

Coast Mental Health Action Team  
October 30, 2018

Lisa Larimer Burtis, Tanya Wildflower

### **Healthy Mendocino Update**

Thais and Lisa worked to get the grant application updates requested to Patrice.

Thais has been selected for the Coast Action Team Coordinator position role.

Coast Healthy Mendocino Summit will be on Thursday, November 15<sup>th</sup> from 5:30-7:30 at Town Hall.

### **Childhood Trauma Team Update:**

No update this month.

Reviewed and added to the list of potential groups to include in Summit: In order to build resiliency language and interest in the summit, this team has brainstormed potential groups to target: Senior Center, Law Enforcement, educators, medical/support staff/chaplaincy, religious/spiritual leaders, therapist/human services groups, PTA, Service Groups (Lions, Soroptimist, Rotary, Knights of Columbus), Chamber of Commerce, Student Service Groups, Cultural Group (e.g. Portuguese Society), NAMI

Discussed areas of topics for Lecture Series. Aiming for 4 general areas including 1) Health/Age/Disability; 2) Disaster; 3) Mental Health/Suicide/Homelessness/Substance Use; 4) Youth/Culture/Ethnicity/Sexuality/Bullying. Potential locations for Lecture: Senior Center, Town Hall, CV Starr, Cotton Hall, Safe Passage, Mendocino Coast Clinic, MCDH. Target specific groups with marketing. Perhaps we can approach the local Inns to donate lodging and a dinner for guest speakers.

### Action Item Updates:

Thais/Tayna: Research any competing events for end of April – Easter is on April 1<sup>st</sup>. Tanya suggests that we stay away from the first weekend as people are generally not prepared to do something the first weekend of the month. We should also avoid March 25-31 as it is Passover. Need to communicate with Chamber of Commerce. A quick look at their calendar does not show any significant events on the other weekends of April.

Lisa: Get ahold of Spiritual leader list from Tanya – Minister's Association – Tanya provided 2 directories of churches. It would be good to find a volunteer to check for accuracy and updates.

Thais: Elevator Speech for Summit (completed – see below)

Reminder: ASIST Training at the Mendocino Coast Clinic Thurs/Friday December 13/14<sup>th</sup>.

### Outstanding Action Items:

Lisa: Reach out to Rev Miguel Estrella of the Apostolic Assembly church near Cleon to gain support from this community to potentially add to our target list.

Thais: Research any competing events for end of April (see updates above)

Lisa: Follow up to get contact information for PTO at schools. Contact Senior Center to see if they can find a volunteer to update the Spiritual Community directory.

Thais: To see if a south coast elder can talk at Summit

Kianna: Talk with William Feather/Otis Brotherton to see if he'll participate, help with ideas on engaging the Native communities.

Thais: Will talk with people on the South Coast to see if an Elder would be willing to join presenters at Summit. Also identify a Hispanic Leader to join 'leadership circle'

Lisa: Research and reach out to MCC and MCHC

### "Elevator Speech"

The Childhood Trauma Action Team, Mental Health Action Team and FIRST FIVE will present: The 2019 Coast Community Resilience Leadership Summit in April 2019.

The summit will convene community leaders, institutional policy makers, parents, first responders, health providers, educators, law enforcement officers and others to discuss and understand the issues and conditions associated with trauma. There will be opportunities to explore skills and resources needed for responding and providing for ourselves and community members in a way that builds resiliency. Along with local professionals, two highly regarded trainers in the field of community resiliency will be presenting, Linda Chamberlain and Elaine Karas-Miller.

This is the first of a series of events on the coast focused on building community resilience through practices and applications in our personal and professional lives. Our vision is to foster a platform for learning and sharing information to create a community of and kindness, safety, and support.

### Good Ideas:

1. Support more Challenge Day activities (ref: bullying) Good idea for an all group event at the summit is to do the 'cross the line' exercise.
2. Potential Topics: Elder Issues, Addiction and trauma,
3. Make a list of potential speakers, create a Speaker's Bureau, set up lecture series (disaster resiliency – Red Cross – how do you help people recover and get back on their feet; Jared Vermillion (<http://www.vermillionlifecircle.com/about.html>)).
4. (Ricardo Stocker, Cynthia Wall, Project Sanctuary, Cancer Support Group speakers)

5. Participate in parades – Holiday (December), 4<sup>th</sup> of July (Mendocino), Paul Bunyan (September)
6. Native Peoples Peace and Reconciliation
7. Panel potentials: CASA (Sharon Hildebrand?/Carla Harris), Project Sanctuary, First Nation, Disability Group, Seniors, MCHC, Safe Passage, EMS, Mental Health, (8 different major group)
8. Dream: People would form their own neighbor based (or common factors) community of practice groups.
9. Tribal (African) practice: When someone blows it, the community gathers, places the 'someone' in the circle and every one of the villagers goes to the person and says, "Please forgive me for I did not notice what you needed."

Discussed meeting more frequently (2x monthly), with one meeting being combined with the Childhood trauma team and one with focus on the primary goals of our MHAT.

Team members are encouraged to attend the next Childhood Trauma team meeting: Date and time TBD

Our next meeting for the Mental Health Action Team is scheduled for November 27 @5:30pm @ RCS 544 S. Main Street, Fort Bragg.