



3RD ANNUAL

BLACK HISTORY MONTH
COMMUNITY WELLNESS FAIR
TOOLKIT

February 27 - March 3, 2023





What's In This Toolkit?

- ◆ Planning Committee Thank You Letter
- ◆ Acknowledgments
- ◆ Daily Session Topics including Panelists
- ◆ Resources
- ◆ Health Fair and Celebration Photos
- ◆ Closing Remarks



Thank you for attending the 3rd Annual Black History Month Community Wellness Fair!

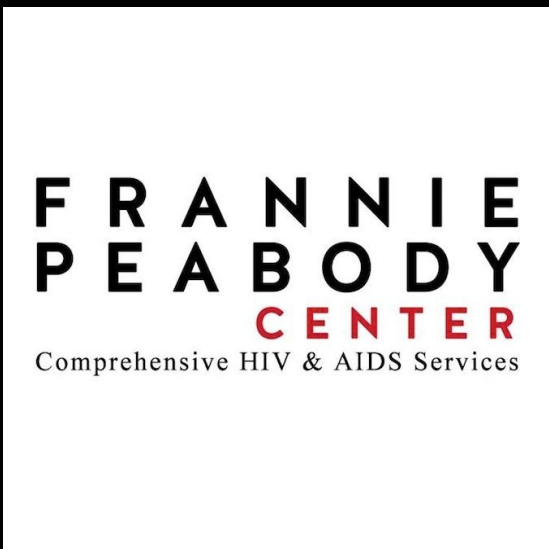
When we established the Black History Community Wellness Fair we never imagined we would be around three years later. We are thrilled that we've kept up our commitment to educate the black, indigenous, and people of color (BIPOC) community about the healthcare system and health conditions, especially as it relates to COVID, invaluable services and the individuals who work in the system.

This year, we opened the fair with a powerful panel on the Social Determinants of Health. Professionals discussed issues regarding housing, employment, healthcare, oral health, and education. We closed the event with an actual healthcare fair, which we hadn't done before. At the fair we offered vaccine shots, fluoride varnish rinses, and HEP and HIV test kits.

As the state of public health continued to evolve in Maine, the focal point of the fair shifted as well to meet the need. In 2021, given the state of the pandemic at the time, we prioritized COVID-related information and education, the schools and states' response, the vaccine, how we take care of ourselves, and how our youth were coping with all of the associated changes and challenges. This year, it was important for us to bring you all something different. We aimed to address COVID and the current state of the pandemic, but we also wanted to prioritize general healthcare and the impact of our health systems on members of the Black community. As we hope that the Wellness Fair will serve as a conversation starter for discussions that continue to take place beyond Black History Month, we put together this toolkit full of resources to support our community in this process. The disparities in healthcare, especially for people of color, are devastating. It is going to take a collective effort to diminish these threats in order to achieve more fair and just healthcare systems, and a more equitable society. On behalf of the entire Black History Month Community Wellness Fair Planning Committee, we want to sincerely thank all of our guest speakers and attendees for participating in this year's event. We hope you will find this toolkit helpful and useful. We also hope that you will join us again in 2024 as we continue working to decrease the inequities in healthcare and beyond.

Thank you!
Regina Phillips, Cross Cultural Community Services

Acknowledgments



Social Determinants of Health: Disparities for historically disadvantaged communities and what we can do to address them

Featuring the following panelists:

- Dr. Alfredo Vergara, City of Portland's Public Health Director
- Liz Blackwell Moore, MPH, Cumberland County Public Health
- Cullen Ryan, Director, Community Housing of Maine
- Abdoul Karim Rwasamirer, Maine Association of New Americans

Resources:

- [Frameworks Institute](#)
- [Maine Public Health Training Center](#)
- [Community Housing of Maine](#)
- [What are Health Disparities and Health Equity?](#)



TERM TO KNOW:

HEALTH EQUITY

the principle underlying a commitment to reduce—and, ultimately, eliminate—disparities in health and in its determinants, including social determinants. Pursuing health equity means striving for the highest possible standard of health for all people and giving special attention to the needs of those at greatest risk of poor health, based on social conditions.

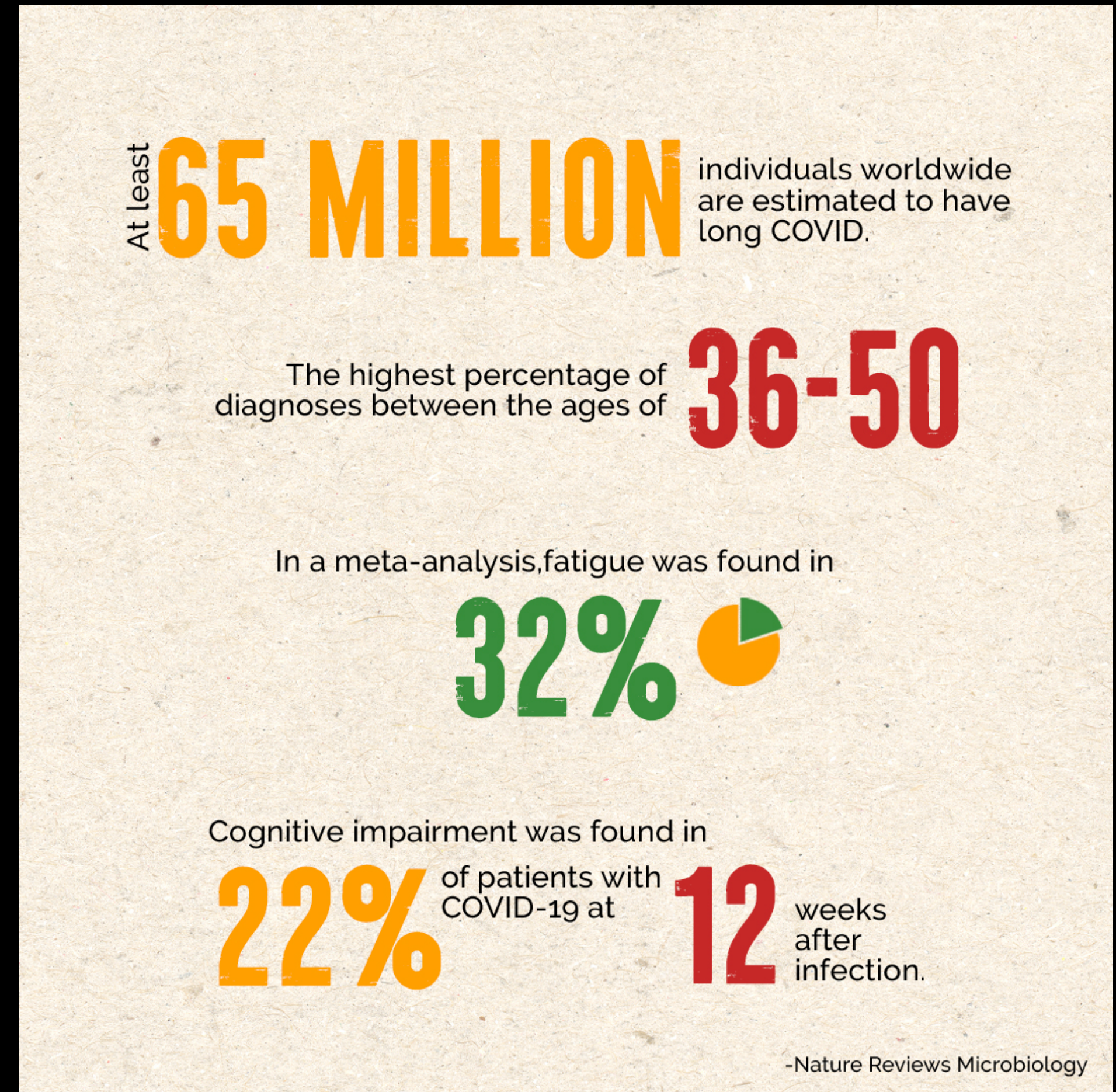
As COVID Persists: The Impacts of Long COVID

Featuring the following panelists:

- Clifford Rosen, Principal Investigator for the Northern New England Clinical and Translational Research

Resources:

- [Toward Comprehensive Care for Long Covid | NEJM](#)
- [Long COVID: major findings, mechanisms and recommendations | Nature Reviews Microbiology](#)



A Conversation about Stigma and Healthcare within the BIPOC Community

Featuring the following panelists:

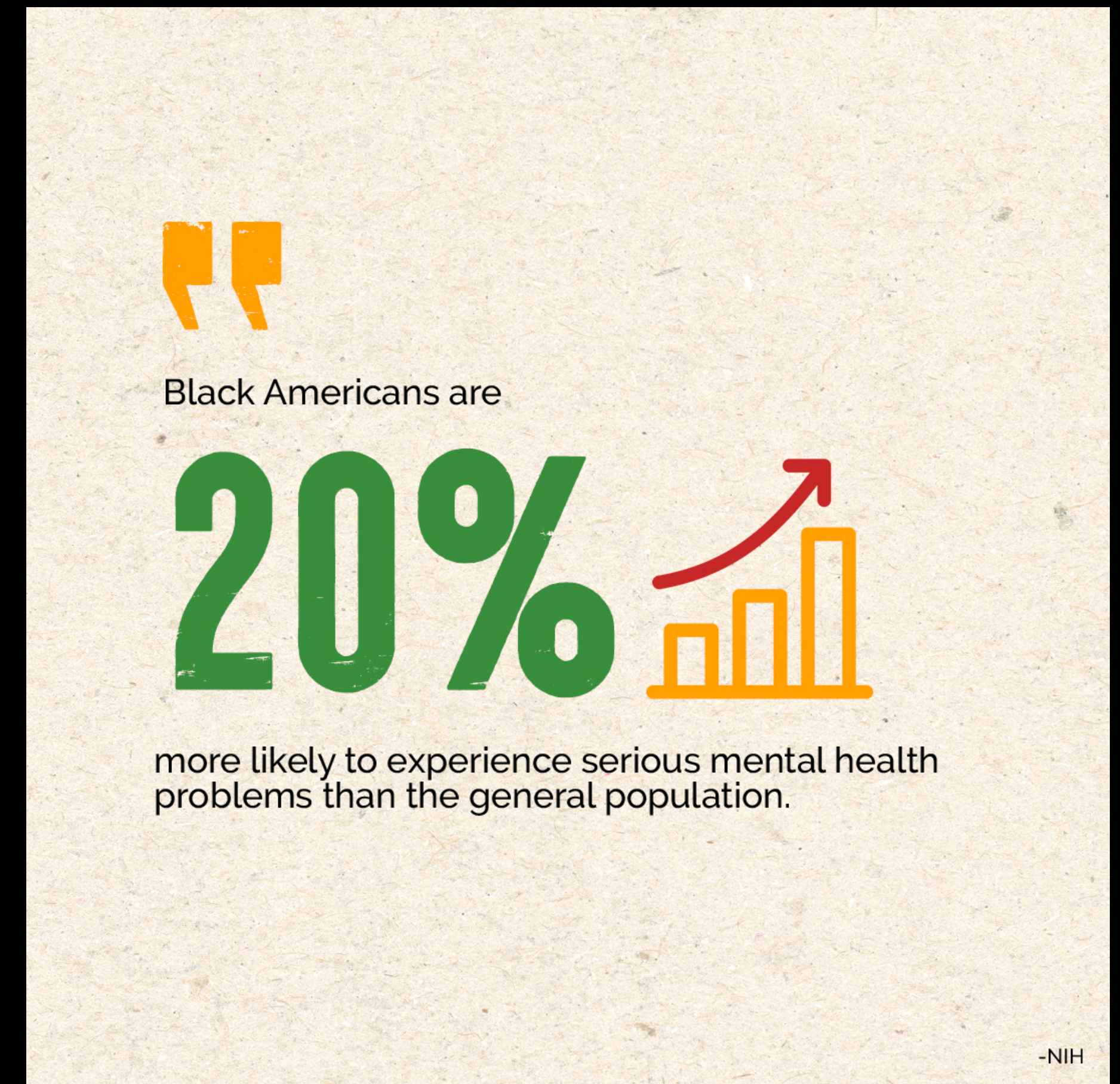
- Jennease Hyatt, Gilead Sciences
- Tere Williams, Co-Founder and CEO of DUB Biologics

Resources:

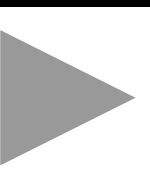
- [Barriers & Stigmas in BIPOC Mental Health Care](#)
- [Mental Illness Doesn't Discriminate, so Why Do BIPOC Communities Have Difficulty Accessing Care?](#)
- [Black/African American Health | Office of Minority Health \(hhs.gov\)](#)
- [What are Health Disparities and Health Equity?](#)
- [Stigma as a Barrier to Mental Health Care – Association for Psychological Science – APS–](#)

Powerpoint slide from this session:

- [Health Summit 2023](#)



[Click to see the recording of this session](#) →



Reproductive Health

Featuring the following panelists:

- Beth Russet, DNP, FNP-BC
- Nadi Nina Kaonga, MD, Maine Medical Center
- Jessie Laurore, Program Manager of Neighborhood Birth Center

Resources:

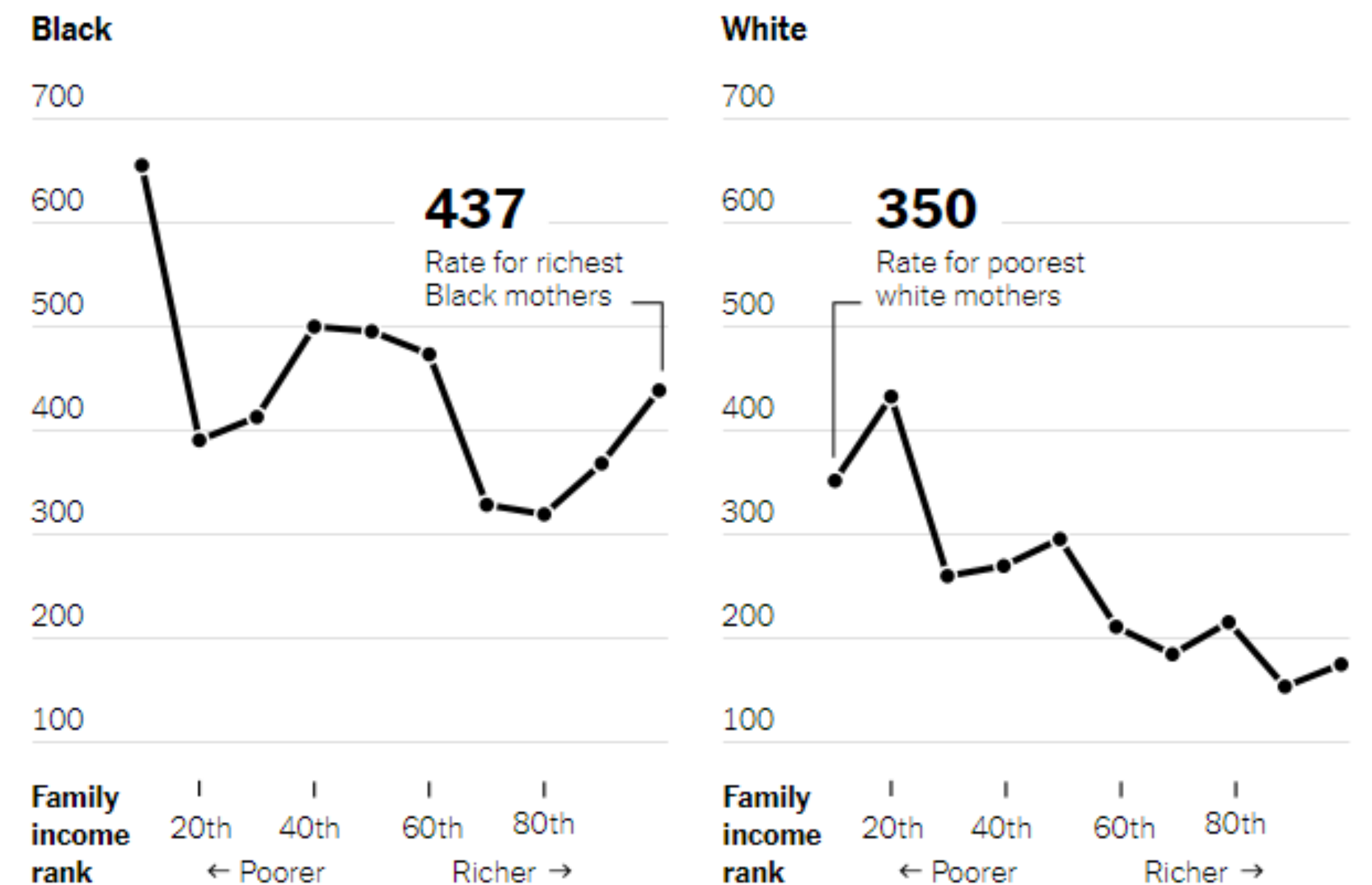
- [Mothers of Gynecology](#)
- [Neighborhood Birth Center](#)
- [Faces of Black Maternal Health](#)
- [Maternal Health Disparities, New York Times](#)
- [Black-White Gap in Infant and Maternal Health](#)

Powerpoint slide from this session:

- [Mothers of Gyn & Birth Center](#)

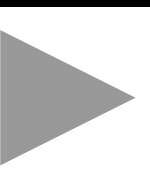
The richest Black women have **infant mortality rates** at about the same level as the poorest white women.

Infant deaths per 100,000 for mothers who are ...



- New York Times

[Click to see the recording of this session](#) →



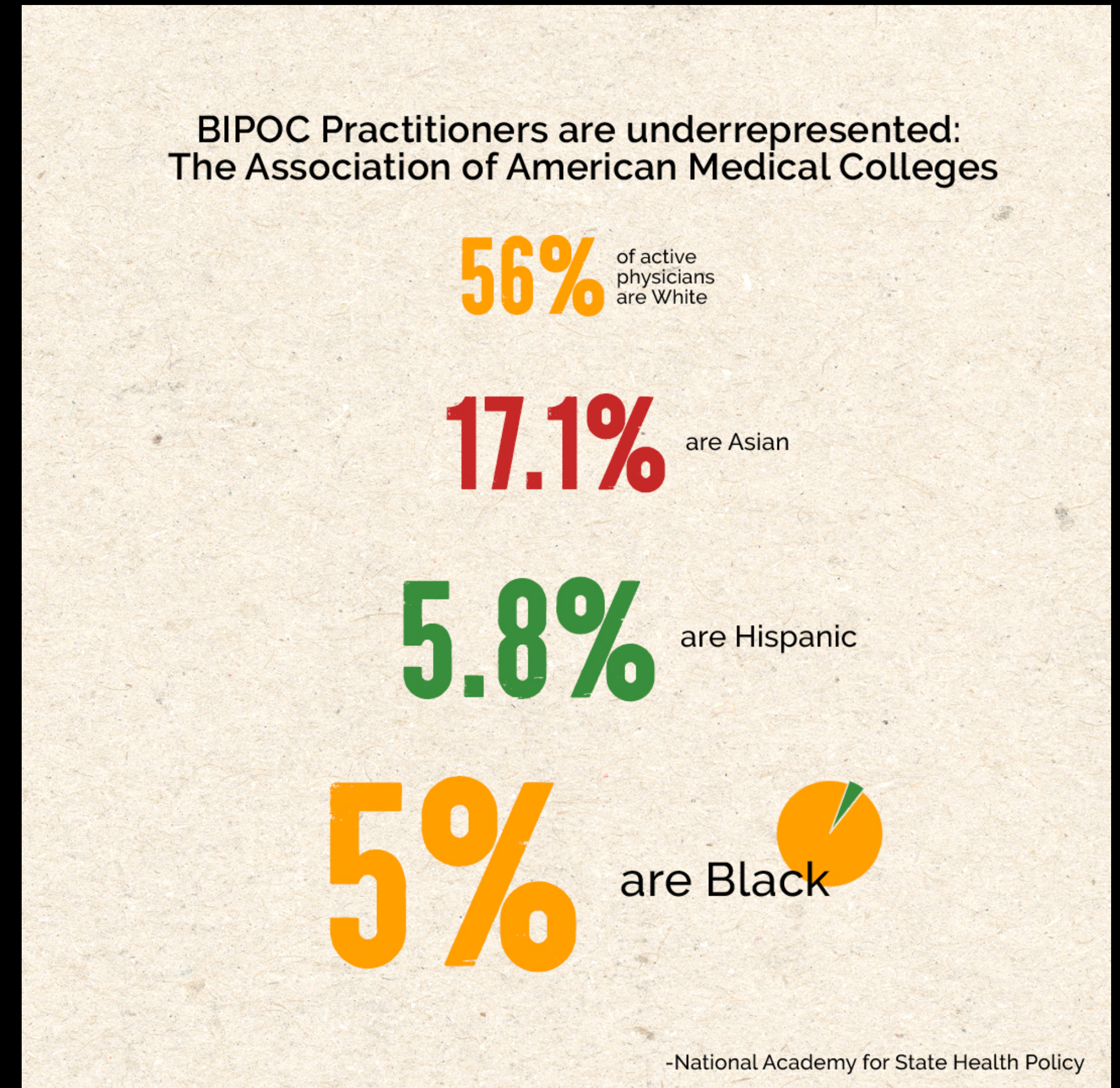
BIPOC Healthcare Workforce and Strategies to Recruit

Featuring the following panelists:

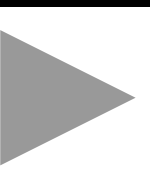
- Nicole Breton, Director, State's Rural Health and Primary Care
- Sarah Lewis and Sanaa Abduljabbar, Maine Access Immigrant Network
- Ryan Polly, Ph.D., MEd, Director of Diversity, Equity, and Inclusion, MaineHealth
- Kathy Kilrain del Rio, ME Equal Justice
- Catalina Piedrahita, Program Manager at the Healthcare Workforce Initiative, Maine Department of Labor

Resources:

- [Increase Diversity in the Behavioral Health Workforce](#) Sarah
- [The Effects of Working Alliance and Client-Clinician Ethnic Match on Recovery Status](#) | SpringerLink
- [Diversity of the National Medical Student Body — Four Decades of Inequities](#) | NEJM
- [Developing Workforce Diversity in the Health Professions: A Social Justice Perspective](#) - ScienceDirect



Click to see the recording of this session →



Students and COVID-19, Before, During, and After: How are our kids doing? Presented by Superintendents and School Leaders

Featuring the following panelists:

- Abdullahi Ahmed, Interim Assistant Superintendent, Portland Public Schools
- Peter Lancia, Superintendent, Westbrook Schools
- Tim Matheney, Superintendent, South Portland Schools
- Dana Carver Bialer, Bangor, Diversity, Equity, Inclusion, and Belonging District Coordinator, Bangor Public Schools
- Terri Cooper, Superintendent, Kennebunk Public Schools
- Jake Langlais, Superintendent, Lewiston Public Schools

Resources:

- [S. Portland School Dept- Pillars, Priorities , and Commitments](#)
- [Lewiston Public Schools](#)
- [Westbrook Public Schools](#)
- [Bangor Public Schools](#)
- [Portland Public Schools](#)
- [Maine Department of Education](#)
- [National Center for Homeless Education: Maine](#)



"What we're seeing now are students that are struggling to read, struggling to do math... these gaps and those challenges academically are manifesting in behaviors that we're trying to teach kids to cope with...good instruction is the most powerful thing we can do"

-Jake Langlais, Lewiston Public Schools

"(In) 2020 there was this appreciation for education and the need for school"

-Terri Cooper

"We know that if students don't feel safe, comfortable, and seen we can't possibly expect them to learn"

-Dana Carver-Bialer, Bangor School Department

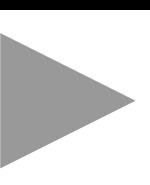
"Something we realized after coming back is that we are realizing that we have to redesign and reimagine how to do school and on a systemic level it's not been working for BIPOC students and students from low socioeconomic backgrounds"

-Abdullahi Ahmed, Portland Public Schools

" 4 out of 10 of our kids in elementary school are not doing Language Arts work at the grade level"

-Tim Matheney, South Portland Schools

Click to see the recording of this session →



COVID and Oral Health

Featuring the following panelists:

- Flo Edwards, DDS/Dentist
- Kathy Martin, Dental Operations Administrator, Greater Portland Health
- Kate Christiansen, RDH, IPDH, BA, Oral Health Educator, State's Rural Health and Primary Care

Resources:

- [What Dentistry Teaches us About Curbing Racism](#)
- [Projected Estimates of African American Medical Graduates of Closed Historically Black Medical Schools](#)
- [The case of Simkins v Moses H. Cone Memorial Hospital.](#)
- [NIHCM-Oral Health & Health Equity](#)
- [Damarion Solomon-Simmons-The Decaying Realities Behind Deamonte Driver's Death](#)
- [Elizabeth Hlavinka-Racial Bias in Flexner Report Permeates Medical Education Today](#)



As of November 2022, almost half of the world's population (45%) or

3.5 BILLION

people suffer from oral diseases.

-World Health Organization



The COVID-19 pandemic has presumably had both **direct** and indirect effects on **treatment procedures**.

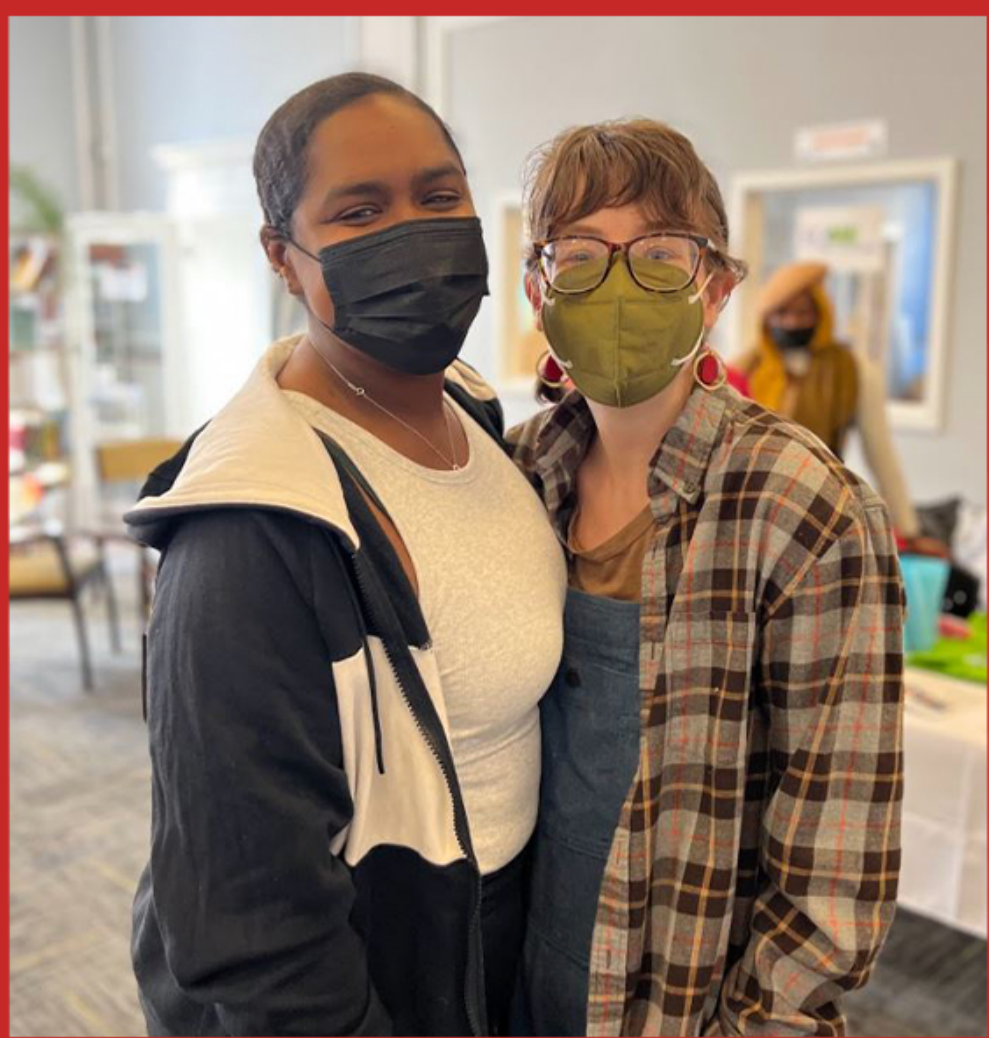
- The Journal of the American Dental Association

Health Fair and Celebration!

Thank you to our participants:

- ◆ Frannie Peabody Center
- ◆ Gateway Community Services of Maine
- ◆ Maine Family Planning
- ◆ MaineHealth
- ◆ Planned Parenthood
- ◆ Portland Public Health
- ◆ Portland Recovery Community Center
- ◆ Sexual Assault Response Services
- ◆ Southern Maine Agency on Aging
- ◆ Southern Maine Workers Center
- ◆ Through These Doors







Thank you to Cross Cultural Community Services (CCCS) for providing these resources.

CCCS is a company run by three women of color, strong advocates for social justice, policy and “system” change by working to afford fair and equitable treatment to disenfranchised communities.



Thank you all for your continued commitment to this work! If you have any questions about the Black History Month Community Wellness Fair or any of the resources provided in this toolkit, feel free to contact Regina Phillips at adr@crossculturalcommunityservices.org.