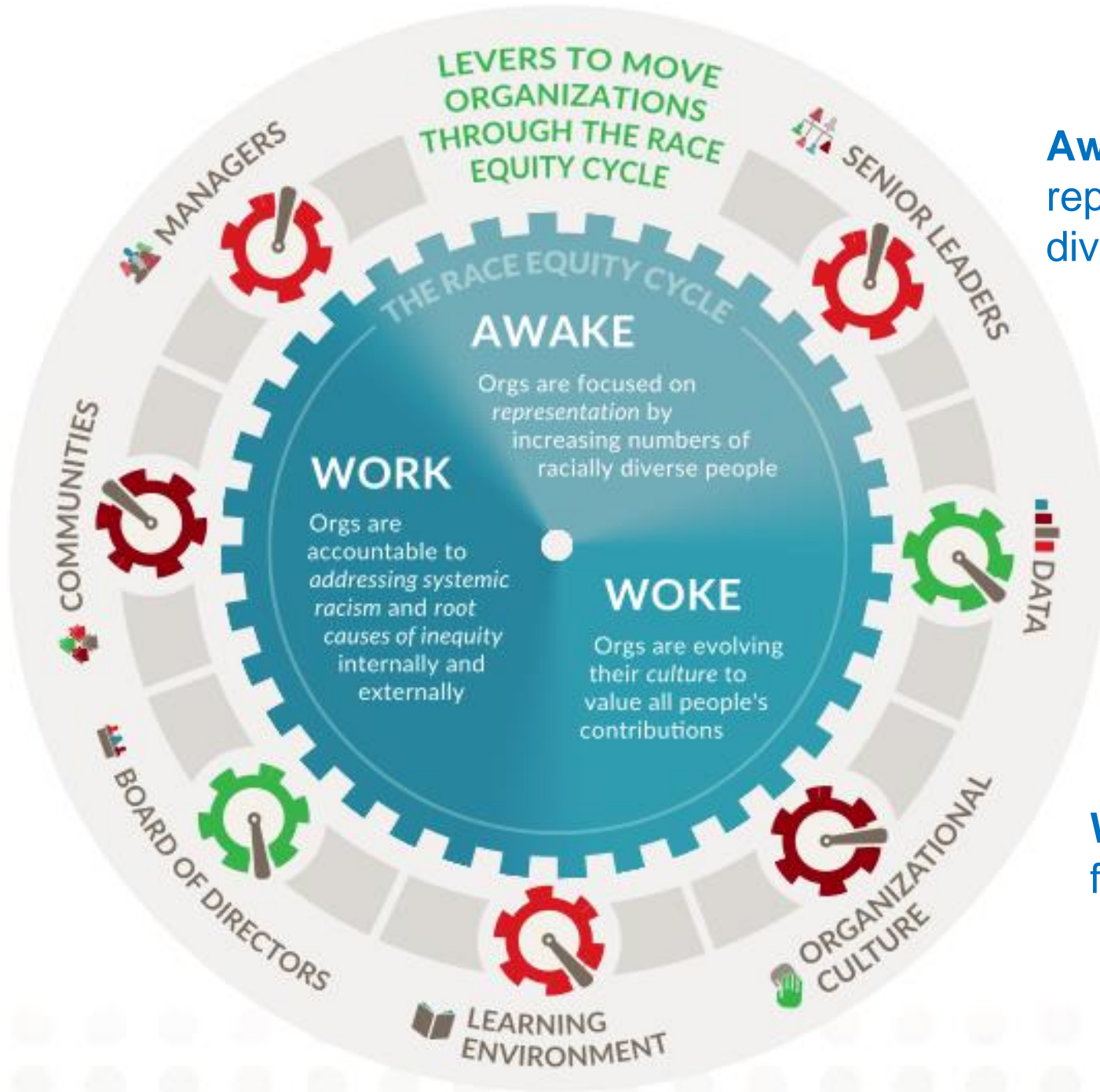




EPIC HEALTH
SOLUTIONS

Awake. Woke. Work.

A Framework for Action (adapted from Equity in the Center)



Awake: Awareness with a focus on representation in numbers (increasing diversity)

Woke: Inclusion with a focus on changing behaviors, policies, and practices (both individually and institutionally)

Work: Integration with a focus on systems change



Breakout Groups

3 Rounds of Breakout Groups: *Awake, Woke, Work*

- 20 minutes Small Group
- 10-minute Large Group Debrief
- 10-minute break after the *Awake* Breakout Session and Large Group Debrief
- Group Recorder/Reporter



Awake

- What are your thoughts, feelings, and emotions after being "awakened"?
- What does it mean to you to be awake within the context of Arrested Mobility?

Woke

- What are your individual blind spots (or what have been your blind spots) as it relates to Arrested Mobility and how does that interact with your field of expertise?
 - What have you overlooked?
 - What ideas have you dismissed or devalued?
- What harm has been caused as a result of your blind spots (either intentionally or unintentionally)



Work

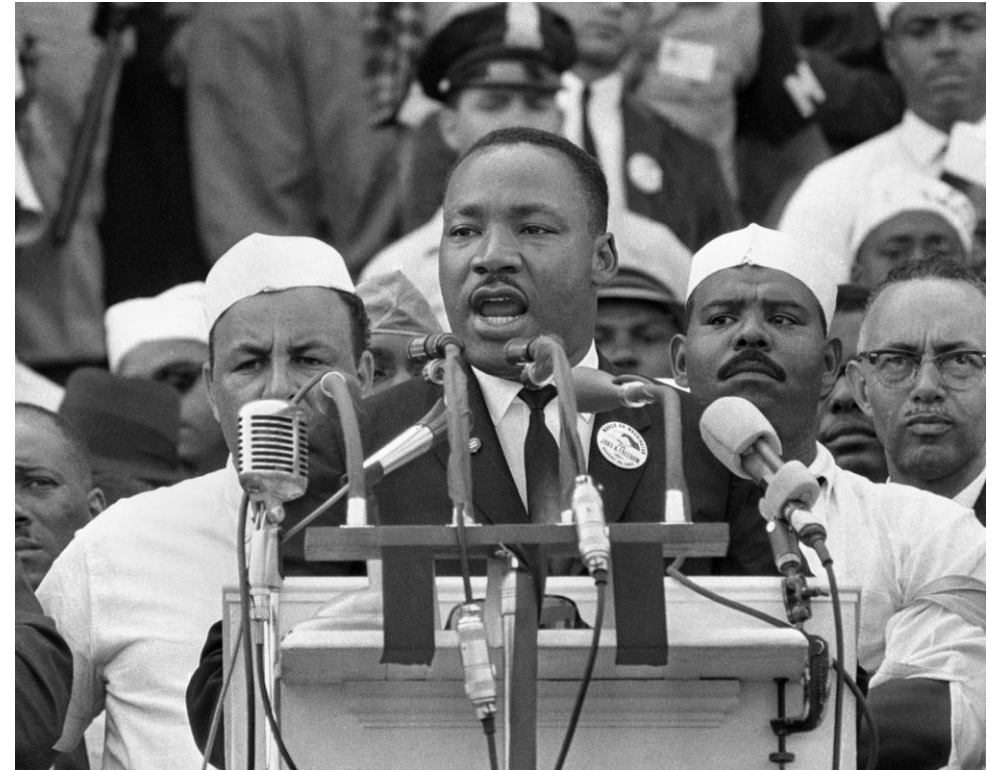
- What are the policy, programs, or practices that need to be developed to right the wrongs that have been experienced?
 - What work do you have to do individually?
 - What work do you have to do within your organization?
 - Identify at least 1 policy, program or practice that you have the power to influence that would be beneficial to address Arrested Mobility within your field of practice?



Call to Action. Call to Commit.

“We are now faced with the fact that tomorrow is today. We are confronted with **the fierce urgency of now**. In this unfolding conundrum of life and history, there 'is' such a thing as being too late. **This is no time for apathy or complacency.** This is a time for vigorous and positive action.”

Rev. Dr. Martin Luther King





Thank You.

