**Appendix 2**

**Social Determinants of Albany’s Health (SoDAH)**

**Session 1: Achieving Health Equity – An Introduction**

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| **Time** | **Activity** | **Host (lead) / Guardian (support)** |
| *Before circle* | * Bring a personal item that you feel comfortable sharing (a talking piece)
* Camara Jones video - Please watch the video (1 hour, 40 min) from the following link:  <https://www.youtube.com/watch?v=G3KOs7hg9Bs&list=WL&index=21&t=1754s>
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| 18 minutes | **Prepare for circle*** Facilitator check-in
* Review agenda / confirm roles and tasks (basically, host and guardian should review the script and be clear on your roles as outlined in this document)
 | **Host**&**Guardian** |
| 2 minutes | **Open doors*** Welcome each participant warmly
* Hi everyone, thank you so much for being here!
 | **Host** leads |
| *Start of circle*5 minutes | **Welcome & Introductions*** *Alright, it looks like everyone is here now*
* *Welcome to SoDAH everyone!*
* *The purpose for our time today is to spend some time getting to know each other and talking about the social determinants of health and health equity.*
* Introduce host / guardian, and roles
	+ As host, I’ll be guiding the discussion, and **(Guardian’s name)** will be the guardian, so they’ll be taking some notes (everything will be kept anonymous) and keeping track of time
* *Let’s just do a quick check-in first*

**Visual Check In*** Ok - everyone please put your arms out forward in front of you, then grab each elbow so you’ve made a square with your arms.
* The top arm is your mood indicator, so if your top arm and fingers are pointed at the sky perpendicular to the bottom arm like this (demonstrate), then your mood is a “10,” the best ever, and if your top arm is laying flat and parallel to the other (demonstrate), your mood is a “1,” the worst ever.
* So right now with your arms in a square, use your top arm to indicate how you’re feeling right at this moment with that scale of top arm at 90 degrees is the best mood and top arm flat on the bottom arm is the worst mood (facilitators should take part in this too)
* Pause, look and respond with, “great, looks like we have a variety of responses (etc.)”
* Thanks so much, so now I’ll speak more to the circle process we’ll be using for these small groups

**About the circle format*** So before we get into norms and agreements for this circle, I just want to remind you that we will be using a talking piece for this circle, which could be any small item of significance for you
* A talking piece is an invitation for the speaker to share, uninterrupted, and for everyone else to be an active listener for the speaker. The talking piece offers the speaker an invitation to share authentically and for everyone else to listen with curiosity and compassion.
* The receiving speaker simply thanks the prior speaker and accepts. You are welcome to pass when offered the talking piece, and you will be offered another opportunity at the end of the round.
* Everything here today is an invitation. There is never an obligation to speak. So with that being said, let’s go over some guidelines and norms for small group circles.
 | **Host** leads**Guardian** makes note of passes to ensure they remember to go back to anyone in the circle who passed |
| 5 minutes | **Agreements*** The following agreements were developed using suggestions from the AMC MD class of 2024.
	+ **Respect confidentiality**
		- In other words, stories stay in the circle, but lessons and takeaways leave with us. And sessions will not be recorded.
	+ **Offer your authentic presence**
	+ **Be present**
		- So you want to listen with attention and intention when others speak.
	+ **One person speaks at a time**
		- So you’ll “step up” when it’s your turn and then “step back” when you’re finished
	+ **Positive, open, and curious mindset**
		- We want this to be a judgment-free zone
	+ **There are no right or wrong answers – we are exploring together**
	+ **Expect tension and discomfort – lean into it.**
	+ **Expect to be heard. Don’t expect answers or resolution**
	+ **Presume good intent; honor and assume impact.**
	+ **Speak for yourself and from your own experience and perspective**
	+ **Be spontaneous and lean of expression.**
		- Share from your heart as succinctly as possible.
* Ask: *Is there anything else that needs to be added to our agreements today?*
* **Alright, great. For showing consensus we ask that you…**
	+ Show thumbs up if you agree wholeheartedly
	+ Show thumbs down if you disagree with anything or would like to suggest a modification
	+ Take time to work out any disagreements or modifications until you reach 100% consensus
* **Lastly, are there any needs that we should be aware of today?** (wait for a little, otherwise move on) **Ok, great, let’s move on.**
 | **Host** leads |
| 5 minutes | **Mindfulness moment*** Let’s take a moment to acknowledge something that we do involuntarily all the time – and that’s breathing.
* I ask for you to close your eyes or soften your gaze and take a moment. Breathe in through your nose and out (host should take a moment to do this too).
* It is the easiest thing we can do and one thing that we can do that helps us focus on ourselves and calm our bodies.
* As we think about that, we are reminded of the loss of this life sustaining function that has pushed us to have crucial and life preserving conversations about health equity
* Let’s just take three slow, deep breaths together and then return our attention to the room (host should join in and do this). Alright, let’s now move on to the opening prompt.
 | **Host** |
| 10 minutes | **Opening prompt*** For this first prompt, I’d like to ask you to…
* **Please share your name and pronouns and a little bit about your first few days in Albany. Then, introduce the talking piece you have with you and a little bit about why it is special.**
* Before we start, just a quick reminder to make sure to pass the talking piece when you are done speaking. For these first two activities, we will pass the talking piece clockwise around the circle.
* If you’re the last person to go, you can just pass back to the host.
* Host can share first, then guardian, and guardian can pick anyone afterwards
* When this activity is finished…
* Wonderful, thank you all for sharing a little about yourselves. Now we’re going to move on to a group activity.
 | **Host** leads |
| 5 minutes | **Get-to-know-you activity - Three Things*** For this activity, called “Three Things,” you’re going to share your name and pronouns again, and then just say three things that are true about you
	+ For example: I have 2 siblings, I hate chocolate, and I love going to concerts.
* Then invite the next player with the talking piece. Remember, we are passing it clockwise
* The next player would also mention 3 things about themselves, but one of those needs to be in some way related to what the previous person said, and it’s ok if it’s just loosely related
	+ For example: You might say I went to a very small high school, I enjoy horseback riding and then to tie to the previous person who said they have 2 siblings, you could say as your third thing that I have one sibling
* If time, go another round
* Host: make note of a common thread (maybe lots of people mentioned they love music, etc.)
* Wonderful, thank you all for sharing. Now we’ll move onto our first “real” prompt related to the assignments.
 | **Host** leads |
| 45 minutes | **Guiding prompt*** You watched and read about The Gardener’s Tale that Camara Jones talked about. The Gardener’s Tale focuses on race, and this allegory can also be more broadly applied too.
* **If you think about the different “pots” in the garden as different populations in the place you call home, who do you think is thriving, and who do you think is struggling? Why or why not?**
* Before we start, just a quick reminder to make sure to pass the talking piece when you are done speaking. This time, please feel free to pass the talking piece popcorn style to folks around the circle.
* If you’re the last person to go, you can just pass back to the host.
* Host leads, followed by guardian, followed by anyone until we are back to host
* Wonderful, thanks everyone for sharing. So here’s my follow-up prompt…

**Follow up prompt** * **From what you heard, what resonated most for you?** And for this one, I’ll let someone else start (wait a minute or two, otherwise host can start)
* Thanks everyone, and now my last prompt related to this…

**Follow up prompt** * **How have the social determinants of health impacted you or people close to you where you call home?**
 | **Host** leads |
| 10 minutes | **Guiding prompt*** Thank you for your willingness to have honest conversations about really hard issues. In her conveyor belt analogy, Dr. Jones talks about the importance of seeing the sign, turning around, getting others to turn around and ultimately walking towards fixing a problematic system…
* **What fixes have you already seen where you call home? What fixes would like to see?**
* Before we start, just a quick reminder to make sure to pass the talking piece when you are done speaking.
* If you’re the last person to go, you can just pass back to the host.
* After the first round, if there is time… “Wonderful, thank you all for sharing, so the next question I’ll ask is…”
* **In what ways do you think medical students may be able to continue to  ‘see the sign, turn around, get others to turn around’ and ultimately be part of fixing the system?**
* Thanks everyone, we’re just going to start to wrap up now…
 | **Host** leads |
| 4 minutes | **Check out*** **Everyone please write on a piece of paper 3 words that describe how you’re feeling after participating in today’s circle. After you are done writing, crumple up the paper and throw it into the middle of the circle.**
* Wait for everyone to have thrown in their paper.
* **Great! Now, everyone, pick up one piece of paper and we are going to go around and read what the paper says.**
* Everyone reads the words on the paper they picked up.
* **Awesome. Thank you so much for participating in this last activity.**
 | **Host** leads |
| 1 minute | **Closing*** As we close this session, let’s just take a 15 second stretch! (Join in on this)
* Now let’s all just take a deep breath (Join in on this, and pause for 15 seconds)
* Remember, stories stay in the circle, lessons and takeaways leave with us
* A few housekeeping items:
* The next small group session will be on **X DAY, [DATE] from X – X PM**

**As we leave, one last quick activity*** Before that I’d actually like to give you all a minute or two if you’d like to exchange contact information or perhaps if a student wants to volunteer to make a Facebook group for your small group or something just so you all are able to connect outside of this session as well if you’d like. However you might prefer to stay in touch. This year has brought some unique challenges for connecting with others, so I’ll just give you a moment.
* Alright, so now we’ll move on to the last quick activity
* Now rub your hands together as quickly as you can. Feel the warmth.
* After I finish speaking, hold your hands up to the circle and send warmth to each other and verbally thank each other for our time together as you leave the circle.
* Ready, set, go!
* Take care, all! (Host and guardian stay after everyone else leaves)
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| *End of circle* | **Debrief circle*** What did we love?
* What did we learn?
 | **Host** and **Guardian** stay and after everyone has left, ask questions of each other. |

**Notes for facilitators:**

* Change the time stamps to match your group’s meeting time, making sure to correlate directly, as the circle activities are precisely timed.
* Allow for organic disruption of your time flow and make adjustments as needed. For instance, avoid interrupting a round or a participant just to ‘stay on time,’ but rather make adjustments in other areas so that the sharing can feel complete.