The 360|Report

FORESIGHT & The Mat-Su Health Foundation – Mat-Su Valley, Alaska Regional Report

Envision! A Healthy Community Future

Facilitated by MTI

Events: 23 June 2020, 25 June 2020, 30 June 2020

Report Publication Date: Friday, 7 August 2020
Lead Evaluator: Elexis Trinity, MTI Research & Project Director

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The 360 | Demographics[1]

Total Guests – Mat-Su Valley Region | 87 across all events – 35 (June 23), 18 (June 25), 34 (June 30)

Indigenous or Other People of Color | Approx. 27 (31%)
Youth/Under 24 | Approx. 22 (25%)

Generational Breakdown | *N/A This Region*

Human Survey Results | Self-indicated by participants during facilitator-led virtual check-ins.

Met one new person across race, class, culture | 80%
Met someone with whom you plan to stay in touch/collaborate | 80%
Would invite others to another event like this | 90%

Table 1. **Overview of Key Themes from Mat-Su Mindstorm Discussions:**
"Human Solutions to Human Problems"

Keyword(s): *Environmental and agricultural sustainability, climate change and natural resources, resilient communities, culture of independence and self-reliance (individual and collective), food sovereignty*

■ Concerns about conservation, planning and accessibility of natural resources viewed as beneficial for the health of those who live in the region; tensions between economic or market imperatives (as of the oil, mining industries) and environmental conditions/climate change and health; sustainable agriculture and food sovereignty

Related theme(s): Thematic tension between cultural values and social needs (independence and interdependence), community belonging and isolation; need for more resources for those with caretaking responsibilities (elders, youth, etc.); interest in supporting intergenerational living, learning and connections

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[1] **Note:** Percentages above have been rounded up to the nearest whole percent and are therefore approximations.

Keyword(s): *Stronger social net – government and/or community based, community alternatives and supplements to public systems/services spanning education, housing, food security, and mental and behavioral health support (especially policing and/or those systems with the ability to criminalize behavior that could be handled by health or educational systems instead)*

- Interest in seeing greater public investment and more community-based efforts/programs in education, social services, affordable housing, mental and behavioral health resources, support for neurodiversity and those living with disabilities; less stigma around mental health and substance disorders;

Related theme(s): Low levels of trust in government and public institutions, desire for increased transparency and accountability, interest in seeing more "community taking care of community" initiatives and "human solutions to human problems"

Keyword(s): *Urgency of the Covid-19 context and basic needs, ability to provide for family under distress; family structures and caretaking responsibilities (elders, children, others)*

- Need to address Covid-19-related inequities in families/individuals' abilities to provide for basic needs (housing, food, education, healthcare); funding for state, local and community responders providing essential services during Covid-19

Keyword(s): *Universal healthcare, healthcare as a human right, mental and behavioral health resources, access and affordability; choices and options*

- Marked interest in health insurance as a human right, making health care affordable and accessible to all, removing programmatic/structural barriers to equity in service provision (supportive housing, education, social services, public hunger/homelessness programs, etc.);
- Concerns about affordable access to mental, behavioral and substance dependency resources, accessibility for families and individuals living with disabilities, immigrants, low income households; availability of dental and specialist providers
- Need for more options and flexibility, public health education at all levels

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Keyword(s): *Emerging, mediating technologies – hopes and anxieties; technology and human connection/isolation*

- Concerns about overreliance on technology; distrust of robots, especially in the context of education or where there are concerns about the development of personal agency, social-emotional intelligence and social connections (as of the young)
- Some interest in teletherapy and use of technologies to supplement or augment existing relationships rather than replace them; shared perception in several groups of technologies like software algorithms as tools that can be used for a number of purposes with good or ill intent, and biases based upon design (or not)

The 360 | Executive Summary, Event(s) Overview

Over the course of three virtual events hosted via the videoconferencing platform Zoom, Marnita's Table, The Mat-Su Health Foundation and the FORESIGHT Initiative brought together 87 community members in the Matanuska-Susitna (Mat-Su) Valley region of Alaska for an engaged discussion and visioning session on the future of health and wellbeing in the United States. All conversations in the regional series were open to the community and featured a feast appropriate for all dietary needs from vegan to carnivore, prepared by local caterers and small-business vendors. Meals were provided for all participating households and delivered in accordance with public health guidelines for food delivery

during the ongoing Covid-19 pandemic[2]. Families and other household groups were invited to participate in the conversation together over dinner utilizing either a single shared device or separate personal devices.

During each event, participants viewed a set of two scenarios – or stories of possible futures – based on a scan of the health and well-being horizon conducted by FORESIGHT's professional futurists. These scenarios were created by a cohort of about 50 people – representing a diversity of perspectives – over the course of two separate workshops whereby participants prioritized the trends, opportunities and challenges identified in the futurists' scan. The priorities identified by workshop participants were then woven into four scenarios and turned into a short video. Two of the four scenario videos are shown at each event and all videos are shown at least once in all regions. These short, animated videos, designed to provide support to participants in conceptualizing the future 30 years from the present date, were primarily utilized during the small-group discussions to provoke thoughtful conversation about the future of health in the United States and have been made available in five languages.

The virtual Matanuska-Susitna (Mat-Su) Valley area conversations were conducted in two languages – English and Spanish – according to the community-specific needs of the region and all conversations included speakers of both languages as well as interpretation and facilitation support. The Mindstorm small-group focused conversation was designed to elicit community feedback on concerns, anxieties and hopes for the future which will be used to inform an emergent community-sourced vision to guide the action-planning phase of this project. Participants discussed an array of social and environmental determinants of health and wellbeing and engaged with a range of technological, economic and political factors relevant to the future of these issues in the U.S. via the mechanism of a guided conversation which placed the discussion in the context of community participants' experiences and personal perspectives.

Significant themes emerging in the qualitative content analysis of the small group discussion notes included concerns about the environment related to natural resource conservation, food system sustainability and access to affordable foods (and to a lesser extent, climate change and migration), the balance of responsibility for healthcare, education and other public services shared among government, public services agencies, communities, families and individuals, and the cultural value and experience of individual and collective self-sustainability. Also emerging as central themes relevant to the discussion of health, healthcare and wellbeing in Alaska were community-identified needs for more behavioral, mental health and substance abuse resources, trauma-informed and culturally appropriate care, interest in the normative expectation of healthcare as a human right and the availability and accessibility of treatment and provider options. A number of discussion groups additionally pointed to intergenerational community connections and a sense of belonging (or not) as a central concern relevant to the future of health and wellbeing in the region, highlighting such issues as the difficulties faced by some residents to access care and public health or provider information in their own language (Spanish) and the struggles faced by elders and caretakers, especially in more rural areas of the state.

The Mat-Su-area events represent a set of conversations in a series of regionally centered virtual engagement and community-based research experiences conducted between May and October of 2020 in support of the Phase I emergent learning processes of the FORESIGHT Initiative. The series was co-hosted by the Mat-Su Health Foundation, one of seventeen foundations across the U.S. partnering with FORESIGHT to implement this project. Event facilitation was provided by Marnita and the Marnita's Table team in the model of Intentional Social Interaction (IZI). Project coordination, logistics and outreach were led by senior project director Sammie Ardito Rivera with support from outreach

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[2] For participants who were either unable or unwilling to receive delivery at their home or other location from which they participated in the virtual conversation, gift cards were provided for a meal of their choice.

specialist and Spanish language coordination lead Marlene Rojas Lara and training director Lauren Williams. Materials design, research, evaluation and analysis were conducted under the supervision of research director Elexis Trinity with support from operations and evaluation manager Lars Goldstein and other members of the MTI team.

Each gathering concluded with a ritual Circle Share-in session in which participants were asked to share one hope they hold for the future of health and wellbeing. Comments from participants drawn from this session were transcribed by members of the MTI research team during each event and can be found at the conclusion of this report. The following report consists of qualitative discussion data collected from the above activities and the thematic analysis of their results conducted by the Marnita's Table research team. Below, a sampling of transcribed comments taken from the small group Mindstorm discussions notes illustrates the thematic range of these conversations and highlights a few of the key themes emerging from participant conversations. Broken or wavering faith in public systems, government and institutions also emerged as a supporting theme in these conversations, with concerns about efficacy, corruption, and fiscal responsibility all emerging in the notes across event dates and question topics, alongside significant interest in building, maintaining and supporting community-based alternatives to social problems and community support more generally.

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The Mat-Su Health Foundation | 23 June 2020, 25 June 2020, 30 June 2020

Mindstorm

Directions: Identify someone to write down what is discussed. Read the questions and decide together which ones you think are most important to answer. Then discuss those questions as a small group. Start with the most important question! Freely enter and exit groups. Remember to listen and give everyone a chance to speak. Speak from your own personal point of view.

Questions for Discussion: *10-15 minutes per question. Begin with the question(s) your discussion group finds most important.*

1. Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?

2. Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?

3. Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?

4. Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?

5. What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?

6. Is there anything that we didn't ask that we should have? What isn't here that you would like to see? Please share your question(s), and any answers that your group discusses.

For Scribes:
-Write down your first name and the first names of the others in your group.
-Take notes about things your group thinks important to note in the space provided.
-Please write legibly or ask someone who writes legibly to write the notes.
-Be prepared to share your findings with the larger group.
-Please turn your notes over to Marnita's Table staff at the end of the evening.

The 360 Report | Mindstorm Themes & Analysis

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Overview & Methodology:

The following is a summary and analysis of the discussion notes submitted by small-group conversation facilitators during the virtual Mindstorm sessions hosted during June 23rd, 25th and 30th of 2020. This focused conversation was undertaken by a total of 87 participants[3] of the three-part community engagement and dialogue series *EnVision! A Healthy Community Future* hosted virtually over the Zoom videoconferencing platform for the Mat-Su region of Alaska. In total, twelve (12) small groups submitted notes from their conversations (four discussion groups per each of the three events). Notes from the Spanish-language small-group sessions were translated directly by the interpreters responsible for facilitating those sessions to ensure accuracy, clarity and completeness of the notes. All participants were additionally provided the opportunity to directly submit individual notes in their own words during the conversation via the use of a collaborative note-taking document available online to all participants during the duration of the conversations.

These open-submission online discussion notes documents remain publicly available for a minimum of two weeks following the events in case participants have additional reflections or responses to the discussion questions they would like included in the reportage, or in the event that they would like to submit handwritten or otherwise recorded notes after the session has concluded. However, no participants submitted individual notes for any of the Mat-Su regional conversations. The responses and discussion themes emerging from the small-group sessions have subsequently been aggregated and made anonymous for the purposes of this analysis. The full text of the submitted notes is available on page 23 of this report, while a facsimile of the Mindstorm packet distributed during these conversations, including instructions and questions, has also been included *(see: page 6 for more details)*.

Because of the free-flowing nature of the hour-long small group discussions which were guided in an intentionally non-rigid manner in order to allow for flexibility, participant choice, and community-based responsiveness in accordance with the model of Intentional Social Interaction, many of the themes emerging during these conversations occur across individual discussion questions and overlap with topics raised by participants. Where possible, this report attempts to make those linkages apparent and to highlight other questions in the text of the notes where themes overlap and participant stories and comments reference previous discussion themes or insights.

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[3] Our research team reported 35 participants of the initial session (June 23rd) with 4 discussion groups submitting notes from their conversations; 18 participants of the second session (June 25th) with 4 discussion groups submitting notes; and 34 participants of the final session (June 30th) with 4 discussion groups submitting notes – a sum total of 87 participants and 12 discussion groups across all events. All participants received the same instructions and discussion questions. Transcriptions of the orally reported highlights and key observations from these discussions as summarized by participants during the event can be found on page 19 of this report.

Table 1. Overview of Key Themes from Mat-Su Mindstorm Discussions:
"Human Solutions to Human Problems"

Keyword(s): *Environmental and agricultural sustainability, climate change and natural resources, resilient communities, culture of independence and self-reliance (individual and collective), food sovereignty*

- Concerns about conservation, planning and accessibility of natural resources viewed as beneficial for the health of those who live in the region; tensions between economic or market imperatives (as of the oil, mining industries) and environmental conditions/climate change and health; sustainable agriculture and food sovereignty

Related theme(s): Thematic tension between cultural values and social needs (independence and interdependence), community belonging and isolation; need for more resources for those with caretaking responsibilities (elders, youth, etc.); interest in supporting intergenerational living, learning and connections

Keyword(s): *Stronger social net – government and/or community based, community alternatives and supplements to public systems/services spanning education, housing, food security, and mental and behavioral health support (especially policing and/or those systems with the ability to criminalize behavior that could be handled by health or educational systems instead)*

- Interest in seeing greater public investment and more community-based efforts/programs in education, social services, affordable housing, mental and behavioral health resources, support for neurodiversity and those living with disabilities; less stigma around mental health and substance disorders;

Related theme(s): Low levels of trust in government and public institutions, desire for increased transparency and accountability, interest in seeing more "community taking care of community" initiatives and "human solutions to human problems"

Keyword(s): *Urgency of the Covid-19 context and basic needs, ability to provide for family under distress; family structures and caretaking responsibilities (elders, children, others)*

- Need to address Covid-19-related inequities in families/individuals' abilities to provide for basic needs (housing, food, education, healthcare); funding for state, local and community responders providing essential services during Covid-19

Keyword(s): *Universal healthcare, healthcare as a human right, mental and behavioral health resources, access and affordability; choices and options*

- Marked interest in health insurance as a human right, making health care affordable and accessible to all, removing programmatic/structural barriers to equity in service provision (supportive housing, education, social services, public hunger/homelessness programs, etc.);
- Concerns about affordable access to mental, behavioral and substance dependency resources, accessibility for families and individuals living with disabilities, immigrants, low income households; availability of dental and specialist providers
- Need for more options and flexibility, public health education at all levels

Keyword(s): *Emerging, mediating technologies – hopes and anxieties; technology and human connection/isolation*
- ■ Concerns about overreliance on technology; distrust of robots, especially in the context of education or where there are concerns about the development of personal agency, social-emotional intelligence and social connections (as of the young)
- ■ Some interest in teletherapy and use of technologies to supplement or augment existing relationships rather than replace them; shared perception in several groups of technologies like software algorithms as tools that can be used for a number of purposes with good or ill intent, and biases based upon design (or not)

<div align="right">**Question Set One:**</div>

We asked: *Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?*

Seven of twelve total discussion groups submitted notes addressing this question with five of the seven responding groups having watched the Off-Ramp/Trust in US set of scenarios and the remaining two groups having watched the Crowd Control/In It Together set. Six of seven discussion groups directly addressed matters of community connection and interdependence, emphasizing the perception that "people are hungry to connect" and arguing that "we really do need to pull together and solve some of these problems." More specifically, the notion of "eco-hubs," or localized, self-sufficient and environmentally sustainable small communities appealed to many participants, perhaps because of the conceptual linkages embedded in the concept among the three major themes of this section, concern for the environment and natural resource conservation, a strong interest in community development, relationships and support, and a desire for more transparency, privacy and accountability on the part of government and decision-makers.

Notably, such comments where they appear in the discussion notes are frequently framed by participants in relationship to the values and skills of individual and collective self-reliance or self-sufficiency, as in the case of the following comments:

> One of the things that stood out to me when I was watching [Crowd Control/In It Together], was – for the Alaskans in the room, I mean, if you didn't see things you recognized… Living off the land and without electricity, especially in the Valley – many of us have lived or do live that way already. With the pandemic and fear of lack or losing things, well, a large number of Alaskans have already faced those fears. When you've lived without and found other solutions, well, you know who's got fish canned for the community; you know the person who's a hoarder who's got three generators stashed away. So, the idea of an eco-hub when we were watching the video, I already can resonate with that…We live in the Valley, so you can't tell me at some point your head wasn't already going there. What's the worst that can happen? No running water, no sewage? We've done that. Don't have toilet paper? No problem.

Other groups sometimes presented the appeal of community connection and collaboration in the context of personal experiences of isolation and exclusion in the region, as in the case of one participant who shared a sense of disconnection experienced as an Argentinian immigrant and the parent of an autistic teenager, emphasizing that "it's important to have communities where *everyone* goes, not just certain groups or affinities…in schools, the situation was different. We weren't encouraged to meet other special needs kids' parents, and that was difficult." One group emphasized several times that the appeal of living in small, localized communities was connected to personal choice ("self-chosen communities…different, but self-chosen") and the provision of more social safety nets by the government ("I liked the government taking care of sick people and shouldering the cost.").

The theme of environmental protections, connection to the land, food justice and sustainable food production were in several cases tied to the value of self-reliance, with all comments taking a positive view of food sovereignty, though one group also expressed doubts that "60% of people will ever be growing their own food," despite connecting it to positively perceived self-sufficiency and Alaskan values ("Self-sustainability is something we Alaskans strive for – gardens, harvesting, wild game, getting away from metropolis life.") One group touching on this theme added that any "healthier future has to address the food deserts we have." Only two groups explicitly discussed technology in the notes submitted on this section with comments from the relevant small groups expressing concerns about government surveillance and ambivalence toward the development and deployment of robotics ("I liked the idea of having robots that were that were programmed to not be prejudiced at all, because that's really hard to overcome as humans, but I personally don't want to interact with AI, so it's also true that we need to work on that, because human problems need human solutions"). Additionally, two groups expressed appreciation for the idea of reevaluating how the U.S. determines social and collective value (replacing measures like the GDP will a "wellbeing score" specifically), reinforcing the theme of "community mindedness" and "human solutions to human problems."

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Question Set Two

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We asked: *Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?*

Six of twelve total discussion groups submitted notes for this section – four upon having viewed the Off-Ramp/Trust in US set of scenarios and two upon viewing Crowd Control/In It Together. Half of groups responding to this section were dismayed by the idea of producing food in a lab created from human cells (an item appearing in the first scenarios set), while four groups also expressed concern about overreliance upon technological intermediaries such as robots – especially in educational or academic settings – which participants worried would replace "personal interaction" and exacerbate isolation and disconnection, calling the idea "very sci-fi" and "a bad idea for community sustainability." The topic of education and technology appears across discussion dates and small group settings with some ambivalence expressed regarding the use of technology in pedagogical settings.

One participant expressed her ambivalence toward technology in the classroom in the notes thusly, sharing: "I was a teacher and I know that technology isn't all bad, but I don't want to walk into a third-grade classroom and see a bunch of kids on personal computers – I think they need human interaction to learn those social and interaction skills, how to behave and respond to others." The sentiment is supported by notes from a later session of the Mat-Su conversations where a different participant, also an educator, highlighted the relevance of the global Coronavirus pandemic, sharing with their discussion group: "I'm a fourth grade teacher and during this time I had to do virtual teaching, so I couldn't see my students face-to-face, I couldn't give them hugs – it's phenomenal to have the technological resources, but we need to remember that we all need that interaction and touch for our mental health and everything. It's important!" The student perspective underscored this theme, with participant one opining, "I don't think any of my classmates would pass the exams without real teachers. Having real teachers is important."

Surveillance, privacy and the choice to opt-in or out of technologically mediated surveillance mechanisms also surfaced in this section as a significant theme, with three groups explicitly naming these concerns in their discussion notes for this section. Where one comment illustrates dismay at the idea of "being tracked all the time" using cellphone location data, other comments on this theme focus on "the ability to choose what we do and don't want to have in our lives" in the context of personal freedom and individual rights, while comments submitted by another group connect concerns about surveillance with anxieties about state control. "It's almost like 9/11," one comment reads, "but in reverse? It's changed

our lives here in America already so much. I wonder how it's going to play into things like the Patriot Act. I'm a big, 'wear a damn mask' kind of person, but I'm also nervous about state control and surveillance."

The particular challenges facing community members as they age – a theme that is echoed elsewhere in the notes from the regional conversations – emerges here in interesting ways, accenting the supporting of concern for intergenerational contact and support. Several groups spent at least some time discussing the difficulties of maintaining health and wellbeing in the present moment. One participant shares the following comment highlighting the ways the pandemic has made it difficult to focus on the future, noting the impact of place-specific cultural values:

> Currently we're pretty much on lockdown – I'm 67 and I live with my family, my son is here and we barely leave the house, we stocked up on masks, I bought a face shield – and here in Alaska everyone is very independent and wants their freedom, so I'm so worried just about going to the grocery store tomorrow.

Additionally, two groups discussed political divides in the context of the Covid-19 crisis alongside perceptions of Alaskan culture and regional demographics. Comments in this vein included the note that, "Honestly, it's kind of hard in the moment we're in to think about the future in such an academic way, hopping back and forth between academic exercises," and one participant's experience that, "It feels like we're IN a scenario – a completely unimaginable one. It's hard to imagine building a new one, based on that." Nevertheless, discussion groups *were* able to identify and articulate some priorities, among them:

(1) Making communities more welcoming to those with political and ideological differences;

> I'm from California originally, the Bay area, so as a liberal, I'm definitely a minority here – it's a very conservative area, and that shows up in how people address the pandemic.

> I relate to that. I live in Palmer and we like to think of Palmer as the liberal side, but that means that there are five liberals instead of one. I work with a lot of conservative people, so I have to bite my tongue a lot.

(2) Addressing prejudice and cultural segregation, changing negative perceptions of Willowa community;

> I live in Willowa, and we have a huge movement to put in a park, keep our kids safe…every time, every bad thing that happens in the Valley must be from Willowa. It's really hard to keep people joining us with the negative stereotypes. I wish our community could be more than just a couple of your neighbors.

> People think that there needs to be reform, but in the North, it feels like we all gravitate to our own ethnic groups, and we need to branch out.

> Get away [*sic*] all the prejudice.

(3) Distributing the financial burdens of eldercare with financial support from the state and addressing institutional failures with community-based responses;

> So often the institutions we rely on to create community don't do their job well or right (schools, community centers, churches). Sometimes we have to take things upon ourselves to make that community. Ex: when young people living alone don't feel like they have community, sometimes it just takes that first reaching out to cause a chain reaction of reaching out.

> I think we as people should take care of our parents. I think it's important that the government shoulders the burden of paying for that. The way it is now is that one accident, illness, you're in debt. That doesn't seem humane, to live in fear.

> All of us paying for it – we would still be paying for it. It would be equalized between people. It wouldn't be a catastrophic hit for everyone. It's too expensive and people are decimated.

And (4) Addressing tensions between economic and environmental priorities with particular concern for the relationships between anthropogenic climate change, natural resource exploitation and the ability of community members to earn a living in traditional industries.

> So much of the scenarios sounds like the hippy-dippy stuff back in the 60s, and that's good and all, but here where we are in Alaska, there's a divide – the state is really about fishing, mining and oil development – things that are really hard on the environment, because those are the good jobs that sustain them. In 45 years, I haven't seen any improvement in us being able to navigate those very different philosophies, so I don't relate really to anything I saw there [in the scenarios].

The tone of comments in this section aligns similarly with language evident elsewhere in the aggregated notes from the Mat-Su discussions indicating an element of caution, reserve and skepticism in the attitudes evinced by some participants and community members with respect to their views of the future – and concomitantly, its possibilities for creating positive change where such change is desirable.

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Question Set Three
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We asked: *Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?*

Six of twelve total discussion groups contributed notes on question set three, all but one of which viewed the Off-Ramp/Trust in US scenarios set prior to their small group conversation. Comments in this section were largely consistent with the main themes emerging across the discussion topics with a particular focus on community-based alternatives to government agencies and programs and community support more generally, interest in equitable and accessible natural resources in urban and rural planning regimes, and the value of natural resource and "wilderness" preservation all again appearing here.

While the theme that "it's not good to rely solely on public institutions" and the idea that "many of these government entities need major changes – an overhaul," continues here, several discussion groups move beyond a vague notion of community support to recommend particular pathways for alternative efforts. Such comments noted the possibilities for modeling healthcare systems on Indigenous tribal health systems within the state, reallocating funding from police forces to education and social programs, providing trauma-informed behavioral health interventions to youth who might otherwise be institutionalized and/or criminalized, volunteering in intergenerational community gardens and cooking classes, supporting local farmers and partnering with the University of Alaska – Fairbanks to conduct research and provide programmatic support for the development of more sustainable and affordable local food systems.

Importantly, however, two additional themes are particularly highlighted here. First, disparities in mental health and trauma-informed care – and in the ability to access care in general within the existing limitations of the institutional healthcare system appear in the notes as a strong area of concern, especially highlighted for people of color, Indigenous Alaskans, English language learners[4] and vulnerable community members such as youth and others suffering from housing and/or food insecurity, mental, behavioral or substance disorders, primary and historic trauma. This latter is specifically named as it has been experienced by Indigenous peoples ("theft of land and stealing of children from homes…breaking

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[4] See: "What Else Should We Know" at the end of this analysis for supporting themes and comments on this topic drawn from Spanish language conversations whose scribes submitted notes from free-form discussions formatted as addenda.

up families") and in communities of color – both historically and in contemporary disparities in treatment by behavioral institutions, Child Protection Services and the police, among others.

> [What we can do right now to improve health and wellbeing in 30 years is…]
>
> Holding our public officials accountable. We have a police chief in Palmer who has publicly made racist, homophobic, and transphobic comments. We need to vote him out.
>
> … I work in the mental health system and I see a lot of the disparities facing minorities in Alaska, and some of those issues are preventable – trauma informed care, being educated and able to talk about history and traumas. We all say, "suck it up and don't think about it," but these are things we need to work on as a community so that people know it's okay to talk about these things. We need to be able to talk about it and provide resources and therapy before things get out of hand. If we don't address trauma when kids experience it, it ends up being a mental health issue. And to be honest, we are facing a lot of mental health issues in Alaska. Many adults are not able to get the treatment that they need and have to go out of state to get care, since there's only the one hospital. We need support for those experiencing trauma in their early adulthood, because it's getting out of hand and shipping people out of state or putting them in a behavioral institution somewhere, it doesn't actually solve the problem. In fact, often kids come out of those institutions with three or four new problems they didn't have before. They're not getting the trauma informed education and care they need. Then you start to hear about self-medicating, using drugs and breaking up homes.
>
> [In response to the above comment, another participant stated:] I agree, I think the system up here needs a complete overhaul.

Secondly, questions of fiscal responsibility, economic justice and equity also appear in the text of the notes, variously framed. Where one group discusses concerns about government corruption and a need for greater transparency justifying a move away from centralized authority (and presumably spending), another group wonders about how the federal government might pay for universal healthcare, "if we've all got government-provided healthcare in the future." Yet another group suggests that "it comes back to the community wanting it enough to lobby for the funding." Two discussion groups bring universal income into the conversation around equity and economic justice citing evolving perspectives on the possibilities for radical policy solutions during eras of crisis and rapid change (as in the case of the current global pandemic of the novel coronavirus) and a need to consider how access to technology and public fora are circumscribed by economic distress as a matter of equity and diversity promotion.

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Question Set Four

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We asked: *Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?*

Four of twelve discussion groups addressed this question in the notes they submitted following their conversations. However, comments in this section are particularly substantive and longer than some of the discrete ideas elsewhere evident in the notes, perhaps due to the many personal stories shared in this section (and to which the framing of the question set lends itself).

A number of ideas which first appear earlier in the notes receive greater attention and detail here, foremost among them, the interest expressed in universal healthcare and affordable, accessible treatment options. While most comments addressing this topic explicitly name insurance and affordability barriers, a few also highlight possibilities for improvements and successes, such as the implementation of telemedicine during the Covid-19 pandemic.

> If we had a norm in this country of health care as a right, it would be easier to change that for the better and make sure everyone has healthcare and insurance.
>
> The ability to access medical care in an emergency situation, and how many decisions in life become [questions of] do we have insurance. In my own personal experience, if we didn't have health insurance, we could have been personally

bankrupted. I think of all the people without it and being subjected to it. I also value the expertise that comes from a competitive healthcare official, that we were able to get another opinion. What happens to that cutting edge of medical technology, can we have that middle ground?

We need affordable access to healthcare – because of the pandemic it's clear how many people are vulnerable because they don't have health insurance or the resources to pay for healthcare. So, what I would like to see in the future is universal healthcare.

A friend broke her hip in Italy, and it was paid for [by the state]. It just doesn't compute.

I used to have cavities; we would fly to Mexico [in order to be able to obtain care].

Having universal healthcare would be the number one thing. I haven't had healthcare since I was kicked off my parents' health care 12 years ago. I worry nonstop that I will get a letter from Denali Kid Care that we will no longer be covered. We own our own business but can't afford workers comp. Healthcare is our number one concern.

There're so many unknowns, I think about what medical deals will happen, there is so much complexity, that is built up to disenfranchise us. Then you have to hire supports to navigate the system. It worries me, what are you going to do when you need it. What would I do in that sort of scenario?

I work in a hospital, and we have switched to using a lot of telemedicine because of the virus, and it's helping make people more comfortable interacting with their providers. Initially I didn't think it would have such a positive impact, but it's been making a big difference in reaching those who are geographically isolated or isolated due to chronic pain or illness.

Another strong theme, evident elsewhere in the discussion notes and inflected with nuance throughout, but particularly prominent here, is that of homelessness and affordable housing as an urgent and pressing matter of public health concern. Furthermore, several commenters point to limitations and challenges in existing social support programs that make it challenging to address the issue under current conditions.

I work in behavioral health, dealing with a lot of mental health issues, housing is an issue. Also, STD issues, a very broad part of the population I deal with, and there is so much we need. Housing is a huge issue. In summer it's less of a problem, and you'd be surprised of how big of an issue it is right now. Most of my clients are on social security, they have had payees . . . housing is a huge issue. I try desperately to link my clients with different programs and agencies to get them housed. But there's not a lot of options. The only place accepting applications right now is the mainstream program. It's really hard to deal with your needs if you don't have your basic needs addressed.

It's very interesting to be in the same room with J——, D—— and D——, I work at Family Promise in Wasilla, and we work with homeless children and adults. It's interesting that housing and food and clothing, the basic needs, Maslow was absolutely right. The brain's ability to function in these situations is heavily impaired. I think the number one thing that should be addressed, we need to take care of our kids, that they have food, shelter, somewhere they feel secure.

One of the programs we have, a basic housing assistance program, a grant that allows us to pay for a person's rent, to prevent eviction. We can pay utility hookup and first month's rent. That is shared with 7 or 8 different agencies in Mat-Su. We have 2-3 agencies in Wasilla, two in Palmer, it spreads out. Not everyone that applies to qualify. They get a one-time assist but must sustain themselves after the assist. There is a hierarchy and a lot of people that fall through the cracks. On the street, in the woods, some people don't want to conform to rules with the programs.

Similarly, several discussion groups tied economic justice and inclusion to health and wellbeing, telling stories about their own personal experiences of recognizing gaps in privilege and access to spaces, programs and resources on the basis of financial means. A few use their insights to call for economic, cultural and political change simultaneously, looping in supporting themes around public accountability and expressing concerns about the potential for pandemic related conditions to exacerbate existing inequities.

Our politics right now is cutting the budget. The state is in dire straits with Coronavirus. We need a cultural change, but we need a political change.

Being a schoolteacher, I see it from a kid's perspective, kids that don't have that opportunities, I know it's there, but I put in the backburner, because I'm dealing with mostly kids.

I'm starting to think Yang's proposal, guaranteed income for everyone. We just got $1200 from the federal government. In 20 years maybe we'll have it, but first universal health care.

Finally, concerns about mental health continued to be important in the discussion notes in this section. Participant comments called for more integrated and holistic treatment options for mental, behavioral and substance use-related health interventions, increased conversation about mental health needs and the elimination of social stigmas around mental health. Several commenters also pointed to links between substance use disorders and criminalization of or contempt for the ill, much as others described the criminalization and marginalization of neurodiversity, race and other forms of difference.

Two things: agency and personal choice – not even that I don't want the government to tell me what to do, but in looking for a path forward for everyone to have options and access. So, being able to look at your physical and mental health needs and connect to a path for wellness – right now there are a lot of hoops you have to jump through in order to get care or access to programs. I would love to see a future where there was more education about the availability of services and people recognizing that it doesn't have to be competitive or capitalist model. That we're not competing in social services for clients, but working together to help people make healthier choices for their lives and. There's not a lot of integrated mental health and substance use support and if you are able to get into see a counselor there are a lot of barriers, maybe you can't afford it, and if you go through all that and then don't click with a counselor, then you think, well, I tried counseling, and it didn't work.

Other people's attitudes towards people down on their luck, using any kind of drugs. Alaska doesn't have an understanding of this, they criminalize the behavior, and look down on them. They treat them like the dredges of community. Until we change that perspective and have more compassion for people, more understanding to change this. Culture is reflected in our politics.

I suffered really bad post-partum after my fourth child, and the older children really noticed the difficulty, so talking about those things is really a trigger for me. It's something I'm still working on – and we definitely need more education and resources about that. It also reminds me of the idea of the power of "yet" – so you can say you may not be where you want to be *yet* but you don't give up hope that you'll get there and you work on it, so you can say, hey, I get it NOW.

My generation was a generation where you don't talk about your feelings, you keep everything down, you don't go to the doctor because of stigma, and the older generation is you don't really talk about that – so I'd like to change that conversation so we can openly talk about these issues and people can get help and support.

Question Set Five

We asked: *What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?*

This section of the Mindstorm provides an opportunity in its framing for participants to connect what they see in their communities presently with what they'd like to see in the future and express general hopes for the future. As a result, many of the responses submitted on this topic orient toward positive interventions emerging since the advent of Covid-19 in the U.S. and underscore themes touched on elsewhere in the notes. The theme of interpersonal community support and initiative is particularly prominent here as it relates to issues of both self-reliance and a sense of community belonging. Many comments indicate a connection made on the part of participants between "community taking care of community" and one's ability to thrive in a culture that values independence, practical skills and self-reliance. Indeed, several commenters point out that the skills needed for self-reliance or self-sustainability are often learned in the context of intergenerational and intercultural relationships. Identified below are the key themes in this section across discussion groups with some of the comments from the discussion notes included beneath thematic description to illustrate the overlap and richness of themes in this section.

When asked what they would like to see in the future *broadly* – or what they are seeing now that suggests a desirable possible future – participants described the following priorities, innovations and hopes:

(1) Accessible behavioral health services without stigma (including community-based and non-residential services); celebration, resources and support for neurodiversity; more holistic and integrated options for healthcare

> We now have a behavioral health unit at the Mat-Su Health Clinic – before we had to go to Anchorage to receive those services. I was able to use it recently, and it was clear that there was no stigma attached, you could come and get a meal, care, a bed – and there was no shame to it. I'd love to see more of that.

> I wish that my son would have had a community and family earlier in life. I wish the educational system was reformed earlier and accepting of people as neurodiversity [*sic*] as they are. There is discrimination against people who think/function differently in schools. I wish there was more kindness. Adults have to model that behavior and put it into play in schools.

> Well, I've worked in the field for a long time and the problem is it's not holistic and there are no integrative options, we don't consider the whole person, their families, their responsibilities – those things that can create tension when you're trying to get treatment or heal – what if instead of going into a treatment center you went into a treatment community? What if it was a longer commitment – three years instead of one with the support and cushion to succeed? If you had support to make sure your family still got dinner and you don't have to leave them and the things you care about behind – the things that create conflict when you're getting help? What if we didn't just hop you around from place to place – it's the whole of you that needs to get well. The bills still need to be paid; the kids still need to eat. So often we ask people to jump off a building and fly without giving them a cape. What if we built supportive healing communities like that and then gave people the option to leave if they wanted, or stay in community and help support others?

> Non-neurotypical people are sometimes treated like criminals. Opposing the school district is impossible. I don't want to have to pick my son up at the police system.

> The budgets of our school districts matter in getting good people in special ed, attracting talented teachers.

(2) Community initiative and support – "neighbors taking care of neighbors," more opportunities to connect, share perspectives and build relationships across differences; a culture of kindness and compassion; community-based programs and activities (such as "kids' lunches" in the park during the summer) that bring people together intergenerationally

> Growing up in Alaska, the state has always been separated from the rest of the country – some people even thought it was part of Canada. We're independent and tough, so what I'm personally excited about is that I'm sitting here because of a pandemic talking with people all over the country about Mat-Su, Alaska. I love to hear the perspectives of people from all over – I'd like to have more of that! I think a lot of the problems we face today can be solved that way. Even just connecting with people from other parts of Alaska, we have the opportunity to learn from and practice tolerance for that.

> Saw news story of college kids and elderly people were put in the same apartment building in a wellbeing study, and study showed well-being went up when required to interact.

> Community and teaching individuals the skills of independence are both important and must exist concurrently. Communities save lives. Loneliness can be a killer…Certain skills like foraging for berries, making home medicine come from intergenerational and cross-community sharing. It's important.

> We hit this pandemic in the middle of tax season, so I got a front-row view of policies and politics changing rapidly – warp speed – and personally, what I'd like to see in the future is just – there is a sense that community can take care of community. And sometimes, there are things that politics and the government – we shouldn't have to have them involved in. Just neighbors taking care of neighbors – I'm not relying on the powers that be.

One thing about Alaska – I have 9 acres in Hatchers Pass – the small lot in our area. Our neighbors are really independent and keep to themselves, but let me just say, if we ever need anything, they are so willing to help and come to our aid.

I'd like to see us treat each other better in community.

(3) More effective and principled leadership, public accountability for decisionmakers

It seems overwhelming because we have so many things that need to be fixed for health and wellbeing – education, income inequality, racism, police brutality… instead of trying to change things from the bottom up, shouldn't we change things from the top-down? There's a lot of failed leadership and powerful people at the top, so shouldn't we address that?

(4) Access to the land, "wilderness," natural resources

I would hope that my 20-year-old son and his children will be able to experience the wilderness that I have enjoyed and experienced up here. As was said earlier, we really do have a divide between what the climate needs and the mining and oil industry. There are communities here that are literally going to fall into the ocean in the coming years, but they would have to relocate at the cost of millions of dollars and they just don't have it.

What else should we know?

We asked: *What else should we know? Is there anything we didn't ask that we should have? If so, please share both the question(s) you have identified and your group's response(s).*

Finally, this section of the Mindstorm allows participants to propose their own questions pertinent to the future of health and wellbeing or to address a related topic not explicitly included in the discussion notes. Comments in this section, for which five of twelve discussion groups submitted notes, focus on the centrality of one's ability to obtain basic needs such as food, housing, education and health insurance in achieving and maintaining health and wellbeing. Additionally, the notes in this section serve to amplify the experiences and needs of the Filipino, Native and Latinx communities, such as the latter's urgent need for information and resources in their own language (Spanish) such as community health centers and eldercare.

A number of additional issues of equity and inclusion also surface in this section. Among them several add to or help to contextualize themes emerging in elsewhere in the Mindstorm discussions. Such deepening or expanding themes include:

- The burden of climate change in rural communities
- The non-neutrality of technology ("Technology is as unbiased as whoever created/coded it")
- Concerns about wearing/not wearing masks during Covid-19 as a tension between community and individual interests
- Difficulties accessing essential resources due to the geography of Alaska and the advent of the pandemic ("We don't produce all these things. We're so far, we might as well be an island")
- The persistence of unresolved sexual abuse in the community, need to destigmatize sexual health education and make more accessible
- Lack of discussion and intersectional lenses on privilege,
- Challenges facing elders who are aging alone or with family in the state
- Marginalization of the Native Alaskan, Filipino and Latinx communities and the policy and cultural gaps created by such practices and systemic elisions
- Concerns about the intersection of homelessness, substance use and law enforcement/policing practices in the context of basic and mental/behavioral health service gaps

- Programmatic limitations making existing social support programs inaccessible to some community members for unnecessary procedural reasons or because of resource scarcity
- High costs of living, especially for housing and food – and the effects of working without a living wage upon stress levels and general health
- The notion that achieving "self-sufficiency" on one's own is an illusion requiring social and materials supports often made invisible in narratives of rugged independence and individualism ("Self-sustainability: hard to attain, takes time and resources to enact, money upfront").

Mindstorm: Oral Report Notes

About These Notes

The below notes were taken by members of our research team during the oral report-out from the Mindstorm small-group focused conversations during the virtual engagement events of June 23rd, 25th and 30th of 2020 hosted in the Mat-Su Valley region and broader community of Alaska. During this activity, participating discussion groups nominate a representative from their table to share with the larger group a few key themes emerging from their conversations. Groups have been numbered according to the order in which they presented.

23 June 2020
Session #1 | Scenario Set: The Off-Ramp & Trust in US

Group 1: Surveillance, lack of connections due to screen uses. Both what's happening with a pandemic and uprising, things feel more possible than they did before. Things like universal basic income happening… it feels more possible.

Group 2: So, we talked a lot about a lot of different things in the scenarios [The Off-Ramp/Trust in US] – the utopia, how a perfect community would be great, but we're NOT perfect. And we talked about exo-wombs, and how that's scary to people – we worried about technology taking over. What struck me was robot teachers, I think we need that human interaction and connection. It's better to be connected than separated. Adding on to that, what stuck out to me the most was when we were talking about developing children outside the womb – it could be so amazing for the LGBTQ community, or for people who can't have children – it gives them a great opportunity. But T——— brought up that we have children right now in our community that need us so much, maybe we should focus on that before we create solutions for other ways to start families. One of the things I thought was important was – two things – they [in the scenario] were talking about an elder council – but we kind of already have that if you think about it, a lot of our leadership is elders, people who are older than us – but they lack diversity, and that diversity is so important when it's people who are making decisions about our lives. We need generational diversity in our leadership. Also, we talked about telemedicine – since coronavirus, it's been really helpful to people who can't get to the hospital, so we think that's really important to have!

Group 3: We talked about nature and the environment and how important that is to people of the Mat-Su community, to get outside for their health and make sure that it's accessible to people. This discussion of nature's impact on health transitioned to a discussion of the traditional healthcare system – a lot of people don't have health insurance, some people in our conversation shared about being able to get better medical care outside the country if they didn't have insurance. If we had universal healthcare, we'd want to ensure that we have high quality medical care and doctors and providers. But there was consensus that we can't continue to have people who can't get care for their medical needs. One question that came up was if they asked every person who was getting medical care in Alaska, "Do you think that your medical provider gives you great service and listens to you no matter who you are and where you are (or are from)." We thought that is an important question. Also, how we approach public

education and curriculum – how we can make it more equitable for all Alaskans? And asking people of color and indigenous people here what we can do to better support them in our community!

Group 4: We talked about how important diversity, equity and inclusion is in the Mat-Su area and how it's included in all systems and we're wondering how we can use direct funding to make it more equitable for Alaska Native community and people of color. We talked a lot about declines and cuts in mental health and social services programs and how there aren't enough resources to support those with mental health needs right now. We talked about eldercare and what we want for our children – a future where Alaska Native children grow up with the opportunity to learn their indigenous languages and histories; the need to address historic traumas with resources and education; we talked about how climate change affects food security, cultural practices, whether and how you can harvest your food – it's really absent right now in the conversation in Alaska, but it's central to our community and concerns.

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25 June 2020
Session #2 | Scenario Set: Crowd Control & In It Together

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Group 1: We need more doctors, more specialists, more OPTIONS here in Alaska. We don't have enough options. When something is really difficult or too expensive, most of the time you say that you need to go to Seattle. I don't know about others, but in our group, we were discussing how we have to leave the state to get certain important medication, to see high quality specialists/doctors when we need it. Another point we talk about in our community, is that we would like to see more options for Spanish-speakers. Also, there are a lot of places here that provide help to Spanish-speakers, but the quality of services is very low, or the resources and options are limited. When I was pregnant, I didn't have insurance, and the place I went to couldn't help me [because I lacked insurance], the only reason they helped me in the end is because I was pregnant. But it can be really hard to get seen [by a doctor]. And they don't have enough options for translation. We are looking for a new future where we can all have equal access and options – that it's fair and equal for everyone. We want for everyone to have what they deserve – and all humans deserve to be healthy and to get the help they need. But it is a great place here – and we do have standards as a community. I will tell you that I feel safe – we feel safe here. Something else that we also shared in the group was that if we want to change something, but we keep making the same mistake, then how are we going to get better? We need to change. We need to do something different if we want a different result. We were alarmed to see in the futures scenarios things that are happening now – immigration challenges, the gap between the haves and have nots – we see that now and we were concerned. We were a diverse group – from Chile, Mexico and Spain, so the conversation about people not having access to medical healthcare – it always surprises us that this is a problem in such a rich country.

Group 2: We started talking about the whole idea of the eco-hubs and that scenario in the video, I had made the correlation that, in some sense, living where we live in Alaska, is that for some of us up here who have lived in scenarios where you don't have water or sewage or you purchased land and built your home slowly over years, it can feel like, well, during this pandemic, we can go back to a skill set that a lot of us already have. It led us to reflect that maybe we are in a unique situation in Alaska. Some of us already knew – in a crisis – who were the people who had a freezer full of moose or enough canned fish to feed the whole community. For me it's the push-pull, the tension. There are a tremendous number of natural helpers, organizations, the health foundation – a lot of people working to do good. But we also have a huge homeless population with healthcare and mental health needs – the have and have nots. It's kind of the conflict between the history of the colonists who showed up and their relationship with the indigenous people already here, the community members trying to protect the natural environment, the fish and the streams – so, to navigate those conflicting philosophies is tough. I have trouble seeing those

philosophies in action here. I think most people want to treat each other and the environment well, but that's not necessarily how it works out.

Group 3: We talked about education, how children need to be treated as the individuals – and learners that they are. We have tactile learners and people who need to see it or write it – not just the assembly line style of education. But we thought children should have the opportunity to be treated differently based on their different needs – as learners, as individuals. I really struggled with math as a younger person, and I'm in school full time now, but I've had trouble with the math classes since we went online, the way it was taught and how I needed to learn – but before that, in person, I was getting an a. So, we want to teach children to accept who they are, so they can accept others for who they are. We talked a lot about independence and the importance of teaching children about prevention and mental health, but also having a community you can rely on. Different cultures, bringing those cultures into your perspective. Dualities as it relates to life – there was a lot in there!

Group 4: Alaska has always been known for an attitude of helping each other – when troubles or disasters hit, that's what we're known for. But it feels like it's become more selfish, less of a helping mentality. We need to get back to the one-for-all and all-for-one attitude so we can make sure that everyone who needs help gets it. We have a big problem with drugs in our community – we feel like it's a big issue. Grandparents are raising grandchildren more than ever know because of it, so we want to make sure schools have enough support to help students and families, so they have what they need in growing and becoming the people they want to be. We also talked about those with less or from a different economic class deserving the same care and access to medicine and health care needs.

30 June 2020
Session #3 | Scenario Set: The Off-Ramp & Trust in US

Group 1: One of the big things was mental health – we all feel strongly that mental health is something our community needs to help build up and provide resources that everyone can access. Another thing that came up at the end is that in the future it would be amazing if we could see holistic health care – not just one person in an institution for two months, but the whole family in a community getting the help that they need holistically. Some people discussed the videos at the beginning, I recall them not wanting the robots we saw at the beginning, we need to have human touch and interaction, it's part of helping with our mental health. Empowering and educating people to support mental health.

Group 2: Our group was mostly Latino and Hispanic. We talked about spirituality and having equilibrium in all that we do. We also talked about climate change, how the polar caps are melting and what we can do to address the impact on environmental health. We talked about having a fair wage so we can provide for our families. We talked about feeling secure in our communities – one of our discussion group members had a shooting where he lives and doesn't feel comfortable going out. In our Latino community, sometimes we lack the resources we need to be healthy – like the ability to access medical care.

Group 3: We had quite a discussion about agriculture and how there's a need for local, sustainable food here. Even when it's locally produced, it's often not affordable – so we need it to also be affordable. We talked about education for children so they can see agriculture as a job they could go into and better understand how their food is produced. We talked about knowing your neighbors and having intergenerational gardens like at a senior center with local students from schools in the area for intergenerational learning and connection and the ability to learn about and produce our own food.

Group 4: We had a good discussion in our group. We talked about the eco-pods for quite a while, and how those would be great ideas, to harvest food, fruits, vegetables, wild game. It did come up that it's fine and dandy to think about the future and self-sustainability, but someone spoke up and said we're here and I'm trying to make ends meet right now. We can be one tragedy away from being homeless, a lot of us are working multiple jobs to make ends meet. The cost of living is high here. Certain people brought up wage inequality. We agreed there is that issue. We didn't talk about solutions. Personally, if we want wage inequality to decrease there has to be some sort of economic development in our state. We're blessed with all sorts of natural resources, and we can develop those resources in a responsible manner. With a lot of the voting coming up, if we want to develop these ideas, we need a stable economy, self-sustainability. We also talked about drugs and crime and meth in our community. It's hard to come up with solutions, but a theme [of our conversation] was [the idea that] we can't do it alone. [We also talked about] the power of the family unit, we've gotten away from the power of the family unit. That's how we can be self-sustainable.

Mindstorm Notes | Raw Aggregate

Please note: While the small group discussion notes in this document have been organized by discussion question, ordered by date of the virtual events (bolded in the texts) and separated by discussion group (indicated by the following symbol: ***), not all groups submitted notes in response to every question. Additionally, some groups submitted notes that were not organized by question, but by theme. Where possible, such notes including clear responses to particular questions in the discussion notes have been reorganized under the relevant question and date. Where the conversation notes submitted appear to be too general or too broad to be broken out according to the Mindstorm questions, they have been included under the final section of this Mindstorm which allows participants to propose their own questions and/or organizational structure for their conversations. Personal stories appear often in the text of the notes and have generally been included here in the section under which they were submitted in order to avoid separating such comments from the context of the conversation in which they occurred, including in cases where themes overlap and/or the discussion in fact addresses several questions posed in the Mindstorm discussion guides.

<mark>**Question 1:** Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?</mark>

23 June 2020

■ The scenarios [The Off-Ramp/Trust in US] had some things that were hopeful and some things that were scary – I think the bits about government surveillance and the potential of a movement against it were believable and something we could really see in the future. I also thought the pods were a neat idea – a new way to connect with each other and live in a health way, so I was excited about that.
■ As a gay man, I think the concept of exo-wombs is pretty cool – since I'd have to put a lot of work into becoming a parent.
■ While I am also concerned about surveillance, I do find it hopeful the idea of having an alternative way to evaluate public wellbeing and social success

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■ Sustainability: I think it's important to connect with the earth and many times it provides the health care you need as opposed to a pill.
■ There was a collective element to both, a collective society, a collective decision. That felt so different, if radical from today. It feels so different to envision that future.
■ Both scenarios [The Off-Ramp/Trust in US] played off current conversations about how we can change current systems and over surveillance and decentralizing things and building community-based supports.
■ I liked in one of the videos [The Off-Ramp/Trust in US] there were no more discriminatory policies in place, seeing that policy reform, local, state and federal would be a great step towards healthy future.

25 June 2020

■ One of the things that stood out to me when I was watching [Crowd Control/In It Together], was – for the Alaskans in the room, I mean, if you didn't see things you recognized… Living off the land and without electricity, especially in the valley – many of us have lived or do live that way already. With the pandemic and fear of lack or losing things, well, a large number of Alaskans have already faced those fears. When you've lived without and found other solutions,

well, you know who's got fish canned for the community; you know the person who's a hoarder who's got three generators stashed away. So, the idea of an eco-hub when we were watching the video, I already can resonate with that.

- We live in the Valley, so you can't tell me at some point your head wasn't already going there. What's the worst that can happen? No running water, no sewage? We've done that. Don't have toilet paper? No problem.

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- Liked the focus on the environment of the scenarios, but didn't like how reactionary it was, would like to have environmental action *now*.
- Cooking and food justice stood out. Healthier future has to address the food deserts we have.
- Having conversations about the future of health feel promising.
- Would like to see less social judgement of one another.
- Focusing on communities. Strengthening communities is the missing link. We don't know who our neighbors are, can't hold people accountable. Don't go over and ask people for sugar anymore.
- Importance of community. Being from Argentina with a 14-year-old autistic son, both things have been very isolating. The community is important.
- It's important to have communities where *everyone* goes. Not just certain groups or affinities. Believe people are hungry to connect, but they just need examples, we need the bravery to reach out. In schools the situation was different. We weren't encouraged to meet other special needs kids' parents, and that was difficult.

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30 June 2020

- I like the idea of things being okay – in an eco-hub or not – in 30 years
- We really do need to pull together and solve some of these problems
- I liked the idea of having the robots that were programmed to not be prejudiced at all, because that's really hard to overcome as humans, but I personally don't want to interact with AI, so it's also true that we need to work on that, because human problems need human solutions

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- Community mindedness and sustainability. That's good. Transparency with government and business would be nice. It would be nice to not feel like you're getting lied to all the time.
- I liked the emphasis on the environment,
- I liked the sustainability, the eco-system and saving the earth's ecosystem.
- I liked all the people living together in self chosen communities, that are different but still chosen
- I liked the government taking care of sick people and shouldering that cost, I liked the idea of living in these small connected communities.

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- Self-sustainability is something we as Alaskans strive for (gardens, harvesting wild game, getting away from metropolis life). It seemed like in the future we will have to continue thinking about that.
- The idea that we turn our measure of success into a happiness/quality of life score was really cool

- I don't think 60% of people will ever be growing their own food. It's too much work for most people! But I support self-sufficiency!
- I think we should move towards self-sufficiency in gardening, etc., and make the environment a focus in this, but I don't see that happening in 30 years.

<mark>**Question 2:** Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?</mark>

23 June 2020

- What does it mean to have food created [in a lab] from human cells? – that seems scary to me.
- I did not like seeing pills for food – that did not look enjoyable at all!
- I'm older – so I'm a fuddy-duddy, but I have issues with the idea of technology and robots taking away personal interaction – people need that connection. The more you rely on robots, the more you can be disconnected from that exchange or service that would exist between two humans. I think we need each other, we need that back-and-forth, we need to feel needed and to realize that we depend on each other. I'm torn though – I was a teacher, and I know technology isn't all bad, but I don't want to walk into a 3rd grade classroom and see a bunch of kids on personal computers – I think they need human interaction to learn those social and interaction skills, how to behave and respond to others.
- I agree [about the drawbacks of too much technological intermediaries] get concerned about choice and freedom – will we have the right to opt out? To choose what we do and don't want to have in our lives.

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- Honestly, it's kind of hard in the moment we're in to think about the future in such an academic way, hopping back and forth between academic exercises.
- Currently we're pretty much on lockdown – I'm 67 and I live with my family, my son is here and we barely leave the house, we stocked up on masks, I bought a face shield – and here in Alaska everyone is very independent and wants their freedom, so I'm so worried just about going to the grocery store tomorrow.
- I'm 67 with a 22-year-old, so I totally get that as an older parent.
- It feels like we're IN a scenario – a completely unimaginable one. It's hard to imagine building a new one, based on that.
- It's almost like 9/11, but in reverse? It's changed our lives here in America already so much. I wonder how it's going to play into things like the Patriot Act. I'm a big, "wear a damn mask" kind of person, but I'm also nervous about state control and surveillance.
- I'm from California originally, the Bay area, so as a liberal, I'm definitely a minority here – it's a very conservative area, and that shows up in how people address the pandemic.
- I relate to that. I live in Palmer and we like to think of Palmer as the liberal side, but that means that there are five liberals instead of one. I work with a lot of conservative people, so I have to bite my tongue a lot.
- Sometimes, with graphics [in the video set Crowd Control/In It Together] it'll strike me how much they try to capture a stereotype with the graphics. I think the one that caught my eye was that the impoverished person was overweight…
- So much of the scenarios sounds like the hippy-dippy stuff back in the 60s, and that's good and all, but here where we are in Alaska, there's a divide – the state is really about fishing, mining and oil development – things that are really hard on the environment, because those are the good jobs that sustain them. In 45 years, I haven't seen any improvement in us being able to navigate those very different philosophies, so I don't relate really to anything I saw there.

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- So often the institutions we rely on to create community don't do their job well or right (schools, community centers, churches). Sometimes we have to take things upon ourselves to make that community. Ex: when young people living alone don't feel like they have community, sometimes it just takes that first reaching out to cause a chain reaction of reaching out.
- In terms of making things equitable, we all have to be on the same page for how things need to change. People think that there needs to be reform, but in the North, it feels like we all gravitate to our own ethnic groups, and we need to branch out.

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- I don't want to live in a pod, and I hope in the future that we aren't so reliant upon technology that we forget the importance of human interaction and touch
- I'm a fourth grade teacher and during this time I had to do virtual teaching, so I couldn't see my students face-to-face, I couldn't give them hugs – it's phenomenal to have the technological resources, but we need to remember that we all need that interaction and touch for our mental health and everything. It's important!

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- No eating protein from people cells. The robot thing is a really bad idea for community mindedness and sustainability. I don't like the fetus role.
- The robot thing freaked me out.
- Get away all the prejudice.
- I don't like to be deleted.
- I don't think any of my classmates would pass the exams without real teachers. Having real teachers is important.
- I didn't like the idea of being tracked all the time, I know they can do that with cell phones.
- I think we as people should take care of our parents.
- I think it's important that the government shoulders the burden of paying for that. The way it is now is that one accident, illness, you're in debt. That doesn't seem humane, to live in fear
- All of us paying for it – we would still be paying for it.
- It would be equalized between people. It wouldn't be a catastrophic hit for everyone. It's too expensive and people are decimated.
- I have a hard time with how hard we have to fight for our non-profit. I live in Willowa, and we have a huge movement to put in a park, keep our kids safe, every time, every bad thing happens in the Valley must be from Willowa. It's really hard to keep people joining us with the negative stereotypes. I wish our community could be more than just a couple of your neighbors.
- It's really hard for people to get out of their comfort zone. If you see someone in need, go help them. I do that. It comes easy to me, but it doesn't come easy to people.

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- The growing meat in a lab…did they mean like growing human meat? That was weird!
- The scenario with the robots felt very sci-fi, I felt a little wary of that.

==**Question 3:** Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?==

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- What I thought was interesting (in the second story, "Trust in Us"), the idea of transparency leading to stronger public services, is that what's happening there resembles the move to defund the police, so I found that hopeful for the future.
- When I look at public systems, it sounds all great and perfect for the government to take over things and just have one big central organizer, but that can lead to corruption in practice. Not to say that it's not the government place, but I do think that many of these government entities need major changes – an overhaul. And that takes lots of people sharing ideas and trying things out and seeing what works. It takes a lot of different people to get to the best ideas.
- One thing that stood out when D—— said we need this drastic change, is last year when Andrew Yang said we need universal income and no one really took it seriously, but then the pandemic hit, and suddenly lots of people are considering it and it no longer seems so radical or out of reach. It was such a radical shift though, so it will be interesting to see what remains after the pandemic.

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- Having the conversation is the first step, getting everyone on the same page and communicating.
- I've been thinking about how the nation could look in a really interesting way in terms of public safety and public health. So many of our communities don't have police forces, and there are negatives and positives in small and rural communities. There are alternative options. Like healthcare, so much of our state has tribal health systems that serves the entire population, cost effectively, efficiently and most of the time really well. It's been fun living up here and thinking about ways we can learn from tribal governments in the state.
- Universal income, not everyone can afford a Fitbit, not everyone can afford internet, a forward-facing camera, Zoom, how do we equalize the platform with such a diversity. The state is huge.
- We had a real interesting discussion about access, my view is 30 years down the road, young people, old people have access to the things that makes Mat-Su an amazing place to live. You can drive 20 minutes and be in the wilderness. There are a lot of activities, but you really need equipment, you need a car, etc. We fund trails and parks, this discussion about equity, how does it affect us? It affects us because people are using the trails and parks, I want to live in a place that is accessible to everyone.
- There's a part of me where buildings go up and trees go down, and I feel my chest tightens, but the population is growing and we're handling that change all the time. And where housing goes. What in the world could our Mat-Su community look like in 30 years in planning? What can we do in intentional planning that looks like as we grow in our population? Change is a constant and can be a positive. Preserving our natural resources.
- 30 years down the road, the kids of today will be the adults of tomorrow. There's a lot of work in schools that we can do to support kids in schools, to improve mental health access, school curriculum, educating our kids for the future we want to create. In light of the police shootings of the past several years. In essence, I like the idea of taking funds of where they aren't being used very well and reallocating them into mental health and investing in ending homelessness so we can have healthier community.

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- One thing that stood out to me – is if we've all got government-provided healthcare in the future, how does the federal government pay for that?

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- I think right now, some of the things we could do in Alaska – I work in the mental health system and I see a lot of the disparities facing minorities in Alaska, and some of those issues are preventable – trauma informed care, being educated and able to talk about history and traumas. We all say, "suck it up and don't think about it," but these are things we need to work on as a community so that people know it's okay to talk about these things. We need to be able to talk about it and provide resources and therapy before things get out of hand. If we don't address trauma when kids experience it, it ends up being a mental health issue. And to be honest, we are facing a lot of mental health issues in Alaska. Many adults are not able to get the treatment that they need and have to go out of state to get care, since there's only the one hospital. We need support for those experiencing trauma in their early adulthood, because it's getting out of hand and shipping people out of state or putting them in a behavioral institution somewhere, it doesn't actually solve the problem. In fact, often kids come out of those institutions with three or four new problems they didn't have before. They're not getting the trauma informed education and care they need. Then you start to hear about self-medicating, using drugs and breaking up homes.
- I agree, I think the system up here needs a complete overhaul.
- You had said that it starts in the home, and a lot of people don't want the government in their homes and home life, so where is the boundary? When CPS comes in, they have to do that…so where are the boundaries? It seems like some demographics do get more help than others…but are we going to get there in 30 years? In families where there are cycles of trauma, where does that get broken?
- If you think about indigenous populations in Alaska and elsewhere in the U.S., with the theft of land and stealing of children from homes and breaking of families by the state – that trauma is often carried through generations. How does that shift our understanding of generational trauma, oppression and care?

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- I think health starts at home. Working hard. It starts at home. I live in a cul-de-sac. We are all connected. If someone needs help – it's being human, looking past our own selfish needs.
- I think that's a huge part of what makes Mat-Su so great. I know all my neighbors.
- Mental health is one of our biggest struggles. I have clinical depression. There aren't enough resources for me, I can't imagine having disabilities, to have drug use and still try and get that care.
- It's exciting to see someone that works with the food pantry. It's really great to see people reaching out and empowering each other. She started a community garden and teaches others how to do that themselves. And doing cooking classes. Maybe they didn't have anyone to teach them.
- It seems to me, food sustainability, part of it is education, but also using the institutions we have. We have University Alaska Fairbanks, we have the extension service, we have the experimental farm. It was made when it became a land grant, that funding keeps going down and we all aware of what's happening with University of Alaska and their funding. We have to have the places that can do that kind of research, experimentation. A lot of education, to take advantage of that. How to eat healthy. Again, it comes back to the community wanting it enough to lobby for the funding.
- A lot of people are reliant to pay their way, reliant on public health systems, it's good to have public assistance. But it's not good to rely to solely on public institutions. I think they need to shift to help people to get back on their feet. It's people's choices.
- Is there a group dedicated to preserving farmlands, to focus on grants to buy up farm land.
- They bought up the land, but they're using it for hay.

- I think they're doing outreach with farmers to figure out ways to boost farmers and get food to people from farmers. Work is in progress for that. They're trying to do work to make that more sustainable.
- We could look at the schools running truck gardens to get food to the communities.
- We should teach kids about food now and get them interested in it young. I watched kids' success and excitement creating interest in it.
- We started our first group. We talked about what they are teaching in elementary schools.
- The senior center has a garden right next to the high school. But nobody used the garden right beside it. Seems like getting the high school down there to tend the garden and to visit the seniors.
- We have to get the mindset to buy Alaska, people buy the cheapest. There were peas, that were fantastic. The university developed them for the Valley specifically. Support the farms that are here.
- Local Alaska produce is so expensive.

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- Holding our public officials accountable. We have a police chief in Palmer who has publicly made racist, homophobic, and transphobic comments. We need to vote him out.
- Creating new trails is one thing Mat-Su did that helps people be healthier and brings people together. Community and school gardens are another way to bring that togetherness.

==**Question 4:** Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?==

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- We need affordable access to healthcare – because of the pandemic it's clear how many people are vulnerable because they don't have health insurance or the resources to pay for healthcare. So, what I would like to see in the future is universal healthcare. There are good and bad things about it, but if we had universal health care, we would be able to take care of ourselves better. Right now, I don't have health insurance – it was going to be $700/month with a 7,000-dollar deductible – so I was essentially paying people
- If we had a norm in this country of health care as a right, it would be easier to change that for the better and make sure everyone has healthcare and insurance.
- I work in a hospital, and we have switched to using a lot of telemedicine because of the virus, and it's helping make people more comfortable interacting with their providers. Initially I didn't think it would have such a positive impact, but it's been making a big difference in reaching those who are geographically isolated or isolated due to chronic pain or illness.
- I don't know how extended kinship groups would be created and organized, because I think that would help people a lot to have more connection and support – we don't really have that as much in American culture. It's interesting to think about how you might do that in a virtual context, since so much travel is restricted or difficult due to the pandemic right now.
    - This brings to mind church groups and collectives I've heard of – the worry here though, the thing that is scary, is that sometimes groups can become very attached to an us-them relationship or be unwelcoming to outsiders and others. And, of course, you'd want it to be voluntary not forced.
    - There's the potential for it to recreate the same kinds of structures of oppression.
- I think it's interesting that we're having this Covid crisis at the same time as the Black Lives Matter movement and a national election – I think it gives us the opportunity to build something really different. Hopefully with some political change in the fall – and keeping the grassroots pressure on politicians and institutions to be accountable for change in our systems like

incarceration and police violence – there's this incredible will for change, and I hope that pressure doesn't let up.

- My community has been putting a lot of pressure on the board of education to create change, and I'm seeing momentum that we haven't had before. I agree with you that this feels different – there's something about building this movement, keeping the momentum going, expanding the conversation to people who weren't included before. New Jersey is one of the most segregated states in the country

- When we were talking about public safety and policing and health, something came to mind—one of the things we've been looking at here in Alaska is a program from Arizona where people are triaged in a separate center to see if they need behavioral health services or other interventions, so that's something that would be interesting to look into.

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- I wish I had a better social safety net. It takes so much energy from my mom. I wish I could rely on the system to make my mother's life better as she wants to enter retirement. She's constantly dreading the change in tax codes, or health care, and could change how she's planning her retirement. I wish I had more confidence in the immigration laws, it affects how I view myself as a part of this society, about the Trump administration shutting down green card programs and it signals how I view my place in this society, if there was progress it would change my mind.

- Down the road, focus on being able to provide caregiver support as my parents. We don't honor the caregivers, who work for almost nothing. The inequity of health providers. Caregivers are working for free. It doesn't make sense to me.

- Caregivers are more than the end of life, but for young parents raising children. The value of parenthood is not honored today. It's based on corporations and money – banking has an influence on how we build houses. I love how creative housing can be without the building codes, off the grid options that are not available in metropolis, I understand there is an importance of building codes. But packing houses on small land areas, and the short-term gains and long-term cost of building. Big corporations, if it doesn't fit in the DSM, then it doesn't get covered. It's all upside down and it doesn't serve the people.

- Having universal healthcare would be the number one thing. I haven't had healthcare since I was kicked off my parents' health care 12 years ago. I worry nonstop that I will get a letter from Denali Kid Care that we will no longer be covered. We own our own business but can't afford workers comp. Healthcare is our number one concern.

- There're so many unknowns, I think about what medical deals will happen, there is so much complexity, that is built up to disenfranchise us. Then you have to hire supports to navigate the system. It worries me, what are you going to do when you need it. What would I do in that sort of scenario?

- The ability to access medical care in an emergency situation, and how many decisions in life become [questions of] do we have insurance. In my own personal experience, if we didn't have health insurance, we could have been personally bankrupted. I think of all the people without it and being subjected to it. I also value the expertise that comes from a competitive healthcare official, that we were able to get another opinion. What happens to that cutting edge of medical technology, can we have that middle ground.

- Denali health care is a state-run health care for underserved, your children can be covered by it.

- It's like state Medicaid for children

- It's a CHIP program

- I've had medical emergencies, both inside and outside of this country, and I've had phenomenal care outside of this country. One of those stories we can hear as Alaskans, and the community

care in Alaska, non-emergency care. But I'm so grateful to have that service and they served everyone with the funds the received.

- A friend broke her hip in Italy, and it was paid for [by the state]. It just doesn't compute.
- I used to have cavities; we would fly to Mexico [in order to be able to obtain care].
- What do you do – voting? To move the needle? Where do you go from here? And then it goes back to the collective, and [the urge to] take care of my own. I'm trying to answer it out loud, I feel helpless to change things.

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- I work in behavioral health, dealing with a lot of mental health issues, housing is an issue. Also, STD issues, a very broad part of the population I deal with, and there is so much we need. Housing is a huge issue. In summer it's less of a problem, and you'd be surprised of how big of an issue it is right now. Most of my clients are on social security, they have had payees . . . housing is a huge issue. I try desperately to link my clients with different programs and agencies to get them housed. But there's not a lot of options. The only place accepting applications right now is the mainstream program. It's really hard to deal with your needs if you don't have your basic needs addressed.
- Being a schoolteacher, I see it from a kid's perspective, kids that don't have that opportunities, I know it's there, but I put in the backburner, because I'm dealing with mostly kids.
- It's hard to work with children, to maintain professional boundaries with children. Housing is my number one thing for me.
- I'd like to broaden out the conversation, I'm from the Mat-Su Valley, Alaska in general has two narratives. The rugged individualist, and the other one is that Alaskans always help others in need. And Mat-Su, the narrative was more turned towards the rugged individualist. And people here felt it was me first, my family second, my tribe third. We need to change that perspective. We see the same homeless problems, we see opioid addiction. We see very little help for opioid addiction, it's treated as a crime, not a disease. From care of our seniors, access to health care, opioid addiction, we need to change this so that we all help each other.
- It's very interesting to be in the same room with J——, D—— and D——, I work at Family Promise in Wasilla, and we work with homeless children and adults. It's interesting that housing and food and clothing, the basic needs, Maslow was absolutely right. The brain's ability to function in these situations is heavily impaired. I think the number one thing that should be addressed, we need to take care of our kids, that they have food, shelter, somewhere they feel secure. We have Thrive, Youth 360, YMCA, afterschool activities. The things are there, there are many families that are living in tents in the woods and can't see them. They come out for food, socialize, but other times they are in the woods. Mat-Su doesn't want to repeat what is happening in Anchorage. Mat-Su Valley is trying to find safe homes for temporary housing.
- Getting to the root of why families are in these situations, why don't they have a place to live, why don't they have food. How did they get to that point?
- One of the programs we have, a basic housing assistance program, a grant that allows us to pay for a person's rent, to prevent eviction. We can pay utility hookup and first month's rent. That is shared with 7 or 8 different agencies in Mat-Su. We have 2-3 agencies in Wasilla, two in Palmer, it spreads out. Not everyone that applies to qualify. They get a one-time assist but must sustain themselves after the assist. There is a hierarchy and a lot of people that fall through the cracks. On the street, in the woods, some people don't want to conform to rules with the programs.
- What is the thought process for asking why people don't want the help? My grandmother would never ask for help, I ask for help.
- Each one of us have different personality, and if we meet the threat of homelessness, it will be for different reasons. It's all of these issues, but it's different for everyone. It's important not to

lump people into this. It might take a conversation to learn that issue. Sometimes they don't know the resources, and we can provide support if we can reach them and getting that information out to people is the most challenging. We don't go into the woods looking for people.

- Other people's attitudes towards people down on their luck, using any kind of drugs. Alaska doesn't have an understanding of this, they criminalize the behavior, and look down on them. They treat them like the dredges of community. Until we change that perspective and have more compassion for people, more understanding to change this. Culture is reflected in our politics.
- Our politics right now is cutting the budget. The state is in dire straits with Coronavirus. We need a cultural change, but we need a political change.
- What are things we can do to step up and do. We are the ones that have to step up and do. Is it what we do at our job, outside of our job? Who's going to make a change. We can do some things through the agency, but I'm just as guilty as anyone else.
- The big picture, the social issues you brought up. On the individual basis, I've been part of the Mat-Su Ski program for 10 years, and I've grown the program from 10 kids to 400 kids. It's a great activity, but what I've realized it's made up of high-income people. They have the time to bring kids to that. I've been trying to make a disadvantage youth to this. Their parents have the financial wherewithal, and a lot of kids don't. My time with the Mat-Su Ski Club . . .
- Having parents that are available, we went to distance learning. It's really hard to make it equitable. I had kids that had to go to Menards to get internet access. Even your ski club, if you provide a shuttle. My school provided transportation to afterschool activities.
- Where do funds come to fund shuttles. We need to remember the overhead costs for everything.
- Right now, we have Covid-19 grants. We put people into hotels, and that's from United Way, there is funding coming through, but it's the only way we are continuing. It will get worse, as soon as the moratorium ends, we expect there will be a lot of people that lose the housing. Typically, we don't see the new grant funding schedule, and they approved the funding, we're just waiting for the moratorium isn't lifted.
- I've been encouraging all my clients to apply for all funding. I've been encouraging my clients to save it.
- If we don't follow the guidelines specifically, it's almost first come first serve. There's a lottery, it's a first come first serve.
- I'm starting to think Yang's proposal, guaranteed income for everyone. We just got $1200 from the federal government. In 20 years maybe we'll have it, but first universal health care.
- The culture doesn't accept it. Maybe the one thing that comes out of it that the flaws in our society are laid bare. In terms of healthcare and education, it's too apparent.
- I'm a glass half-full type of person. I have a 13-year-old daughter, I have grandchildren, this reminds me of the 70s. More young people that care about the future, the kids are so much more involved and aware.
- I did a lot of courses teaching remotely from home, there were quite a few courses talking about the current generation of students and how a lot of old generation of students, a lot of them are on social media raising attention for issues. We're not on the social media and aren't always seeing it. My eldest turned 16 in a month and he's raising awareness on social media.
- I want to see genuine happiness from people. I think we all put on the façade; I would like to see genuinely happy people.

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- Two things: agency and personal choice – not even that I don't want the government to tell me what to do, but in looking for a path forward for everyone to have options and access. So, being

able to look at your physical and mental health needs and connect to a path for wellness – right now there are a lot of hoops you have to jump through in order to get care or access to programs. I would love to see a future where there was more education about the availability of services and people recognizing that it doesn't have to be competitive or capitalist model. That we're not competing in social services for clients, but working together to help people make healthier choices for their lives and. There's not a lot of integrated mental health and substance use support and if you are able to get into see a counselor there are a lot of barriers, maybe you can't afford it, and if you go through all that and then don't click with a counselor, then you think, well, I tried counseling, and it didn't work.

- A grand vision: one generation totally supported – in housing and work and health. How to go about that? Education! I really support tapping – they went to Sandy Hook to address trauma and taught the survivors, family and staff how to process their emotions and deal with that trauma. It's something you can do yourself in just five minutes – and that's just one way. Like I said – I make and use drums, and drums are the heartbeat, it's a way of moving beyond thinking about the past and moving toward the present.
  - Also, banking and having choices about what we can do with that. I don't know if you've seen the magazine, *Yes!* It's a magazine that highlights positive things that are working, things that are really successful and good.
- I suffered really bad post-partum after my fourth child, and the older children really noticed the difficulty, so talking about those things is really a trigger for me. It's something I'm still working on – and we definitely need more education and resources about that. It also reminds me of the idea of the power of "yet" – so you can say you may not be where you want to be *yet* but you don't give up hope that you'll get there and you work on it, so you can say, hey, I get it NOW.
- My generation was a generation where you don't talk about your feelings, you keep everything down, you don't go to the doctor because of stigma, and the older generation is you don't really talk about that – so I'd like to change that conversation so we can openly talk about these issues and people can get help and support.
- Raising five boys and making sure they know they can show their emotions is such a struggle – my youngest is in 2nd grade, and it's hard to get the message across sometimes when you hear the things his classmates say when he DOES show his emotions.

Question 5: What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?

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- I've been an Alaskan my whole life – it's a good perspective to have. Growing up in Alaska, the state has always been separated from the rest of the country – some people even thought it was part of Canada. We're independent and tough, so what I'm personally excited about is that I'm sitting here because of a pandemic talking with people all over the country about Mat-Su, Alaska. I love to hear the perspectives of people from all over – I'd like to have more of that! I think a lot of the problems we face today can be solved that way. Even just connecting with people from other parts of Alaska, we have the opportunity to learn from and practice tolerance for that.
- We now have a behavioral health unit at the Mat-Su Health Clinic – before we had to go to Anchorage to receive those services. I was able to use it recently, and it was clear that there was no stigma attached, you could come and get a meal, care, a bed – and there was no shame to it. I'd love to see more of that.
- I've noticed that telemedicine has facilitated counselling sessions with children, and I think that's a really positive thing that I hope will stick around.

- It seems overwhelming because we have so many things that need to be fixed for health and wellbeing – education, income inequality, racism, police brutality… instead of trying to change things from the bottom up, shouldn't we change things from the top-down? There's a lot of failed leadership and powerful people at the top, so shouldn't we address that?
- I feel like "the bottom" has to force "the top" to change their behaviors and respond, since it's a top-down decision to take the people seriously

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- I would hope that my 20-year-old son and his children will be able to experience the wilderness that I have enjoyed and experienced up here. As was said earlier, we really do have a divide between what the climate needs and the mining and oil industry. There are communities here that are literally going to fall into the ocean in the coming years, but they would have to relocate at the cost of millions of dollars and they just don't have it.
- We hit this pandemic in the middle of tax season, so I got a front-row view of policies and politics changing rapidly – warp speed – and personally, what I'd like to see in the future is just – there is a sense that community can take care of community. And sometimes, there are things that politics and the government – we shouldn't have to have them involved in. Just neighbors taking care of neighbors – I'm not relying on the powers that be.
- One thing about Alaska – I have 9 acres in Hatchers Pass – the small lot in our area. Our neighbors are really independent and keep to themselves, but let me just say, if we ever need anything, they are so willing to help and come to our aid.

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- I'm part of an organization here in Mat-Su that is volunteer based that delivers food to families and is open to all 18 and younger. I've been involved for 3 years and have seen it grow. I see it as something as very promising to ensure that we see.

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- One thing inspiring in my community is the daily protests on capitol hill in Seattle
- I'm starting to see people putting their money where their mouths are, and that is inspiring. Also, taking out money incentives for things that are bad. Conversations about those things are inspiring.
- People seem very willing to be kind. On the other hand, on social media, or even neighbors, speaking out negatively against George Floyd is very scary.
- In Palmer, we have Kids' Lunches in the summer, gets people knowing people though kids. Brown Bag lunches in the park through the Lion's Club.
- In Washington, there's a program through the Master Gardens Society. They have a Kids' Garden. Once a week, the kids go and water, harvest. Promote where food actually comes from and how to take care of it. Food goes to Fishline. There are also arts and crafts. Snail jail where kids can collect little critters. Storytime once a week in the summer.
- Normalize intergenerational housing.
- Promoting trades and intergenerational activities. Goes with intergenerational interaction, parents and grandparents teach children, leads to more community. Things like sewing on a button (or masks!), lessons learned from grandparents, makes everyone feel better.
- Saw news story of college kids and elderly people were put in the same apartment building in a wellbeing study, and study showed well-being went up when required to interact.
- Certain skills like foraging for berries, making home medicine come from intergenerational and cross-community sharing. It's important.

- Toxic body standards are unhealthy. We need to share the message that what you look like/how much you weigh does not determine your health.
- There needs to be portrayals of healthy people in media that look and identify in all different ways (body types, race, sexuality, etc.)
- We're too segregated. There are pressures to break us up into all sorts of types of groups, (including things like Black History Month, Mothers' Day, etc.) We should focus on how we are alike, things we share.
- Focus on the elders' help and support for young people. And we should focus on teaching our children how to be independent and well prepared for life.
- We need to teach kids skills first rather than Band Aid a solution.
- I wish that my son would have had a community and family earlier in life. I wish the educational system was reformed earlier and accepting of people as neurodiversity as they are. There is discrimination against people who think/function differently in schools. I wish there was more kindness. Adults have to model that behavior and put it into play in schools.
- Community and teaching individuals the skills of independence are both important and must exist concurrently. Communities save lives. Loneliness can be a killer.
- Young people need to take charge and change the world, so hurry up!
- Being a strong individual helps you to be a good community member. Individual independence isn't enough alone. Everyone needs community.
- School system cannot be treated/seen as an assembly line. Teachers need to be taught how to teach kids with diverse learning styles
- I don't like Autism Awareness Month, you need to be more than aware: accepting, inclusive, take action. I worry about what happens to my son once I'm gone.
- People don't want to take the time to understand others. "I'm too busy" is horrible, because people don't take the time to know each other and others with differences.
- Non-neurotypical people are sometimes treated like criminals. Opposing the school district is impossible. I don't want to have to pick my son up at the police system.
- The budgets of our school districts matter in getting good people in special ed, attracting talented teachers.

30 June 2020

- Me and my kids volunteer with an organization called "Kids Covered" that helps provide food for kids who don't have access to a larger food system or network for support
- Big thumbs up for Kid's Covered – I actually write a faith column for a newspaper up here and the one that is going to run tomorrow is about feeding kids who otherwise go hungry, and I mention them because they're one of the organizations that really stood up when Covid hit and responded to the needs of kids and families
- I appreciate that there's discussion surrounding that – that there are people trying to build those bridges
- I'd like to see us less dependent upon the government
- I'd like to see us more independent and sustainable in our food systems
- I'd like to see us treat each other better in community
- I run a small food pantry and we have a lot of conversations about how we can make our community better in the future, how do we want to live together, what do we want that to look like – how can we take those futures forward
- We need to teach people that we are enough – so what is it that we could do in our community to teach people that? I know there are some organizations working in mental health, what are the things we could do to help address some of those small things in support of making change on some of those bigger issues?
- Well, I've worked in the field for a long time and the problem is it's not holistic and there are no

integrative options, we don't consider the whole person, their families, their responsibilities – those things that can create tension when you're trying to get treatment or heal – what if instead of going into a treatment center you went into a treatment community? What if it was a longer commitment – three years instead of one with the support and cushion to succeed? If you had support to make sure your family still got dinner and you don't have to leave them and the things you care about behind – the things that create conflict when you're getting help? What if we didn't just hop you around from place to place – it's the whole of you that needs to get well. The bills still need to be paid, the kids still need to eat. So often we ask people to jump off a building and fly without giving them a cape. What if we built supportive healing communities like that and then gave people the option to leave if they wanted, or stay in community and help support others?

- Emotional Intelligence ~ EI was to process Big Feelings in a productive way that allows space to Be. Be Loved Education crossing the issue of religion or spirit is where people questions arise. Twelve-step, yoga, church... emotional Freedom Technique Drumming Dance. What works for individual beliefs or family support

<p style="text-align:center">***</p>

- Health starts with you (collective)!

<p style="background-color:yellow">What else should we know? Is there anything we didn't ask, that we should have? If so, please share both the question(s) you have identified and your group's response(s).</p>

23 June 2020

Spanish-language discussion group conversation themes (submitted by Spanish language interpreter-facilitator)

Opportunities
- Shared opportunities cannot be granted by tampering with each other's wellbeing.
- People are asked to be educated but the burden falls to Native and other people of color.
- We do better together.

Equity
- Equity is a new idea for many people.
- Explore why we don't have equity, is it the lack of job opportunities as jobs connect with health insurance, is it transportation?

Education
- We should work to educate ourselves on how to change policies.
- Schools should teach how to handle emotions and how to interact with each other.
- Programs should be tailored to each group and culture, not standard.

Mental Health and Addiction
- Need to address mental health and we should have programs at the schools to learn how to deal with emotions and get help for depression.
- Measure what kids could learn in a mental health/social skills class.

- More services that intersect mental health and social services, the police cannot replace social workers or health professionals.
- There is a need for more outreach programs.
- Families that have a higher risk of addiction should receive education about addiction.
- Marginalized communities cope with substance abuse. Homelessness leads to substance abuse and vice versa.
- Our system is chemically dependent everywhere.

Health
- Dental care should be added. No one can get a nice job with bad teeth.
- Think beyond the physical and incorporate different aspects of health.
- A holistic way is needed, a team that treats without chemicals and brings together a doctor, psychologist, nutritionist.
- For the Latinx community there is a need for community health centers and care for the elders in their language. People feel very isolated.
- Increase services for youth and the elderly.
- Where are we investing while we see cuts in programs everywhere?
- There is need for more alcoholism prevention programs. Many turn to alcohol and the abuse stems from trauma and hurt.

Basic Needs
- Basic needs should be met.
- Who gets to decide what are our basic needs and debate whether health care is up for debate.
- Everything is for profit, even health. There is a commodification of everything.

Trauma
- There is a need to talk about intergenerational trauma, abuse, colonial structures that are perpetuated in health care and natural resources.
- Communities have pride and share their culture.

Climate Change
- Rural Alaska is most affected, and this is linked to health care and wellbeing.
- How can this issue be debatable?

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- Sense of community is very big in the future. But it doesn't take into account in these utopias that some people can be bad. Mistakes make us human.
- Look like rosy outcomes, but perhaps unrealistic. Communal society seems unrealistic for America because we aren't really community oriented as a culture
- All teachers are robots? The only good/fair teachers are ones without bias because they aren't even human? Questionable. Doesn't make sense. (educator)
- Technology is as unbiased as whoever coded/created it.
- We should become less reliant on our technology. We should refocus on those person-to-person relationships. (14 y/o)
- If we don't want to turn to tech to get rid of bias, how do we (humans) get rid of biases?
- Events like COVID and George Floyd have required us to re-examine our systems of technology, of health

- How do we decide how we want to measure the success of our society? Of our healthcare system? We all have different priorities.
- Technological literacy and access will be important in the future
    - However, tech opens doors for people with disabilities, Autism, the home-bound
    - Telemedicine is huge! Online meetings with doctors, therapists. Why didn't we have this before COVID?!
- Elder council seemed odd because politically right now it seems like a lot of people are wanted young folks in government. We kind of already have an elder council right now!
    - Never thought of it that way, elders have never looked like me
- Education system today may feel robotic because teachers are required to teach to tests, strict guidelines, etc. It should be more human than it is right now.
- Womb:
    - Doesn't there need to be a human touch, like speaking to the baby?
    - Good for LGBT+, infertile, people with genetic diseases. While we might feel uncomfortable with "customizing a baby," could be major advancement
    - But we need to fix our foster care system first. It's horrible in AK. Proven to fail kids in terms of adult outcomes. Before we can think of these future tech advanced babies, we've got to think of babies we already have
    - Sexual health should be destigmatized, accessible, and supplemented with comprehensive education!
    - In AK, no mandate or regulation for sexual education at all. Up to each individual school district. AK also has the highest rate of gonorrhea!
- Scenarios [The Off-Ramp/Trust in US] seem kind of radical, but maybe that's what we need. We can't just change little things – we need to completely change and restructure. Ex: our approach to combating racism. We need younger people to lead these radical changes.
- Access to care should not be based on rural area, skin color, ability to pay, etc. It should be based on your condition as a human being. In some ways, COVID is pushing things forward, toward telemedicine
- Mat-Su Valley doesn't have any mask mandates because you can't in a borough. Feel like a huge disconnect and suspicion between those who wear masks and those that don't. A lot of both in Mat-Su. Makes community feel split.
- We have more Covid cases than ever right now in AK, so people need to keep wearing masks!
    - Masks are super interesting where people who wear masks don't actually protect themselves but are protecting others. By not wearing a mask, it actually shows that you're not caring about the community.
    - All depends on how you're getting their news. So weird that facemasks are being politicized when at its base level, it's about how much you care about your community, selflessness and compassion.
- Healthcare and education should be top American priorities.
- School shootings: my immediate thought is, "Where was the mental healthcare?" We need to focus on mental health.
- All of these technologies can be used to an extreme; just depends how we use them.
- We need to pay attention on a local level to what is being discussed, passed in local government and law enforcement
- Social media started as something really good but has progressed to become really negative.

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- Just listening to the stories people have. You point out the obvious, most of us are what you consider white. The recognition that this white privilege, the wealthy privilege, exists and those that don't have that, there voices aren't heard. Not everyone is who is white is privileged, not

everyone who is of color is destitute. There is a large segment of our population that isn't heard. There's a section in the local paper about sexual abuse, how it happens over and over and nothing is done about it. And their voices aren't heard. We don't listen enough to people. I truly believe we could get clues about where to move forward if we engage in a dialogue with people different from us.

- I enjoy going to the Native Heritage Center and it's set up to how you can go to the different ethnic units, each one is very different depending on their location in the state of Alaska, and they all have different stories, and there will be elders, individuals from those areas telling stories, sharing their history. That's very different from the 13 corporations.
- What is the nature of Alaska and the region we live in? Alaska attracts a lot of people that are independent thinkers, that see themselves as self-sufficient and the way that affects other groups that are moving here is something that I'm interested in learning about. Our region in Alaska is changing, and you get in this mode of being centered in yourself and your immediate family. What does that look like when the community is changing? There is a large Filipino population here that have built social supports around here. What are the needs that you see, what are you missing, what's not here? What's happening to people that get older here. All these people are choosing to age here. It's really hard to age here. If you fall on the ice, you end up in the hospital. What are the needs of people choosing to age here? They don't want to move outside; it's really figuring out what the needs of these groups here.
- What does respect mean to someone? I'm raised with this very individual mindset, it works for me, but probably rubs other people to me. I don't feel an ownership to the land, if someone is polluting the river, I don't like it, but I don't have the same visceral reaction.
- I've grown up in Mat-Su, I've gone to school here, I would like to hear more voices of Alaska Native members in my community and find out how I've had advantages, and how better to be an ally to Alaska Natives, and what kind of reforms do they wish to see in our community and how can I support that.
- I would love to ask everyone in the state, if they felt like their health care provide really listens to you.

25 June 2020
N/A

30 June 2020

- Do you know about Alaska Farmland Trust? They are keenly aware of what K———is talking about – the potential and reality of food shortage and food insecurity and wanting to ensure Alaskans can feed Alaskans. Their goal is to try to find land in Alaska and people willing to bequeath their land solely for farming. The 2nd piece is finding young people interested in farming and connecting them with available farmland. The goal in 30 years is that when you see events happening by organizations like Homeland Trust, I know we're all so busy, but trying to find out more about organizations that are directly trying to address these things. They could use our help.
- I'm not exactly young, but I've been doing research and trying to find greenhouses that run on little power all year around. I'm interested in geothermal, but I'm interested in food grown all year around. I've lived in Alaska my whole life. I made the mistake of eating fruit in other states and I was sad about the quality of our produce.
- It's such a risky thing to buy at the grocery stores here.
- There's a gentleman in Fairbanks working on sustainable agriculture, we should look at establishing community gardens adjacent to our senior centers. We have a wealth of knowledge out there.

- The schools have agricultural programs, and the vocational programs they have. They struggle, the first thing they cut are these programs. If it was a priority and kids learned agriculture and they could have an occupation and make a living out of it. There used to be a FFA program in the valley here. Most of them went into farming.
- The one thing I've noticed with elementary kids, with everything digital, it's taken away a lot of the personal flavor and it seems like we've lost things. Kids don't know…
- Having community gardens and getting kids involved. Increasing intergenerational relationships. Part of my issue is there is this ageism, people that are older have no value. We stick them in assisted living. IT's very important in any culture to keep that connection to the younger generations. I think it's important to continue that.
- We have no other industry to back up oil.
- We don't produce all these things. We're so far, we might as well be an island. We do need to think about those things, with Covid and stuff not getting to us. Waiting for our turn for food, toilet paper, necessities. All we're doing is building roads, houses and hoping oil bails us out. And we need to take accountability.
- As a community, we should have a warehouse for essentials. Enough to get us through 30 days. If there's a big earthquake again, we could be isolated for an extended period of time. We need to have local supplies.
- Who should be here?
  - The governor should be here
  - Fred Meyer
  - Farmers
  - City councils
  - The produce managers
  - Parents
  - somebody from the farmland trust, the focus on food
  - Principals, administrators, superintendent, school board members
  - Senior center programming
  - Mat-Su health
  - Mental health community
  - Veteran community
  - Someone from the Opioid Taskforce
  - Law enforcement in general
- Homelessness, law enforcement and the opioid crisis are all intertwined.
- The family structure is where it starts.

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Drugs
- As a person who is homeless, we don't have time to think about the future. We're living day-to-day. We had a lot, but it only took one catastrophic event to send us whirling. We don't have adequate healthcare or mental health care
- Our neighbors in the transient motel we live in are all those people society would like to be invisible. I see drug abuse stemming from food insecurity, housing insecurity, and inadequate mental health care. Not having our basic needs met.
- Part of drug abuse is that there's no single solution, it's a mental health issue, different for each individual

Income Inequality
- Stress of one full-time job not paying a living wage, the stress takes a toll on the body.

Affordable Housing
- There are programs available to help people get into their first homes, but between the pandemic and the earthquake, it's not enough. The affordable places don't exist enough, and there aren't people who can help others find the affordable places.
- The cost of food and utilities in Alaska is high!
- Costs a lot just to rent in Alaska.
- Hard for kids starting out. Just turning 18, not fully having feet on the ground with a living wage and place to live
- There are resources that exist to help people, but there aren't enough, and struggling people can't always access them

Self-Sustainability
- Hard to attain, takes time and resources to enact, money up front
- Yet, still means that you have people to turn to. Specifically, the family is there. Perhaps that's one issue: family units splitting up, having to get on a plane to see them. More generally, a community unit is possible and helpful.

Technology
- Helps us, but also hinders. We become more materialistic, can't focus on each other in the flesh.
- Worries about the tech divide between elders and younger people.

FORESIGHT
Envision! A Healthy Community Future – Mat-Su, Alaska
The Mat-Su Health Foundation | 23 June, 25 June, 30 June 2020

Circle Share-in Responses

The following notes were transcribed by members of the MTI research team during the virtual events of June 23rd, 25th and 30th. Organized by the date of the relevant virtual event, and all comments included here were offered by participants in response to the same one sentence prompt (reproduced below). While it was not possible to capture all responses due to occasional challenges with audio during the video calls, three copies of the transcribed responses taken by different staff members have been compared against one another in order to provide the most complete transcription possible. Where relevant, comments contributed via the chat mechanism of the videoconferencing platform have been incorporated to allow for the inclusion of those who were not able to verbally share their answers.

One Sentence (Prompt): What is one hope you have for the future of health and wellbeing in your community?

23 June 2020

- That this will catalyze lasting change
- My hope for my – for our, yours, all of our communities – is economic, health and racial justice
- My hope is that we all learn and truly change for the better
- My hope for the community is that we continue to have these conversations with diverse groups of people so we can hear different perspectives
- That we continue to build empathy and share experiences with each other
- My hope for the community is that we all begin to realize how interconnected we are
- My hope for the community is for more diversity and better education
- My hope for the community is that conversations continue to expand and that we listen to each other more and more
- I hope that the community learns from dialogues with other people and has more compassion and empathy for community members
- My hope for this community is that we really become a community that is really there for each other and embodies what community really is
- My hope for the community is that we can actually take the brilliant ideas I heard in our group and turn them into reality
- My hope for the community is to progress in youth equality and accessibility of resources
- My hope for our community is to progress in racial equality
- My hope for my community is to create positive changes and take the necessary actions for the changes that we do want to see in our community
- My hope for our community is more programs and opportunities like this where people can speak and feel like they actually have a voice

- My hope for the community – or for the future – is that we would take action with those nearest to us – our families, friends, neighbors – start there and then, if you have the capacity, start working on this conversation with organizations and really listen and engage
- My hope for the community is – I've been loving the movement building that's going on. I just want to see that continue and not lose steam – there's a lot I've seen that is hopeful that I never felt hopeful about before.
- I think that I would add to that and say that just harnessing the momentum of the growing awareness and accountability of people like me who have historically benefitted from white supremacy – that we fight the urge to go back to the status quo and find it forever unacceptable.
- I just hope that my community opens their minds up to change.
- I hope that really all of America just focuses on doing better and learning from everything and trying to take what some other countries have done and do better here, I guess!
- My hope is for the global community that we could move away from the concept of survival of the fittest and be more supportive of the idea that we are all in this together
- I would say that we just – I hope we don't just keep going with incremental change, but that we can envision and act on really substantial change – something we would never have imagined a year ago.
- My hope for the future of my community is for us to end the systems and policies that perpetuate racism and instead have more equitable and inclusive systems and policy, in education as well as in government, public office, and policing.
- A willingness to be vulnerable, to be challenged, to let go of defenses – and a willingness to take action!
- I'd like for us to stop kidding ourselves that we're living in this idealized America. We've been living in this hype – not a bad hype – that we're living in the bastion of democracy – but it's not true. I'd love for us to take the blinders off and see what we've done to African Americans, Native Americans and Indigenous people. I see us denying the reality right before our eyes and it's made me more cynical. Sorry – that's my rant!
- My hope is to be brave – I think we have to be brave on an individual level to share thoughts and concerns and preoccupations we may have. And also, what M—— was saying – there could be an opportunity to make great changes, and in order to do that, you have to be brave.
- I hope our community would have more compassion and love and understanding for one another – that if we see someone who needs help, we'd go help them. I know there are some institutions where it's not possible to do that – and it's like that's what our policies and procedures are, but I wonder, why can't we change that? Because this is what my culture has taught me, so if someone told me that I couldn't help someone in need, I'd think that the policies and procedures need to be changed.
- My hope is that there is more accountability for the people and the systems of power that are complicit in the oppression of marginalized groups and that the diversity of Alaska can be celebrated and uplifted, and that that celebration begets more opportunities for healing of inequities.
- Racial and economic justice – and an end to gender-based violence which is super prominent in our community
- Supportive systems that give the most opportunity to the greatest number of people
- One hope that I have for our community is that we can all be together in person soon
- I would like to see everybody working towards the humanity we all share, the common things we all have – our cares, cultures, humanity.
- I want to see racial justice and I also agree that we need to stop saying the US is the greatest country when we are treating immigrants, Native Americans and others so poorly. There's a lot of denial in this country.
- My hope for our community is that we can get in right relationship with each other and with the environment.

- That you receive the equitable access to healthcare that you described today
- That we all can heal in this time of multiple challenges
- My hope is that we can all find true happiness – be it tomorrow or years down the road
- My hope is that we can strengthen relationships during this time
- That we can move on from the situation we have right now
- That we can learn to care for each other and lift one another up
- My hope for my community is unity and consciousness
- I hope in the future that I'm able to interact in groups as diverse as tonight – I've seen more people of color tonight that in the last year. Thank you, thank you, thank you!
- My hope is for a flood of kindness that will take over and provide healing
- That the two extreme sides going against each other right now can come together
- That we can dance again – and all have fun sometime soon
- My hope is to make real changes, so people can have access to universal care and don't need to worry about going to the doctor – and for economic and racial justice
- My hope is that we can have more experiences like this awesome group – that more people care and do the same thing we are doing right now, and that people respond to that voice. God bless you guys!
- I wanna thank you for doing this. My hope is that we do find that middle ground and find a way to take those difficult circumstances and come out better people and stronger communities.
- I would like to see countries learning from each other and cooperating. If we'd learned from other countries, we wouldn't be in this spot right now with Covid, for example
- That we would learn to love each other unconditionally
- If I have any hope, especially in my circle here and what we do, that people understand that the word community isn't just people living in the same area – that it means so much more.
- My hope is that we all vote safely and have a voice
- My hope is that I can see the achievement of universal healthcare and basic human rights for all people in my lifetime
- I hope that we can all get together soon as communities in person
- That instead of celebrating our differences, we can celebrate our similarities and learn from our elders and everyone around us
- I hope that justice is served
- I hope that we all fight for each other that we have everything we need to survive

30 June 2020

- That we finally become more equitable
- That we get better at building holistic communities of care
- Some ideas of my next steps inside our small community and then branching out in our larger community
- One of my hopes would be that people feel more empowered in the community to live their lives in fruitful and safe ways and that everyone feels part of that community regardless of where they came from and what they look like
- I would just agree with diversity and equality – just equality in the health community
- That everyone can live a healthy, happy life without any obstacles
- My hope for the future would be inclusion
- I would just hope that better communication results in a better future
- I just wish for more support for the education of our kids
- I am hoping that everyone is part of a neighborhood or small group of support and community
- I also hope for a better future and justice for our community

- My hope is that our community learns to value each other enough to believe that each one of us is worthy of investment so that we can go forward into the future together
- I would love to see a future where everyone has a safe place to talk about trauma or difficulties and the support to move beyond them
- That we all have what we need to thrive
- My wish is for a future of belonging
- I would hope that we have more of this cross-cultural and cross-generational communication and some micro-groups to bring solutions to this problem
- My hope for the future is that our communities place value on the family unit because that's where our power is
- My hope is that we will be able to break barriers – Alaska is a culturally diverse place, so hopefully we will be able to achieve a lot in the future
- My hope for the future is that all of us are able to heal from the many things that are happening right now
- I hope for more mental health resources available to the community – I feel like it's really lacking right now
- My hope is that we get back to the human connection – so stuff like this, getting different people's perspective and that human connection is important
- My hope is that everyone can find their happiness and reach out to the community to help them find theirs so we can all be happy together
- Love in the community, that we are empowered and connected and reaching out together
- One hope that I have is that we are all able to take time for gratitude
- That everyone has enough food on the table
- That everyone can have their basic human needs met
- That we stop often to listen to the real needs of everyone in our community so that we can be tuned into the reality of what's going on and meet those needs
- One thing that I would like to see in the future is to have better resources in the medical field – as well as educational
- I just wish that chiropractic work would be less expensive – I need to go, but I just wish it weren't so expensive and that they don't have to do this like crack your back every day with no results – I just wish they did a better job, I think they're stealing money. I wish it gets better and less expensive.
- Something brought up in our group that I would wish for our community is better access to help – for jobs, homelessness, mental health – that they're easier to access, especially when people are already struggling
- My wish for the future of the community is for everyone to be able to go out and dance again without – you know, fear of death and/or debilitating respiratory issues