

INTENSIVE TRAINING SEMINAR

2024 Art & Science of Health Promotion Conference—A Two-Day Preconference Event



Multilevel and Multicultural Resilience—Train the Trainer for Health Promotion Leaders

INTENSIVE TRAINING SEMINAR INSTRUCTORS



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**Monday, April 8 and Tuesday, April 9, 2024
9:00 a.m.-5:00 p.m.**

A critical need exists for health equity interventions to leverage social determinants of health within communities through work settings. This need applies to low-wage and minority workers and other underserved populations, including small businesses in rural locations, employees at risk for substance misuse, and—given post-pandemic stress—service providers and caregivers in public health. Moreover, such interventions need to be evidence-based or at least designed a priori to address health impacts (e.g., Thornton, et al, 2017; Health Affairs).



**– Intensive Training Seminar –
Two-Day Preconference Event: \$675**

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In addition, providers or facilitators of such interventions should demonstrate multicultural competency. Through support from the Appalachian Regional Commission and the Office of Substance Abuse and Addiction Services, the presenters utilized a pre-existing workplace evidence-based program (EBP) and adapted it for application in underserved rural areas and diverse populations. The U.S. Surgeon General and SAMHSA have recognized the original program as effective in reducing adult substance use risk; peer-reviewed studies also show an impact on improving the workplace culture of health, attitudes toward help-seeking and stigma. Improved social capital—as a way of addressing health inequity—is a core theme of the program.

This adapted classroom program includes six highly interactive modules: The Well-Being Ripple Effect (RWB), Sharing Values, The Power of Stress, Conscious Decisions, Team Resilience and Listening. This two-day train-the-trainer (ToT) workshop includes:

DAY 1

Morning

- Immersive RWB training

Afternoon

- Debrief
- Self-assessment
- Review of research

DAY 2

Morning

- Assigned practice
- Peer feedback

Afternoon

- Continued practice, marketing, strategy, dissemination, community of practice

LEARNING OBJECTIVES

As a result of this Intensive Training Seminar, participants will:

- Acquire knowledge and skills necessary to deliver an evidence-based curriculum on social resilience that applies to social determinants of health in local settings
- Identify how their own level of multicultural competency applies to the application, adaptation and optimization of the curriculum in their own work or community settings
- Recognize opportunities for marketing and delivering the program, challenges for delivery and methods for addressing those challenges
- Identify the fidelity and evaluation components of the program.

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