

To: All Hands @ FCH and SNAP-Ed
From: Allison
Date: Monday October 28, 2024
Subject: Updates from Allison

Dear FCH Team,

Hello! I am taking great inspiration from nature and remembering that this can be a season to rest, to reflect and prioritize, and to invest in our own well-being. Thank you to each of you for all you are doing to care for yourselves and others, and to create conditions for health and well-being in our communities.

Here are my updates for the month of October:

Welcome Dr. Ivan Estrada, On-Campus Professor of Practice in Youth Community Behavioral Health

Great news! I am pleased to welcome Ivan Estrada to our on-campus team. Ivan is a recent alum of our Global Health doctoral program in the OSU College of Health. Ivan brings a wealth of experience in mental health promotion and substance abuse prevention at the community level and among youth. For four years, Ivan worked as a Graduate Research Assistant with our Coast to Forest Project. Before his involvement with OSU, Ivan spent time working as a drug, suicide, and gambling prevention coordinator for a county health department. He is also a certified and active Mental Health First Aid and Question, Persuade, Refer (QPR) trainer. Ivan began work at 75% time during the month of October, to accommodate some travel this week, and begins work full time in November. He's doing lots of visits with folks now to learn what we are doing – and what needs to be done - in youth community behavioral health. One project that's starting right away is a grant-funded effort on upstream youth overdose prevention in Malheur County.

Spring Conference! Save the Dates for Spring Conference

For 2025, we will be back at the Riverhouse on the Deschutes in Bend for May 20th – 22nd. In 2026 we will go to Pendleton, OR at the Pendleton Convention Center May 5th – 7th. Thank you to those of you who have volunteered to lead our conference organizing. We're finalizing that now and the conference planning will kick off in earnest very soon. It's not too late to join the group – your voice and input are wanted.

Extension Annual Conference in Corvallis, December

The Extension Annual Conference is happening Monday December 2nd through Thursday December 5th. The OSU Engagement Conference is on Friday December 6th. **We are *not* having "Program Time" on Monday afternoon.** Thank you for your input as I was making that decision. **We are having a low-key social with food on Monday afternoon/early evening from 4:30 to 6; location TBD.** The conference begins the Monday after Thanksgiving. My ask to each of you is to enjoy the holiday and to come say hello and eat some food when you arrive in Corvallis on Monday afternoon/early evening.

College of Health Announcements

Thank you for your robust participation in the many all-college meetings that have happened in recent weeks. Thank you, too, for *really showing up* in the strategic plan feedback! Thank you so much for amplifying your voice! Last Thursday, our College Leadership Team (Dean, Associate Deans, School Heads) walked through feedback on Goal 1 and the revisions that had been made. My understanding is

that, this Thursday, we will walk through the feedback on Goals 2 and 3 at our meeting and make revisions collectively.

FCH Time during our Statewide Meeting

Beginning next month, we are going to use 20-30 minutes of our FCH/SNAP-Ed statewide meeting time on professional development. In November, Sandi Phibbs is going to share about authorship in scholarly work. Make your recommendations and asks to me about what you'd like to learn in short, actionable segments. You may have something to teach. Please let me know what you're thinking.

This Academic Year: Moving Forward to Set our Statewide Plans

Please note the update from last month if you haven't already – it's below.

Thank you to each of you who have shared your thoughts with me, related to strategic planning. It will certainly be helpful when we all share a tangible guiding document to carry us into the next few years! **And, please do not forget that we are building on decades of history, on serving as a bridge between the expertise held in our communities and our college, and on being responsive to community-identified needs.** *We also cannot do it all!* With or without a strategic plan, my expectation for each of our faculty-led teams is that we will hone in on health promotion interventions that (a) meet locally identified needs, (b) are resourced enough to be feasible and impactful, (c) have ready partners who share our perceived value on health behavior(s)/outcome(s) we are seeking to change, (d) and where we as a team desire to be involved and can add value.

In November, I am going to appoint an ad hoc task force to lead our strategic alignment efforts for our FCH unit. The goal is to operationalize, or make clear/explicit, what it means for us to be aligned with the strategic plans of the units around/above us (COH, EE, OSU PWS), focusing on COH. My request will be for this task force to host semi-structured listening sessions, where each person in our unit will have an opportunity to share their input on how we are already – or could in the future - bring to life each aspect of the COH plan. In other words, goal by goal, tactic by tactic, how can FCH bring our expertise to bear? If desired, I will also invite the ad hoc task force to collect information in a questionnaire format. Ultimately, I'd like the task force to create a written or visual representation of how our work fits with COH and PWS that can be presented in a near-final version at our 2025 Spring Conference. If you are interested in serving on the ad hoc task force, and feel you can reasonably commit to a set of working sessions over the winter and early spring (~4-10 hours/month?), please let me know by email. My goal is to assemble a group of 5 to 9 people, with representation from across the state and across our content areas. I will ensure you have sufficient "FCH FTE" to participate. I apologize in advance if we have to make the task force smaller than the number of volunteers. There will be opportunities to share your voice.

Thank you for everything you do,
Allison

From my September update, and worth repeating:

Remember that our mission as the Extension Service has not changed: We are more than 100 years strong: OSU Extension partners with local communities to provide trusted expertise and science-based knowledge to address critical issues and help every Oregonian thrive.

Also recall that our activities at OSU are guided by the OSU plan, Prosperity Widely Shared. I view our work as FUELING A THRIVING WORLD. I see all of FCH within PWS' "enterprise approach to knowledge translation, innovation, and partnerships" – bringing what we know works, for health, to our communities, every single day. We are also "building capacity to link research and translation to application and use."

Right now, both the Division of Extension and Engagement and the College of Health are crafting strategic plans in alignment with PWS. These efforts have been ongoing for some time, and our task is to find ways to participate in both, as appropriate. When these two plans are nearing completion, we will work together to review and align ourselves with plans at all three levels: OSU, the Division of Extension and Engagement, and the College of Health.

For now, please aim to do the following:

- *Read PWS and keep a copy at your fingertips.*
- *Tune in to email or other communications about strategic planning from both the Division of Extension and Engagement and the College of Health*
- *Engage directly with both plans as you are invited to do so*
- *Watch for both plans as they emerge:*
 - *Review and identify key aspects of the College of Health strategic plan*
 - *Review and identify key elements of the Division of Extension and Engagement strategic plan*
 - *Identify opportunities to align program goals with the strategic plans*
 - *Identify collaboration opportunities or gaps*
- *Review the work we've done together in recent years:*
 - *When we studied various strategic plans in our FCH Reflection Series*
 - *Our time of FCH Visioning during the December 2022 Extension Annual Conference*

Save the Date for the 48th Annual Gerontology Conference

Thursday, April 17, 2025

Save the Dates for National Health Outreach and Engagement Conference

The 2025 National Health Outreach and Engagement Conference will be held April 29 - May 1, 2025 in Omaha, NE.