



NATIONAL ASSOCIATION OF
Community Health Centers®

Creativity & Healing Daydream With Purpose

Wednesday, October 26, 2022

In partnership with
Ammonoosuc Community Health
Services



ACHS



NACHC's STRATEGIC PILLARS

1	2	3	4	5	6
 Equity and Social Justice			 Reliable and Sustainable Funding	 Improved Care Models	 Supportive Partnerships

To learn more about NACHC's Strategic Pillars visit <https://www.nachc.org/about/about-nachc/>

THE NACHC MISSION

America's Voice for Community Health Care

The National Association of Community Health Centers (NACHC) was founded in 1971 to promote efficient, high quality, comprehensive health care that is accessible, culturally and linguistically competent, community directed, and patient centered for all.



RECORDING DISCLAIMER

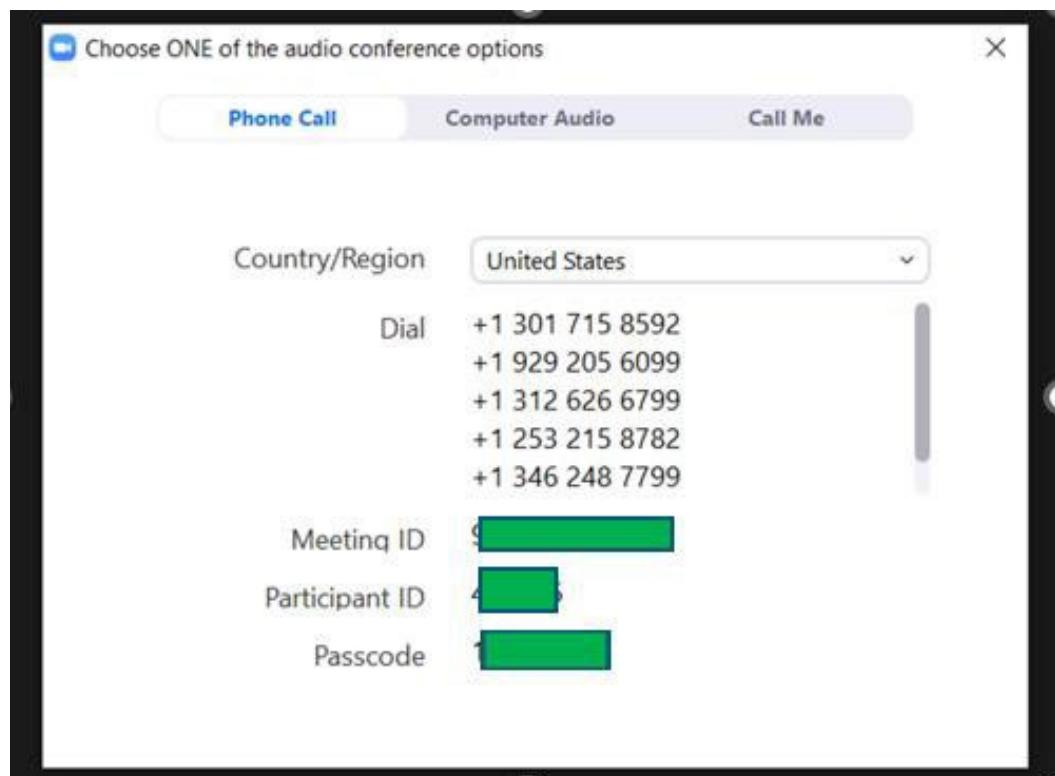
- This Zoom Meeting service includes a feature that allows audio and any documents and other materials exchanged or viewed during the session to be recorded
- By joining this session, you automatically consent to such recordings



AUDIO CONNECTIONS

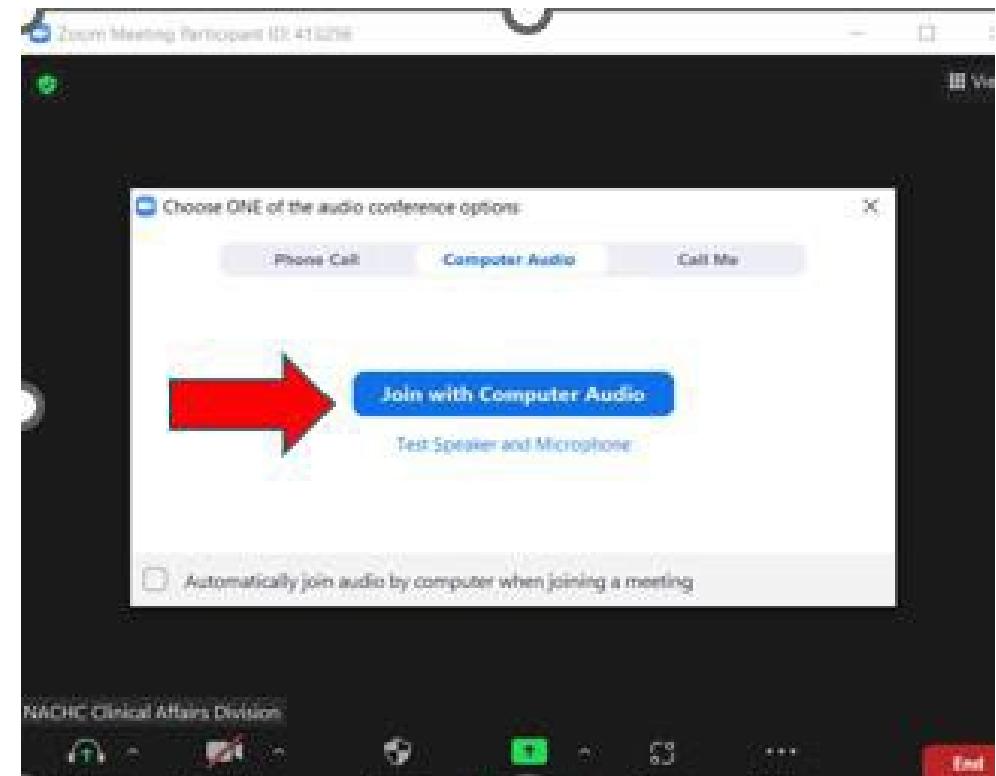
Option 1: “Phone Call”

Follow the unique process on your screen
using your phone

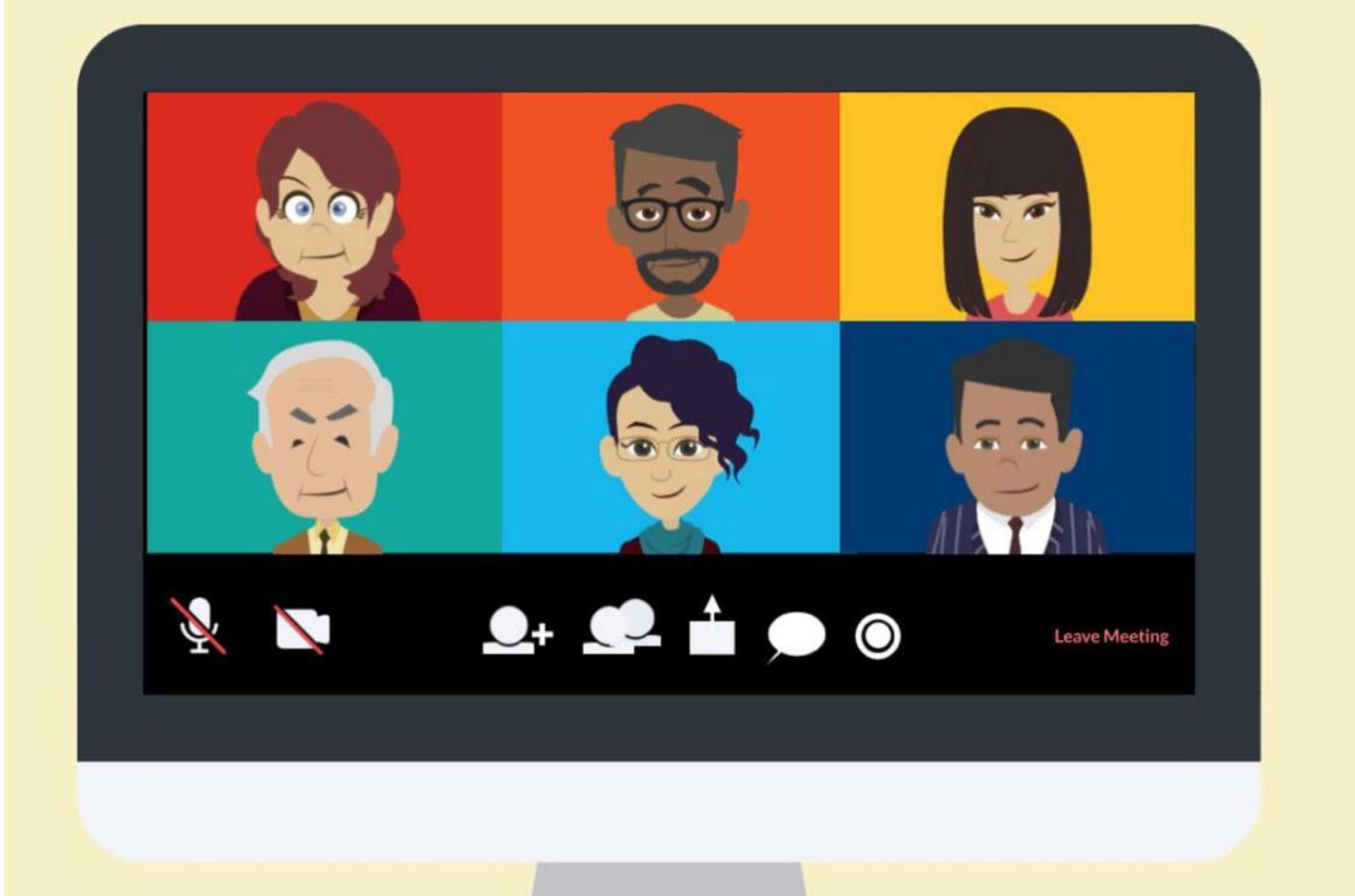


Option 2: “Call Using Computer Audio”

You must have computer speakers
and a microphone

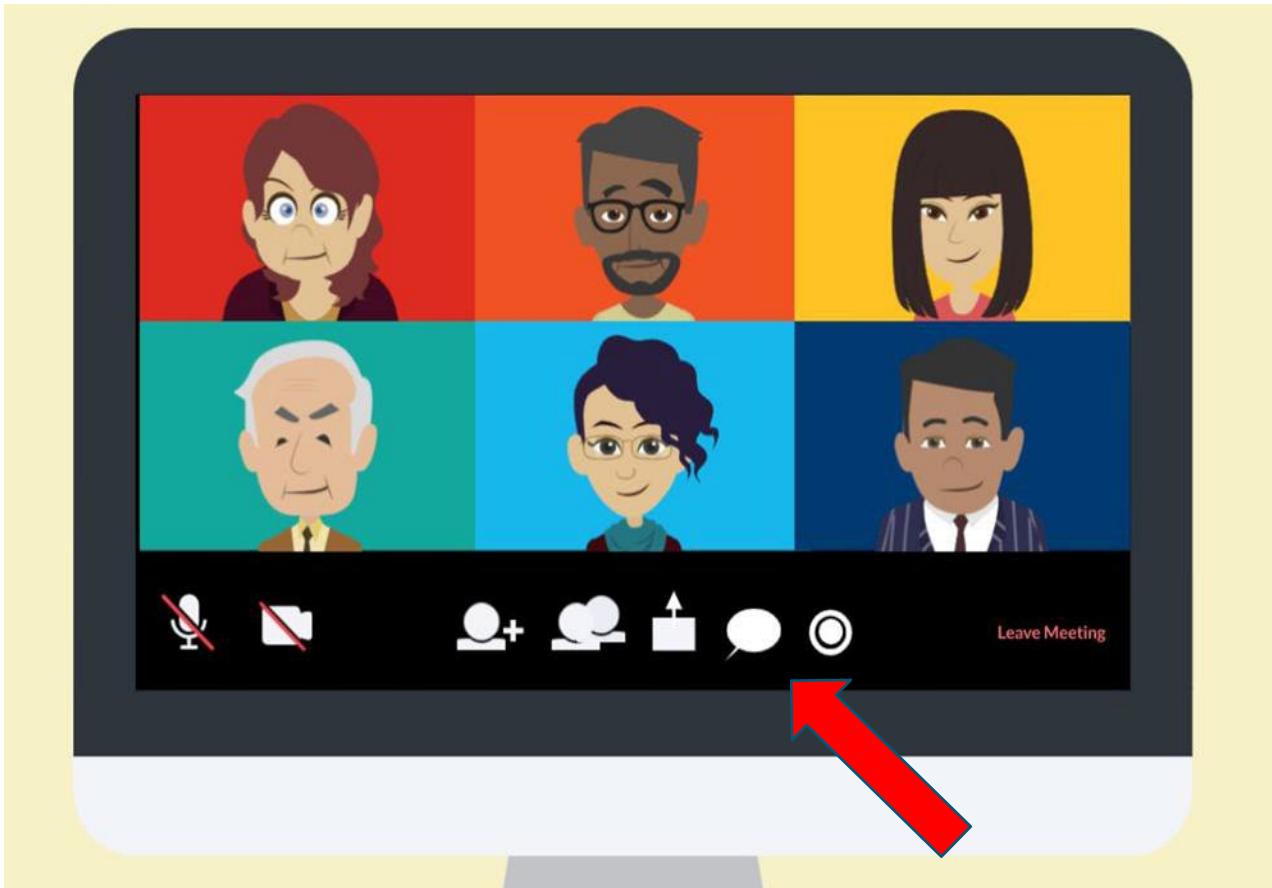


MUTE / VIDEO



- All attendees will be automatically muted and video will be disabled
- During today's webinar, you will be able to see and hear all panelists including slide deck and video

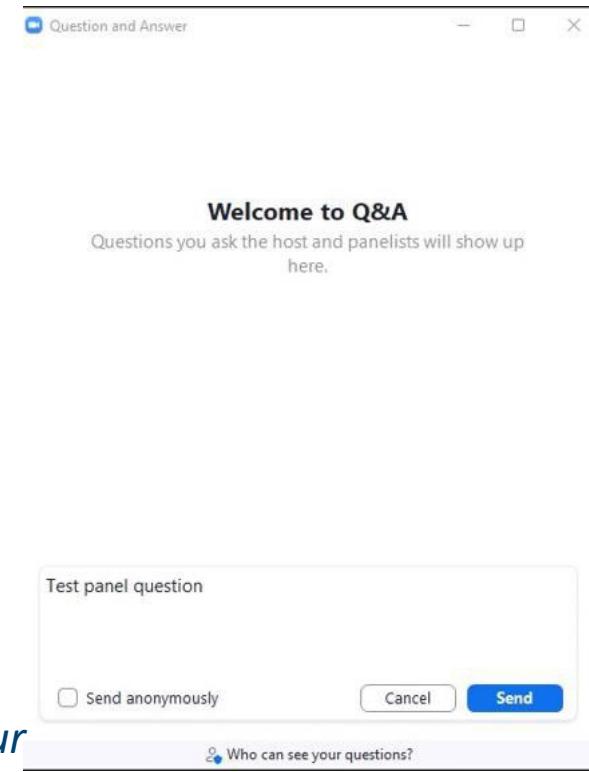
Q&A



Select Send Anonymously if you do not want your name attached to your question in the Q&A.

www.nachc.org

Enter your question into the Q&A box, then click Send.



FRIENDLY REMINDERS

- All attendee lines have been **MUTED** and video has been **DISABLED**
- We encourage you to submit your questions into the **Q&A BOX**, this will be open for the duration of this event
- Post event **SURVEY** will be distributed



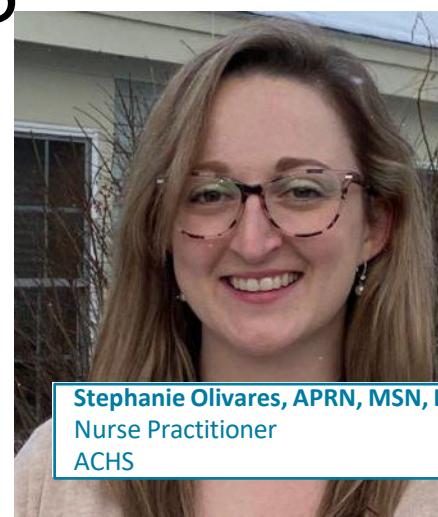
MEET TODAY'S SPEAKERS



Gretchen Gates
Licensed Social Worker
Enso Integrated Health, LLC



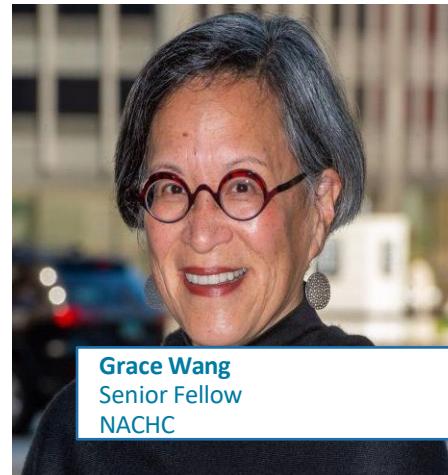
Jill Kimball, APR
Community Relations Director
Ammonoosuc Community Health Services, Inc.



Stephanie Olivares, APRN, MSN, FNP-BC
Nurse Practitioner
ACHS



Ed Shanshala II, MSHSA, MSEd
Chief Executive Officer
Ammonoosuc Community Health Services, Inc.



Grace Wang
Senior Fellow
NACHC

Haiku Videos (Slide 10)

- Please visit:
https://youtu.be/XeKC_gKepyA

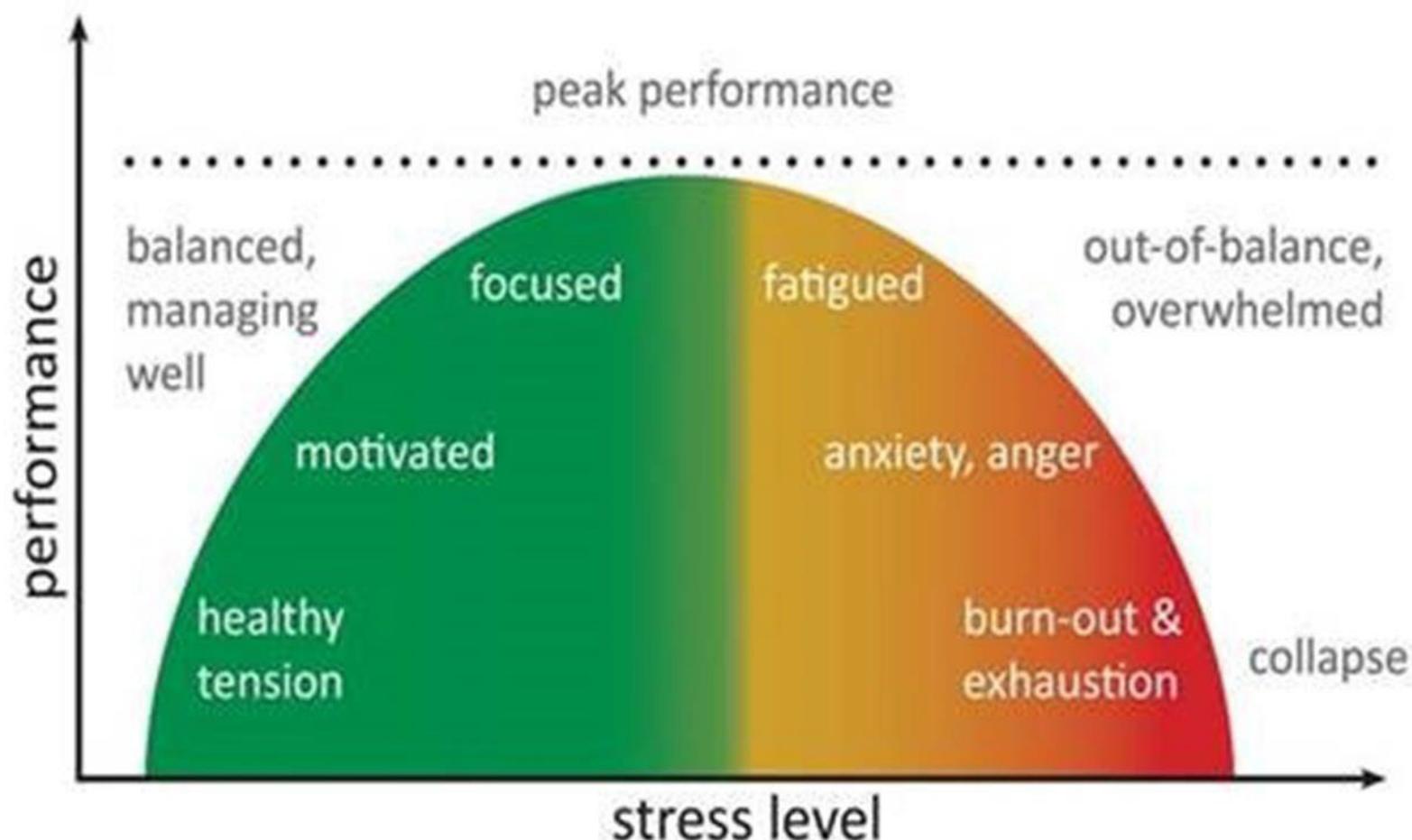
How to become more creative

- 1. Put in the work:** People often think of creativity as a bolt of inspiration, like a lightbulb clicking on. But being creative in a particular domain—whether in the arts, in your work, or in your day-to-day life—is a skill. Carve out time to learn and practice.
- 2. Let your mind wander:** Experts recommend “daydreaming with purpose.” Make opportunities to let your daydreams flow, while gently nudging them toward the creative challenge at hand. Some research suggests meditation may help people develop the habit of purposeful daydreaming.
- 3. Practice remote associations:** Brainstorm ideas, jotting down whatever thoughts or notions come to you, no matter how wild. You can always edit later.
- 4. Go outside:** Spending time in nature and wide-open spaces can expand your attention, enhance beneficial mind-wandering, and boost creativity.
- 5. Revisit your creative ideas:** Aha moments can give you a high—but that rush might make you overestimate the merit of a creative idea. Don’t be afraid to revisit ideas to critique and tweak them later.



Additional Resource!

The Stress Continuum



Cornell University. *Stress Management Strategies*. Mental Health at Cornell. <https://mentalhealth.cornell.edu/self-care/stress-management-strategies>



We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering.

- Brene Brown

Regulation gives us the ability to put time and thought between a feeling and an action.

- Dr. Bruce D. Perry

Regulation Techniques at Work

Additional Resource!

Top-Down

- To do list
- Gratitude practice
- Setting boundaries and re-prioritizing
- Self-care assessment
- Positive mantras
- Reconnect with your “Why”

Bottom-Up

- Mindful breathing
- Music
- Movement and exercise
- Calm spaces
- Visualize calm/safe space
- Hand on heart and belly
- Free Head Space or Calm App for employees

Co-regulation will save us!



Additional Resource!

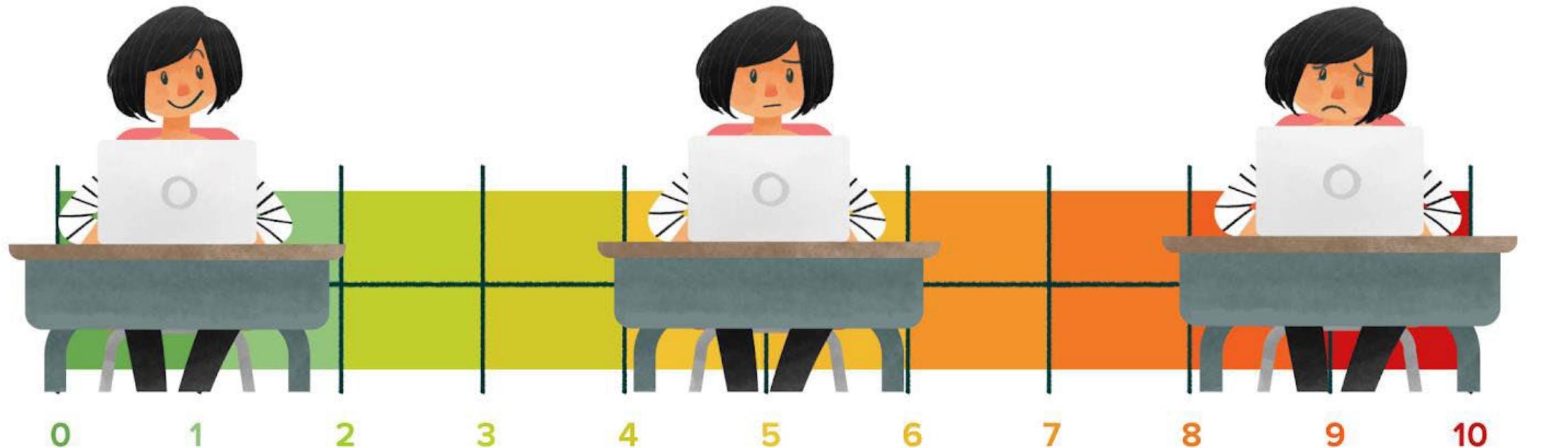
- Mentor and buddy systems
- Debrief challenging events
- Apply Trauma-informed care values
- Other examples include....

We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering.

- Brene Brown

Take 5 minutes at the beginning of meetings to check in

Additional Resource!



I'm in a
good space
and can
focus

Something
is bothering
me, but I
can still
focus

I can't
manage my
emotions or
behaviors
right now

Start team meetings with connection & vibe checks

- Share joy
- Celebrate wins
- Acknowledge loss



Additional Resource!

21 DAYS TO A MORE IMPACTFUL YOU MOVEMENT SELF-CARE CHALLENGE

1

Ditch Habits,
Create Practices



2



Stay Hydrated
Regularly...
With H2O!

3



Practice
20-20-20
Vision

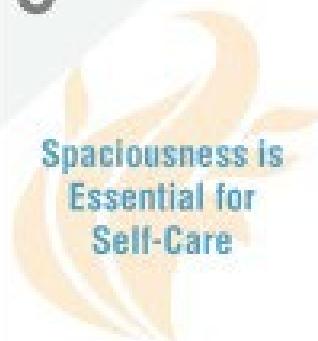
4

Breathe Low
and Sloooow



5

Spaciousness is
Essential for
Self-Care



6

Go Screen-Free



7



Connecting to Your
Whole Self

8



Go Pee – Join the
Self-Care Revolution

9

Give Yourself
10-15 Minutes of
Spaciousness



10

Building
Resilience



11

Connecting
to Others



12

Get Outside and Take
a Fresh Air Break



13



Invite Poetry into
Your Life

14

Connection
between Mind, Body,
and Spirit



15

16

17

18

19

TIDE OF 5

20

21

You Did It!

Additional
Resource!

Monthly Healing Lunches

- Establish a team/committee
- Promote EAP
- Practice mindfulness
- Engage in deep listening
- Share gratitude
- Make art
- Share hobbies

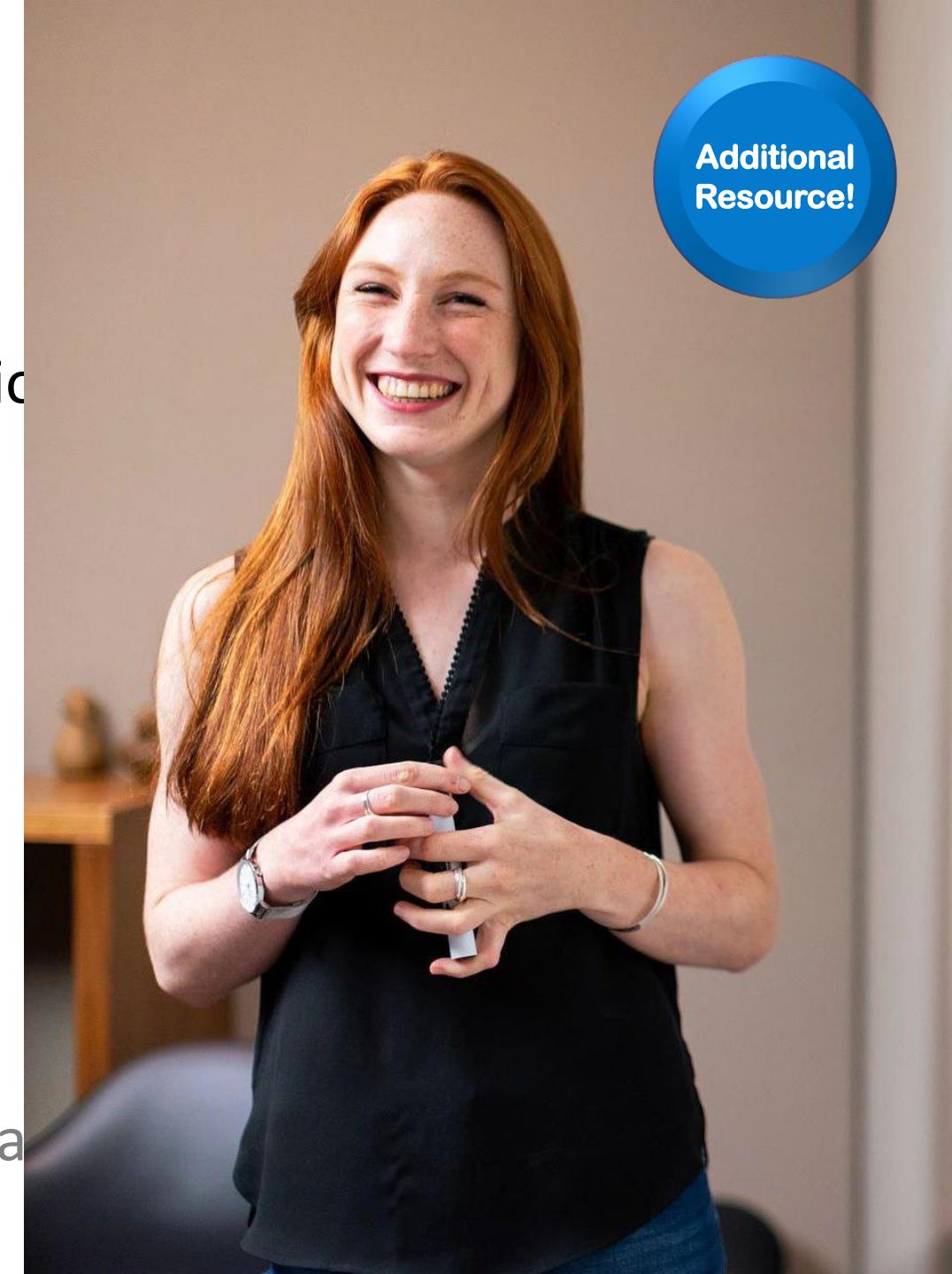


Additional Resource!

Additional
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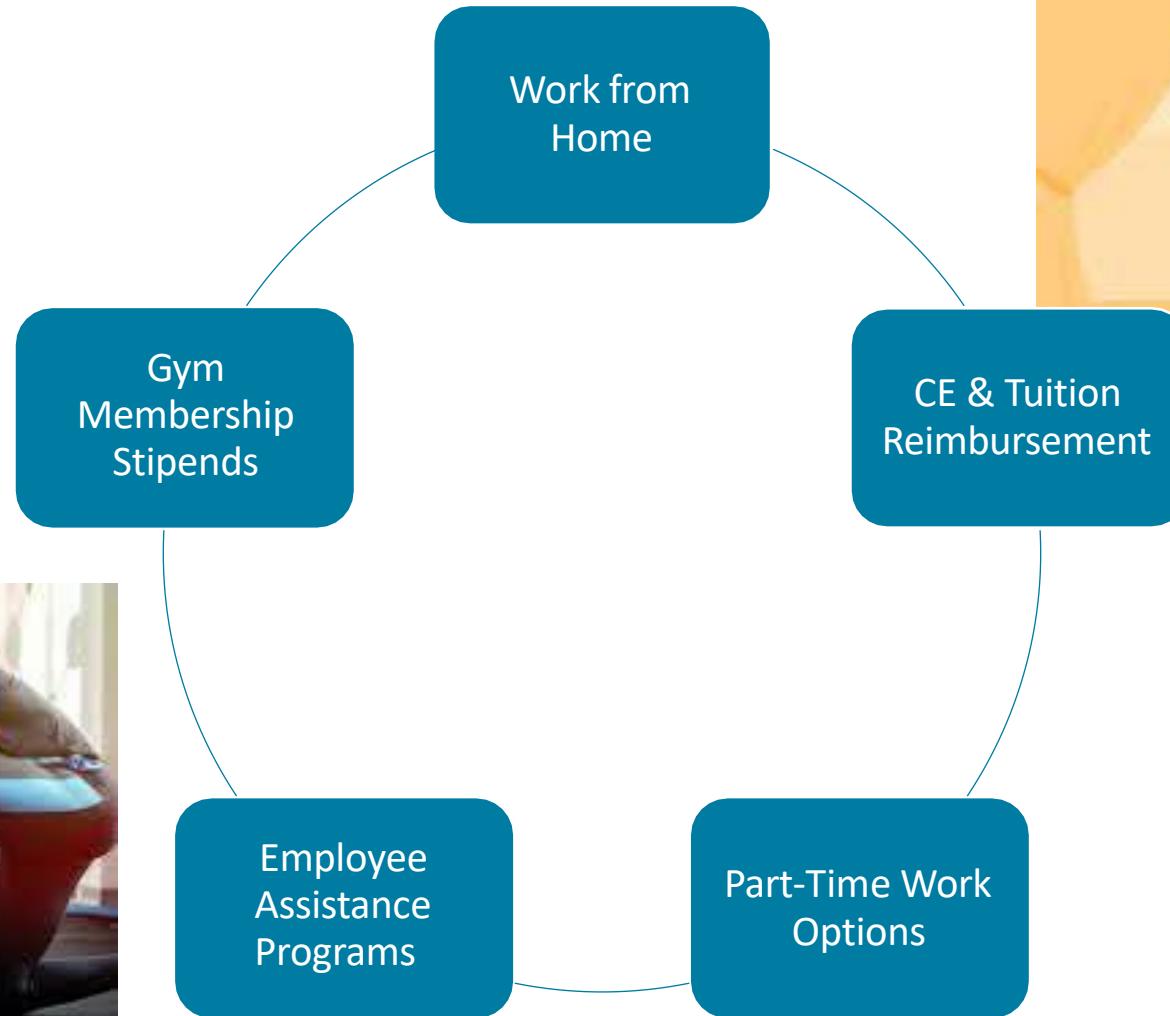
Increase Psychological Safety

- The idea of having space to express questions without reproach.
- **Examples in workplace:**
 - **Recognize** contributions
 - **Explain** the “why” behind decisions
 - that affect others
 - **Listen** actively
 - **Acknowledge** what you don’t know
 - **Encourage** expression of disagreement and
 - **Set** clear limits and expectations



Additional Resource!

Provide Flexible & Valuable Benefits



Do you Haiku?



ACHS poetry writing contest

MRI studies show writing poetry offers an opportunity to rest the parts of the brain that are used for planning and prioritizing. Research also shows writing poetry increases activity in areas of the brain associated with motivation, drive, and intentional self-generated action. According to Dr. Wang, "Poetry is a narrative medicine tool that helps us process and channel intense emotions, give perspective to their worries and foster a sense of calm & peace."

A simple way to express your feelings

Submit your haiku to Jill by 3/24. 3 Winners will be announced 3/28. Prizes will be given.

Create your Haiku using the traditional 5-7-5 structure:

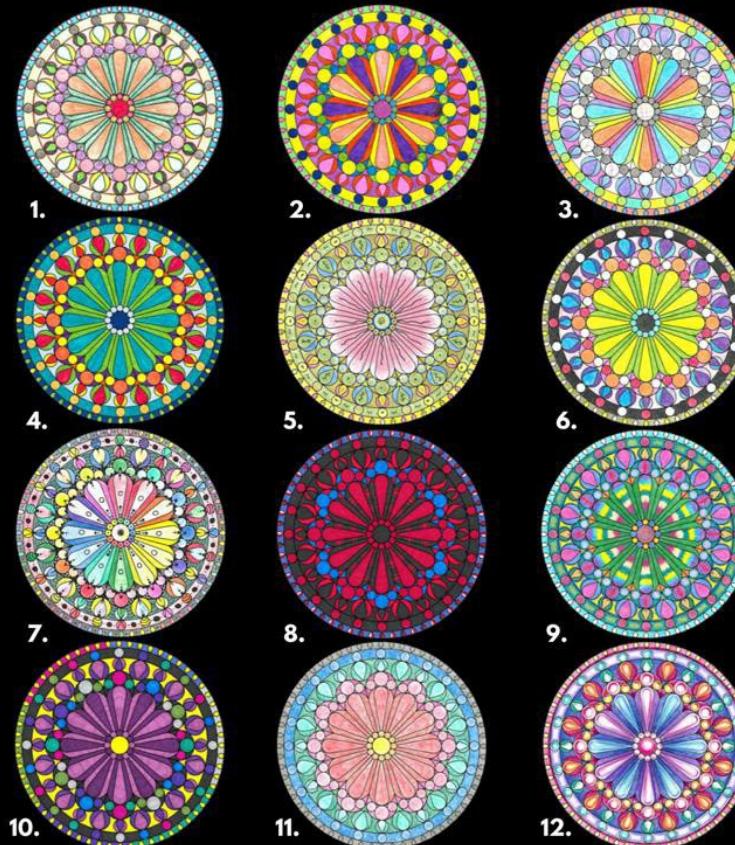
- The entire poem consists of just three lines, with 17 syllables in total
- The first line is 5 syllables
- The second line is 7 syllables
- The third line is 5 syllables

I offered a mask.
She refused to take it then.
Her cough continued.

the
gratitude
project



HELP US CHOOSE A WINNING DESIGN!



VOTE FOR YOUR FAVORITE
ACHS Employee Mandala
Voting also open on Facebook & Instagram

ACHS STAFF HAIKU

MARCH 2022

From day one-forward
Ailments and
celebrations
Ammonoosuc cares

Where are my people?
Houselights burn as
street is still
Netflix now best friend

Just be kind always
Many battles are unseen
Care for each other

Finally its March
And now we can celebrate
Lets drink Shamrock Shakes

Imagination
Its the only saving grace
in a world gone mad

I did, did you, too?
I did for me, for you, too
Aren't you glad we did?

Friends and neighbors ask:
"What the @#*\$# is wrong
with me?!"
I try to help out

Mask off, toss away
Fresh air breathing
in and out
Bright sun on my face

I like my job, but
sometimes I wish
I was home
To catch the sunshine

I am thankful for
All that we do together
For growing forward

Hated haikus then
Much more fun to
write these days
Different stages

Saturday sun beams
Highlighting what is
serene
Making my heart full

What's a pandemic
Don't you want to
try it out
No turning back now

Do you like my mask
Yes, but I like
your eyes more
That's all you can see

What's the smallest mask?
How to keep mask
on baby
Please someone tell me

Everything has changed
But nothing really
has changed
April first approaches

Two more years along
Five point nine
seven million
No longer with us

Cover that smile
Hide that cough and
runny nose, too
For you are diseased

**the
gratitude
project**



Magically it goes
Leadership, fought, fled,
and froze
Yet the death toll rose

Health is our main goal
We work hard for our
patients
Naps needed daily

A hoax he did say
People in utter dismay
Still died in the fray

Time, Distance, Shielding
Just wash your hands,
mask your face
Covid-19 STOPS!

Haiku Project Video (Slide 15)

- Please visit:
https://youtu.be/XeKC_gKepyA



How to Write a Haiku

3-line poem

- **Line 1 = 5 syllables**
- **Line 2 = 7 syllables**
- **Line 3 = 5 syllables**



Mandala Video (Slide 18)

- Please visit:
https://youtu.be/XeKC_gKepyA

Any Questions?





Please contact Katja Laepke
klaepke@nachc.com if your health center
is interested in showcasing your arts
programming for patients and/or staff in
future presentations.

SAVE THE DATE

December 14 | 5:00 - 7:00 pm ET



**REGISTER
TODAY!**

The Nurse *Antigone*

Hosted by NACHC in partnership with
Theater of War Productions



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YouTube.com/user/nachcmedia



THANK YOU!



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