

## Facilitator's Guide

This community conversation is an opportunity for open dialogue to learn more about the individuals in our communities. Knowing that individuals are greater than just one issue, one health challenge, or one concern, this discussion is done looking through the lens of **Whole Person Health**. It is through this lens that we are able to see the entire person and how we all strive to improve the quality of our lives.

Theme #1 The Quality of Our Lives - What's going on?

**Begin with:** *Let's talk about what's going on in the lives of \_\_\_\_\_ in 2020 here in the DMV*

### *Follow-up Questions*

- How has life changed for the \_\_\_\_\_ community over the last 5, 10, 20 years? *(use your judgement on the timeline you use for this question)*
- What would you consider to be the top two concern/challenges or issue facing \_\_\_\_\_ in the DMV?

(As a result of these questions, some themes should emerge that may include, for example, family issues, children, health care, housing and employment etc.)

**Take** the top three themes and generate two questions for each theme, for example; if the theme is "children"

**Ask Participants:** two follow-up questions:

- How has [*children*] impacted your life
- How do you believe [*children*] has impacted you taking care of you? (Has it gotten in the way)

### **Repeat this process with each of the themes identified above**

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Theme #2: *Our Resilient Community and The Spaces We Grow In*

**Begin with:** *As community, how did we get to where we are now? How did you get to where you are now?*

### *Follow-up Questions*

- What are some of the strengths within the \_\_\_\_\_ community
- What factors do you believe have helped you get to where you are now?

(As result of these questions, some themes should emerge that may include; our ability to come together, we are survivors)

**Take** the top three and generate two types of questions, for example;

our ability to come together

**Ask Participants:** three follow-up questions:

- How do we use these strengths to continue to support the lives of \_\_\_\_\_ in the DMV
- How do you use these strengths support your whole person health?  
OR When we think about whole person health, how does these strengths support your personal journey?

**Wrap-up**

Final thoughts on where is the \_\_\_\_\_ community now? Are we moving forward?  
Where are we headed?