

My Story, My Way Skill-Building Session

Stephanye Clarke

*Founder and Principal
SistaCare*



Stephanye relies on her lived experience as a Black woman to chart her own course in community health work as an energetic, community-driven professional. She has nearly twenty years of experience in community organization and grassroots mobilization, with a particular focus on health and other social justice issues. Stephanye has an established track record of working in partnership with community stakeholders through in-person and digital conversations (using social media and online meeting platforms) to advance their unique needs and perspectives.

Stephanye is known and well-respected locally, regionally and across Connecticut for her thought partnership, vulnerability, and advanced listening skills, which foster a foundation for respect, trust, collaboration, and radical empathy. She believes on calling people in (community engagement) and calling people out (demanding that institutions or systems transform their policies and practices to better serve Black, Brown, and Indigenous community members, by acknowledging and repairing harms that were done, recognizing their humanity, and providing equitable and culturally congruent care).

Stephanye is the founder and principal of SistaCare, her own consultancy through which she collaborates with community partners on meaningful social and community development initiatives. She also serves as a Senior Health Program Coordinator at Ledge Light Health District, where her primary responsibility is managing the Health Improvement Collaborative of Southeastern Connecticut, a multisector partnership whose vision is to develop Southeastern CT into a community that is healthy in body and mind and promotes access, health equity, social justice, inclusiveness, and opportunities for all.

Stephanye is involved in local, statewide, and regional health equity and community health initiatives. She is a member of the New England Racial Justice Collaborative, Connecticut Public Health Association, the Connecticut Health Equity Collaborative, the Community Health Center, Inc.'s Advisory Board (New London/Groton) and chairs the New London Branch N.A.A.C.P. Health Committee. She serves as the Secretary of the Health Education Center Board of Directors and is the founder and co-chair of the Black Health Collective.

She is a graduate of Eastern Connecticut State University, majoring in Sociology, minoring in Human Services. Ms. Clarke completed the Connecticut Health Foundation's Health Leadership Fellows Program in 2010 and is certified by the State of Connecticut Department of Public Health as an HIV Prevention Educator.

She is a resident of New London, Connecticut.

*Healthy Start Consumer Convening
Hosted by the Healthy Start TA & Support Center at NICHQ*





My Story, My Way

CONNECTING WITH PEOPLE AND INFLUENCING ACTION



1



2



3



4



5



6



7



8



9

CHECK-IN

- ▶ NAME
- ▶ ORGANIZATION, CITY, STATE
- ▶ WHICH SLOTH REFLECTS HOW YOU ARE FEELING?

Ways of Being Together...

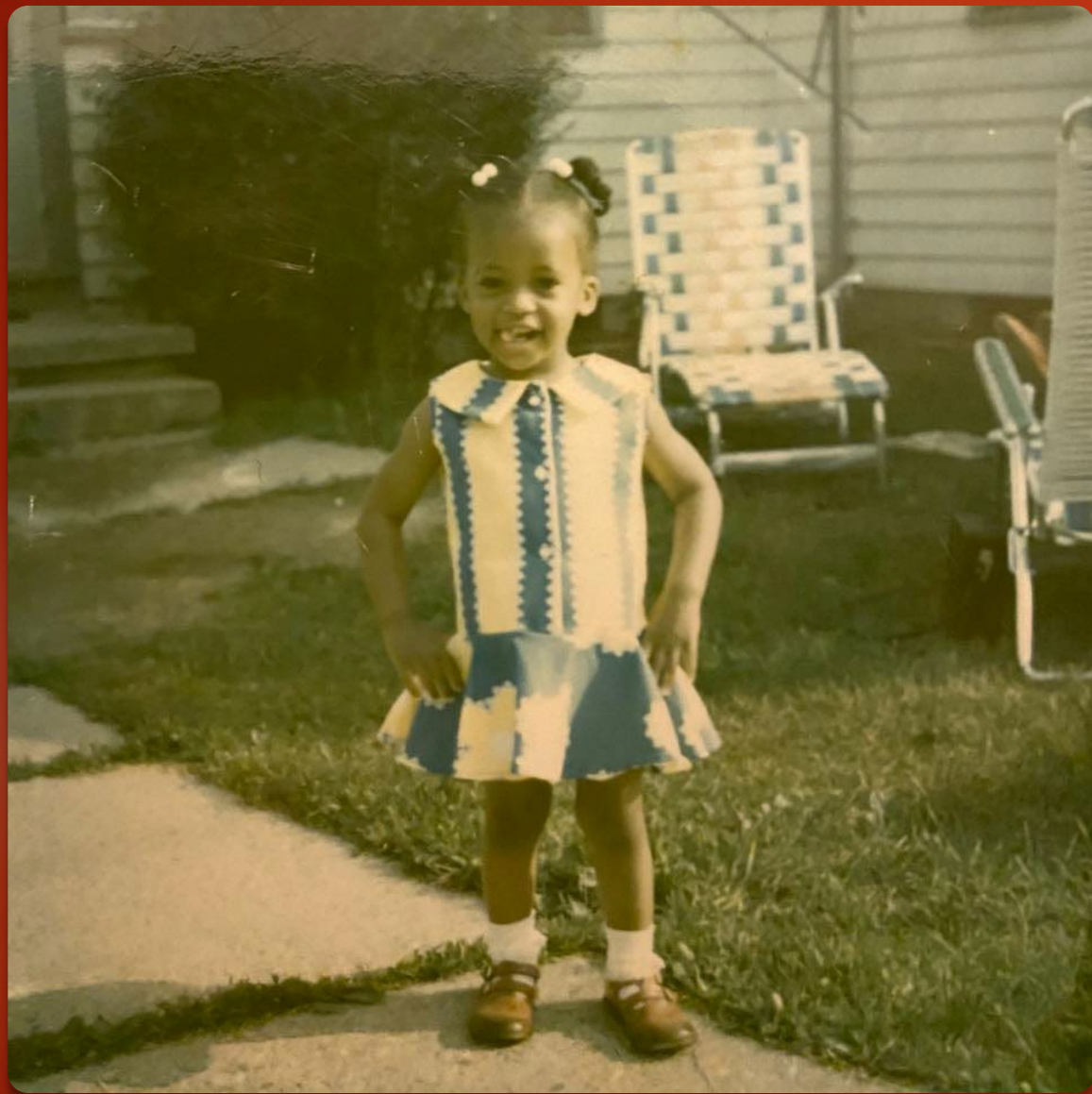
- ▶ **Mutual support and respect are key.**
- ▶ **Both/And**
- ▶ **Step forward, step back**
- ▶ **Active listening**
- ▶ **Nothing that is said here is used to attack.**
- ▶ **Confidentiality (Vegas Rules)**



THIS IS MY STORY

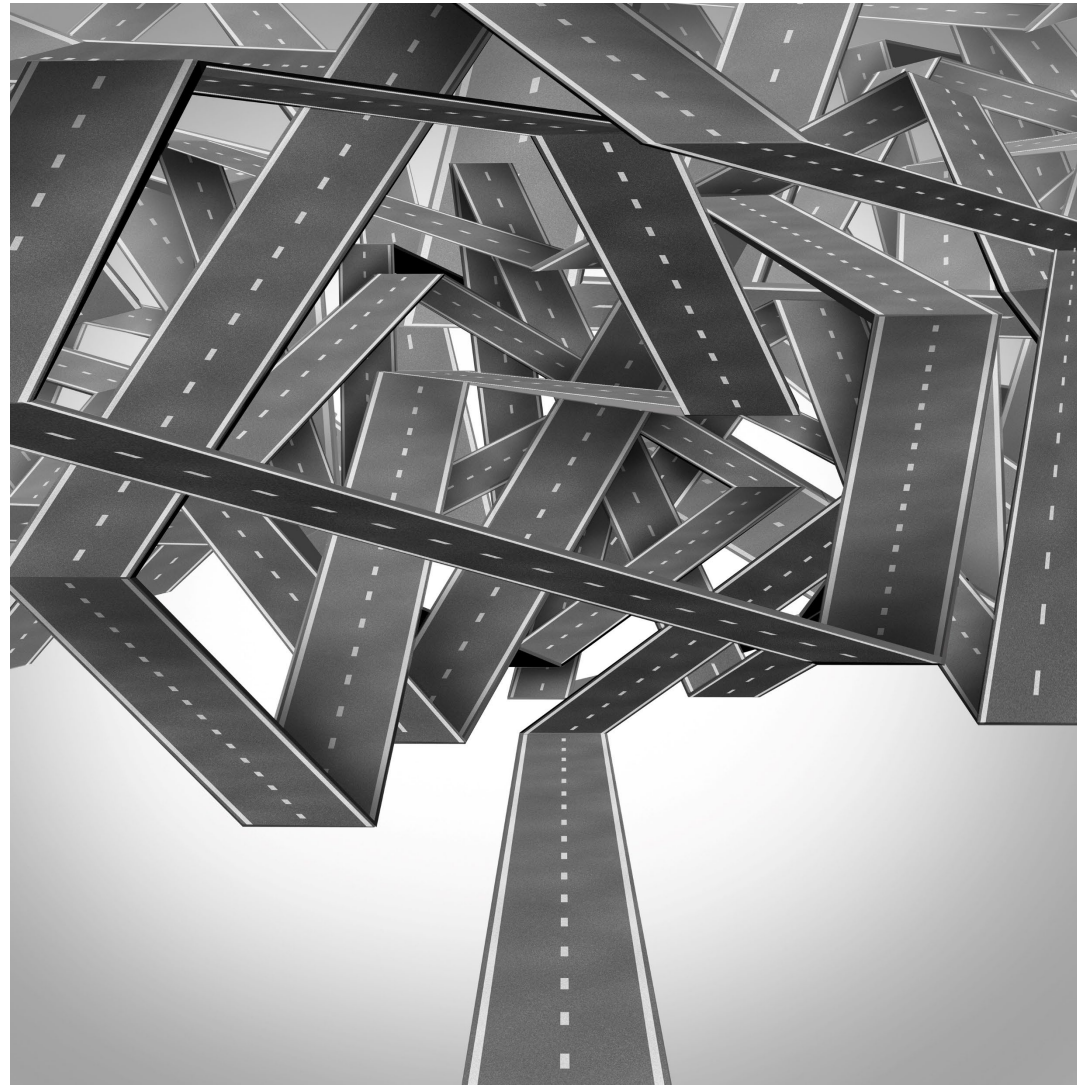


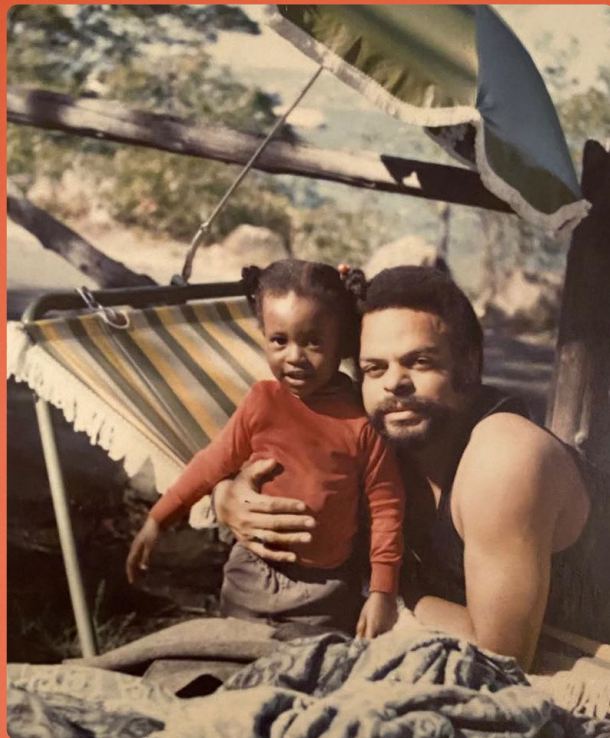
The Parental Units



1972







My Angels...



My Entire Heart



What's YOUR Why?

WHAT BRINGS YOU TO THE WORK?

WHAT KEEPS YOU IN THE WORK?



How are we showing up?

Things to Consider...

- ▶ **RESEARCH: Know the numbers.**
- ▶ **RESEARCH: Humanize the numbers with stories.**
- ▶ **Engage folk for recommendations.**
- ▶ **Present decisionmakers with solutions.**
- ▶ **Consistency**
- ▶ **Integrity**
- ▶ **Vulnerability**



What folk see...

Fierce
Caring
Inspiring Uplifting
Vibrant
Rational Compassionate Thoughtful
Focused Captivating
Insightful Pretty Witty Connector
Smart Brilliant Committed
Hardworking UNAPOLOGETIC Analytical **Funny**
Curious Reliable Hilarious BLACK Reasoned
KIND **Intelligent** ACUTE
Bold Powerful Empathetic
Confident Magnetic Educated Integrity Fervent Altruistic
Beautiful Intuitive Strong Loyal
INTENTIONAL Faithful Dedicated Steadfast
Positive HONEST Tall
ASTUTE Passionate Resilient
CriticalThinker Open Brave
Charismatic Clever Creative
Determined Truthful
METHODICAL



Living Our Values...



How I see myself...



Who are you to yourself?

WHO DO YOU WANT TO BE TO THE OUTSIDE WORLD?



Using FREE tools to share the work

Digital Engagement

Facebook

Twitter

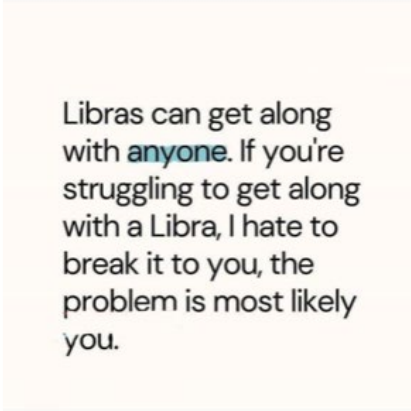
Instagram

TikTok

YouTube

Others?

issa YOU problem...



Like Comment Share

Chris Ferguson and 12 others

Most relevant

Kelly Thompson
100 !!
1d Love Reply

Comment as Stephanye R....

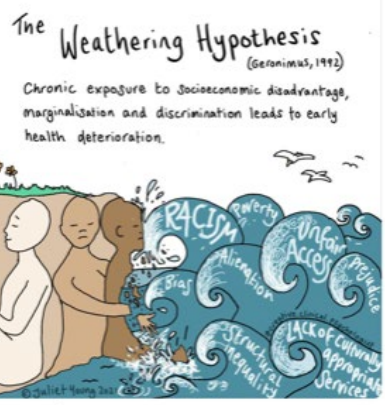
Posts Comments Videos Images Rea

Stephanye R. Clarke (She/Her) · You
Health Improvement Collaborative of SECT
Coordinator | Community Engagement Specialist | ...
2w ·

This. This is everything.

Dr. Kanika M. Sims, MD, MPH (She/Her) · Follo...
Health Equity + Wellness Strategist | Speaker | Founder
Invest Inclusion, LLC | Board Certified Internal Medicine P...
3w ·

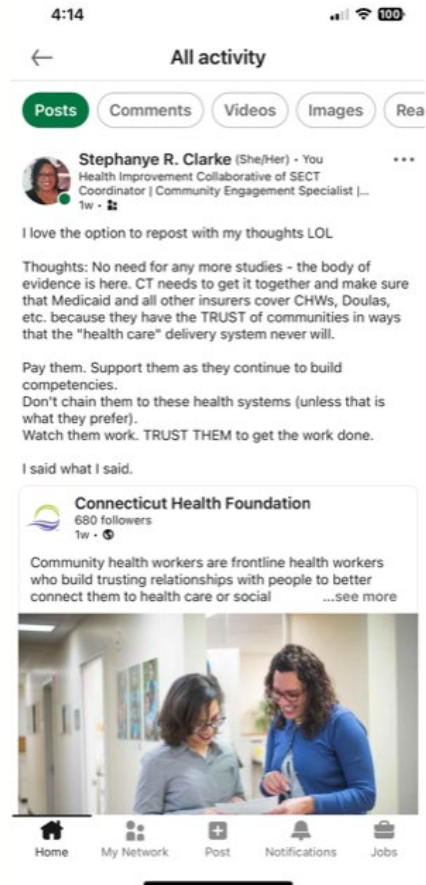
Historically, scientists have tried to understand why Black people have more chronic diseases, poorer health outcomes, and die younger than their white ...see more



Me...



Me...



Me...

Although 98% of those taking the survey have health insurance coverage, less access to needed medical/health care was observed.

46% reported having postponed getting needed medical care.

Reasons Listed for Postponing Care:

- Fear of COVID-19
- Worried about cost
- Didn't get appointment soon enough
- Couldn't afford taking time off work
- Childcare
- Bad experience

Black Health Collective



Black Health Collective Health Needs Assessment

Black Health

37%

of people who took the survey report being told by a doctor or health care professional that they have Depression and

41%

have been diagnosed with Anxiety.

Black Health Collective

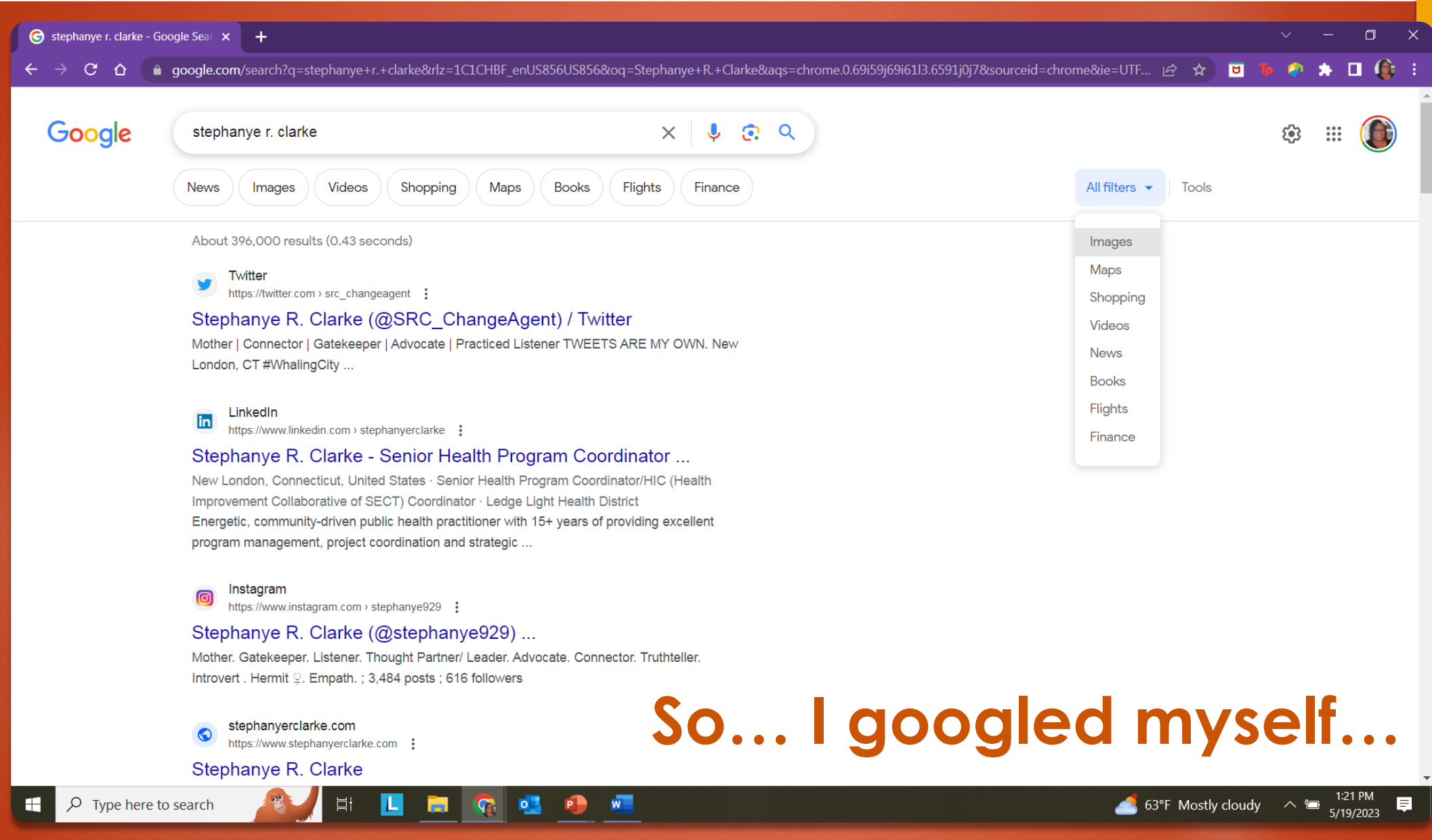


Black Health Collective Health Needs Assessment

Black Health



Digital Mindfulness...



So... I googled myself...

stephanye r. clarke - Google Search

google.com/search?rlz=1C1CHBF_enUS856US856&xsrf=APwXEdcm8VXlwpbGyJRdxLEU-1fP7ZR6w:1684516554816&q=stephanye+r.+clarke&tbm=isch&sa=X&ved=2ah...

Google

stephanye r. clarke

All News Images Videos Shopping More Tools Collections SafeSearch

health council connecticut american health improvement collaborative new london

The search results grid contains the following items:

- Image 1:** Profile picture of Stephanye R. Clarke on Twitter. Caption: Twitter Stephanye R. Clarke (@SRC_...)
- Image 2:** Profile picture of Stephanye R. Clarke on Facebook. Caption: Facebook Stephanye R. Clarke (@SRC_...)
- Image 3:** Professional headshot of Stephanye R. Clarke. Caption: Stephanye R. Clarke Professional Work | home
- Image 4:** Stephanye R. Clarke with a man on Twitter. Caption: Twitter Stephanye R. Clarke (@SRC_ChangeAge...)
- Image 5:** Event poster for 'RACIAL EQUITY SERIES' on Thursday Feb 24th 7PM. Caption: Twitter Stephanye R. Clarke...
- Image 6:** Event poster for 'Age Well' on how to feel about aging. Caption: Twitter Stephanye R. Clarke...
- Image 7:** Stephanye R. Clarke on a Connecticut Health Fellowship. Caption: Connecticut Health Fo... 2010 Fellows | Conne...
- Image 8:** Document titled 'The African American Health Council of Southeastern Connecticut...'. Caption: Facebook African American Heal...
- Image 9:** Document titled 'LLHD' (Lifestyle, Learning, and Health). Caption: Twitter Stephanye R. Clarke...
- Image 10:** Document titled 'Racial Equity...'. Caption: Connecticut General Ass... Racial Equity ...
- Image 11:** LinkedIn profile of a man. Caption: LinkedIn 90+ "R Clarke" profiles | Link...
- Image 12:** Stephanye R. Clarke holding a sign that says 'Stephanye R. Clarke is Facing AIDS'. Caption: Flickr stephanye_r.clarke | Fli...
- Image 13:** Painting of a woman in a blue dress. Caption: Twitter Stephanye R. Clarke (...)
- Image 14:** Document titled 'Health Equity, Advocacy and You'. Caption: Facebook African American H...
- Image 15:** Document titled 'LeslieAnn Melendez' by Emerson College. Caption: LinkedIn Jennifer O'Brien - Program ...

https://www.google.com/imgres?imgurl=x-raw-image%3A%2F%2F67f31f85ce36fc0c215971675e8dfdd3947e06744ab28e0ec873b985fcd054198&tbid=DPw2zoUf82dNSM&vet=12ahUKewjbuO-V84H_AhWLJGIAHX60CR8QMyglegQIARBK..i&imgrefurl=https%3A%2F%2Fwww.cg...

Type here to search

63°F Mostly cloudy 1:25 PM 5/19/2023

Images...

Things to Remember...

- ▶ **Consistency, Empathy, Integrity, Vulnerability**
- ▶ **Know (and HUMANIZE) the numbers.**
- ▶ **Engage our spheres of influence (using whatever tools work for us).**
 - ▶ **Call folk in and call folk out.**
- ▶ **Mindfulness in Our Engagement**

Things to Remember...

- ▶ **TRUST OURSELVES. WE ARE EXPERTS.**
- ▶ **OUR LIVED EXPERIENCE is OUR EXPERTISE.**
- ▶ **This is HARD work... this is HEART work.**
 - ▶ **We also need healing and wellness.**
 - ▶ **FIND, REMEMBER & LEAN INTO JOY (our “why”, hobbies, etc.).**
 - ▶ **REST.**

Let's Stay Connected...



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<https://www.linkedin.com/in/stephanyerclarke/>



<https://www.instagram.com/stephanye929/>



<https://www.facebook.com/src.destined4.greatness/>



Thank You!

*Healthy Start Consumer Convening
Hosted by the Healthy Start TA & Support Center at NICHQ*

 **HRSA**
Maternal & Child Health

NICHQ
National Institute for
Children's Health Quality

HEALTHY
start 
TA & SUPPORT CENTER