

## Five Ways to Stay Resilient While Fighting for Justice

### › IDENTIFY YOUR CIRCLES OF CONTROL

Resilient people focus their energy on those things that they have control or influence over, rather than things or situations out of their control. Take the time to clarify what's within your control, like your actions and reactions. Note what you can influence, but not necessarily make happen.

### › NURTURE YOUR RELATIONSHIPS

Resilient people rely on others for support during times of stress and adversity, both at work and home. Identify who you need in your life to help you cope with stress and who you need to protect yourself from and then commit to not allowing yourself to get "sucked in" to other peoples' issues.

### › CLARIFY YOUR BOUNDARIES

Resilient people set and honor boundaries. Think about what situations in your life require a boundary and then determine what boundaries you want to create and how you will communicate and honor them.

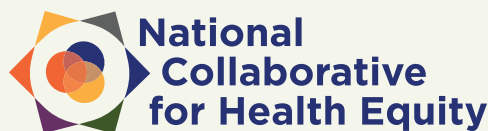
### › CARE FOR YOURSELF

Resilient people do as the airline directions instruct them to do: in the event of an emergency put your oxygen mask on first before helping others. Consider what regular, ongoing self-care (e.g., food, rest, exercise, play, spirituality) will serve you best and how you will prioritize this.

### › TAKE TIME TO RECOVER

Resilient people take time to fully recover, not just to cope with stress but to truly stop and recover after times of great adversity. Consider how you can recover from prolonged periods of intense stress and how long your recovery period should be.

Share your experience using #P3Summit



# PEOPLE, POWER, PURPOSE (P3) Summit 2017

Friday, September 29, 2017 > 7:45AM - 4:45PM  
Renaissance Washington, DC Dupont Circle Hotel  
Washington, DC > Share your experience using #P3Summit

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The P3 Summit is a national event designed to draw on the collective knowledge and energy of allies across the nation who strive to stand in solidarity with and to elevate the voices of communities most affected by oppressive policies and practices. Attendees will enhance the knowledge, tools, strategies, and connections they can use to fight against the resurgence of racism, intolerance, and hatred in the current political context.



**ALVIN HERRING**  
*Director of Racial Equity and Community Engagement, W.K. Kellogg Foundation*

Alvin Herring is director of racial equity and community engagement at the W.K. Kellogg Foundation in Battle Creek, Michigan. In this position, Herring provides strategic oversight for the Racial Equity and Community Engagement team and grant portfolios related to racial equity, racial healing and community engagement that advance the foundation's mission to support children, families and communities as they strengthen and create conditions that propel vulnerable children to achieve success in school, work and life. On an enterprise level, he actively guides the integration of community engagement and racial equity into all aspects of the foundation's national grantmaking strategy and place-based efforts in Michigan, Mississippi, New Mexico and New Orleans.



**SARITA GUPTA**  
*Executive Director, Jobs With Justice Co-Director, Caring Across Generations*

Sarita Gupta is a nationally recognized expert on the economic, labor and political issues affecting working people across all industries, particularly women and those employed in low-wage sectors. Under Sarita's direction, Jobs With Justice is leading the fight to protect and expand the ability for men and women to bargain by anchoring strategic campaigns and shaping the public discourse to generate power and opportunities for working people. Jobs With Justice brings together labor, community, student, and faith voices at the national and local levels to create innovative solutions to the problems working families face today.



**LINDA RAE MURRAY**  
*Former Chief Medical Officer, Cook County Health and Hospital Systems, and Community Organizer*

Dr. Linda Rae Murray most recently served as Chief Medical Officer of Cook County Department Health and Hospital System. She continues her practice as a general internist at Woodlawn Health Center, and is an attending physician at Cook County Hospital and an adjunct faculty at UIC's School of Public Health. Dr. Murray has been a voice for social justice and health care as a basic human right for over forty years. She remains passionate about increasing the number of Black and Latino health professionals.

ENVIRONMENTAL JUSTICE



**KENT D. KEY**  
Director of the Office of Community Scholars and Partnerships at the Michigan State University, College of Human Medicine-Public Health Division

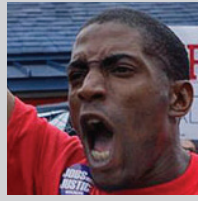


**ALISON MCCRARY**  
Executive Director of the National Police Accountability Project



**JANENE YAZZIE**  
Community Organizer Navajo Nation

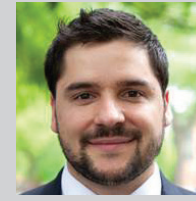
WAGE EQUITY



**TERRENCE WISE**  
38-year-old father of three who works for McDonald's in Kansas City



**JIM BLOYD**  
Regional Health Officer at the Cook County Department of Public Health

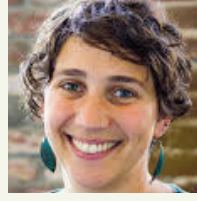


**FELIPE TENDICK-MATESANZ**  
Executive Director of the Restaurant Opportunities Center of Chicago

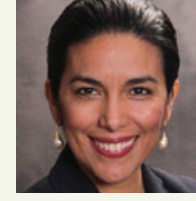
IMMIGRANT RIGHTS



**KITZIA ESTEVA-MARTINEZ**  
Community Rights Co-Director with Causa Justa::Just Cause



**SARI BILICK**  
Public Health Organizer with Human Impact Partners in Oakland, CA



**SULMA ARIAS**  
Immigration Field Director of the FIRM Campaign at the Center for Community Change

## AGENDA

7:45 am BREAKFAST

8:30 am WELCOME

Brian D. Smedley, *National Collaborative for Health Equity*

8:45 am ANCHORING KEYNOTE

Reverend Alvin Herring, *W.K. Kellogg Foundation*

9:15 am NETWORKING BREAK

9:30 am PLENARY SESSION

“Sharing What Works”

Speakers will share best or emerging practices, actions, and campaigns that marginalize voices of intolerance, reaffirm our values of inclusivity, diversity, and equality of opportunity, and advance the cause of equity and social justice related to immigration, environmental justice, and wage equity.

**Environmental Justice**

- › Kent Key, *Michigan State University, College of Human Medicine*
- › Alison McCrary, *National Police Accountability Project*
- › Janene Yazzie, *Little Colorado River Watershed Chapters Association*

**Wage Equity**

- › Terrence Wise, *StandUp KC*
- › Jim Bloyd, *Cook County Department of Public Health*
- › Felipe Tendick-Matesanz, *Restaurant Opportunities Center of Chicago*

**Immigrant Rights**

- › Kitzia Esteva-Martinez, *Causa Justa::Just Cause*
- › Sari Bilick, *Human Impact Partners*
- › Sulma Arias, *Center for Community Change*

11:15 am LUNCH

12:00 pm KEYNOTE

Sarita Gupta, *Jobs With Justice*

12:30 pm ROUNDTABLE SESSION I [See options on right]

“Building Capacity to do the Work”

Table hosts offer low-tech, skill-building sessions that focus on the skills and knowledge needed to this work.

1:15 pm TRANSITION

1:20 pm ROUNDTABLE SESSION II [See options on right]

“Building Capacity to do the Work”

Table hosts offer low-tech, skill-building sessions that focus on the skills and knowledge needed to this work.

2:00 pm NETWORKING BREAK

2:30 pm ACTION LABS

“Strategizing to Do the Work”

Participants reflect on the day's activities, name the work to be done, and generate recommendations for the next 100 days.

4:00 pm NETWORKING BREAK

4:15 pm CALL TO ACTION

Linda Rae Murray, *Former Chief Medical Officer, Cook County Health and Hospital Systems, and Community Organizer*

4:30 pm CLOSING REMARKS

Brian D. Smedley, *National Collaborative for Health Equity*

4:45 pm ADJOURN

### Roundtable Session Options

In our Building Capacity to do the Work session, experts from across nation will host learning sessions that build the technical and adaptive skills needed to advance health equity. You'll only get to attend to two table talks from the list below, so choose wisely.

**Table 1 > How to Be a Cross-Sector Leader**

Tracey Ross, *PolicyLink*

To address the toughest social, economic, and environmental challenges, communities don't need another program, but another process. Leaders must understand how their work aligns with partners in other sectors and leverage the actions and resources of those working toward shared goals. This session will introduce tools and concepts to assess cross-sector leadership and accelerate work.

**Table 2 > Framing for More Effective Advocacy**

April Callen, *The Frameworks Institute*

This session will provide a quick overview on how strategic framing and storytelling can engage audiences in important issues, generate support for policies, plans, and solutions, and shift attitudes and thinking about social problems.

**Table 3 > Community Building in Albuquerque's International District.**

Enrique Cardiel, *Bernalillo County*

Albuquerque's International District is a distinct, urban community of many immigrants in a largely rural state and presents challenges for the larger community that doesn't always understand it. This session provides examples of a community building on its strengths to transform to a thriving community.

**Table 4 > Creating Gracious Space to Advance Equity**

Hla Yin Yin Waing, *Center for Ethical Leadership*

Creating empathetic spaces that foster speaking from the heart, listening with compassion, finding common ground, and promoting healing can help people build trust and relationship across boundaries. This session will explore the four elements of Gracious Space that create conditions for meaningful dialogue, and examine how participants can apply this framework to do their work.

**Table 5 > Framing Equity and Justice Work for Funders**

Lori Villarosa, *Philanthropic Institute for Racial Equity*

We must increase the amount and effectiveness of resources aimed at combating institutional and structural racism in communities. During this session, participants should come with questions about and examples of strategies that have and haven't worked to enhance local and regional grantmakers' understanding of the role of race in their commitments to health equity.

**Table 6 > Policy Analysis**

Jordan Bingham, *Public Health Madison & Dane County*

Achieving health and racial equity means institutions must challenge the status quo, understanding and making structural changes to address a history of inequality. This opportunity spans across multiple levels and sectors including government, corporate, and community-based organizations. Racial Equity Tools integrate explicit and routine consideration of racial equity and incorporate community-driven strategies into decision making.

**Table 7 > Leveraging the Power of Public Health Departments**

Sandi Galvez, *Alameda County Public Health Department*

In this session, participants will learn how to leverage the power of local government to support grassroots community organizing by engaging strategically in social justice campaigns and movements, identifying and overcoming institutional barriers to partnering, and developing specific partnership strategies.

**Table 8 > Power Mapping**

Daniel Lau, *Build Healthy Places Network*

Power mapping is a visual tool used by advocates to identify the best targets for promoting social change. Grounded in networks and relationships, power mapping can be an effective tool to develop strategy and set priorities for influencing individuals and institutions. During this roundtable session, we will go over an example of a power map, create our own, and share our insights in creating equitable change in our communities.

**Table 9 > Winning Hearts and Minds through Storytelling**

Gina Chiala, *Heartland Center for Jobs and Freedom*

Participants will explore how organizations can empower ordinary people - those most affected by poverty and inequality - to tell stories in compelling, creative, and intimate ways. Participants will also share ideas for story-telling events that can reach beyond the converted and influence ever-widening audiences.

**Table 10 > Leading Change**

Eric Martin, *Adaptive Change Advisors*

Adaptive leadership requires mobilizing people to tackle challenges that have no known or easy answers with and, more often, without formal authority. This session provides a provocative, “in the room” experience for differentiating between exercising leadership and exercising authority. It offers practical tools and techniques for discovering choices you face every day to lead change on issues you care about.

**Table 11 > The Power of Data**

Angela Thrasher, *Community Science*

How can data help to level the playing field? How can data perpetuate inequities? In this interactive session, we will discuss the assumptions behind, and implications of, choices made about measures and sources of data for research and evaluation activities. We will also review practical guidelines and techniques for selecting the right tools for the job.