

Healthy Mendocino Trauma Action Meeting

November 13, 2017

Present: Yadi Sanchez, Peter Burtis, Rosalie Gjerde, Thais Mazur, Wade Gray, David Harr, Sharlene Stenberg.

Thais reviewed when we routinely meet and what has been discussed at the past several meetings. She also mentioned that we had not met in October due to all that was going on with the Mendocino County fires. Thais is working on the Community Health Improvement Project. It will contain goals, objectives and measurements by the different Mendocino County Action Teams.

Peter Burtis mentioned that, at the last meeting, we had discussed Prevention – Intervention – Education, PIE. We brainstormed about prevention/education ideas.

Rosalie Gjerde mentioned focus on education and funding is a good place to start. She mentioned Project Sanctuary is doing work with high school students.

There was discussion about the sexual assault allegations in the news and how they may be triggering flash-backs for teens and women who have had similar experiences. Rosalie wondered what information/support we could get out NOW.

Thais has lots of trauma and mindfulness techniques literacy.

Rosalie mentioned Carla Harris, of CPS, is working on getting Mandated Reported training.

Yadi shared about a community resiliency training she went to last Monday in Ukiah. She found it very informative. First Five is hoping to offer it on the Coast in January or February. When she worked with Project Sanctuary, Yadi had put together a booklet to educate youth to educate their peers. It was a successful project. She will see if Project Sanctuary still has the list of education points.

Thais mentioned that Townley Saye, in Ukiah, is studying messaging.

Peter wondered about preventing trauma or can we only reduce trauma. Wade Gray discussed how even only one prevention is valuable.

We discussed education parents. One idea is a packet listing all resources, to be given to parents and teachers at all the schools. Possibly include a questionnaire as to what help/information is most needed. Another idea is the Family Fun Fair held the first Friday in April at Town Hall. There are fun activities for children and lots of resource materials available for parents. Project Sanctuary is working on a short film about how people respond to trauma in our community.

Rosalie mentioned there are the ten items on the ACEs scale, but there are others that aren't on the scale that still adversely affect children and adults, such as natural disasters or continued financial stress.

Wade said support for parents is needed. Yadi mentioned how helpful PPP training is. Rosalie mentioned the possibility of offering PPP in different venues.

Thais talked about having an on-going community conversation about all aspects of child abuse. Sharlene mentioned finding ways to support families so they can develop positive, strong resiliency in spite of trauma.

Rosalie will research ways to get our information out to the community.

There was discussion of possible educators and retired educators who might be asked to join our meetings and share their perspectives.

Thais summed up the evenings ideas: 1. Parent support; 2. Support resiliency and self regulation; 3. Education; 4. Expand into sub-communities; 5. Develop an on-going conversation; 6. How is our information/conversation messaged; 7. Find resources. She suggested we formulate this list into goals and develop ideas of how to meet the goals, and what is the time frame to meet these goals.

Next meeting: December 11, 6pm at Peter Burtis' office.

Notes taken by Sharlene Stenberg.