

Healthy Mendocino Trauma Action Meeting – December 10, 2018

Present: Thais Mazur, Peter Burtis, Alex O'Malley, Lia Holbrook, Waldi Helma, Lisa Burtis, Wade Gray, Sharlene Stenberg.

General Updates

Thais reported she had been in Toronto at a Parliament of World Religions conference presenting and teaching on social change and inclusion. Also, she is no longer traveling all over the county, she is focused on the North and South Coast.

Alex asked about inviting other people to join this team. Thais and Waldi mentioned just making sure there is no professional conflict. Alex gave the names of Aubrey Alves, Rebecca Picard, and Brel Froebe as those she had talked with. There were no conflicts.

Funding Update

A request for \$5000 from Healthy Mendocino was submitted by Lisa Burtis. The request was presented as a collaborative project between Coast Mental Health Action Team and Coast Childhood Trauma Action Team. "it will be a catalyst for community and local government education, participation and implementation of Increased community awareness of ACEs, commitments to increasing resiliency within agencies, and tools for responding and protocols for addressing trauma and resiliency." There will be a coastal resilience leadership summit, community art making project, workshop/lecture series, post-summit gatherings.

Some suggestions: add trauma informed language to the funding proposal, or trauma informed practices and tools. Thais let us know that Healthy Mendocino will have \$150,000 given by HHS. Lisa mentioned it would be nice if the Action Team members could be given some trainings.

Summit

Thais shared an "elevator speech" that was discussed.

Thais proposed changing the Summit name to Coast Community Resilience Leadership Summit.

Who should be invited was discussed. Alex asked if the CREM training could be translated to Spanish and looked at for cultural competence. Waldi mentioned Tribal council members should be mentioned as a group. Alex would like a sentence about cultural diversity to be added.

Agenda

The presenters were discussed. There is not enough funding to have more than one presenter. The usual fee is around \$7500 for a weekend. First Five will help but not have total responsibility. Lia has spoken to the police trainer, Eric Barreras. He is willing to not charge a fee other than costs of travel, food and housing, but that will still add up. Alex feels the police trainer is the most important. The idea is to include the police in being on the same page as other agencies. Waldi agreed. She suggested it

might be possible to get housing, food etc donated. Lia agrees. Thais feels the summit should be an overview. Alex feels the police trainer would be a way to get the police “on board”. Thais stated various people will be doing outreach to invitees to get them interested. Lisa suggested finding out what kind of trainings the police have planned for the year. Lia suggested possibly schedule Eric to present to the police right before the Summit and then do a briefer presentation at the Summit. Lisa wondered if Eric could skype into a conversation.

Panel discussion were mentioned.

Wade said he didn't see the 5 minute break out times, previously discussed, on the agenda.

After much more discussion, the following is the agreed upon agenda. Specific presenter to be determined.

Friday April 26, 2019 6-8pm Town Hall Movie: Resilience: the Biology of Stress and the Science of Hope will be shown. Project Sanctuary has a copy of the movie. It will be open to the public. There will be some sort of “wrap up” at the end.

Saturday April 27, 2019 9:30am-4pm Place to be determined Summit

9:30-10am Registration

10-12 Training

12-12:30pm Lunch

12:30-2pm to be determined

2-3pm community practices groups (assigned at registration)

3-4pm wrap up

Sub-groups

Outreach to participants

PR: (both Friday night, Saturday personal invites, and Registration)

Set Up/Clean up

MC

Process: Overseeing transitions throughout day, facilitators for the community practice groups, caring for those who may need help-tracking the needs of the group (trauma trigger). To maintain the vision.

Please send list of invitees to Thais before January 14, 2019.

Notes submitted by Sharlene Stenberg