



## HES Workshops and Training

### **Health Equity - The Basics**

Participants will walk away from this training with a greater understanding of factors that can impact one's overall health and well-being. This training will provide participants with the tools to better understand what health equity is, how it reflects in Connecticut, and how they can support the movement towards a better system of health for all.

### **Cultural Humility**

This workshop is designed to provide and develop foundational knowledge as it relates to the key principles of cultural humility. During this workshop, we will define culture, how it relates to our professional spaces, and how to apply the various aspects of cultural humility as a tool for equity. We will create co-learning spaces throughout the workshop by inviting participants to deepen their awareness through group activities, self-reflection, and educational models.

### **Implicit Bias**

This workshop will invite participants into an engaging and educational space that defines implicit bias and provides tools and methods to recognize and address implicit bias in all forms. Through reflective prompts, facilitated dialogue, and discussion, participants will walk away with an understanding of implicit bias and ways to interrupt and disrupt bias.

### **JEDI (An Introductory Conversation Justice, Equity, Diversity, & Inclusion)**

This workshop is designed to lay the foundational knowledge for participants as we define key vocabulary, identify structural systems, and build a collective understanding of justice, equity and diversity. This space will invite participants to deepen their awareness of how systems are constructed and interconnected through group activities, self-reflection, and educational models and how we can begin to apply an equitable framework in our personal, interpersonal, and professional lives.

### **Trauma-Informed & Identity-Conscious Care**

This workshop is designed to focus on three major concepts, social identities, historical trauma, and trauma-informed identity-focused care. We will cover the importance of social identities and how they influence our connection to power, privilege, and oppression. Building upon these initial concepts, we then define historical trauma and the impacts these events continue to have on communities. Utilizing this knowledge, we will then discuss the Basic history, foundations, and implementations of trauma-informed care on all operating levels. Participants will leave this training with a plan to integrate trauma-informed models into their professional lives.

### **Racism, Anti-Racism, and Racial Equity in Healthcare**

This training is designed to provide an understanding of the historical context of racism in healthcare in the United States. Facilitators foster an environment that encourages participants to come to a consensus about where their organization currently stands on the multicultural/anti-racist continuum. Participants will work together to envision a tangible path moving forward, toward being an anti-racist organization. Participants will leave with applicable knowledge that will allow them to establish key metrics, policies, and protocols that move their organizations toward becoming anti-racist organizations.

### **Social Determinants of Health**

This training was developed to give providers and people that work within the health system a better understanding of the factors that can influence someone's (a client or patient or even a family member's) health and their attitudes and behaviors towards health and healthcare access. The goal of this training is to push providers/case managers/and community members to think about the systems that exist in society, to recognize that each system (education, employment, food) impacts the other system, and to understand how systems can impact individual behaviors.

### **Advocacy 101 & 102**

This is an introductory training but can be tailored to benefit those that are more engaged in the advocacy process. This training gives a basic overview of what advocacy is, how an individual can participate in the legislative process, and the importance of participating in the legislative process. A brief demonstration of how to use the CT General Assembly website is also provided. HES also offers Advocacy 102 training, detailing the difference between lobbying and advocacy.

### **Asset-Based Community Development**

The goal of the Asset Based Community Development (ABCD) training is to push mobilized groups of people to look within their community for solutions to issues within their communities.

## **Storytelling for Advocacy**

Do you want policymakers to listen and pay attention to issues that are important to you? Do you want to tell your story in a way that engages and persuades them to make decisions that support health equity? This workshop is for you!!