



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



## Equity and Social Justice

Center everything we do in a renewed commitment to equity and social justice

2



Strengthen and reinforce the infrastructure for leading and coordinating the Community Health Center movement, notably consumer boards and NACHC itself

3



Develop a highly skilled, adaptive, and mission-driven workforce reflecting the communities served

4



## Reliable and Sustainable Funding

Secure reliable and sustainable funding to meet increasing demands for Community Health Center services

5



## Improved Care Models

Update and improve care models to meet the evolving needs of the communities served

6



## Supportive Partnerships

Cultivate new and strengthen existing mutually beneficial partnerships to advance the shared mission of improving community health

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

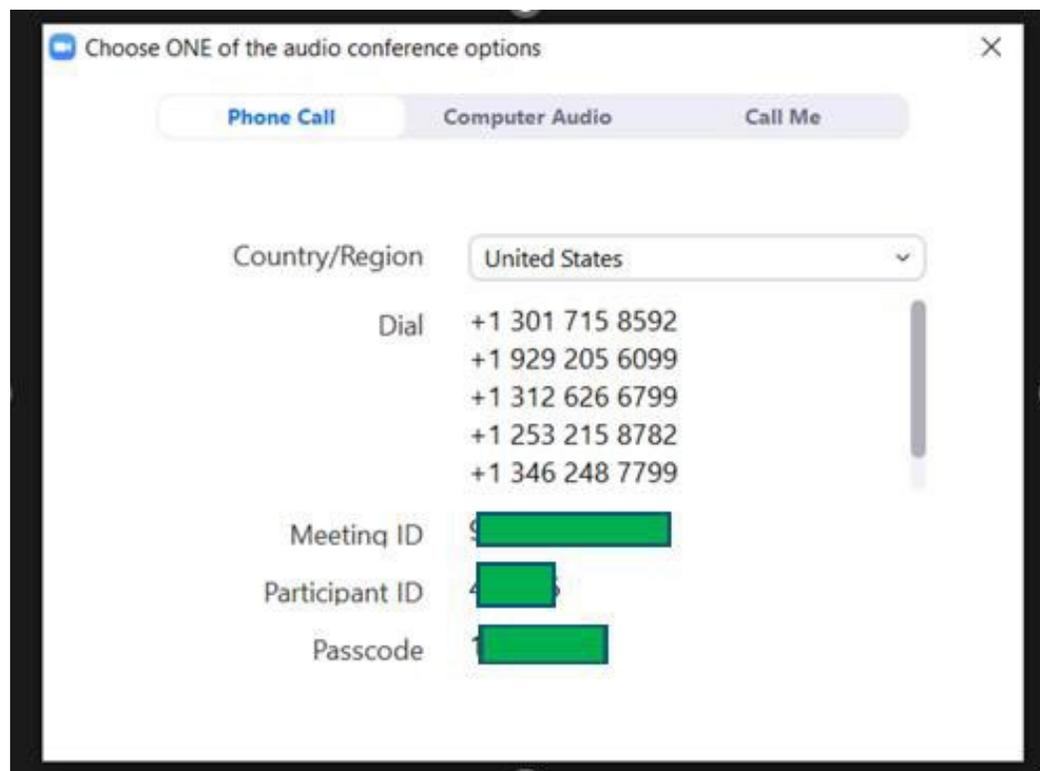
- This Zoom Meeting service includes a feature that allows audio and any documents and other materials exchanged or viewed during the session to be recorded
- By joining this session, you automatically consent to such recordings



# AUDIO CONNECTIONS

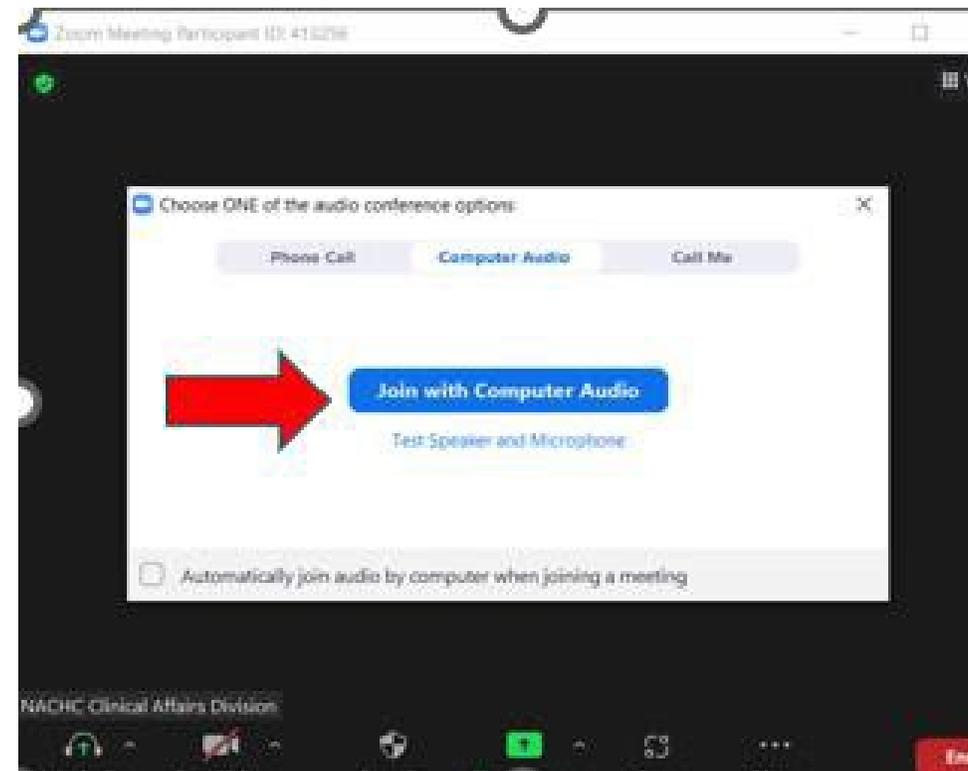
## Option 1: “Phone Call”

Follow the unique process on your screen using your phone

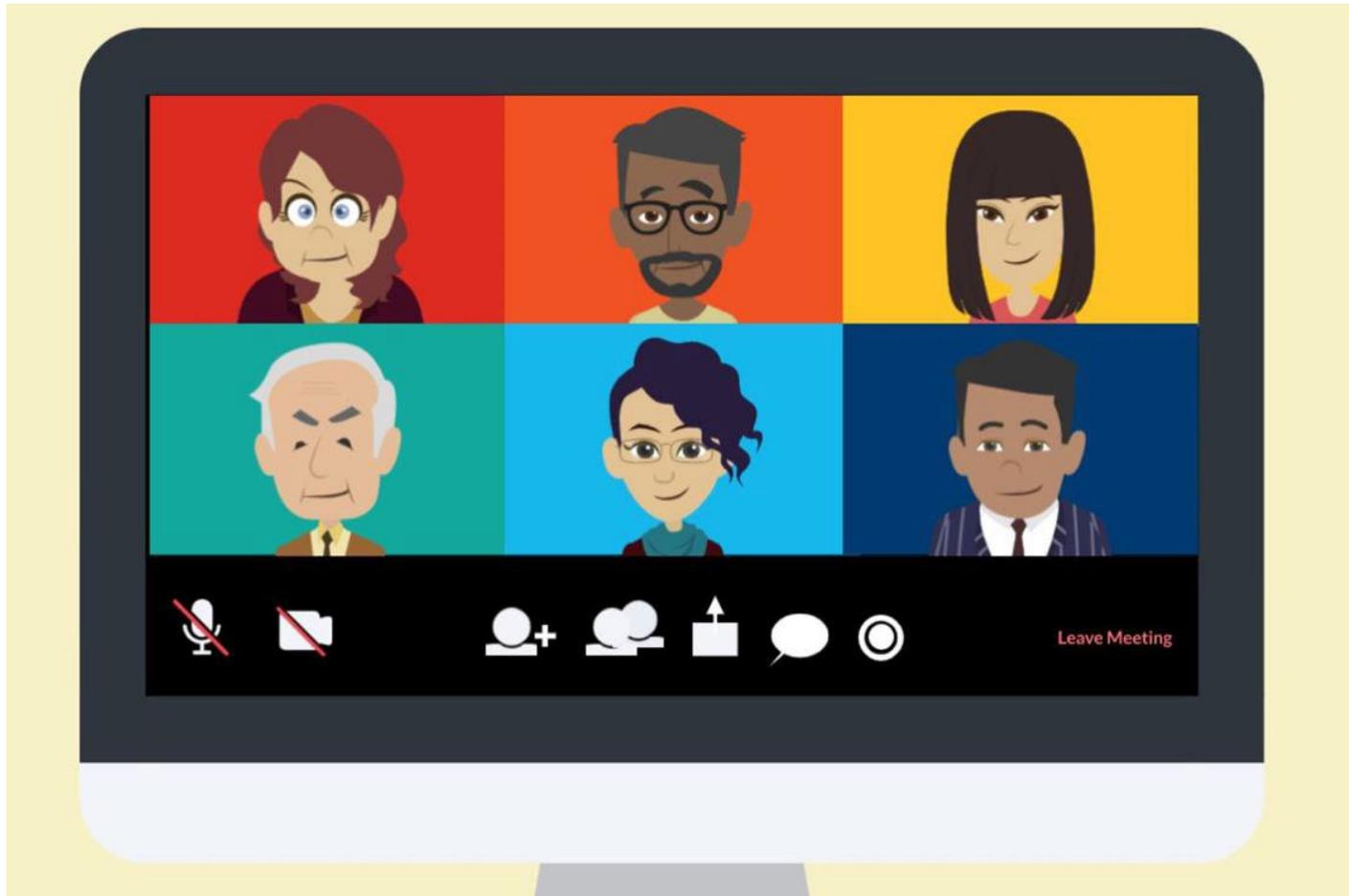


## Option 2: “Call Using Computer Audio”

You must have computer speakers and a microphone

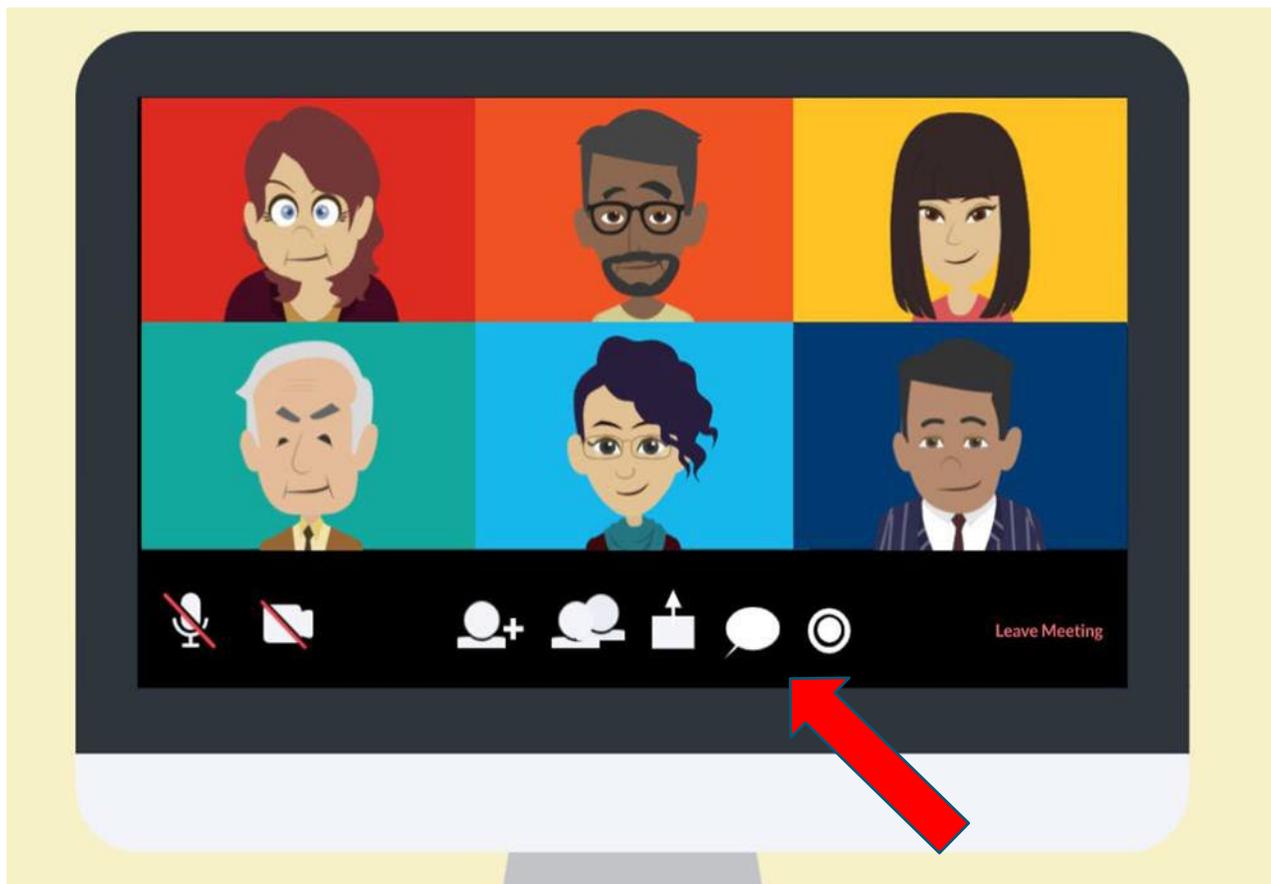


# MUTE / VIDEO



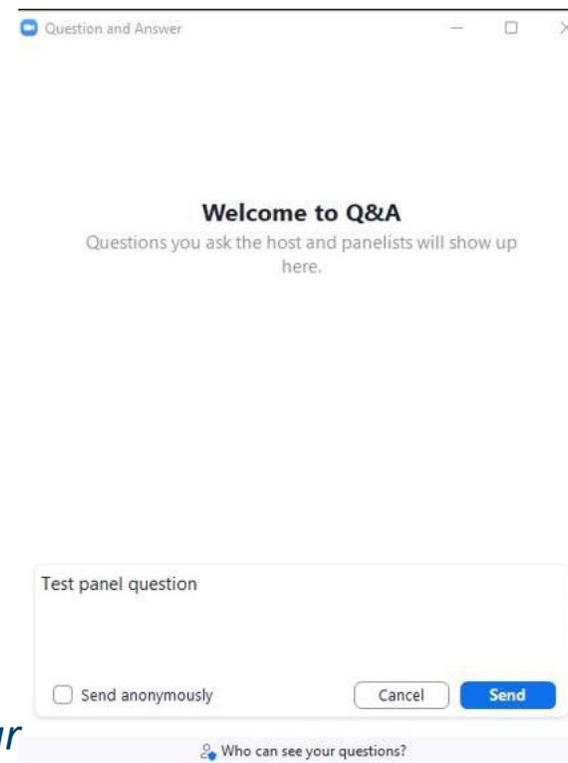
- All attendees will be automatically muted and video will be disabled
- During today's webinar, you will be able to see and hear all panelists including slide deck and video

# Q&A



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

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



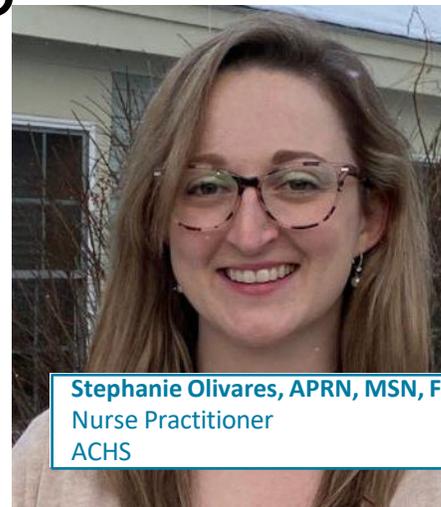
# MEET TODAY'S SPEAKERS



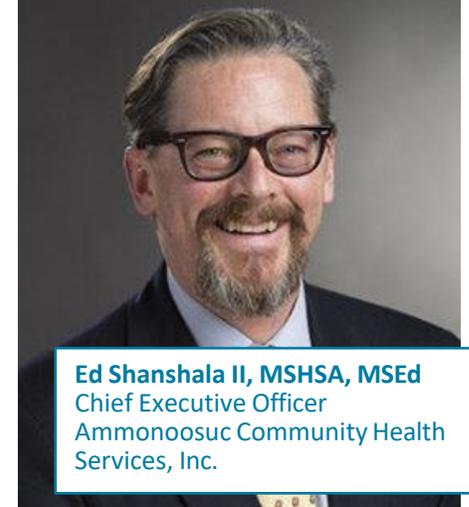
**Gretchen Gates**  
Licensed Social Worker  
Enso Integrated Health, LLC



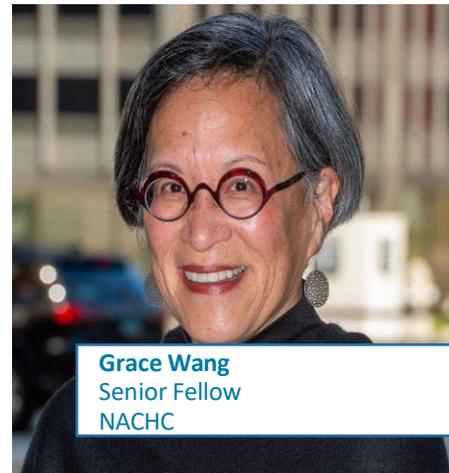
**Jill Kimball, APR**  
Community Relations Director  
Ammonoosuc Community Health  
Services, Inc.



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



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



**Grace Wang**  
Senior Fellow  
NACHC

## Haiku Videos (Slide 10)

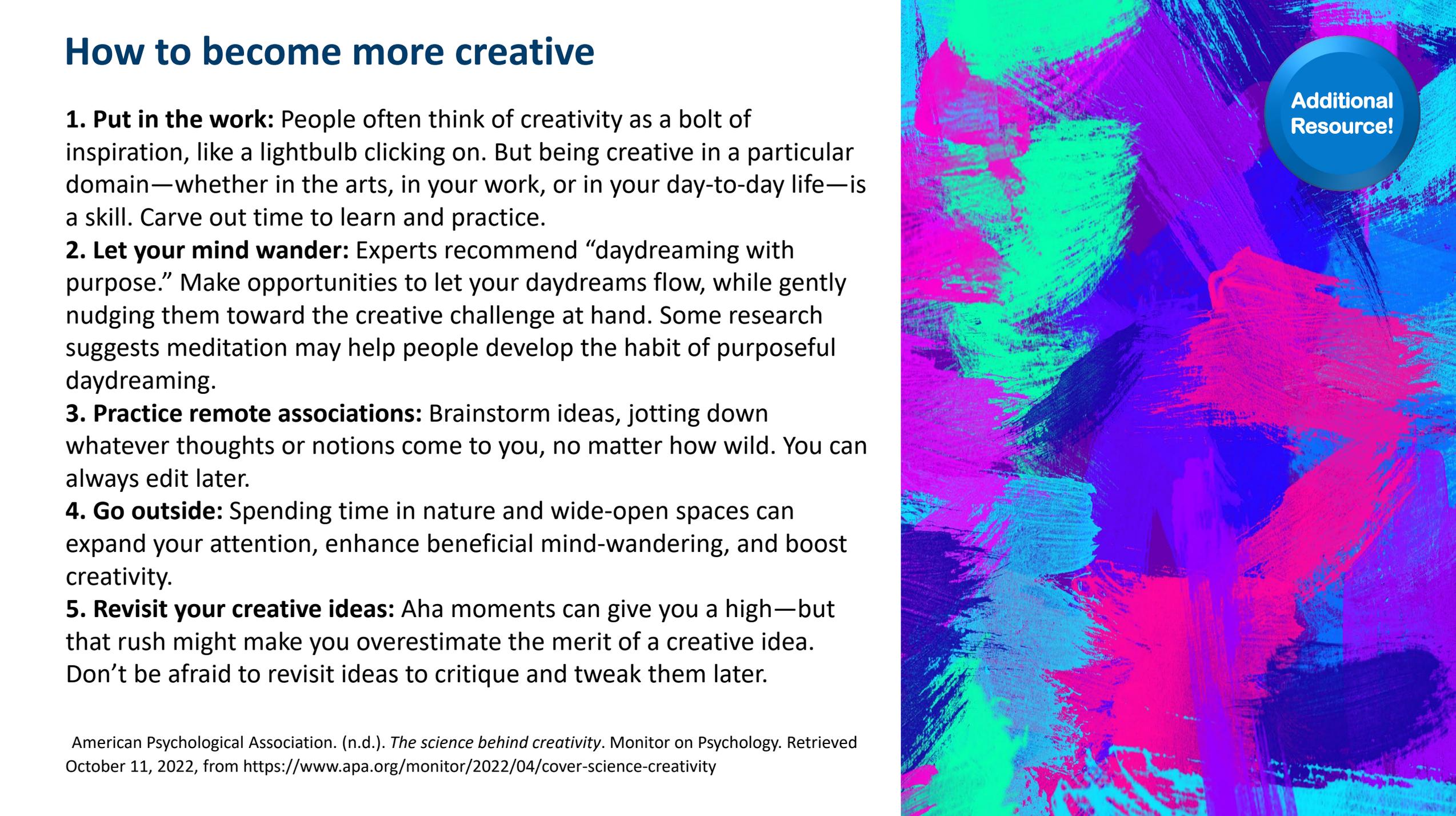
- Please visit:

[https://youtu.be/XeKC\\_gKepyA](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.

American Psychological Association. (n.d.). *The science behind creativity*. Monitor on Psychology. Retrieved October 11, 2022, from <https://www.apa.org/monitor/2022/04/cover-science-creativity>



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



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



**Fun Ice Breakers for Your Next Meeting**

If you were stranded on a desert island, what three items would you want to have with you?

If you woke up tomorrow as an animal, what animal would you choose to be and why?

If you could only choose one vacation destination where would you pick and why?

If you could meet any historical figure, who would you choose and why?

Additional Resource!

# 21 DAYS TO A MORE IMPACTFUL

# YOU MOVEMENT

# SELF-CARE CHALLENGE

Additional Resource!

1 Ditch Habits, Create Practices



**HABITS**  
Automatic behaviors that you do that require no conscious thought.

**PRACTICES**  
Behaviors that require conscious thought and attention.

2 Stay Hydrated Regularly... With H2O!



3 Practice 20-20-20 Vision



4 Breathe Low and Slooow



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

20

21 You Did It!

# Monthly Healing Lunches

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

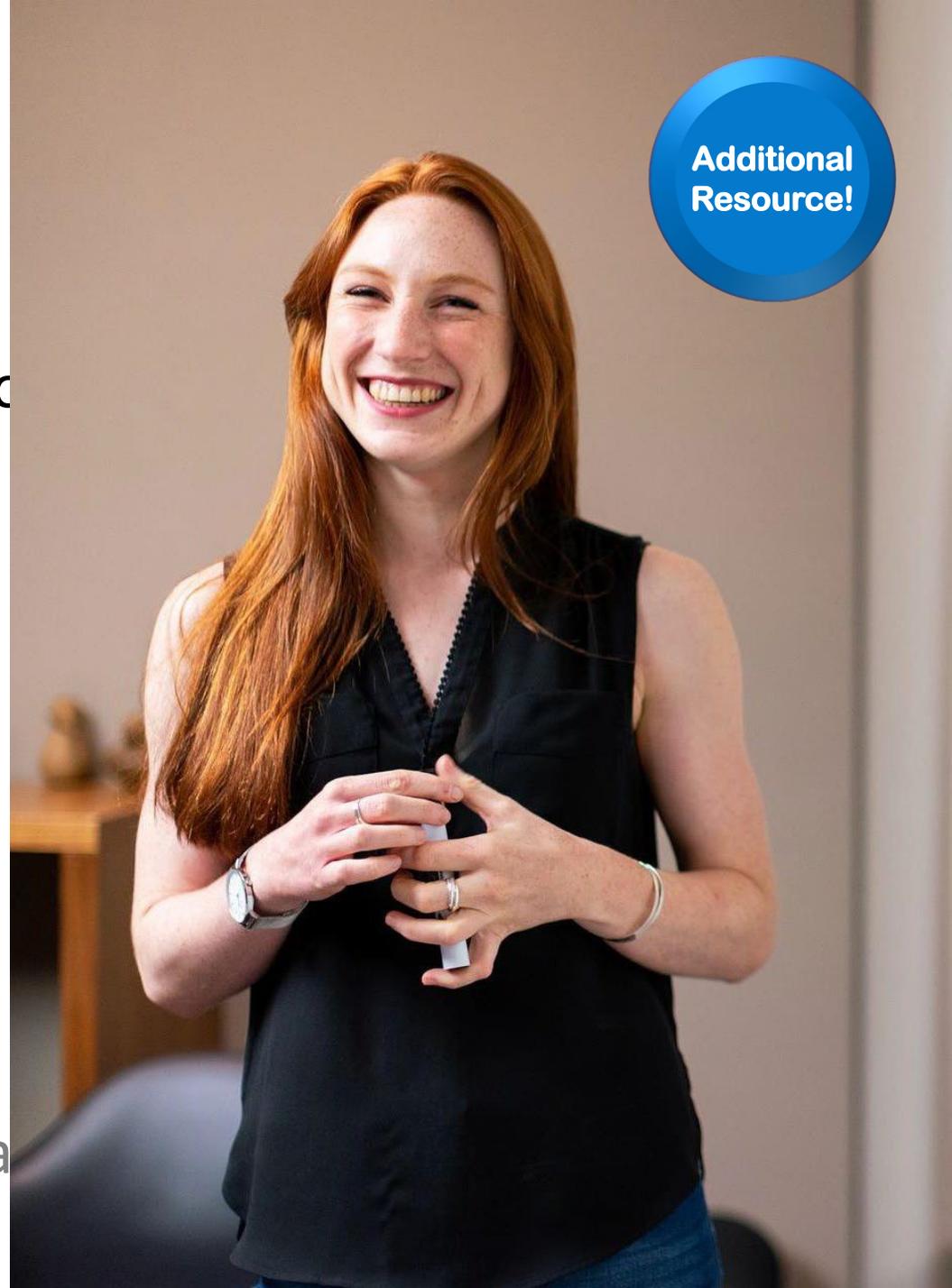


# Increase Psychological Safety

- The idea of having space to express questions without reproach.

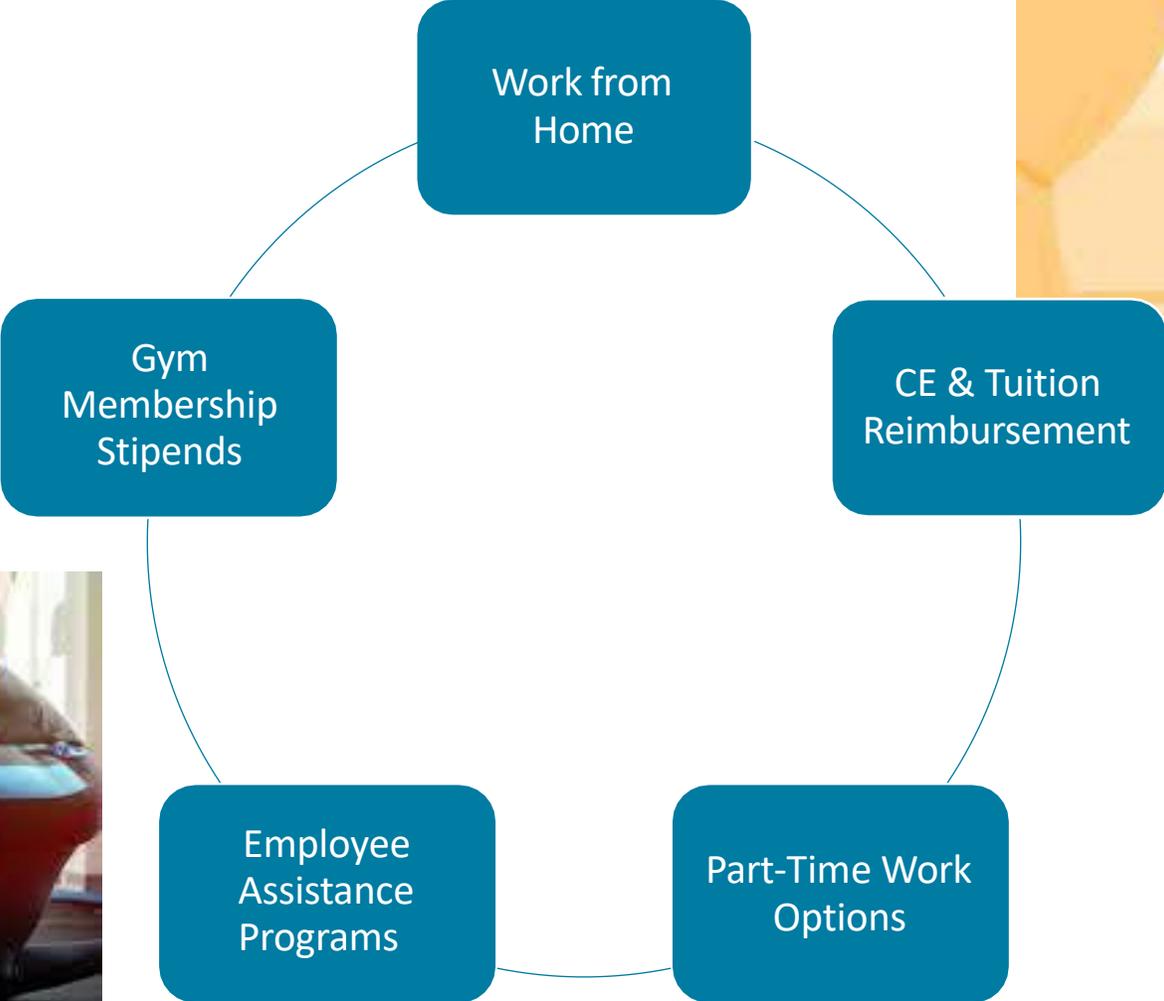
- **Examples in workplace:**

- **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



# Provide Flexible & Valuable Benefits

Additional Resource!



# 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:

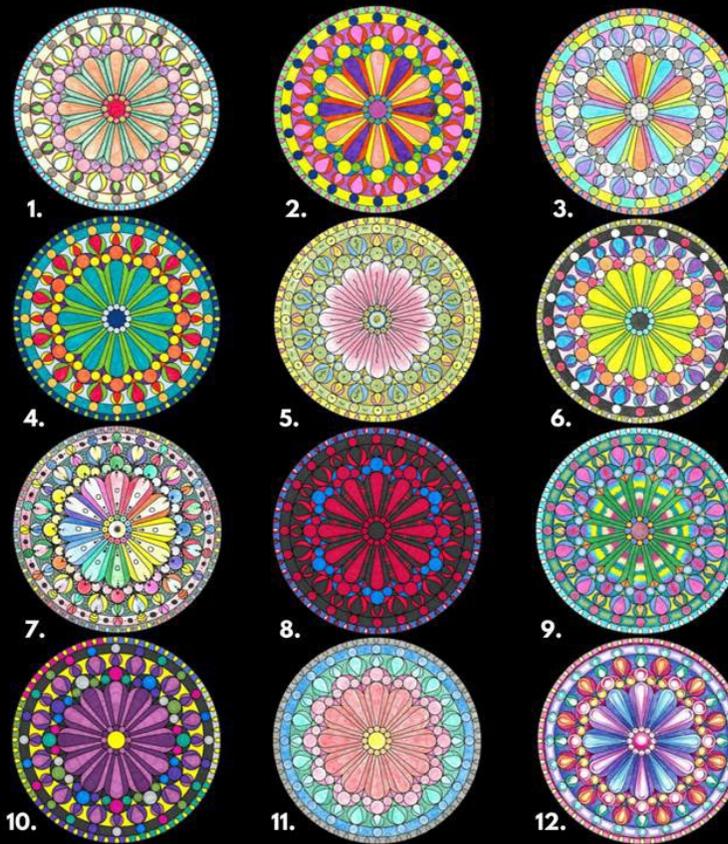
- The entire poem consists of just three lines, with 17 syllables in total
- The first line is 5 syllables
- The second line is 7 syllables
- The third line is 5 syllables

the gratitude project

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



## HELP US CHOOSE A WINNING DESIGN!



VOTE FOR YOUR FAVORITE

ACHS Employee Mandala

Voting also open on Facebook & Instagram

From day one-forward  
Ailments and  
celebrations  
Ammonoosuc cares 1

Where are my people?  
Houselights burn as  
street is still  
Netflix now best friend 2

Just be kind always  
Many battles are unseen  
Care for each other 3

Finally its March  
And now we can celebrate  
Lets drink Shamrock Shakes 4

Imagination  
Its the only saving grace  
in a world gone mad 5

I did, did you, too?  
I did for me, for you, too  
Aren't you glad we did? 6

Friends and neighbors ask:  
"What the @#&## is wrong  
with me?!"  
I try to help out 7

Mask off, toss away  
Fresh air breathing  
in and out  
Bright sun on my face 8

I like my job, but  
sometimes I wish  
I was home  
To catch the sunshine 9

I am thankful for  
All that we do together  
For growing forward 10

Hated haikus then  
Much more fun to  
write these days  
Different stages 11

Saturday sun beams  
Highlighting what is  
serene  
Making my heart full 12

What's a pandemic  
Don't you want to  
try it out  
No turning back now 13

Do you like my mask  
Yes, but I like  
your eyes more  
That's all you can see 14

What's the smallest mask?  
How to keep mask  
on baby  
Please someone tell me 15

Everything has changed  
But nothing really  
has changed  
April first approaches 16

Two more years along  
Five point nine  
seven million  
No longer with us 17

Cover that smile  
Hide that cough and  
runny nose, too  
For you are diseased 18

the  
gratitude  
project 



Health is our main goal  
We work hard for our  
patients  
Naps needed daily 19

A hoax he did say  
People in utter dismay  
Still died in the fray 20

Time, Distance, Shielding  
Just wash your hands,  
mask your face  
Covid-19 STOPS! 21

Magically it goes  
Leadership, fought, fled,  
and froze  
Yet the death toll rose 22

## Haiku Project Video (Slide 15)

- Please visit:

[https://youtu.be/XeKC\\_gKepyA](https://youtu.be/XeKC_gKepyA)



# How to Write a Haiku

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## 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](https://youtu.be/XeKC_gKepyA)

Any Questions?





Please contact **Katja Laepke**  
[klaepke@nachc.com](mailto: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**

# The Nurse Antigone



**REGISTER  
TODAY!**

Hosted by NACHC in partnership with  
Theater of War Productions



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THANK  
YOU!



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