

# YOWB: Enhancing Resilience through Listening Sessions with Community Engagement Centers

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## Motivation

- Learn how to support community engagement center members to express concern, share ideas, and tell their stories
- Build resilience toward a positive impact on health and wellbeing
- 4 aims were developed for the listening sessions:
  1. Establish a welcoming environment for listening in 4 communities
  2. Facilitate listening sessions on lived health and resilience experiences
  3. Acquire a better understanding of health and resilience from community participants
  4. Identify new areas of collaboration that translate engagement and diversification to inform the implementation of listening sessions

## Project Description

- Using a sample of mid-life and late-life adults from 4 Community Engagement Centers, 4 listening sessions will convene for 1.0-1.5 hours. A qualitative descriptive approach will be used to obtain descriptions of health and resilience experiences from the community members in the listening session.

## Context

- Implicit bias in a community has arisen as a core social determinant of health that drives inequities and exclusion.
- By using listening sessions, both in the community and individually, there will be opportunities for community members to express opinions, share ideas, and tell their stories.
- Listening sessions also provide helpful feedback and engage the community in meaningful discussion.



# Listening to build resilience through stories: Engaging community centers and sustaining diversity, equity and inclusion in the Year of Well-Being.

## Project Deliverables

- A listening sessions manual
- Manuscripts related to HEARTS: Health, End Abuse/Violence, Resilience, Technology use, and Social Support for publication
- Abstracts for presentations
- A Follow-On funding strategy with specific targets
- Partnership and collaboration with individuals, families, staff, leaders of community engagement centers, and other community organizations.
- Accommodating participants in conferences, webinars, and symposiums, addressing sociocultural sensitivity, and creating a safe environment of shared experience and conversation.

## Potential Impact

- Active listening skills will have a broad impact on society in improving community wellness opportunities by leveraging the strengths, challenges, and needs in healthcare towards equity, inclusivity, and justice.
- Listening can also impact society by strengthening clinical content in education and healthcare as well as inform areas of need in health and well-being.
- Listening sessions draw upon an array of skills for development and growth

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