

# Health Disparities Advisory Meeting |MINUTES

March 7, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

|                    |   |                        |
|--------------------|---|------------------------|
| Meeting called by: | Division of Health<br>Disparities Elimination                               | Approximately: 53 ppl. |
| Type of meeting:   | Weekly Health Disparities<br>Task Force –                                   |                        |
| Facilitator:       | LaShan Dixon, Director<br>Office of Faith-Based and<br>Community Engagement |                        |

**Motivational Quote: (LaShan Dixon)** “Woman must not accept, she must challenge. She must not be awed by that which has been built up around her; she must reverence that woman in her which struggles for expression.”  
– Margaret Sanger

## (LaShan Dixon)

- **Women’s History Month** is traced back to 1857, it is a celebration of women’s contributions to history, culture and society and it has been observed annually in the month of March in the United States since 1987. The 2024 theme celebrates “Women Who Advocate for Equity, Diversity and Inclusion” which recognizes women who understand the need to eliminate bias and discrimination from individuals lives and institutions.
- **International Women’s Day** is a global celebration of the economic, political, and social achievements of women, that took place for the first time on March 8, 1911. The United Nations sponsored International Women’s Day since 1975. The United Nations General Assembly cited the following reasons, to recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women and acknowledge the contribution of women to the strengthening of international peace and security.
- **Irish Heritage Month** known as Irish American Heritage Month is an annual observance originating in the United States, it has received official recognition from governments in the United States and Canada. It was first celebrated by proclamation of the President and Congress in the United States to honor the achievements and contributions of Irish Americans. The heritage month is in March to coincide with Saint Patrick's Day, the Irish National Holiday on March 17th.
- **Greek American Heritage Month** is known as Hellenic Heritage Month, takes place in March. The commemoration of Greek American history is on March 25, the same day as Greece’s National Greek Independence Day. In the late 1800s, many Greeks immigrated to the United States, and now, over 2.5 million or more Americans are of Greek origin.
- **Developmental Disability Awareness Month** every year during the month of March the National Association of Councils speaks on Developmental Disabilities (NACDD), and their partners work together to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities. The campaign seeks to raise awareness about the inclusion of people with developmental

disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live. #DDAM2024

#DDAM 2024 Event Schedule:

- March 12th – Developmental Disabilities Capitol Hill Resource Fair
- March 12th – DETAC Webinar on Supporting Employment Goals Through Small Business Ownership
- March 29th – A Conversation with Lee Waters
- <https://nacdd.org/wp-content/uploads/2024/03/DDAM-Resource-Guide-2024-V1-1.docx>

If you have any questions, comments, or concerns, don't hesitate to contact us we are more than happy to help email Robin Troutman: [rtroutman@nacdd.org](mailto:rtroutman@nacdd.org), Rafael Rolon-Muniz: [rrolon-muniz@nacdd.org](mailto:rrolon-muniz@nacdd.org) or call (202) 506-5813.

- **Cerebral Palsy Awareness Month** is celebrated every year in March as an awareness campaign to express support for the ones suffering from Cerebral Palsy. Here are common early signs of cerebral palsy include delays in reaching milestones, abnormal stiffness or floppiness, and differences in posture when compared with other small children. In 2006 by the Cerebral Palsy Advocacy Group, their initiative has pushed for positive changes in the social structures of education, health care, and the job market so that all who suffer from this condition are given adequate opportunities to grow and prosper as any normal, healthy human being. This year let's use this month to build as much awareness as possible in as many people so that we can strive towards a better, caring, and tolerant society.

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## TOPICS OF DISCUSSION

**Focus:** Triumph Over Trauma

**Presenter:** Neelley Hicks, Executive Director of Harper Hill Global

**Summary:** This presentation is about triumph over trauma, which is a series of events and set of circumstances that have been experienced by an individual physically, emotionally or life threatening leaving negative effects on a person's life not allowing them the ability to function mentally, physically, socially, emotionally, and spiritually to cope through life. Trauma comes in many different forms, and it triggers unsafety and stress quite easily and quite often. Shame is an attachment of trauma it impacts the mind, body, and emotions of survivors and after shame comes folks feel a sense of out of control and crazy. Survivor's bodies deal with stress and trauma in these (4) areas:

- Fight: Yell or physically fight
- Flight: Feel trapped and suddenly leave or run from a situation
- Freeze: Hoping the danger overlooks them
- Fawn: Become a yes person, saying yes to things they really don't want to do, just to appease someone else

Triumph is when a person receives great success overcoming their traumatic struggle, no matter how difficult it maybe for them, they no longer want to feel shame or feel a sense of defeat by the negative effects of their traumatic experiences. Triumph Over Trauma is a psychoeducational program intended to reconnect the body, mind, and spirit, it is a 7-sessions facilitated group that teaches participants about the physical effects of traumatizing experiences, how to recognize unhealthy triggers and choose healthy coping skills to improve quality of inner and outer life and living. This program train faith-based communities to be facilitators of TAMAR within their communities, which is also offered in Youth and Spanish versions. If you would like more information do not hesitate to contact Ms. Neelley Hicks, Executive Director of Harper Hill Global by via email at [nhicks@harperhill.global](mailto:nhicks@harperhill.global).

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**Member Comments:** Announcements and Upcoming Events

- You are invited to our Quarterly Statewide Community Coalition Virtual Event! This event will be hosted by Alliant Health Solutions, Tennessee's CMS Quality Improvement Organization. Join us to review statewide data and hear the latest on the following topics:
  - Adverse drug events
  - Healthcare-acquired infections and the communication process

Our goal as a community coalition is to improve care across the continuum to provide better health care for our local population. We need your help to make this happen, and we hope you will join us in our efforts to improve our community! Please share this email with your community partners! If you need additional information contact Ms. Julie Clark by via email at [julie.clark@allianthealth.org](mailto:julie.clark@allianthealth.org) [Julie Clark \(Unverified\): You're Invited: Alliant Health Solutions is hosting ...](#)

- Click here to register: [https://allianthealth-org.zoom.us/webinar/register/WN\\_Wsfyvd6FTeyHaFFnpbplVw#/registration](https://allianthealth-org.zoom.us/webinar/register/WN_Wsfyvd6FTeyHaFFnpbplVw#/registration)
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**Resources mentioned during call:**

- Nashville Diaper Bank is having a Community Baby Shower on 3/9 from 10-2pm at 1011 21<sup>st</sup> Avenue North, Nashville, TN
- Communal Healing Event at Centenary UMC on Saturday April 27<sup>th</sup>
- If you need more information, please visit our website at [www.healthdisparitiestn.com](http://www.healthdisparitiestn.com)

**Chat Box – links / website / events:**

- Nashville Diaper Bank is having a Community Baby Shower on 3/9 from 10-2pm at 1011 21<sup>st</sup> Avenue North, Nashville, TN
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**Next Meeting: March 14, 2024, from 1pm-2pm via Microsoft Teams.**

**Microsoft Teams Meeting details are as follows:**

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Or call in (audio only)**

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Phone Conference ID: 641 975 577#