

# Resilient Beginnings Network: Virtual Kick Off Session

Tuesday, November 10, 2020: 1:00 pm – 3:00 pm

## Session preparation for all participants

- Find and have available during the session one thing (e.g. a photo or object from your home or office) that inspires you and makes you feel resilient. We will ask you to briefly share a story behind what you are bringing in small break out groups during the virtual session.

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## Participant objectives

By the end of this session, participants will have...

- Established network connections and started to build relationships between individuals and organizations in the network.
- Understood the program purpose, goals, phases, and expectations for participating teams.
- Learned and experienced strategies for staff resilience and relationship building.
- Learned how to get started with their work in the program and what their next steps are, including dates for upcoming activities.

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## RBN Kick Off Session Speakers

- Ken Epstein, PhD, RBN Coach and Consultant
- Elizabeth Hawkins, Genentech Corporate Giving
- Diana Hembree, CCI Content Strategist
- Dayna Long, MD, UCSF Benioff Children's Hospital, RBN Coach and Clinical Director
- Lisa Schafer, Center for Community Health and Evaluation
- Leena Singh, DrPH, RBN Coach and Consultant
- Irene Sung, MD, RBN Coach and Consultant

## RBN Staff

- Tammy Fisher, *CCI Senior Director*
- Nikki Navarrete, *CCI Program Coordinator*
- Jacqueline Nuila, *CCI Program Manager*
- Megan O'Brien, *CCI Senior Program Manager*
- Alexis Wielunski, *CCI Program Manager*

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**Logistical instructions:** [Register](#) and use custom link to join the meeting. At the start of the session, once you've logged into Zoom:

- **Audio/visual connection:** make sure you are logged in on both audio and visual. If you are calling in by phone, enter your participant ID (your ID is displayed at the top of your zoom screen). Do this by pressing #number# on your phone (ex: #24#)
  - **Re-name yourself:** please rename yourself so we know what organization you're from (ex: Nikki (CCI)). Hover over your name in the participant list and click "Rename."
  - **Turn on your video!:** if you have video capability, we'd love to see you.
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## RBN Virtual Kick Off Session Agenda: Tuesday, November 10, 2020

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	<b>Welcome, Grounding Exercise, &amp; Introductions</b>
<b>1:00 pm – 1:15 pm</b>	Meet the Center for Care Innovations team, the Genentech team and other clinic organizations participating in RBN.
	<b>Staff Care Networking Activity</b>
<b>1:15 pm – 1:30 pm</b>	Resilience and self-care for staff and providers engaging in work around systems transformation to prevent and mitigate childhood adversity is critical. Meet other participants in the network and learn about strategies being used to care for staff and providers.
	<b>RBN Program Overview</b>
<b>1:30 pm – 2:00 pm</b>	Find out what you can expect in this three-year learning program, including meeting the evaluators, the communications team, and your coaches. You will have the opportunity to ask questions about the program.
<b>2:00 pm – 2:10 pm</b>	<b>Break</b>
	<b>Lessons Learned from Resilient Beginnings Collaborative</b>
<b>2:10 pm – 2:25 pm</b>	Over 2 years ago, 7 Bay Area clinics joined CCI's Resilient Beginnings Collaborative (RBC) program to transform their pediatric care delivery models to become more trauma and resilience informed. Hear lessons learned from the program that informed the development of RBN, including from one organization about their journey and about how Resilient Beginnings has evolved to support participating clinics in this moment.
	<b>Resilience Show and Tell</b>
<b>2:25 pm – 2:50 pm</b>	Authentic connection and relationships are central to healing and resilience in the face of adversity and trauma. Relationships are the foundation of trauma informed transformation efforts. Try an example of an activity (show and tell) that can be used at your organization to build relationships among a team or clinic staff.
	<b>Wrap Up &amp; Next Steps</b>
<b>2:50 pm – 3:00 pm</b>	Make sure you have the upcoming session on your calendar and know what's next for RBN. Find out where to get program resources and information online.

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