Childhood Region 1 out of Monadnock United Way, serving southwestern New Hampshire. She works to support collaboration between schools, early childhood educators, family support services, community members and families to ensure our young children thrive. Prior to this she worked in Vermont strengthening the early childhood system through local and statewide approaches where she was a graduate of the Snelling Center for Government Early Childhood Leadership Institute in 2017. Before that she worked in Uganda and Zambia with rural communities to provide health education on topics ranging from rabbit rearing to HIV Education and support community development.



Nina Sand-Loud, MD

Assistant Professor Psychiatry and Pediatrics, Geisel School of Medicine at Dartmouth

Nina Sand-Loud, MD is an Assistant Professor in the departments of Psychiatry and Pediatrics at the Geisel School of Medicine at Dartmouth. Dr. Sand-Loud joined Dartmouth-Hitchcock in 2010 and specializes in developmental disorders including autism spectrum disorder, sleep disorders, down syndrome, learning differences and AD/HD with a special interest in early childhood education and screening. Dr. Sand-Loud is passionate in her advocacy for her patients and their families to ensure all children have access to the educational opportunities they need to help them thrive.



Andrea Smith, MPA, MSW, CPS

Senior Community Health Partnership Coordinator, Population Health, Dartmouth Health

Andrea Smith is a Senior Community Health Partnership Coordinator in the Population Health Department at Dartmouth-Hitchcock Medical Center. Through her work, Andrea focuses on substance misuse prevention for the Upper Valley Regional Public Health Network and serves as co-facilitator for ALL Together, the Upper Valley's regional substance misuse and suicide prevention coalition. Andrea has her Master's in Social Work and Public Administration and is a Certified Prevention Specialist. Andrea was recently appointed to serve on the Behavioral Health Workgroup for NACCHO.



Julie Balaban, MD

Assistant Professor of Psychiatry and Pediatrics at Dartmouth Health
Section Chief for Child and Adolescent Psychiatry, Department of Psychiatry,
Dartmouth Health

Julie Balaban MD is an Assistant Professor of Psychiatry and Pediatrics at Dartmouth Health, and is Section Chief for Child and Adolescent Psychiatry in the Department of Psychiatry. Dr. Balaban has extensive experience in providing direct care to children, adolescents and their families at all levels of service. In addition she has provided consultation to pediatricians, allied health professionals and schools, as well as teaching and supervising mental health trainees and providers. Dr. Balaban has been a team member on multiple grants and projects with a focus on creative expansion of mental health care to youth and families in rural community settings.

Laura Byrne, MA

Executive Director, HIV and Hepatitis C Resource Center

Laura Byrne is Executive Director of the HIV/HCV Resource Center, an AIDS Service Organization located in Lebanon, New Hampshire. Over the past decade, she has expanded her agency's syringes service and overdose prevention programming and has worked to strengthen the linkage to care for people with substance use disorders. She is particularly interested in promoting health equity for clients who have faced stigma, including people who inject drugs and LGBTQ individuals. In addition to harm reduction, she is interested in relationships between gender, identity, society and culture. She is a graduate of Colby College and received an MA in Anthropology from Boston University. In her spare time, she likes to sing and play hockey, but not necessarily at the same time.



Stephanie Bergeron, MS

Projects Director, Certified Community Behavioral Health Clinic, West Central Behavioral Health

Stephanie is a proficient grant writer and creative professional with over two decades of experience in resourcing and managing collaborative initiatives in higher education and behavioral health. She is currently the CCBHC (Certified Community Behavioral Health Clinic) Project Director at West Central Behavioral Health in Lebanon, NH. She is excited to support West Central and its community partners as they work through this transformational process to increase access to coordinated comprehensive behavioral healthcare. Stephanie resides in Weare, NH with her husband, teenaged daughter and two rescue dogs.



Greg Norman, MS

Senior Director, Community Health, Dartmouth Health

Greg Norman is Senior Director of Community Health at Dartmouth Health in Lebanon, New Hampshire. In this role, Greg oversees Dartmouth Health's Community Health Needs Assessment process, the development of Dartmouth Health's Community Health Improvement Plan, and then helps Dartmouth Health organize its people, expertise and other resources to partner with community organizations and community members to help improve conditions that impact health and well-being. Prior to working at Dartmouth Health, Greg worked as a part of several Upper Valley region non-profits including Headrest, many regional schools, and The Family Place Parent Child Center, and provided strategic planning consultation to numerous other organizations. Greg is also an Adjunct Instructor in The Dartmouth Institute's Master's in Public Health degree program. Greg enjoys hiking, town recreation sports, and off-key singing and guitar playing in his spare time, and volunteers as a Board Member and Strategic Planning Committee member for Vital Communities.

Event Evaluation

Evaluation questions:

How'd it go?

Working Together to Improve Health for Rural New England Communities

October 30, 2023

Lake Morey Resort, Fairlee, VT

We know your time is valuable and appreciate you spending it with us. Please answer the following questions to help evaluate our time together and plan for an even better event next time.

Please rate the following on a scale from 1 to 5 (with 1 being "strongly disagree" and 5 being "enthusiastically agree!")					
During the gathering, I...					
...gained a better understanding of health equity challenges in our rural communities	1	2	3	4	5
...gained a better understanding of how to participate in rural health equity work in my community	1	2	3	4	5
...connected with others who share my rural health-related interests	1	2	3	4	5

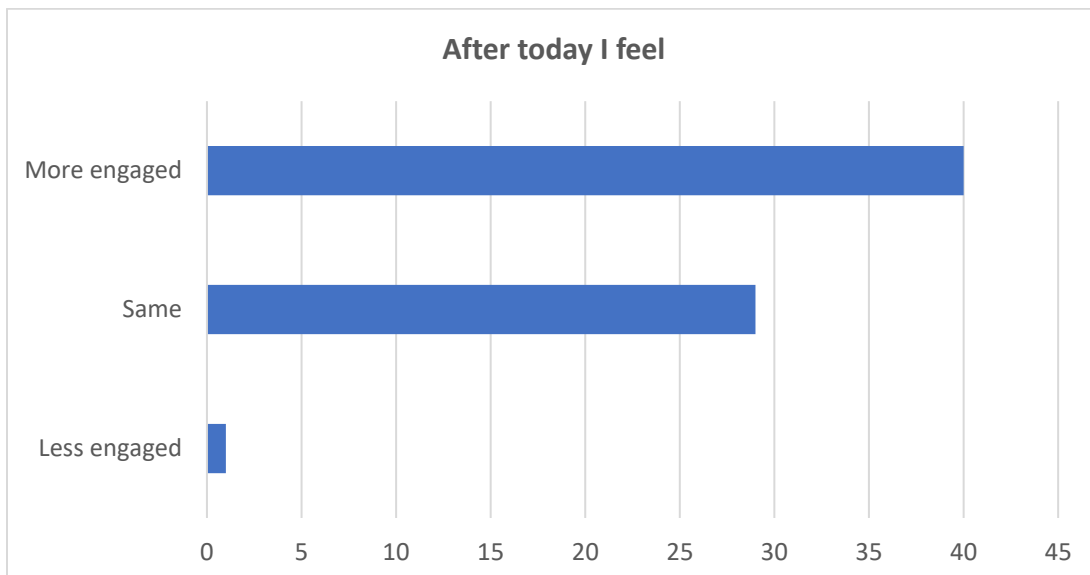
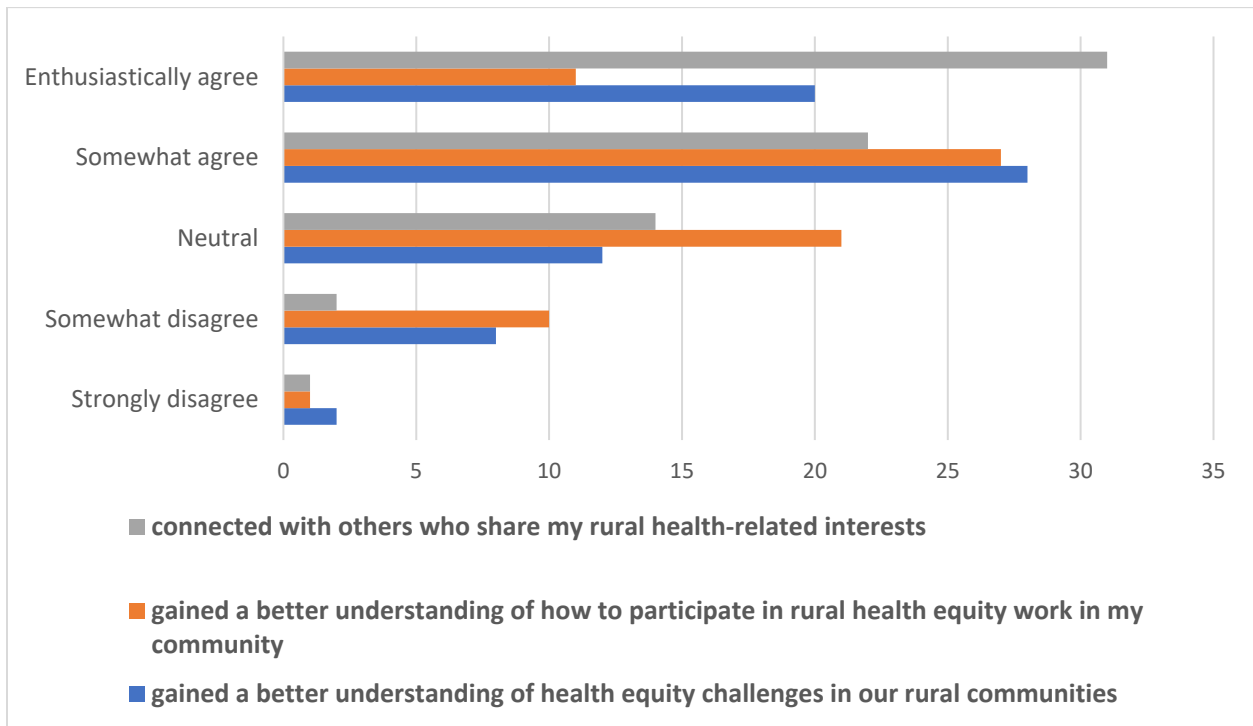
After today I feel:		
Less engaged and excited about the Center for Advancing Rural Health Equity	About the same as I did going into the day	More engaged with the Center for Advancing Rural Health Equity

What did you particularly like? What could we have done to make it better?

What would you like to see CARHE do in the coming year?

Evaluation results:

The following results from our event evaluation are from 70 respondents, which is approximately a 44% response rate.



What did you particularly like?

- Keynote talk by Dr. Yvonne Goldsberry
- Opening panel discussion
- Experience and diversity of speakers
“I especially liked the panel discussion and the diverse background and experiences of the panelists was good.”
- Breakout sessions
- Opportunity to connect with others
- Variety of sessions and learning about rural health equity
“Really learned a lot from the presentations.”
- Inclusive vibe
- Organization, materials, pronoun pins, food
- Having no slides

What could we have done to make it better?

- More interactive sessions and more time for Q&A
“The final exercise was great, but I wish we spent more time on it. We really did not get much of an opportunity to talk. Exercises such as the last one could have been helpful perhaps earlier in the session as well.”
- More opportunity for networking
- Longer event, including more time for breakouts and more time for World Café
“The day was filled with a lot of information, it was good, the only suggestion is to allow additional time to attend more than one breakout session as it was difficult to choose.”
- Different venue/location and improved accessibility
- More visuals
- Later start time
- Virtual option
- Provide contact info for participants
- More focused topic areas, focus on socioeconomic issues
- Greater representation from specific groups: LGBTQ, BIPOC, veterans, other small populations

What would you like to see CARHE do in the coming year?

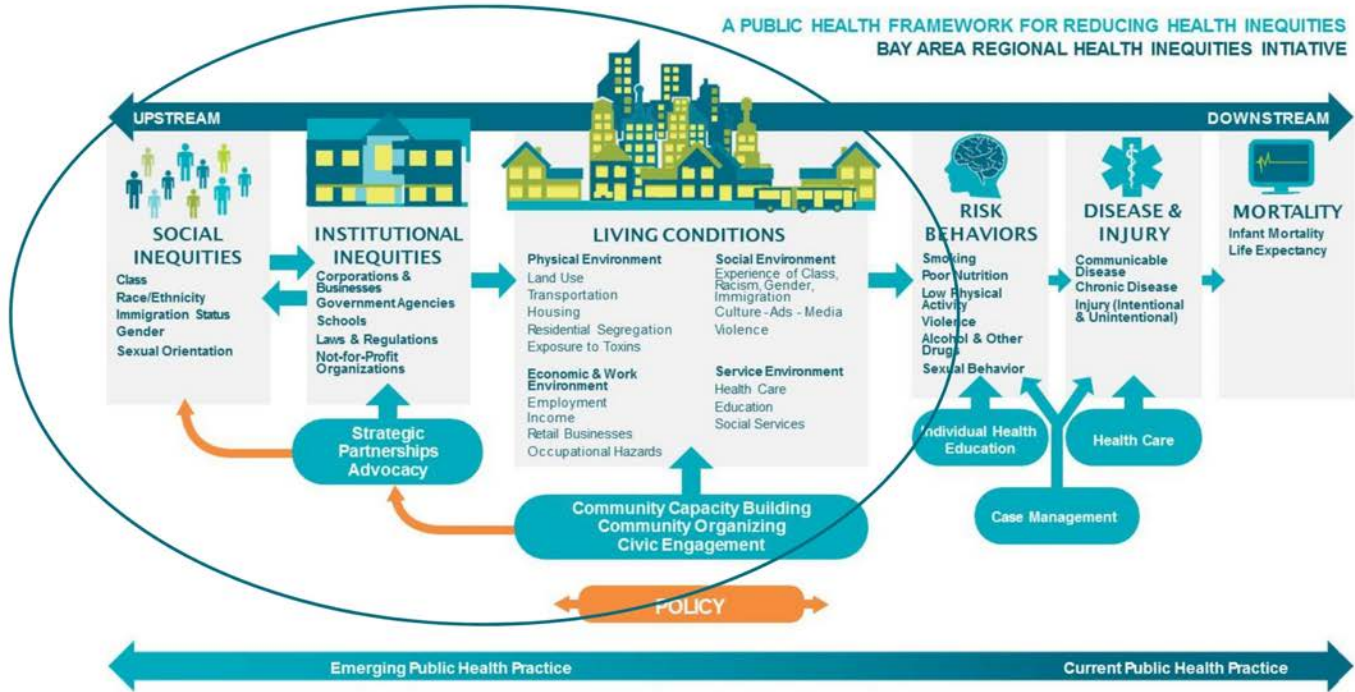
- Engage with community, engage with more people
“Connect with community based organizations to understand the capacity that exists. Use partnerships with community organizations to identify and engage community change makers.”
- Engage with specific groups, including medical students, faith groups, people in Maine
- Bring people together, provide opportunities for networking and dialogue
“Create a platform - or co-design process to begin to virtually connect partners in community health to ask questions, learn about best practices based on core areas of need.”
- Disseminate information about CARHE and local resources
- Training and capacity building (grant writing, community based participatory research)
- Focus on systems and policy/advocacy
- Practice humility
- Address root causes, socioeconomic security, and racism
- More opportunities to get involved

Appendix A: Land Acknowledgement Statement

This meeting takes place on N'dakinna which translates to 'our homelands' that is now called New Hampshire and Vermont. N'dakinna, is the unceded traditional ancestral homelands and waterways of the Pennacook, Abenaki, and Wabanaki Peoples past and present. We acknowledge and honor with gratitude the aki (land), nebi (water), Awan (Air), olakwika (flora), and awaasak (fauna) and the Aln8bak (Human Beings) who have stewarded N'dakinna throughout the generations for over 12,000 years.

Appendix B: Dr. Yvonne Goldsberry's slides

Public Health Framework for Reducing Health Inequities



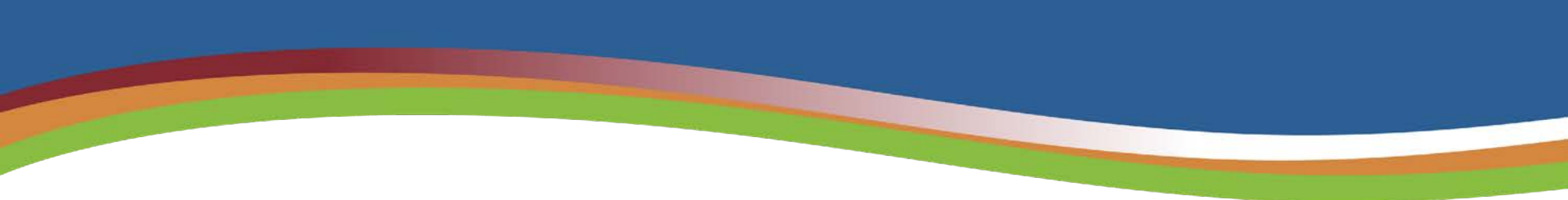


The Vital Conditions

(Milstein B, Payne B, Kelleher C, Homer J, Norris T, Roulier M, Saha S. Organizing Around Vital Conditions Moves The Social Determinates Agenda Into Wider Action. Health Affairs Forefront. February 2, 2023.)

Digging Deeper Questions

- **Does this project show commitment to improving the lives of the people who have been left out?**
 - Will this project be there for the community when it needs to be there?
 - Does this project extract more from the community than it plants?
- **Does this project develop ongoing capacity to change conditions?**
 - Does this project grow leaders with the capacity to reimagine and redesign the places that influence children, neighborhoods, schools and jobs?
- **Does this project cultivate authentic, mutual relationships with local leaders and organizations?**
 - Is this project accountable to the community by sharing strategies, co-designing, and co-implementing?
 - Does this project co-create a learning/evaluation process?
- **Does this project help people and communities grow their power?**
 - Does this project open the door for community members to feel empowered to make needed changes?
 - Does this project recognize and support the power and assets of the community?
- **Does this project display the courage and commitment of CARHE to advancing equity?**
 - Will you be ready to use a bold voice together with community when the need arises?



“Community power is the ability of people facing similar circumstances to develop, sustain, and grow an organized base of people who act together through democratic structures to set agendas, shift public discourse, influence who makes decisions, and cultivate ongoing relationships of mutual accountability with decision makers that change systems and advance health equity.”

(Iton A, Ross R, and Tamber P. Building Community Power to Dismantle Policy-Based Structural Inequity in Population Health. Health Affairs, December 2022.)