



**Whether dark grey like a heavy storm  
 Or sunny like a daffodil  
 We show up for community care  
 Integrating systems level change  
 To disrupt disparity  
 We may not solve every problem  
 But we can guide toward solutions  
 Approach the work with a beginner's mind  
 Letting go of assumptions  
 Cultural humility means becoming a student of the patient  
 Their story is unique, heard, and validated  
 Sensitive, approachable  
 Letting the individual guide their care  
 Can you become what you're looking for?  
 Be the representation I wish I saw?  
 I am responsible for my learning  
 Research, resources, conversations  
 Mistakes will happen, get comfortable being uncomfortable  
 Apologize and refocus your lens to learn  
 Reaching beyond barriers  
 Participating in planning  
 Proactive prevention  
 The long wait to receive services  
 Delayed by complex, cumbersome systems and staffing shortages  
 Grasping for the light at the end of the tunnel  
 Community collaboration is key to opening doors  
 Let's stop masking our needs  
 We are powerful not despite the complexities, but because of them  
 Accessibility for one is accessibility for all  
 Simple shifts confront our own biases  
 It's ok to rest on this walk towards collective liberation  
 Our interdependence can be the building blocks for this web of care  
 Train up and bring the learning back  
 Whether resiliency, ACES, or making transitions  
 Let's source opportunities to recreate  
 Streamlining engagement together and building relationships  
 Podding up by sector or geography  
 Continue to educate families in partnership, planning, and goals  
 Breaking through the stigmas  
 Identify early, support appropriately  
 Open, collaborative, empathetic problem solving for all families.  
 Envision yourself in this future  
 We dream.**

-Lindsey Samples-