

COMMUNITY WELLNESS FORUM

April 28-30, 2015

Summary Report

COME AND CREATE A PLACE FOR

Learning together ☀ Sharing what works ☀ Focusing on local efforts ☀ Creating conversations that matter ☀ Making new connections ☀ Honoring community champions

Sponsoring Partners



Community Wellness Forum 2015

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BACKGROUND

The Third Annual Community Wellness Forum was held on April 28-30, 2015 at United American Indian Involvement, Inc. in Los Angeles, California. The purpose of this event was to gather American Indian/Alaska Native community members residing in California and those working in partnership with them to bring about wellness and improve the lives of Native people, their families and their communities. The forum promoted involvement and collective wisdom, which together can help create solutions to current challenges facing families and communities today. The forum expanded on the successes of the 2013 and 2014 Community Wellness Forums. Key supporting partners again included the American Cancer Society, Northern California Indian Development Council, Healthy Native Communities Partnership and forum participants. New supporting partners included San Manuel Band of Mission Indians, San Pasqual Band of Mission Indians and United American Indian Involvement, Inc.



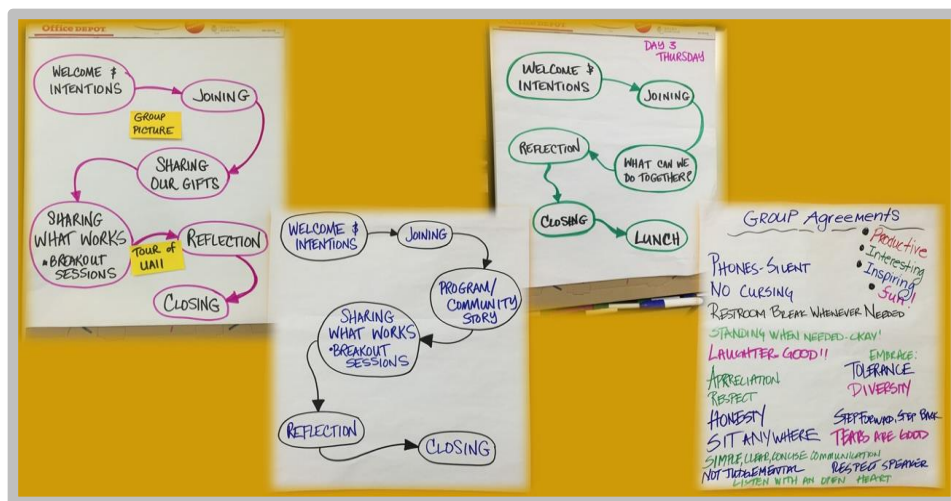
2015 Participants – 3rd Day Group Picture

The evaluation results reflect a successful third year, with the goal of increasing health and wellness engagement among California American Indian/Alaska Native communities through discussion and conversation achieved. The following objectives were used to help ground the planning process and focus of the forum.

- Focus on solutions in order to get more solutions.
- Evaluate the impact of weaving community engagement, storytelling and mindfulness in community-wellness work.
- Identify collectively what is needed to bring about community wellness.
- Apply strategies for addressing issues that matter to community, through collaborative learning.
- Establish a foundation for community-community networking in a supportive space (meeting environment).

OVERVIEW

As with the prior two forums, **Bubble Agendas** were created and posted to give an overview of the two and a half day event. This complemented the traditional timeline style agenda that was included in the welcome packets. It helped participants know at any given point how things were progressing. It was also used by the facilitators to show participants what was coming next and to check if adjustments to the agenda were needed. **Group Agreements** were created again this year with everyone's input, posted and reviewed each day helping to **ensure the forum was interesting, inspiring, productive, and fun.**



Bubble Agendas and Group Agreements

More Breakout Sessions were included this year, with all of them extended to 90 minutes. These changes were made based on input provided by those who attended in 2014. All breakout sessions focused on supporting local community-based wellness efforts. Delivered in the General Sessions was training on various participatory processes that can be applied to community wellness focused efforts. The experiential approach to training was designed to engage participants and promote collective wisdom and learning, self-organizing and group capacity. Participants are more likely to remember and apply what they learned as a result of being actively involved.

Community-Focused Breakout Sessions Included:

- **Community Engagement and Cancer Awareness**, presented by Dudley and Sandra Burrow with Grindstone Rancheria and Northern Valley Indian Health.
- **Planning Community Prevention Programs Using Strategic Triangle and Socio-ecological Model**, presented by Brighton Ncube with Riverside San Bernardino Indian Health.

- **Historical Trauma - How is it Impacting our American Indian Families & Youth**, presented by Claradina Soto with the University of Southern California.
- **Developing Effective Educational Technology for Native Communities**, presented by Maria Burns Ortiz with 7 Generation Games

General Sessions Included:

- **Coming Together in Circle** - Supported tradition, starting and ending in a good way, being equal and interconnected, listening and respecting the views of others.
- **Energize & Join with Games** - Supported active learning, collaboration, building trust and getting to know each other while having fun.
- **Program Story Circle** – Supported getting to know what others are doing and what is working in community around wellness.
- **Sharing Our Gifts** – Supported learning from each other about wellness in Native communities. The Open Space process was used as an alternative approach to more traditional presentation delivery approaches. It involved interested participants volunteering to host conversations about what matters on topics ranging from simple to complex.
- **Community Calendar - What Can We Do Together** – Supported use of a group process to increase awareness on what is happening, what resources are available and what assistance is needed.
- **Networking and Sharing Digital Stories** – Supported the wisdom that comes from community-to-community exchange of information, culture, values and diversity.
- **Daily Review - Talking Journey** – Supported reflecting on and acknowledging achievements each day by using a conversation process that promotes listening and understanding.
- **Daily Feedback - PLUS/DELTA** – Supported respecting feedback as a gift, learning about what went well (plus) and what could be done differently (delta) next time or the next day.
- **Networking Reception** – Supported honoring local leaders and all participants as community champions. Tradition and custom was shared with song and dance from the Southern California Bird Singers.



Daily
Feedback



Sharing Our Gifts Topics

Below are brief **summaries of the topics presented** during **Sharing Our Gifts**, using the Open Space process.

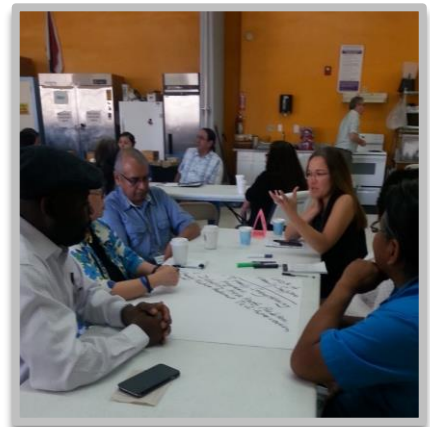
Title: *How to Overcome Effects of Historical Trauma.*

Summary of Discussion: Participants shared how their adult family is addressing problematic drinking and unhealthy fighting, with problem-solving. Questions addressed included: What was responsible for the family call to action? How can we raise awareness with other families? How do we get parents to break the cycle? How do we get families (the ones that need it) to talking circles and parent support groups? Solutions discussed were Talking Circles and Support Groups.

Title: *Lack of Family Support.* **Summary of Discussion:** 1) Increase family strengthening programs, 2) Identify prevalent problems of families, 3) Provide Native-relevant treatment & intervention, 4) Increase self-awareness & self-identify, 5) Emphasize parenting responsibilities/accountability, 6) Provide economic support program, 7) Mentorship, education, employment, 8) Engage family in healthy lifestyle, 9) Educate about basic needs-connection, 10) Provide contact sources numbers or resource information.

Title: *Methods to Create “Buy-In” for Food Sovereignty.*

Summary of Discussion: 1) Creating economic development incentive to leadership for large scale “buy-in” to encourage community members to want to grow for money, 2) Teach consistency & follow-up with those community members who are interested in growing food to create a support network, 3) Engage Elders to do the teaching so that youth are learning from their Elder/their own people, 4) Offer spiritual ceremony to create “thanks” to the site.



Sharing Our Gifts Discussions

Title: *Cancer Disparities.* **Summary of Discussion:** 1) Increase collaboration with partners, 2) Gender specific wellness councils, 3) Provider & Community Health Representatives education, 4) Increase access.

Topic: *Bullying & Suicide among Native Youth.* **Summary of Discussion:** 1) Educating parents, 2) Starts with parents, 3) Educating single parents, 4) Digital Storytelling, telling about bullying, personal stories, stories from kids, findings from survey, 5) Social media directly related to bullying, 6) Train teachers, 7) Group tours to influence youth positively,

8) Plan youth activities, 9) Remove mental health stigma, 10) Invite parents to community services.

Topic: Social Media Slandering Sites. Summary of Discussion: 1) Petition to close down site, 2) Loss of Identity and "I'm nobody" syndrome/attitude, depression, aggression, 3) Unhealthy habits, 4) No current repercussion.

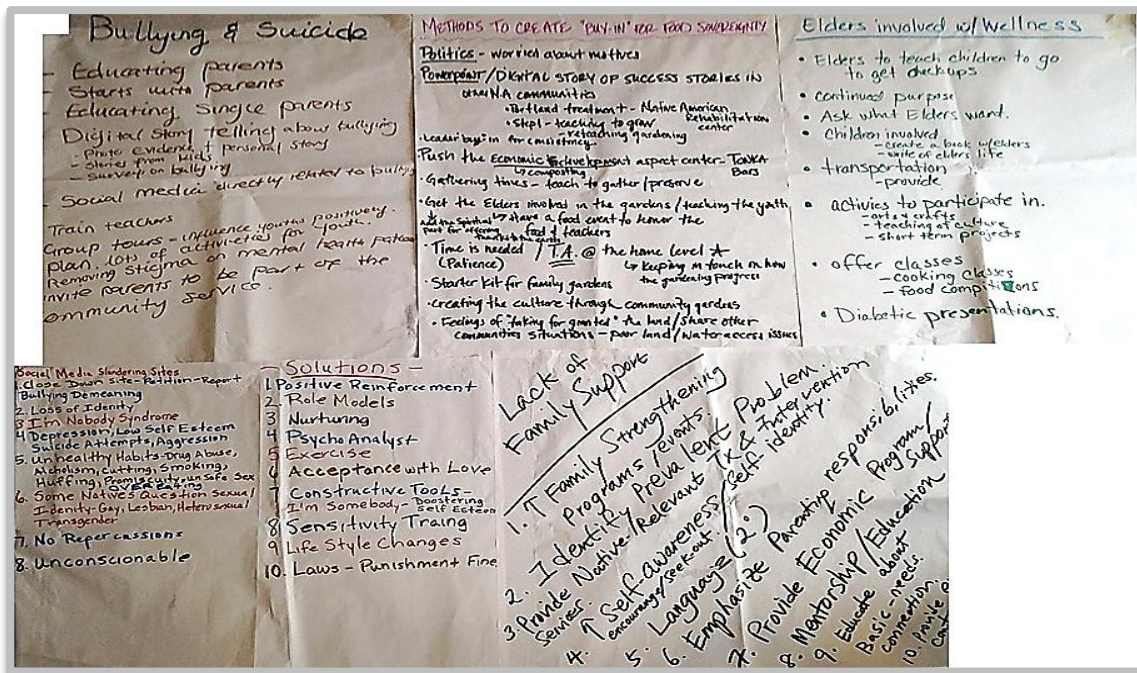
Title: Native Youth Self-Identity. Summary of Discussion: Formulating ideas to help Native youth identify themselves.

Title: Elders Involved with Wellness. Discussion Summary: 1) Elders to teach children to get check-ups, 2) Continued purpose for Elders, 3) Ask what Elders want, 4) Children involved to create a book with Elders or write of Elder's lives, 5) Transportation provided, 6) Arts/crafts activities, teaching of culture, short term projects, 7) Offer classes and diabetes presentations.



Sharing Our Gifts Discussions

Title: Building Leaders. Summary of Discussion: Connection of resources at the following levels: youth-staff, staff-executive leaders, executive leaders-institutions, institutions-community.



Sharing Our Gifts Summary Information



The below tables show the **Community Calendar and What Can We Do Together**, created as a group activity. It helped increase awareness of community-based wellness work taking place in the participants' communities and by partnering organizations working with Native communities. It also provided networking opportunities.

Community Calendar Information California Wellness Forum

Date	Event	Location	Contact Person	Date	Event	Location	Contact Person
All year	Digital Storytelling workshops	Various	Bev	May 15	CVD Project Dinner for Elders	VFH	Jacqueline
Monthly – Last Friday	Diabetes Wellness Seminar, clinics, and exercises	UAI	Michael	May 16	Coleville / Walker Community Garden Kickoff	Coleville / Walker, CA	Katie.
Monthly	National Native Network Webinar – Cancer in Indian Country Series	CRIHB	Chris	May 20	Parent's Day	Redding, CA	Jacqueline
2 nd Tuesday each month	American Indian Community Council	Torres Martinez TANF		May 22	Senior Graduate Dinner for Youth	P.R Veterans Hall	Jacqueline
July	CRIHB Statewide Conference	Thunder Valley Casino	Chris	May 22	Family Move Night	P.R Community Center	Jacqueline
2015	Pine Nut Gathering	Bishop, CA	Julia	May 22	Eastern Sierra Tribal Food Coalition meeting	Bishop, CA	Katie.
September	Walk for Life	Bishop, CA	Julia	May 29	Diabetes Prevention Workshop	UAI	Harold
Spring, Summer, Winter	Senior Boutiques – need vendors	UAI	Jessica	June 5	Mono County Health Fair	Coleville, CA	Katie.
October	Fall Fandango Traditional Gathering	Fandango Grounds / Gym at Big Pine, CA	Shannon	June 8	Elder July Hiking day	Burney Falls Park	Jacqueline

Date	Event	Location	Contact Person	Date	Event	Location	Contact Person
May 1-3	Bishop Paiute Spring Spiritual Gathering	Bishop, CA	Katie	June 10	Pit River Farmers Market Launch Day	Rex Club	Jacqueline
Sept 1-10	Virtual Challenge – All Health Centers 4,581 miles	UAI	Michael	June 19	Big Pine Paiute Farmer's Market	Big Pine	Katie.
March 19	PAYA – World Water Day	Bishop Paiute Tribe	Serena	June 19	Bishop Tribal farmers Market	Bishop, CA	Katie.
May 5	Best Practices Conference	Sacramento	Karen	June 20	Supporting Fatherhood Involvement Breakfast	San Bernardino	Frank
May 12	Senior Outing for Elders	Soboba Casino	Jessica Dixon	June 21	Diabetes Community Potluck Contest	P.R Community Center	Jacqueline
May 13	Young Adult Olympics (Age 18-24)	Washburn Park Burney, CA	Jacqueline	July 14-15	National Tobacco Institute	ABQ NM	Chris, HNCP
July 31	Back to school lunch for Hoop Youth	Pit River Sr Nutrition Center	Jacqueline	December 18	Christmas Party for Youth	SNC	Jacqueline
August 15	Fatherhood Involvement Coalition Conference	IRC San Bernardino	Frank	December 21	Adults / Elders Christmas Dinner	VFH	Jacqueline
August 28	Parents / Kids Dinner for PRHS	Pit River, CA	Jacqueline	December 31	Sobriety Pow Wow for NYE	TBD	Jessica
September 12	Indian Day Annual - UAI	Crystal Springs – Griffith Park	Sherry	April 2016	Earth Day Rez Cleanup	Big Pine, CA	Shannon
October 3	Bolsa Chica Ancestor Walk	Bolsa Chica Look Out	Ualani	May 15-17	Spirit Within Us	Shingle Springs	Chris, CRIHB
October 30	Halloween Party for Youth at PR	PR SNC	Jacqueline	July 13-17	Student Wellness Conference	Palm Desert	Frank
November 14	Intertribal Gathering and Elders Dinner	Eureka, CA	Lou	April 19-20	Bishop Tribe Earth Day	Bishop, CA	Katie
November 16	Thanksgiving Dinner for Pit River	VFH	Jacqueline	May 22-25	Tattsawano Traditional Gathering	Bishop, CA	Ann
November 20	Young Adult Luncheon	SNC	Jacqueline				

Event Listing

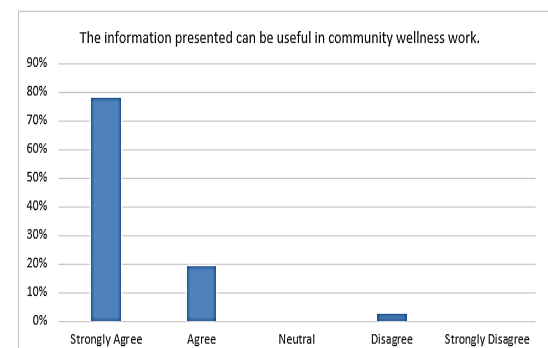
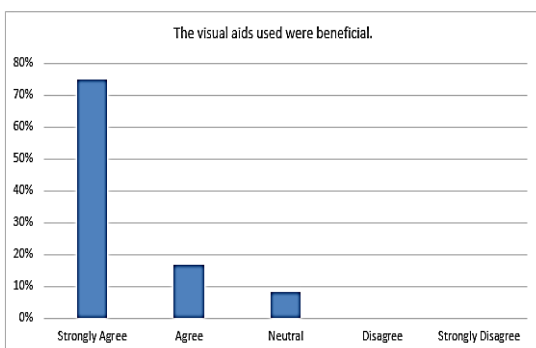
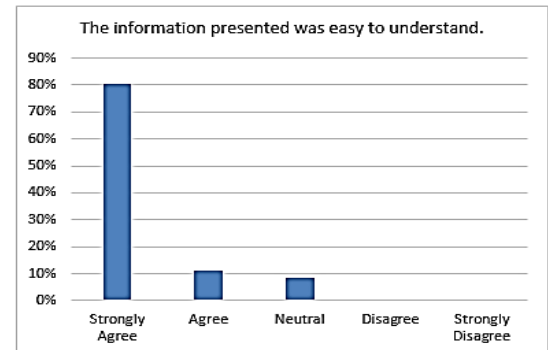
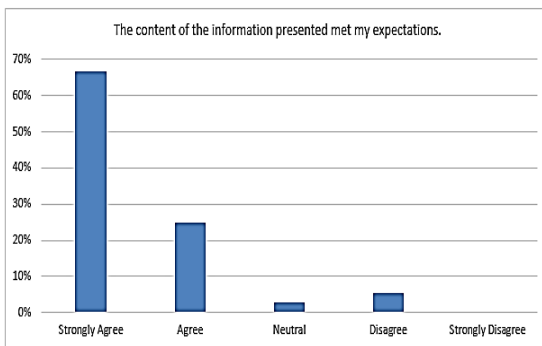
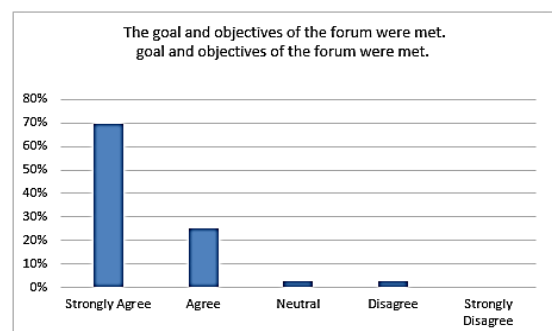
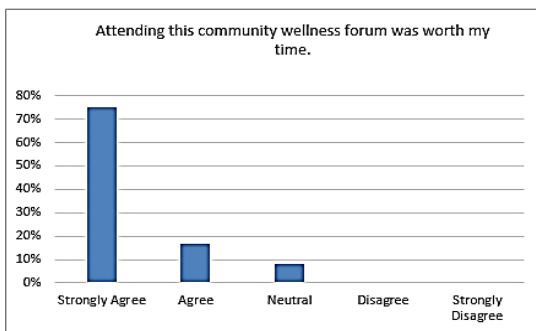
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EVALUATION

The evaluation form included nine statements and five questions. Along with the daily feedback using Plus/Delta, the evaluation form helped assess overall effectiveness of the forum. Responses to the statements were ranked from strongly agree to strongly disagree, providing valuable quantitative information. Narrative responses to the key questions provide valuable qualitative information. The evaluation findings represent a 55% voluntary response rate. The total combined findings show for a third year the goal of increasing health and wellness engagement among California American Indian/Alaska Native communities through discussion and conversation was achieved.

Ranked Statements Results:



Key Questions and Responses:

<p>1) Attending this community wellness forum was worth my time. <i>83% of comments indicated attending the forum was worth the participant's time. Additionally, 17% provided beneficial planning feedback.</i></p>	
<ul style="list-style-type: none"> • Very refreshing, interesting, very interactive & fun, so inspired to get to work! • More events should use the forum approach to training. • We need more of these meetings with visiting members state-wide from CA to Washington DC. • Overall enjoyed myself and did learn new things. • I learned a lot & met new friends Would have liked a "focusing" activity at the start • It was fun and exciting. • It was definitely productive, interesting, inspiring & fun. 	<ul style="list-style-type: none"> • The Community Wellness Forum needs to be continued. • One of best community wellness events I've attended. • Good networking, info gaining, excellent organization, excellent speakers. • Wasn't what I expected though, was hoping for more professional networking between peers, sharing information, programs and best practices. • Too much time spend on icebreaker games. • Planning Committee & facilitators were awesome. • It was a great learning and sharing opportunity. • It was great, and how more meeting/conferences should be held. • The forum seemed focused on community members and not staff.
<p>2) What do you think went well? <i>83% of responses show a positive impact of using a participatory community-based approach to training. The responses greatly favor focusing on what works as an approach to improving the lives of Native people, their families and their communities.</i></p>	
<ul style="list-style-type: none"> • Everything, Speakers, Food, On Time. • The forum was very well organized, everything was timed out very well. • I really enjoyed the "joining" exercises to get to know everyone that participated. • I liked the flexibility in time. • Connections, good positive energy around Native health, neat to learn the history of United American Indian Involvement. • There was a lot of good community members sharing and expressions of emotional/feelings with regard to Native American wellness and chronic disease. • The food was fantastic and healthy. • How the event was organized. Location could walk to-from hotel, felt like in a community space. • Breakout sessions. • Very good day! The breakout - historical trauma - was very informative and will be utilized in my community. • All of the people were involved. • Breakout session, activities, topics. • Moderators • Activities, sharing, the circle. • The structured session. • Staff & host site community participation. • The silly and joyful exercises with fruitful lessons. • Team building mechanism 	<ul style="list-style-type: none"> • The activities were awesome, breakout session and lunches were good. • The step by step agenda helped the flow of each day and activities. • The ability to network. • It was very welcoming and positive environment, which allowed us to speak up and let our ideas flow. Networking and sharing information. • Breakout group with different topics was informative. I also liked the different workshops presenting. One that really stood out for me was on program planning by Brighton. • The "flow" of the forum, how we networked and the people. • Learned what other communities offer and provide • Friendly environment. • The proficiency and professionally manner of the guest speakers in a casual manner. • The journey and sharing ways for folks to meet others • All of the breakout sessions and the team building • Every thing • Everything was well planned. • The agenda and scheduled flexibility Map exercise on 3rd day - first time I understand where we work, what we do and related programs. • Good idea to feed us, it allowed us further networking and relationship building. • The "planning team" participated, took turns leading activities things moved along smoothly. • Thank you! (2)

3) What would you change if you were to do this Community Wellness Forum over?

More than 62% of responses provided constructive input that can benefit future planning. Additionally, 18% expressed no changes are needed to future forums.

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| <ul style="list-style-type: none">• I would have liked to know the breakout session topics beforehand (on 1st day) because I would have planned better to not have missed the Historical Trauma breakout session that was not repeated. Recommend including a "report back" summary of what we shared during the Open Space sessions.• Share more of what works to apply to other communities.• Having more information about them (breakout presenters) before hand and/or have the facilitators help them structure the presentations.• Bigger space, a space that is somewhat separated from dining.• Enjoyed it as it was presented.• Have time where everyone is gathered and have each person share something working in their community.• Have a session/breakout on behavioral change or health behavior/program planning.• Having microphone for clarity and sound enhancement.• Do more for the senior participants.• Wanted to learn what others are doing and share what is working in our community.• No changes• Have more shared "best practices" or what working to increase wellness promotion or work with the programs.• Bell or whistle to get everyone's attention when necessary.• I would have liked to attend more than two breakout sessions or maybe sit in on each of them, which would have meant less time in ice breaker activities. | <ul style="list-style-type: none">• Even more staff and community members from even more tribal and urban clinics and organizations. Divide or more clearly define it into different tracks and programmatic side of wellness. One track for the community members to learn about wellness and one track for those working in this area.• Add more presenters.• Broaden ice breakers that asked about tribal affiliation, to understand the importance of and recognizing where we are from, who we affiliate with traditionally and that we are all people.• More partnership, collaboration, networking, and promoting programs.• Could have promoted this forum better and involved more staff into this forum.• Include the Elders in a different capacity. Realizing they do things slower and some have hearing impairments or other issues that could limit participation.• Breakouts in the AM and games in PM because we seem more tired in the PM and with listening and not as interactive it was a little harder.• Focus on track for staff, more intentional networking and sharing our programs and work (like on day three).• More breakout sessions with presentations. Less icebreakers.• Some organizer's seemed like they didn't want to be there (body language, comments, checking email, not participating).• Share focus on community members and staff• Include more protein at \breakfast Maybe have a track for community and one for staff and then common tracks for both.• Nothing (4)• Do more for peer group networking Opening and closing each day in a traditional way.• Maybe more fans, hot days in Los Angeles.• Can't think of and changes. |
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4) Why did you choose to attend this forum? *More than 82% chose to attend to learn, collaborate, share, network, gain new skills, and to gain a broader understanding of community wellness work.*

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| <ul style="list-style-type: none">• We are working with tribal communities and know that our network and connections can help us continue doing what we do.• To help with engaging the coalition.• Partnership, collaboration, networking and promoting programs. | <ul style="list-style-type: none">• I hoped to strategize with other community health peers to share experiences and best practices.• I was encouraged from previous people who attended as a good place for networking.• I work in the Native community particularly with Native Youth.• I chose to attend so that I could better serve my community. |
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<ul style="list-style-type: none"> • I had something to say and contribute. I am also always looking for new information and ideas that I could use in the future. • To share and gain information what is and not working in Indian Communities. • Heard good things about previous forums held. New to working with tribal communities and wanted to learn more • Nonnative, so want more exposure/information and knowledge about native populations. • Refresher in healthy behavior. • To come to gain knowledge about what others are doing in their communities. 	<ul style="list-style-type: none"> • To learn about community wellness ideas. To learn about community concerns/suggestions. • To gain more knowledge of what works in other communities. • To learn what is going on throughout California. • A new experience with aspirations of profound knowledge in atmosphere of collaboration for desirable change. • I want to learn about things. • More days and breakout session Curious. • Attended the one in Oakland (prior year) and really enjoyed it and met new friends. • To develop skills to take back to my community. • I always value community engagement and seemed to be the focus of the forum and not to those working in Tribal communities.
<p>5) What difference has attending it made for you, in regard to community wellness? <i>More than 85% indicated attending the forum had a substantial impact and can positively impact their community wellness work efforts.</i></p>	
<ul style="list-style-type: none"> • I leave here inspired, motivated to continue our work to improve the health and wellbeing of all native peoples in the Americas. • Good ideas on how to introduce subjects in the community. • Community engagement works • I think that the digital storytelling is a powerful tool, they are very humbling and heartfelt. • I can make a difference in my community and offer more. • Intimate exposure to other peers and clinics. Personal stories of Natives made it more personal. • Getting to know each other. • Positive outlook on life situations • A different regard for our organization "proud". • Reinforced the understanding that there is great knowledge in the community just waiting to be tapped into. • Learned from different communities and how they do things. • The Domestic Violence story was especially effective. I have seen it several times and still it still has the same effect. It just makes it clear the community we are serving. 	<ul style="list-style-type: none"> • I have gained a lot of information that I wouldn't have if I did not come. • Nice to make new connections with peers. • I gained insight on other communities and some of their activism. • I want to give my support to all others working for community wellness. • I have learned about great things of Native American Community. • How dedicate we all are and wanting to network and work together. • Sense of Community Wellness happening across the state. • I gained better tools of understanding so I be diligent, concise, precise to entice life style changes to improve health in a forthright manner. Contagious cooperation is constructive and fruitful. • Networking, finding resources of information. • New outcomes and insight on how different folks and forums, working together, collaborating, idea and problem solving. • I have gained knowledge about what's working and what's not. • I can go back to my job refreshed and able to look at issues in a new way. • I have learned to work together & fun! • Good list of contracts to go to with questions.

Daily Feedback Findings:

The tables to follow show what participants felt went well and what could be changed. The responses shared correspond to the ranked statements and key questions findings.

Day One Feedback	
PLUS	DELTA
<ul style="list-style-type: none"> • The meal • Meeting new people • Positive reinforcement • We may be different, but we have a lot of similarities • Felt good seeing Elders today • Felt connected with community members • Time built in to connect – felt enriched • Appreciate the diversity of the group • Was able to joke in impersonal manner • Joy & enthusiasm • Very humbled • Comradery • Excitement • Blessed • Collective reasoning to obtain a goal • Sense of awe in power of words 	<ul style="list-style-type: none"> • Getting chair in “Have You Ever” game • Choosing which break out to go to • Take water down to break room
Day Two Feedback	
PLUS	DELTA
<ul style="list-style-type: none"> • A lot of teamwork today • Making new connections • It’s really comfortable here – non judgmental • Great topics in “Sharing Our Gifts” • Brainstorming, group thinking, & innovative ideas • Intergenerational • Food • Beneficial & informative • We’re Indians, we laugh • Camaraderie • Excellent teachers in last 3 groups • Ran into a lot of creative ideas • Involve more students – I learned a lot today 	<ul style="list-style-type: none"> • With the Elders, work with them on something concrete to get their input • Acronyms – have a flipchart available for us to spell out abbreviations • “Non” recognized tribal representatives not here – do outreach to them to get them here • Would like to hear summary of conversations from “Sharing Our Gifts” or do like Rez Café, where we go to every table • Have background Native music • Switch AM and PM agenda – we were falling asleep in the PM breakout sessions. The AM agenda was more interactive. The PM sessions were informative.
Day Three Feedback	
PLUS	DELTA
<ul style="list-style-type: none"> • I really liked the map. I was confused about where everyone was coming from. This activity helped. • I liked Michael’s welcome this morning • We were already engaged • Like the networking – how we all worked together • The availability to email anyone you may like to help • The gathering of information in the calendar activity 	<ul style="list-style-type: none"> • Wish we would’ve had people’s contact info on the 2nd day since some people weren’t able to be here all days • On the nametags, print on them what organization the person is representing • Larger font on the name tag • Have a whistle when necessary to get people’s attention • Why is the event scheduled in the middle of the week? Maybe people would want to stay over. Another

<ul style="list-style-type: none"> • Moments of silence • Transportation from hotel to UAI – easy access • I miss Rose and her jewelry being set up in the back I like the color coding with the post it notes on the calendar activity. • Do map exercise on the 1st day – it would benefit us in networking. 	<p>participant responded that she likes the event scheduled in the middle of the week, because traveling during the week doesn't cut into their family time during the weekend.</p> <ul style="list-style-type: none"> • Want to thank the staff for putting this on – let's give them a round of applause
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NEXT STEPS

- Suggestions and ideas for a 2016 Community Wellness Forum will be requested from prior participants and used in planning.
- All prior participants will be invited to join a planning team for the 2016 Community Wellness Forum as well as the American Cancer Society's California Division American Indian/Alaska Native Health Equity Team.
- Preliminary evaluation findings, participant contacts, community calendar and resources related to breakout sessions were sent to all participants a few weeks following the event.
- This summary report was sent to all participants to review and share with community members and partners interested in community wellness work.