

Healthy Mendocino Trauma Action Meeting

February 12, 2018

Present: Thais Mazur, Wade Gray, Lia Holbrook, David Harr, Yadi Sanchez, Sharlene Stenberg.

Thais opened with a discussion of the Healthy Mendocino project.

Lia brought us up to date on the Money Wisdom pilot project. The West Company is doing four workshops, on financial literacy/empowerment, for clients of Project Sanctuary/Safe Passage. It's proved very popular. There are 12 clients signed up and a limit had to be put on the number of people in the group.

Thais reminded us of the Healthy Mendocino Summit, March 8, at the Willits Community Center from 9:30-12:30.

Wade presented a document for discussion regarding support of parents.

David reported he was in touch with Big Brothers/Big Sisters in Eureka. He was told they are trying to consolidate the programs they have. Other mentorship programs he contacted in the Bay Area have not returned his calls at this time.

Lia mentioned that Brel is contracting with Safe Passage to work on a plan for internships with youth and adults within our community. It will involve developing job skills and life skills. West Company will also be involved.

Thais explained that the West Company supports women in business and holds workshops on how to start a small business. They are looking to expand into vocational skills.

Yadi reminded us that April is Child Abuse Prevention month. The first Friday in April there will be a Family Fun Night at Town Hall with free activities for families.

Lia said they will have the Resource Guide to hand out at the above April event.

Thais mentioned that radio station KZYX is broadcasting information about the Community Health Initiative. We discussed the possibility of having articles in the newspaper once a month, or possibly having the Resource Guide published in the paper.

Thais lead a discussion of the Goals and Objectives she had sent out. We revised them and Thais will send out the revised version to all for input.

Yadi mentioned a project she would like to see happen. She would like to create a "bingo card" with emergency items that families can gather as a family activity. When the card is complete they can get it signed off and get a reward, like a swim pass. This would also help families think about being prepared for emergency situations.

Thais discussed the Human Rights Initiative that helps guide the discussions of policy makers.

We discussed if it is valuable to go to City Council meetings. David suggested we need to make proposals in ways for the City Council to see the benefit to the City, such as supporting healthy children leads to healthy adults who will be active in our community. Lia thought City Council meetings might be a way of showing support for the plans of other groups.

A summary of our discussion: promotion and support of families; support of parents; developing programs supporting youth skills.

NEXT Meeting: MARCH 12 6-7:30pm at Project Sanctuary 461 N. Franklin.

Notes submitted by Sharlene Stenberg