

Catalyst Initiative at The Minneapolis Foundation

2018 SEED GRANTEE CONVENING REPORT TO THE COMMUNITY

Wednesday, April 25, 2018 | 10 a.m. – 3 p.m.

*Facilitated by Marnita's Table, hosted by
First Universalist Church of Minneapolis*

Overview

Participants represented current and former seed grantee partners of the Catalyst Initiative during its three years with the George Family Foundation and included program staff, board members, leadership team members and volunteers. Several organizations set up presentations on their projects to help support a broadening network of community collaborations and to catalyze new connections. Participants also engaged in skills-based learning and cultural healing practices as we celebrated the exciting transition of the Catalyst Initiative to its new home at The Minneapolis Foundation. The all-day feast was provided by Fabulous Catering, who prepared a delicious spread of light and healthy breakfast choices and a hearty lunch appropriate for all, from vegan to carnivore.

During the event, participants had the opportunity to witness and share learning moments from the other grantees and projects. Lunch featured a mini-Mindstorm, inviting participants to engage meaningfully with one another around issues of workplace wellness, collaboration, and the intersections of seed grantee projects for policy development and expansion of the work.



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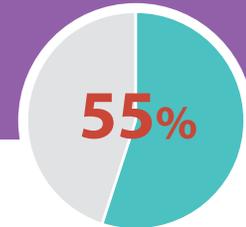
Demographics

Total Participants | Approx. 85

Indigenous or people of color | Approx. 47

Participants represented current and former seed grantee partners of the Catalyst Initiative during its three years with the George Family Foundation.

Indigenous/
People of color:



Panels & Workshops

Guests enjoyed a series of informative skills practicums, including a panel, “Unleashing the Power of Community: Influencing Policy and Systems,” moderated by Sammie Ardito Rivera (MTI Director, organizer) and featuring Clara Sharp (Birthworker, Medicare Doula Bill), Monica Hurtado (Voices for Racial Justice, health equity organizer) and Candace Montgomery (Black Lives Matter, healing justice organizer), as well as a workshop on “Navigating to the Next Level: Scaling Up,” led by Marnita Schroedl of Marnita’s Table.

Alternatively, attendees had the option of participating in movement- and meditation-based practice sessions led by local specialists Ayo Clemons and Serita Colette, for a day uniting micro-practices and macro-strategies for advancing integrative health and wellness in community.

Heard in the Hall!

Here’s what participants had to say about their experience:

“So many wonderful people to connect with. It’s inspiring to learn from seed grantees and the work being done in the community.”

“I have found my voice and realized the power of vulnerability and connections made by being willing to be vulnerable.”

“The experience today was meeting and sharing knowledge with other grantees. The panel on policy was very informative. Food was fantastic and healthy.”

“The importance of connection, reconnection and building relationships.”

“I love all the time for connection and healing. We forget to do this during our day, and holding this space is so valuable.”

“Amazing atmosphere of thought leaders, the best and most diverse I have ever been a part of.”

“There are others who want to incorporate methods of healing to help empower communities!”

Presentations from participating organizations were arranged in the central gathering space at the First Universalist Church and left on display throughout the event.



Mindstorm Small Group Discussions

During the lunch table conversations, the following key themes arose:

- The need for self-care and supportive strategies for wellness and reduction of secondary trauma on-the-job
- Concerns about funding and sustainability for integrative health and healing

[We discussed] self-care, and I was really happy to have this space here as a small place of self-care. I always learn something here and always connect with people.

We talked about the importance of having space and, for me personally, safe space is one of the most important pieces. We also talked about the gender imbalance in this room.

We talked about secondary trauma and how it affects all our work, and how our respective agencies address that.

How can we take this conversation and continue connecting and collaborating with the individuals and organizations in this room? There are abundant resources; we just need to continue collaborating.

One question we asked: Are there strategies or practices for health and wellbeing that you use in your personal or professional life? If so, what are they? How often do you practice them? If not, are there mind-body-spirit techniques you would like to develop?

One question we asked: Are there intersections between your work and policy development or implementation for systems change around integrative health and wellness? Who should be involved in making systemic change to improve health and wellness outcomes? Are there barriers to this work?





The event included a series of informative skills practicums.



Check out the video of this event on Catalyst's YouTube channel.

Circle Share-in

For this Circle Share-in, we asked participants to share one thing for which they are grateful, in recognition of the healing power of gratitude. Here is a selection of their responses:

For the hope, empowerment, inspiration and passion I got to see in all of you.

For the self-care practice today and the opportunities for self-care. I never know how much I need it. And I get here and it's just what I needed.

For the connections I made today; it was enlightening, and I really enjoyed it.

For the opportunity to pause and take a moment.

That I was courageous to step into something that was bigger than I could imagine.

To live and do my purpose, and that's what this work is.

For the access in this room and to have the opportunity to make these connections.

To be in this transition with my work, from the medical system to doing more work with integrative health care, more consistently.

Visit our website at bit.ly/CatalystTMF.

