

Chelan-Douglas Coalition for Health Improvement
Meeting Minutes
3:00 PM to 4:30 PM, May 8, 2019

Introductions-All

Attendance: See Sign In Sheet

Fostering a Sense of Belonging-**Sahara Suval**

- Dr. John A. Powell is the head of the Haas Institute. Dr. John A. Powell and the seed collaborative are more of the experts when it comes to othering and belonging. Today, we are not experts, but the ideas are combined from those who are. This is different than anything this CHI has done. There are ground rules, and this topic may make you feel uncomfortable. If you are feeling unsafe, you can do what you need to do. The goal is not to agree-it is to gain a deeper understanding. Participate to your ability. Disclaimer: We are not experts.
- Before we dive into all of this. Why does this matter? A sense of belonging, affects someone's health. According to Dr. Powell, what is othering? Othering is at the group level and not towards an individual. This is not the same as alienation.
- There are groups that have the power in our society. The ones that write the history books and are the heroes. There is a difference between prejudice and discrimination.
- How do we "other" one another? We categorize things all the time. There are constantly things to look at and we categorize them. Our thoughts and categorizing is built on a mental framework that was created early on.
- There are real problems and consequences with othering. There are a series of negative health outcomes from discrimination. 3 in 5 deaths are preventable. Black and Native Alaskan American are dying more often.
- Social Determinants of Health (SDOH): From understanding othering and belonging a little more, can you see a SDOH that is affected?
- Health does not mean healthcare. Where you live matters a lot regarding your health. There is a big difference from rural and less rural areas. This can be because of accessing resources. Even in our region, where you live matters and affects your health. Chelan County is ranked number 7, Grant County is ranked 26 and Okanogan County is ranked 34 in the County Health Ranking sourced from Robert Wood Johnson Foundation. We know these rankings impact health. Even in our region there is an issue.
- How does othering present itself for several generations? Today, we chose to focus on the social determinant of health-housing.
- When we think about othering at the institutional level, it is bigger than you at the individual level. It is important to recognize it is a system problem. If you had access to resources and stable housing, that doesn't make you a bad person.

- The point is trying to remove the individual. It is less about the individuals work. Some people have more opportunities in life.

Discussion-All

- If we woke up tomorrow morning and there was no othering. What would be different?
 - It would remove us vs. them.
 - If you hear someone's story you would not develop a narrative about someone. Present everyone with all opportunities. There just would be opportunity for everyone.
 - Lower barriers for people.
 - It is such a broad thing, I cannot picture it or conceive it. In our life time there is still going to be othering.
 - We do not understand the system we are in. There are groups and scholars doing the work around these topics.
 - In this conversation, our job is to build the bridge and help others to get over it. What is one step away from othering that we can do? How can we help remove barriers? Sometimes it takes others to tell us. Value the person instead of being afraid.
 - Integration not segregation.

Belonging-Sahara Suval

- Dr. John Powell shares that the solution for othering is belonging. Joining a club instead of creating the club. The right to participate means you belong. When we think about belonging, the depth of belonging is you get to write the narrative. Belonging is something that we can identify with. Belonging is not "sameness." It is recognizing that we can identify universal goals and have different ways of how we get there. Equality and equity are different. We are positioned differently and have different needs. For universal goals like belonging, we have to change approaches. You change the needs for clients. Meeting people where they are at. Not a by-product it has to be intentional, it is the blueprint.

Discussion-All

- Why did you feel a sense of belonging?
 - My volleyball team had a family feeling and we treated each other with respect. No matter where we all came from. Respect the differences.
 - A physical welcoming like a hug.
 - Peers connect with a smile.
 - I am glad you are here and welcoming presence.
 - Going to a meeting and having your voice heard no matter how young and inexperienced you maybe.
 - Shared anything (traits, experiences)
 - Feeling of safety (physically and emotionally)
 - Shared goal (college) and interests
 - Culture-tattoos and same race.
 - Political views-have a respectful and safe environment when discussing differences.
 - Accepting others even when you are not agreeing with them.

- Feeling heard and shared humanity
- Embraced, encouraged and accepted
- Different version and loving you as humans

Challenges-

- Coalitions, planning committees are sometimes not inclusive. Little representation of the Spanish, African American and Asian community. Reach out to them. We are so close to tribal members as well.
- Put yourself through the lens of others. Who am I leaving out and leaving behind? Thoughts on who this will be better for. We are in organizations that we make ideas to better ourselves and not always the clients.
- Make 3 personal action plans to foster a sense of belonging.

Updates-**Kelsey Gust and Brooklyn Holton**

Chelan-Douglas Rides to Work Town Hall Update-**Kelsey Gust**

- There are two Chelan-Douglas Rides to Work Town Halls left, which will be at Rock Island and Cashmere. Jerry Perez and Donny Guerrero will be the interpreters.
- Please share, come and invite!

North Central Accountable Communities of Health (NCACH) Updates-**Brooklyn Holton**

- Governing Board will not be meeting in June.
- The consumer seat has been filled by Daniel Angell who is a resident of Okanogan County.

Meeting Adjourned

References and acknowledgements:

1. **“Othering and Belonging”** and **“Targeted Universalism”** keynotes, **john a. powell**, <https://ncach.org/annual-summit>
2. **Haas Institute for a Fair and Inclusive Society**, <https://haasinstitute.berkeley.edu/>
3. **Robert Wood Johnson Foundation County Health Rankings**, <http://www.countyhealthrankings.org/>
4. **“Redlined: A Legacy of Housing Discrimination”**, **The Two Hundred**, <http://www.thetwohundred.org/>