

**Mini-Conference #5****Looking Inward to Living Outward: Journey from Self-Reflection to Values-Driven  
Action in our Organizations****Friday, April 8, 2022 | 10am-12pm**

How do our lived experiences impact our view of ourselves, others, and the world around us? How can we use this awareness within our systems to build and support equitable trauma-informed communities? In this mini-conference, we'll explore the answers to these questions through awareness-building, tools, and concepts; including cultural humility and the "invisible suitcase". We will discuss how these tools can drive culture change within institutions and describe specific practices that institutions can use to support community-led efforts. Join us on a journey from self-reflection to institutional awareness.

**Learning Objectives**

By the end of the virtual mini-conference, participants will be able to:

- Understand the concept of cultural humility to build awareness in ourselves, in our approach with others, and in our organizations
- Describe ways in which institutions and those that work in them can support community-driven approaches
- Apply a personal wellness strategy as an act of healing and resistance

**DETAILS****Date & Time**

Friday  
April 8, 2022  
10am-12pm

**Virtual via Zoom**

Register at:  
<https://bit.ly/3ITcJOs>

Participation is free and open to communities in Cabarrus, Caldwell, Chatham, Edgecombe, New Hanover, Pitt, and Wilson counties.



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Mental Health,  
Developmental Disabilities  
and Substance Abuse Services