

# Western MCH Nutrition Leadership Network

February 2<sup>nd</sup> and 3<sup>rd</sup>, 2017

Crowne Plaza Hotel, Redondo Beach, California

## *New Year, New Partners, New Tools: Strategies for Promoting Health in Youth*

### Agenda

Thursday, February 2, 2017

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|---------------------------|---|
| <b>8:00 AM – 8:30 AM</b>  | <b>Continental Breakfast and Registration</b>   |
| <b>8:30 AM – 8:45 AM</b>  | <b>Welcome and Introductions</b>  |
| <b>8:45 AM – 12:00 PM</b> | <b><i>Community Approaches to Addressing Adverse Childhood Experiences (ACEs)</i></b> |

**Speaker: Juliet Sims, MPH, RD, Associate Program Director, Prevention Institute**

**“Linking Maternal and Child Health with Resilience, Trauma, and Prevention:  
Advancing Community Approaches.”**

### Objectives

Following this session, attendees will be able to:

1. Deepen their understanding of prevention-based community health strategies to promote healing and resilience to community trauma and health inequities
2. Differentiate between individual and community-level approaches to trauma, and the value of both, using the ACE|R framework
3. Identify specific opportunities to integrate prevention-based, community health strategies into maternal, child, and adolescent health efforts

### Reading Assignments

- Hemmingsson E, Johansson K, Reynisdottir S. Effects of childhood abuse on adult obesity: a systematic review and meta-analysis. *Obes Rev.* 2014;15(11):882-893.
- Adverse Community Experiences and Resilience Executive Summary
- Addressing the Intersection: Preventing Violence and Promoting Healthy Eating and Active Living Executive Summary

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|---------------------------|---|
| <b>10:15 AM- 10:30 AM</b> | <b>Break</b>  |
| <b>12:00 PM – 1:00 PM</b> | <b>Lunch</b>  |
| <b>1:00 PM – 2:30 PM</b>  | <b><i>Addressing Communication Challenges to Engaging Millennials in Healthcare</i></b> |

**Speaker: Kristin McGuire, California Director of Partnerships & Organizing, Young Invincibles**

### **Objectives**

Following this session, attendees will be able to:

1. Name at least three common communication challenges reaching millennials
2. Design appropriate messaging to reach millennials within MCH nutrition programs
3. Understand how to reach young adults “where they are”
4. Identify barriers and roadblocks that prevent young adults from accessing health care

### **Reading Assignments**

- Finding Time: Millennial Parents, Poverty, and Rising Costs  
<http://younginvincibles.org/finding-time-mill-parents/>
- Healthy Adulting  
<http://younginvincibles.org/healthyadulting/>
- Healthy Young America Best Practices.  
<http://younginvincibles.org/wp-content/uploads/2014/11/HYA-BEST-PRACTICES11.13.pdf>

**2:30 -3:30 PM          Free Time**

**3:30-6:30 PM          *Western MCH Nutrition Leadership Network Networking Session***  
(Refreshments provided)

### **Reading Assignments**

- Prepare an abstract for the sharing session
- Read the abstracts from the other leadership network participants

**6:30 PM                  Free evening to explore .....**

**Friday, February 3rd, 2017**

**8:30 AM - 4:00 PM            Leadership Workshop**

***Straight Talk®: Communication Seminar***

**Speaker: Lisa Cunningham Roberts, Senior Learning Consultant,  
Duke University**

**Objectives**

Following this session, attendees will be able to:

- Identify elements of communication styles.
- Describe similarities and differences between styles.
- Demonstrate techniques to communicate more effectively with others.
- Create an action plan to implement learning in work settings.

**Reading Assignment**

- “Straight Talk; Turning Communication Upside Down for Strategic Results at Work.” The book costs approximately \$20.00 new and is available on Amazon.
- Bring survey results (description of individual style) to workshop.
- *Optional* – request work team to take survey and bring results.

**8:00 AM – 8:30 AM            Continental Breakfast**

**8:30 AM – 10:00 AM**

**Welcome and warm up**

**What is Straight Talk®?**

- Research
- Resources

**Key elements of communication**

- Intent, Style, and Content
- Using affirming intent

**Introduction to communication styles**

- Origins of communication styles
- Major styles

**10:00 AM – 10:15 AM        Break**

**10:15 AM – 12:00 PM**

**Straight Talk® Major and Individual Styles**

- Identifying a colleague's major communication style
- Filters and Frames
- Assumptions of Styles
- Language of Styles

**Modifying styles to communicate up, down, across the organization**

- The Matrix of Communication Styles
- Flexing your Style
- Areas for Growth

**12:00 PM – 1:00 PM**

**Lunch**

**1:00 PM – 2:30 PM**

**Exploring your style as a manager – managing individuals on your team.**

- Management Styles
- Strategies for Managing Others
- Straight Talk® with Your Manager

**Conflict and Styles**

- Styles Under Pressure
- Resolving Conflict Among Styles

**2:30 PM – 2:45 PM**

**Break**

**2:45 PM – 4:00 PM**

**Action Planning**

- Identify 2-3 key goals to reinforce learning
- Select an accountability partner and determine a plan

**Wrap-up and Evaluations**

- Next Steps
- Additional Resources
- Evaluation

**4:00 PM**

**Conference adjourns**