



Multnomah County [Racial and Ethnic Approaches to Community Health \(REACH\) Program Action Communities for Health, Innovation and Environmental Change \(ACHIEVE\) Coalition](#)

Meeting **Date:** December 3, 2025

Meeting will be held **Virtually**

Notetaker: Hermela Demise

Presenter	Agenda Item	Time
ACHIEVE Coalition Members	<i>Welcome All - Jam music session</i>  R&B & Neo Soul Café Playlist (Erykah Badu, Sade, Ali...	8:45 AM - 9:05 AM
All	<ul style="list-style-type: none"> • Welcome • Name and Organization in Chat • Ice Breaker: What is your Favorite Holiday Tradition? 	9:00 AM - 9:15 AM
Carrie Roberson	<ul style="list-style-type: none"> • Welcome and Overview 	9:15 AM - 9:25 AM
ALL	<ul style="list-style-type: none"> • Vision to Action: 2025 Goals & Reflections <ul style="list-style-type: none"> ○ Yearly reflection ○ send us one goal based on last years vision ○ 2026 priorities and initiatives 	9:25 AM - 9:55 AM
BREAK - Move Your Way - BREAK 5 minutes  5 Minute Full Body Stretch Daily Practice		
Carrie Roberson & Haoua Dogo	<ul style="list-style-type: none"> • Mindfulness exercise <ul style="list-style-type: none"> ○ Visualization ○ Self Care Worksheet ○ Self Care Plan 	10:00 AM - 10:35 AM
Cindy Shepard	<ul style="list-style-type: none"> • REACH Communications Update <ul style="list-style-type: none"> ○ ByHeart Infant Formula Recall ○ Flu Hospitalizations ○ Partner Toolkit Request for Feedback ○ Drinking Responsibly this Holiday Season 	10:35 AM - 10:45 AM
Mariah Rucker, Oregon Black Pioneers	<ul style="list-style-type: none"> • Preserving Our Stories, Honoring Our Legacy 	10:45 AM - 10:55 AM
All	<ul style="list-style-type: none"> • Fall + WinterEvents: See the Upcoming Multco REACH Programming + Event section, below. • REACH EVENTS WEBSITE • Please complete the REACH Agenda Request Form (Share, spotlight and highlight work) • Review action items and next step & Adjourn Meeting 	10:55 AM - 11:00 AM

SAVE THE DATES - 2026 ACHIEVE Coalition:

1st Wednesdays of the Month from 9:00 - 11:00 A.M.

Jan 7, Feb 4, Mar. 4, April 1, May 6, June 3, July - No Meeting, Aug., 5, Sept. 2, Oct. 7, Nov. 4, Dec. 2

Please let us know if you can present by completing the [REACH Agenda Request Form](#)

Upcoming Multco REACH Programmings + Events.

- **Brunch with a Bunch**
 - **Come celebrate prevention wins and enjoy tasty food!**
 - **Date: Dec 4th**
 - **Time: 10:30 AM - 1:00PM**
 - [RSVP at your earliest convenience](#) for food and other planning purposes.
- **Play Grow Learn's Christmas Toy Drive**
 - Play Grow Learn is hosting a Toy Drive this December! Families are invited to stop by and pick up gifts for their children.
 - **Date:** December 20th
 - **Time:** 11-3pm
 - **Location:** East Portland Community Center
- **Roots to Recovery**
 - A space where we center our mission and values around addressing fentanyl and polysubstance use. Our goal is to create an open, collaborative environment where updates are shared, solutions are explored, and strategies are uplifted, grounded in harm reduction, education, and community support.
 - Second Tuesday of the month, contact haoua.dogo@upstreampublichealth.org for details.
 - Food and refreshments will be offered
- **Attend a Climate Justice Plan Community Forum**
 - As part of Multnomah County's continued commitment to community engagement and outreach, the Office of Sustainability will be hosting a series of community forum events to discuss the strategies and metrics for each of our draft Climate Justice Plan goals. They aim

to bring together community partners, industry experts, County technical staff, and any other interested parties to help strengthen the goal's strategies and metrics and narrow the County's specific commitments to focus on actions with the highest impact on equity, justice, and carbon reduction.

- Climate Justice Plan Forum #4: Air Quality Goal on November 6th, 2025
- Goal: Every community member breathes clean and healthy air.
- Time: 3:00 - 5:00 PM PST
- Location : [Multnomah Building](#) Room 126 or Zoom
- Register for the Air Community Forum [here](#)

- **Black Family Storytime Available Online** | Tuesdays, October 28 to November 18 at 11AM. Multnomah County Library is offering their Black Family Storytimes online. Folks can [register here](#) or call 503.988.5123.

No Cost or OHP Accepted Immunization Clinics (Full List PDF Available)

Reminder: the REACH Program does not have a vaccine strategy as of October 2025. The following information is from the Multnomah County Health Department vaccine provider resource list. For information on what vaccines are offered, please contact the clinic directly. To learn more about recommended vaccines, visit multco.us/services/immunizations. While many clinics will not turn you away due to inability to pay, please bring insurance information if you have it.

- [Multnomah County Health Centers](#) (many locations): Appointments required, call 503-988-5558. Current patients can also schedule online using MyChart. Ages served differ by location. Accepts OHP.
- [Multnomah County Student Health Centers](#). Nine locations. You do not have to attend the school where the center is located. See website for contact information. Ages 5 to 18. No cost. ● [Prism Health](#): Two primary care locations: Belmont (SE Portland) and Morris (N Portland). Specializes in compassionate, high-quality primary care for LGBTQ+ individuals. Ages 15+. Appointments required, call 503-445-7699. No cost.
- [Central City Concern](#): Two primary care locations: Blackburn Center (East Portland) and Old Town Clinic (NW Portland). Mobile medical services available. Ages 18+. Appointments required, call 971-361-7888. No cost.
- [OHSU Primary Care](#): Two primary care locations: Primary Care Clinic, Richmond and East Portland Community Health Center. All ages. Appointments required: call 503-494-8311. No cost. ● [Lecare Pharmacy](#) 1619 NE 42nd Ave Portland OR, 97213. Ages 7+. Walk-ins preferred. For information, call 971-358-6888. OHP and some private insurance accepted.

Historical Context: ACHIEVE (Action Communities for Health, Innovation and Environmental Change) Coalition has laid the foundation for Racial and Ethnic Approaches to Community Health (REACH) since 2009. A group of multi-sectoral partners collectively envisioned: ending health inequities in chronic diseases for African Americans/Blacks in Multnomah County. The coalition advocates the use of communication, policy, systems and environmental (PSE) change strategies to increase access to healthy foods, improve community design by connecting safe and accessible places for physical activity, offering tobacco cessation programming and breastfeeding support in the places people live, work, worship and study.

Acknowledgement Statement: Multnomah County sits on the ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tualatin Kalapuya, Molalla, bands of the Chinook, and many others who made their

homes along the Columbia River. We also honor the members of over 400 tribal communities who live in the Portland metro area. We also want to acknowledge the labor of kidnapped and enslaved Africans who helped to build the wealth of this country. These acts of genocide and slavery were done by White settlers who had government support. Please take a moment to honor the people who continue to resist and survive despite the intentional and ongoing attempts to destroy them.