

# KITCHEN TABLE CONVERSATION GUIDE

**Baker County Health Care**



[WWW.OREGONSKITCHENTABLE.ORG](http://WWW.OREGONSKITCHENTABLE.ORG)



This Guide is for anyone in Oregon who wants to organize and host a Kitchen Table Conversation with their family, friends, or neighbors about health care in Baker County.

We hope this Guide provides helpful ideas for organizing a community conversation, a structure for what to talk about during the conversation, and a clear way to summarize what people shared and get it to OKT.

If you need support or assistance, please reach out! Email [info@oregonskitchentable](mailto:info@oregonskitchentable) or call (503)725-5248.

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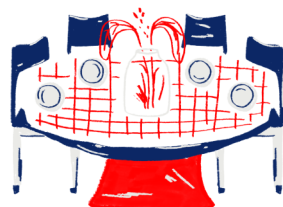
# OUR APPROACH

Oregon's Kitchen Table strives to include all Oregonians in the decisions that affect their lives, with a particular focus on reaching, engaging, and hearing from Oregonians who have been left out of traditional public processes.

We work with organizers, translators, and interpreters so materials and online and in-person consultations are available for Oregonians who speak a wide variety of languages and learn in a variety of ways.

We recognize that people bring all different levels of knowledge and familiarity regarding issues / policies. We use approaches to ensure those who may not have as in-depth knowledge can still respond and share what they believe and have experienced. People participate in many different ways: through online and paper surveys, individual or small group interviews, culturally specific and community events, festivals, listening sessions, or public meetings open to anyone.

One of the approaches we use is what we call a Kitchen Table Conversation: a group of people gathering together to learn from each other and share what they think in the language, setting, and format that is most comfortable for them.



# GATHERING PEOPLE TO TALK

## INVITATION

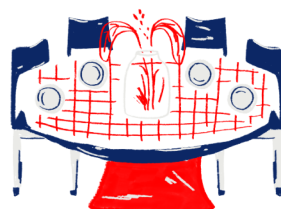
Use whatever method people will pay attention to, but make sure it feels warm, welcoming, and inviting. It might be a text, a phone call, What'sApp, a social media post, or an email. Some people set up e-invites. Make clear the time, place, purpose, what to expect (food or participant incentive), and if they need to RSVP.

## GROUP SIZE

10-12 people is a nice size. But larger groups can be broken up into smaller groups. And you can still have a good conversation with 2-3 people.

## FORMAT

You can meet in person, over Zoom, or group chat (people have used WhatsApp before, for example). You can talk while planting trees or clearing out invasive species. You can have the conversation on a bus during a field trip. Hold the conversation in a space that is easy and comfortable for people in your community.



# WELCOME COMING

## HOST

Think of yourself as the host, welcoming people at your table,

## FOOD

If you are in person, have food! Even a simple snack (popcorn, cookies, water, fruit) will help people feel welcome.

## FUN

If you're in-person or virtual, have some element of fun and joy that makes sense for your group: music, a short game, decorations.

## ACTIVITY

Have an opening activity that allows for all to say something at the beginning so that they can get comfortable. For example, you could invite everyone to share a favorite food or dish they like to make or have at gatherings.



# ROLES FOR CO-HOSTS

If you are working with a partner or a team to co-host a conversation, decide who will take which role. Here are some common roles. You could also invite participants to join you and take on one of these roles.



- ~ Facilitator: Guides conversation, asks questions, and helps capture themes, commonalities, or differences.
- ~ Notetaker: Captures what people say. Bullet points are fine! If the notetaker can get any good quotes, that's great but not required.
- ~ Timekeeper: Use a clock (phone works!) to help make sure that there's enough time for each part of the conversation. Give facilitator / group time warnings.
- ~ Reporter: If there are small group discussions, shares a summary of what the group discussed for the whole group.
- ~ Observer: Helps the Facilitator make sure everyone gets a chance to talk or that no one person takes up too much time.

# PURPOSE FOR GATHERING

Explain why you've inviting people in your community to gather together to talk about how families and communities support children develop reading, writing, speaking, and listening skills. Below is a description of what the decision is and why it matters. You can read this or summarize in your own words.



In 2023, St. Alphonsus Hospital closed its Intensive Care Unit and its Baker City birthing center. In response to community concerns, Baker County officials and other community leaders are looking at possible ideas to fill gaps in healthcare and public health services.

Baker County is partnering with Oregon's Kitchen Table to hear from people about the community's health care needs. We also want to hear what you might want for health care now and in the future in the county.

Your input will help the County officials make decisions about ideas for providing healthcare and public health services.

# GUIDING THE CONVERSATION

## 1. BACKGROUND

People have different experiences and knowledge about the topic. We honor all of those experiences and knowledge. Share the basic background provided in the "Purpose for Gathering" section.

## 2. QUESTIONS FOR CONVERSATION



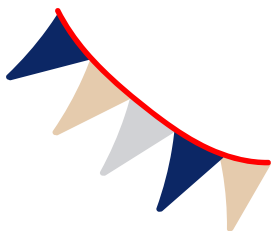
OKT has developed a few questions with the decision maker. We usually have a few main questions to ask people. We also have follow up questions if people need some direction in responding or if there's extra time.

## 3. HOW TO SPEND YOUR TIME TOGETHER

It's ok if people want to spend time on just one or two questions. We want to know where their interests and energies are, so that's fine!



## 4. CONFIDENTIALITY



Let people know that their names or anything that identifies them won't be shared. You'll give OKT a summary of what you all talked about. OKT will combine all the input from different conversations, surveys, and other ways people share what they think.



# CONVERSATION QUESTIONS

**As you think about living in Baker County, what do you think needs to be in place to meet people's healthcare needs here in Baker County?**

In response to both those closures, people in Baker County have been talking about ways to meet these and other healthcare service needs. Some of the ideas people have about meeting acute care needs like the ICU and the Birthing Center are:

- Continue with the hospital services that St. Alphonsus and other healthcare service providers offer now.
- Partner with a different healthcare system, such as another hospital in Eastern Oregon to offer hospital and other healthcare services.
- Form a health district that would oversee the hospital and healthcare services.

**Which of these approaches do you think would get Baker County closest to what you think needs to be in place to meet healthcare needs in the county? Why did you choose that approach?**

**What are you noticing about what other people have shared? Is there anything you're curious about?**



# A HEALTH DISTRICT IS:

A health district is a form of local government. It is a way to provide direct health care services that community members control.

A health district could offer and oversee the healthcare services that got cut, like the birthing center and the ICU (Intensive Care Unit). The services would depend on what the community wants and what providers are able to offer.

The community decides what the district's geographic area should be. It could be:

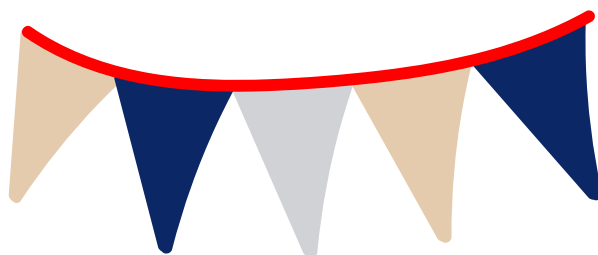
- An entire county
- Part of a county
- An area that crosses county lines

Voters vote for having one and for its volunteer Board of Directors. This is like other districts such as:

- Baker County Library District
- Baker Rural Fire Protection District

To pay for the services a health district would provide, property taxes have to increase.

For example, in Wallowa County, people pay a property tax of \$1.49 per \$1,000 of their assessed property value for a health district. For a property owner whose house has an assessed value of \$200,000, this is \$300 per year in a property tax in Wallowa County.



## CONNECTING BACK

Let people know where their input will go and how it will be used. You can use the timeline on the next page. Also let them know that you will connect with Oregon's Kitchen Table with whatever questions came up and circle back to people with any answers.

## INVITING MORE VOICES

Share information about ways that people can invite others they know to share what they think. Use the flyers with the link and QR code included after the summary templates.

## APPRECIATIONS

Let people know how important their input is and we appreciate hearing their ideas, thoughts, experiences and time on this important issue. You can invite everyone to share their appreciations for each other.

## ACTIVITY

If there's time, you can invite people to share aloud. If there's not time, have post-it notes or cards for people to write or draw their response to a closing question: One example: "What is a hope you have for the future of health care and healthcare services in Baker County?"



# WHAT HAPPENS NEXT

## 1. INVITE YOUR NEIGHBORS TO PARTICIPATE

We are gathering input through October 31, 2024.

Invite other people you know to share what they think!

<https://bit.ly/baker-healthcare>

Scan here with your phone



## 2. JOIN A COMMUNITY CONVERSATION HOSTED BY OKT

Zoom Conversation hosted by OKT :

Tuesday, October 15, 2024, 5:30 - 7:00pm



<https://tinyurl.com/baker-oct15zoom>



Scan here with your phone

## 3. OKT REPORT ON WHAT WE HEARD

OKT will provide a report of what we heard to Baker County. We will post the report and a summary of that report on the OKT website.

We will also share it with anyone who gave us their contact information.

## 4. HOW BAKER COUNTY WILL USE THE INPUT

Your input will help Baker County make decisions about future healthcare services in the county.

# TIPS FOR SUMMARY

- ~ Bullet points are fine! This is a summary not a formal report.
- ~ Let us know any areas where there is agreement or disagreement in people's perspectives.
- ~ Let us know if there are any unique perspectives (an idea / experience / belief one person shared even if others didn't have it).
- ~ Add your observations/reflections: Feelings, sense of issues, concerns, positive experiences.
- ~ Let us know if there's anyone we ought to follow up with on any ideas they shared.
- ~ Share any questions about the project that you couldn't answer and who to follow up with.
- ~ Include any pictures from the conversation. Make sure to ask permission first!



# SUMMARY TEMPLATE

Date / Place:

# of people:

General description of the group (age ranges, languages spoken, any ways the group might identify themselves):

Opening activity (what you did, anything anyone shared):

What people think needs to be in place to meet people's healthcare need in  
Baker County

# SUMMARY TEMPLATE

Approaches to meeting healthcare needs in Baker County

Why people choose approaches

# SUMMARY TEMPLATE

What did people notice during the conversation

What questions did people have for each other

Closing activity (what you did, what people shared)



# SUMMARY TEMPLATE

Areas of agreement among the group

Areas of disagreement among the group

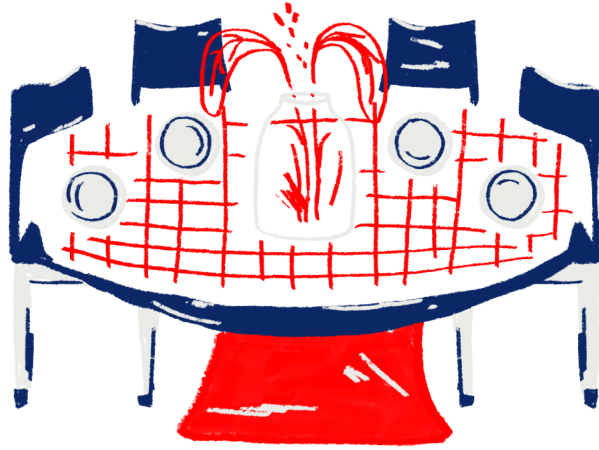
Unique perspectives

# SUMMARY TEMPLATE

Areas where someone was persuaded by someone else's point of view

Any observations you had

Direct quotes



**QUESTIONS?**  
**IDEAS?**  
**NEED SUPPORT?**  
**CONTACT US!**



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# What do you want for healthcare services in Baker County?

In 2023, St. Alphonsus Hospital closed their Birthing Center and Intensive Care Unit. In response to those closures, people in Baker County have been talking about ways to acute and other health care needs.

Baker County is working with Oregon's Kitchen Table to hear from people about health care needs and healthcare services now and in the future.

**SHARE WHAT YOU THINK!** Through October 31, 2024

Scan with your phone



Online survey:

<https://bit.ly/baker-healthcare>

Scan with your phone

Zoom Conversation hosted by OKT :

Tuesday, October 15, 2024, 5:30 - 7:00pm

<https://tinyurl.com/baker-oct15zoom>



Oregon's Kitchen Table is a statewide program that creates ways for people in Oregon to influence the decisions that impact their lives.

<https://www.oregonskitchentable.org>