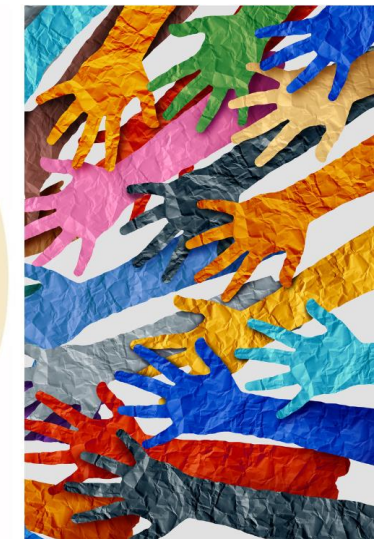


10th Annual PHPR
Collaborative Summit
The Joy of Togetherness:
Sowing the Seeds for
Socially Connected
Communities
Friday, February 23rd,
2024

Ryan Acker, Cultural
Wellness Training
Programs



Today's Agenda

- What is Cultural Wellness?
- What Happens When We Don't Do It
- In Practice
- Sowing the Seeds Together

Cultural Wellness Techniques

- Culturally Aware, Whole Person Approach using Cultural Validation and other methods to ensure that all People – Feel Safe, Valued, Respected, Heard.

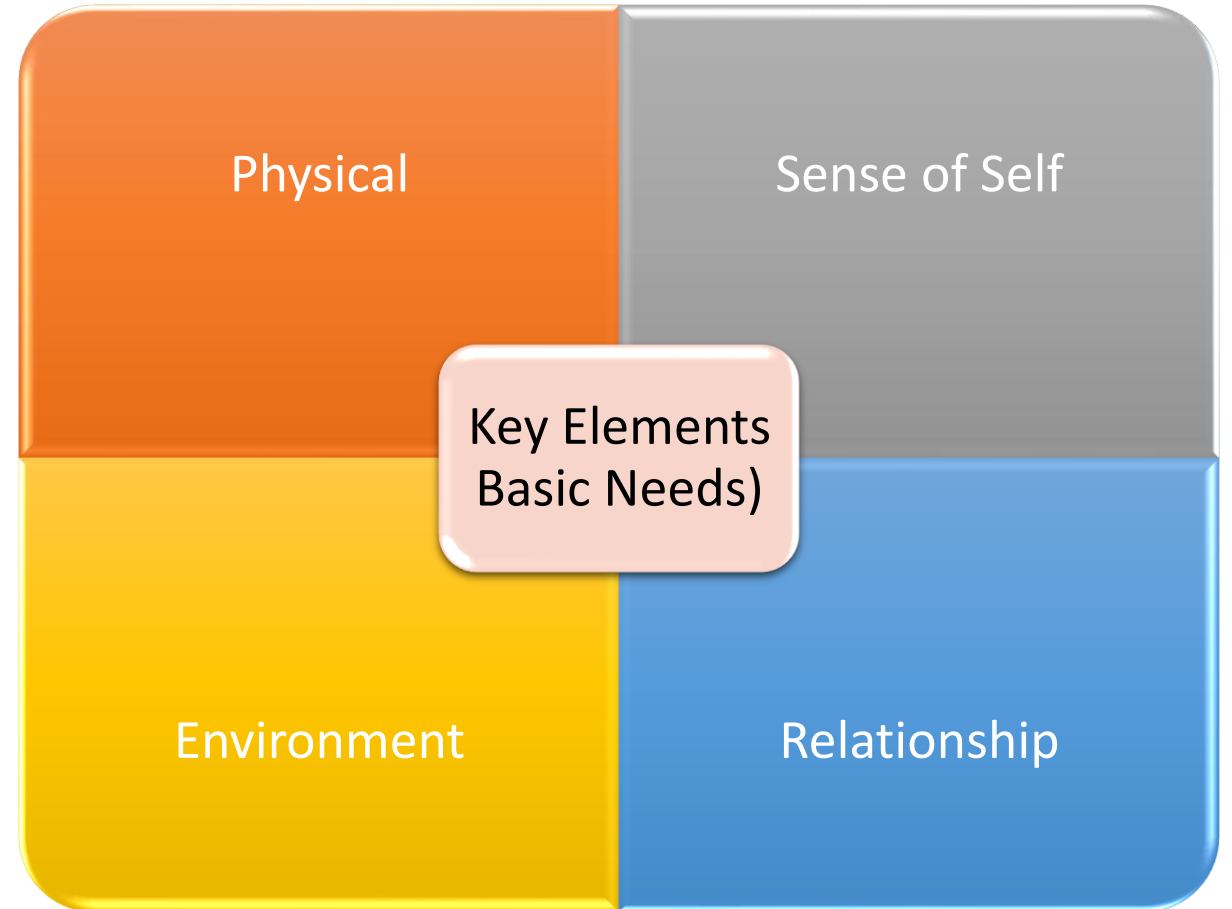




Whole Person Approach



Body, Mind, Soul, Emotional Self



Cultural Validation

- Learning about people, populations and communities; Disparities they might be facing
- Meeting people where they are – Places and neighborhoods that are familiar and accessible
- Marketing, messaging and environments that people can understand and relate to, and that use culturally relevant messaging, language and lingo
- **Kindness – Genuine and authentic relationships**



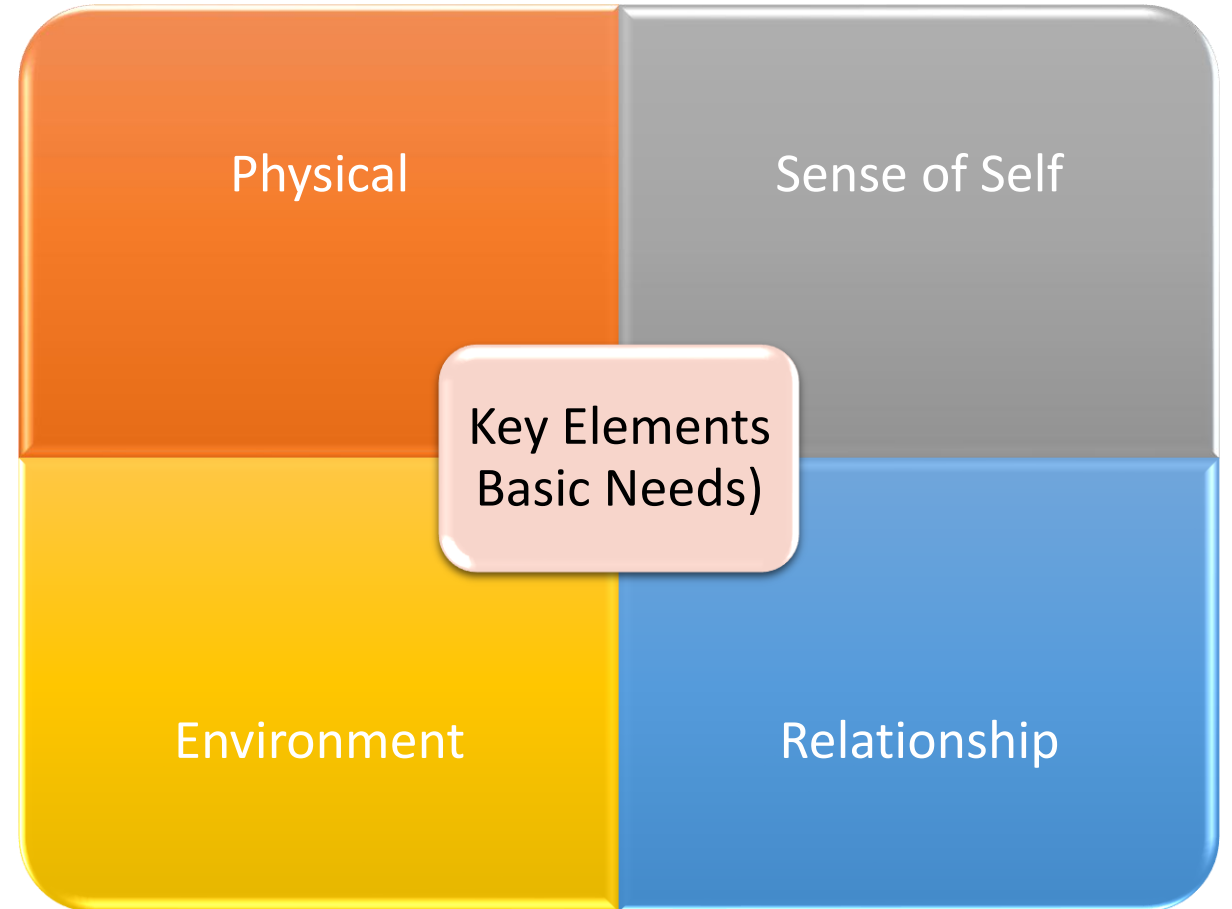


Loneliness: A Soul Level Pain

A Little Story About a Gay Guy, a Person with a Mental Health Condition, and Incarceration
This Time Around

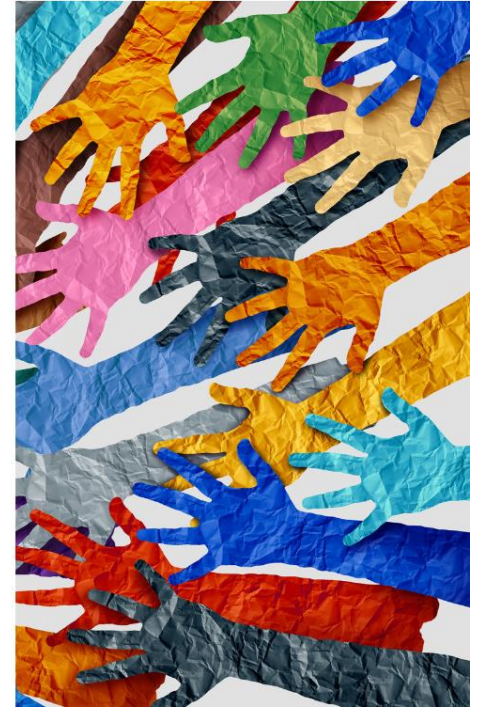
In Practice

- In Life: Basic Needs, Health, Self Care, Environment, Relationships & Community – Balanced
- At Work: Promote for Self; Promote for Client, Promote for Customers; Promote for Team
- In Intervention (Examples): Parks, LGBTQ+ Up All Night, Facilitated Connections
- In Relationships: A Guy and a Tire



Sowing the Seeds Together

- How can we...
- What would you do...
- Safe, Valued, Heard and Respected...



Ryan Acker, Cultural Wellness Training

ONLINE TRAINING PORTAL: AVAILABLE FEBRUARY 28th

Thank You!

