

Coast Mental Health Action Team  
November 27, 2018

Lisa Larimer Burtis, Thais Mazur

### **Healthy Mendocino Update**

Thais reported out on the 11/11 summit. The summit was “excellent”. Julie Fetherston, inland team coordinator, and Patrice Mascolo, Program Manager came from Ukiah to attend the summit. Housing Action Team provided a report on their housing education project and workshops that have been implemented and those coming up. Childhood Trauma Team presented on the upcoming 2019 Coast Resilience Leadership Summit. Thais reported out on Family wellness, Mental Health and south coast teams. The participants from different teams brainstormed on intersections between team goals and objectives. Another summit is recommended in another 6 months. Thais will set up communication between the teams in the meantime.

Mental Health Action Team has expressed interest in being involved in the development of wraparound services related to the Danco affordable housing project currently proposed for Fort Bragg.

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

Reviewed the Summit outline. Objectives of the summit include: Build awareness of ACE Study and how to build resilience in our community; and Learn trauma literacy. Discussed pre-conference outreach.

### Action Item:

Lisa: Send Thais list of contacts for agencies that can possibly participate in the resilience panel/info tables. Would they be willing to participate in the summit. MCHC (Carla Harris), MCC (Meryl), RCS (Denise), Safe Passage (Lisa Snyder), Private therapists (Cynthia Wall), Project Sanctuary (Lia), RCMS (?), SUDT (Jenine).

Thais: Will review faith leader information and create email list.

Reminder: ASIST Training at the Mendocino Coast Clinic Thurs/Friday December 13/14<sup>th</sup>. Thais will post on Healthy Mendocino website.

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

Lisa: Follow up to get contact information for PTO at schools (MHAT). (Montessori, Fort Bragg, Mendocino, Caspar Children's, Rainbow.

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 to see about participation in MHAT.

“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, 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/speaker 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."

Our next meeting for the Mental Health Action Team is scheduled for January 29th @5:30pm @ RCS 544 S. Main Street, Fort Bragg.