

Healthy Mendocino Trauma Action Meeting

March 12, 2018

Present: Yadi Sanchez, Lia Holbrook, Thais Mazur, Roseanne Ibarra, Peter Burtis, Wade Gray, Alex O'Malley, Sharlene Stenberg.

Thais opened discussion with setting an agenda: 1) Report on Healthy Mendocino Summit; 2) facilitation of meetings; 3) look over goals and objectives; 4) bingo card project; 5) family fun day; 6) report on Dr. Nadine Burke Harris breakfast in Sonoma Co.

Roseanne reported that First 5 will be hosting a Resiliency conference in Ukiah, Saturday June 16.

Report from those who attended Healthy Mendocino Summit:

Yadi said she heard goals similar to ours expressed. She suggested we encourage Laura Welter from Safe Passage to come to our meetings.

Peter enjoyed the Key Note speaker, Shelley Mascari. She shared enthusiasm and interesting ideas on team work.

Thais liked hearing "blips" from each Action Team. Willits will be starting Action Teams soon, and the South Coast is interested in starting the process.

Roseanne had feedback from Sharon Hildebrand that the Summit was a reminder to share ideas and information with the Coast and other regions of Mendocino County.

Thais mentioned the possibility of a health consortium where local teams meet regionally.

Yadi wondered about the work of Teams overlapping and some of us attending other Team meetings. Thais said Action Team meetings are listed on the Healthy Mendocino website.

Thais wondered about Action Team members from Ukiah coming to our meetings?

Roseanne said she is the link to let us know what's happening Inland. She will continue to work with others as to ways to reach out to the Coast and keep communication between Coast and Inland flowing. So far, no tax money from cannabis has gone to childhood trauma. Sharon Hildebrand will be making a presentation to the County Supervisors April 24 to ask that some of this tax money be used for childhood trauma issues. There will be a supervisor candidates night where the discussion will be children and family issues.

Thais mentioned there has been a history of programs starting in Ukiah and getting lost to other regions of Mendocino County.

Roseanne would like to see county agency people come to coast meetings.

Announcements:

Lia talked about Family Fun Night April 6. It's being organized by Safe Passage and ASCK. There will be family activities. Project Sanctuary will debut a short film they've made and they will be handing out the Resources map. This night is to bring awareness to April as Child Abuse Awareness month.

Yadi discussed the project she is working on to meet one of our goals and objectives. She shared a draft of a bingo card that has items to have on hand for emergencies. It also has a list on the backside of possible items. She plans to start with Dana Gray students. When the students get 8 of the items, they can bring the items to be checked off and get a swim pass. The hope is to help the child to talk with parents about emergency needs. First 5 will soon have office space at 510 Cypress St ste C. Yadi hopes this project will expand to all the schools and turn into an annual event. She asked for any feedback. Lia suggested friends of MCPRD might be able to help fund swim passes. Thais wondered about making a presentation at the school. Yadi said she is going to develop a website with information and instructions. Roseanne suggested this could move into a larger conversation about trauma that comes from emergency disasters. How can families talk about feelings and feel safe. Can we draft a brochure around this idea? Peter mentioned people feel a lack of empowerment around trauma. Tying this back to the bingo cards, children/families knowing where their emergency items are can bring some certainty/empowerment. Alex suggested the pass should be a Day Pass rather than a swim pass. On a larger vision, Lia mentioned that Gowan, who operates Fortunate Farms, took in evacuees during the fires. She found she didn't have the items needed by the evacuees. Gowan might be a good resource to talk about emergency needs. Also possibly a CERT presentation.

Wade reported he has not had a chance to meet with Jade or Jay Millen about a parent support group and teacher support group. He would like to identify people who are willing to participate for the pilot group. Wade's overview is that all people function better if they can get things off their chest. So the group would offer a place of no judgement to discuss struggles and offer information/tools to cope. Thais suggested that the Poverty and Obesity action teams might like to hear Wade's ideas. Yadi mentioned that the school district has parent groups at each school. She also mentioned that some parents who have attended PPP trainings are interested in keeping contact and continuing parenting discussions. These might be places to get parents for the pilot support group.

Roseanne told us about attending a breakfast meeting with Dr. Nadine Burke Harris, a pediatrician who is promoting using the ACEs form for helping patients to deal with trauma and long term health issues. Discussion of what our role can be. Once the traumas have been talked about from the ACEs scale, patients can't just leave without having some sort of regulating conversation. What sorts of resources can be offered once traumas are disclosed? Lia mentioned that assessments used for domestic violence are being looked at because answers are not always accurate. Alex said often people don't recognize their background as traumatic. Sharlene mentioned the Fort Bragg pediatricians are interested in using the ACEs scale, but wonder what resources are available for patients identified. Peter said RCS has access points for ACEs clients. Thais feels training and tools for teachers is needed. Roseanne let us know there is a Community Resiliency Model training April 19-20.

Lia talked briefly about a proposed summer camp. It will be sort of a mentorship of local people

Who have a skill/talent to share with local youth. There will be a potluck with potential facilitators at the end of this month. The targets are high school aged youth. It will be a 3 day retreat that hopefully will lead into ongoing mentorships. This will talk about this when she meets with the Poverty Action Team.

This talked briefly about facilitating our meetings. We need a facilitator and how do we decide who. It would be helpful to have an agenda to send out to the group before the meeting. It was suggested that we try to set the agenda for the upcoming meeting at the end of each meeting.

Yadi volunteered to facilitate the next meeting, which will be April 9, 6pm at Project Sanctuary.

Notes submitted by Sharlene Stenberg