

## Healthy Mendocino Trauma Meeting Notes; 12/11/17 @ 6:00

*Present: Brel Froebe, Thais Mazur, Yadi Sanchez, Rosalie Gjerde, Lia Holbrook, Peter Burtis, David Harr, Wade Gray*

### ***Quote shared by Wade: "Empathy and shame cannot exist in the same place"***

Thais welcomed the group and touched on a few of essential ingredients for a productive meeting. Thais requested a facilitator for the meeting; cited the importance of tracking the meetings with notes so they can be posted on the Healthy Mendocino website; and highlighted the importance of an agenda for each meeting to ensure goals are met.

Yadi volunteered to facilitate the meeting and Lia agreed to take notes and act as the facilitator at the next meeting.

Yadi touched on a discussion from last meeting and asked Lia to describe Project Sanctuary's Youth Leadership Team (YLT). The YLT project is funded through the California Department of Public Health Rape Prevention and Education Grant. It is based on the principles of youth empowerment and community mobilization. The grant allows PS staff to work year round with a select group of youth who are trained in topics ranging from healthy relationships, healthy sexuality, communication, facilitation, leadership, and more. The trained youth facilitate presentations to their peers, middle school students, parents, and assist in community events. The ultimate intention of the grant is to have prevention information be dispersed *by the community to the community* and to give voice to youth.

Thais mentioned that Janet Kukulinski (sp?) from the Gualala Family resource Center is interested in expanding Healthy Mendocino meetings to the South Coast Region. Thais will be meeting with her to discuss options. In January and February, the Healthy Mendocino Action Teams will be honing in on their select Goals and Objectives. Thais will be compiling a large report for the Public Health Director (Barbara Howe). *Please attend these meetings.* The Action Team project grant is funded until 2021. The Teams will not be "locked in" to the goals/objectives that are selected in January/February but is essential to have those guiding principles.

Yadi provided a recap on the meeting notes from last week.

Yadi mentioned the Community Resiliency Program that First 5 will be hosting in January. Yadi will send out information to the group.

Yadi addressed her personal goals, which arose from the meeting last week: Expanding/developing ongoing conversations in the community (utilizing teachers who are the experts of their students), providing trainings for the community (not just agency staff).

The group discussed the high rates of ACES in Mendocino County and the potential contributing factors---isolation, location, genomes, poverty, generational trauma, etc.

The group discussed the #MeToo campaign. There were lots of positive views expressed about the 'breaking of the silence' but Thais mentioned an article she had read expressing the concern about this "power" not being extended to women of color or those who did not hold privilege. Lia echoed this concern for many of the clients seen at Project Sanctuary---would like to see this social change happening at more fundamental/institutional levels.

Lia provided an overview of the video project that Project Sanctuary is working on for April. (Child Abuse Awareness/Sexual Assault Awareness Month) PS staff will be interviewing community members (police, fire, grandparents, children, teachers, etc.) about how they display strength in their own life and how they build community. The underlying focus is on community resiliency and empowerment.

Yadi mentioned the importance, in her opinion, of empowering those who are not being abused to support those who are (aka: bystander issues).

Yadi asked the group of focus in on brainstorming Goals and Objectives. The group discussed: coordination of services, trainings for community, incorporating parents, teachers, etc.

Lia mentioned a project that the Latino Coalition is facilitating. On 12/6 they held an informational night (in Spanish) for parents on how to communicate with your teen. Carla Leach provided info from MCYP and the YLT hosted a role-play and informational component from the perspective of teens. They did an evaluation at the end to find out the interest in continuing this series and including additional topics.

Multiple group members noted the value of empowered youth leadership for prevention.

The group discussed the importance of having a spot for info on what's happening in the community---utilizing the Healthy Mendocino website for this purpose was discussed.

Brel mentioned that a goal for him for the Trauma team would to create a Trauma-resource map for families in the community. Rosalie added to this idea by discussing a packet could be created for each family and given out at back to school night. There could be a booth hosted by Rosalie/another member of team in which the packets are given out and described to each family member. Would enable us to track who has received their packet; who has not.

Rosalie has already started putting together information that may be used for this packet.

Rosalie shared that on January 24<sup>th</sup> CPS will be hosting Mandated Reporter Training from 1:30-4:30. Contact Carla Harris if you would like to attend or for more information.

The group discussed the importance of recruiting school members to attend these meetings so we have an idea of what is needed by the students/teachers/families.

Brel committed to bringing Connie (principal of Noyo) and Kristen from Fort Bragg Middle School.

Wade asked if the group would be willing to step back for a minute (before we start moving towards logistic steps) and describe the long-term vision we are each working towards. He asked if we would each take a minute to describe what we would like to see 20 years from now if we are able to accomplish the goals of this program.

*Rosalie*- medical care from conception forward; in-home parenting support, fully funded childcare, access to books/libraries.

*Yadi* -kids are allowed to be kids; teens are allowed to be teens; adults are in their role as adults. Kids/teens do not have to worry or experience things outside their realm. Healthy kids=healthy minds.

*David*- joined this group to find a place that serves children needing help and youth who would like to help other youth.

*Thais*- Kindness and love. All generations look out for one another; self-regulated and mindful

*Wade*-Community and society where you get everything you need. Access to shelter, food, robust network of peer counselors learning from one another.

*Peter*- System identified for all families that removes all barriers (be that fear, shame, bureaucracy). And kindness.

*Lia*- Community that is able to balance the individual and the community. People are able to act out their individuality but in the context of supporting and incorporating with their larger community. Healthy relationship and healthy sexuality conversations begin at young ages.

*Brel*- Sense of unity and consensus around healthy communication and self-regulation starting at a young age, curriculum is instituted at the very beginning ages.

Wade shared a quote with the group relating to the importance of youth leadership. It was paraphrased as, 'if we fully supported and listened to you---all of our problems would be solved'.

Yadi identified some of the goals that she heard amongst the group. She listed them out and we can evaluate them at the January meeting:

- Village of kindness
- Training/Meetings open to community
- Access/Trainings on resources
- Packets for families
- Access to basic needs
- Youth leaderships

Wade mentioned that research shows that our brains learn/work better when we are feeling safe and connected. If we do hand out packets, Wade expressed the importance of ensuring they are well thought out (robust network/system of support).

Rosalie updated the group on the Cannabis tax:

Cannabis tax collects money from growers, distributors. It was on the ballot previously and established the process money to be divided between: enforcement and cleanup, county roads, mental health, fire/emergency services. It estimated that 300 permits would be distributed. Only 75 have been so far into the fiscal year. There is a movement (Yadi has petitions) trying to allocate 20% of those funds by 2020 towards kids.

**Next meeting on January 8<sup>th</sup> @ 6:00 RCS offices**  
***Lia will facilitate***

*Notes submitted by Lia Holbrook*