

WELCOME TO THE BIPOC SUPPORT GROUP

Objectives & Ground Rules



Objectives

1. Talk openly and honestly about your feelings.
2. Improve skills for coping with any stress and challenges you may be experiencing.
3. Gain a sense of empowerment, control, or hope.
4. Learn about economic, social resources, self-care, and other helpful resources.
5. Stay motivated to work through challenges and follow through with self-care.
6. Share workplace experiences of BIPOC staff that can support improvements to the DHHS organizational culture and climate.

Ground Rules

1. This is a safe space.
2. If you feel comfortable, you may turn your video on.
3. Please keep yourself muted unless speaking.
4. Please raise your hand to avoid any interruptions.
5. Please respect confidentiality and the privacy of others.
6. Share the air. We understand that this is a hard situation, but we want to provide others with the opportunity to speak.
7. Don't interrupt while others are speaking.
8. Demonstrate respect and empathy.
9. Practice cultural awareness, cultural humility, and understand that we are all equal.

QUESTIONS or CONCERNS

Participation in BIPOC Support Group meetings is open to all DHHS employees identifying as BIPOC (Black Indigenous Persons of Color) and Allies to this community. Questions or concerns related to the support group may be directed to Tina Dortch, Nevada Office of Minority Health and Equity tdortch@dhhs.nv.gov