

Healthy Mendocino Trauma Action Meeting

January 8, 2018

Present: Peter Burtis, Brel Froebe, David Harr, Lia Holbrook, Thais Mazur, Wade Gray, Sharlene Stenberg.

Thais offered to facilitate the discussion around goals and objectives. Brel mentioned he had looked on the Healthy Mendocino site and found statistics only for adults with ACEs. Thais reported that the Childhood Trauma Team in Ukiah is focusing on ACEs education and resiliency training. How to track this for a three year period is an issue.

David asked how much repetitive work is being done by agencies; who takes the information and makes it work in the larger scheme?

Peter let us know that RCS is trying to communicate better with sources who refer to them.

Thais mentioned that our work needs to be specific to our region.

Lia referred back to the Orange County CHIP report format that Thais had emailed us. It asks "What is going well?" "What still needs improvement?" It will be helpful to look at a quantitative measure and a measure that is qualitative.

Brel let us know that Lighthouse School is going to do a Mindfulness Based Cognitive Training program as a pilot study.

Peter stated he would like to have us do something that demonstrates that we are making a difference. Maybe invite input from schools as to what teachers observe.

Lia asked "What is the change we want to measure?" She mentioned a program sponsored by Project Sanctuary where a trained staff person works with 4-6 youth for peer discussions and community events. Also, children identifying a safe adult in their life is important. Brel mentioned getting a mentorship program in place.

Peter said "as strengths expand challenges shrink".

Wade would like to see family systems/parent support strengthened-"connections reduce isolation".

Thais summarized goals she heard discussed: 1) build a robust parenting skills and support system; 2) bring resiliency and self-regulating training into the schools; 3) community education around childhood trauma; 4) create a resource guide; 5) develop a mentorship program for youth.

Some possible objectives around these goals: offering yearly trainings for parenting skills and support; look at mentorship programs in other areas, such as Boys and Girls Clubs or Big Brothers/Big Sisters;

find lead agencies, such as Rosalie and ASCK hosting the Family Fun Night in April at Town Hall. Project Sanctuary is working on a resource map to give to each family at this event.

Wade feels many of these actions come from grass roots movement. We need to look at connecting with children and parents.

This assigned homework: Brel will write up goals and objectives for resiliency training in schools; Wade will work on ideas for parent support group; David will gather information about mentoship programs; Lia will work on community childhood education/ resource guide.

Wade and Brel are working on developing some youth leadership ideas.

Lia let us know the "Free Little Libraries" program is being tried at Lighthouse School. It's underwritten by Flockworks.

Next meeting will be February 12 at 6pm. Peter Burtis will facilitate.

Notes submitted by Sharlene Stenberg