

Healthy Mendocino Trauma Action Meeting - April 9, 2018

Present: Thais Mazur, David Harr, Peter Burtis, Alex O'Malley, Lia Holbrook, Sharlene Stenberg

Thais agreed to facilitate since Yadi was unable to make the meeting. She asked for reports of any activities or new information.

Lia reported on First Friday Family Fun Night: the weather probably made for a smaller crowd, The Resource map was available for parents and will be given to some sites, such as RCS; ASCK will provide some financial support for Yadi's emergency bingo card project; Project Sanctuary is developing a week long Summer Camp focusing on pairing youth and adult mentors-this is for high school aged students, long term goal is to keep student and mentors connected, details are still being worked out.

Thais commented that the Poverty Action Team has been discussing mentoring projects and would like to know about the camp project. Lia will write up a description of the Summer Camp project for the Poverty Action Team. Lia said a couple of stumbling blocks are who takes on the liability insurance and vetting the adult mentors. The camp will be held on the Noyo campus.

Alex and Peter let us know the RCS runs a summer camp for three different age groups, usually late June or early July. The focus is on therapeutic games, social skills. For the high school age children, rehab specialists work as the councilors and they also have some team sports, art and swimming.

Lia mentioned a possible idea that is being discussed is internships at the Hospitality Center for training in barista/food services. Thais let us know that the director, Anna Shaw is leaving. We also discussed Laura Welter leaving as Safe Passage director and Annie Liner hoping to leave as director of Mendocino Coast Childrens Fund. Noyo Food Forest was mentioned as a possibility for internships.

Alex reported she is seeing patients with lots of trauma. She feels community resources are not being well utilized. Thais asked if the trauma is generalized or financial? Peter commented that often it's a combination of generational and complex trauma triggered by a situational event. Resiliency factors are not strong and fall apart when the situational event occurs. Sexual assault has been coming up recently. Majority of parents don't have the emotional capacity to deal with trauma events, and trust has been violated many times.

Thais talked about the high rate of sexual assault and sex trafficking in Marin Co. It's a much more affluent area. Are there differences in regulating/resiliency skills because of affluence or access to education in resiliency? Alex feels there is not good access in this area to education about abuse or access to strong female role models.

Thais feels maybe we need to identify the deeper strands of trauma in our area-is it lack of access to education about causes, economic issues, etc?

Alex spoke about her experience in San Mateo, a county with one of the highest rates of sex trafficking. They had a group of representatives from Victim Witness, program like Project Sanctuary, Law Enforcement, and DA's office. They worked on trauma informed language and issues, bringing this into the system and eventually bringing trust in the system back to clients. Lia mentioned Mendocino County does have this kind of meeting, SART, but the focus is not similar and it's only for victims of sexual assault. It's run by the DA's office and is in Ukiah. They usually discuss legal rights of the victim but there is no discussion of the victim on a personal needs level.

Thais commented that it sounds like trauma literacy is the key.

Alex and Peter talked about schools and how sometimes it's hard to have confidentiality regarding children and trauma issues.

Alex wondered about starting with a trauma informed trainer for Coastal agencies. Thais is certified in this, but not sure she wants to take it on.

Peter feels training agencies to use trauma informed language is a big part of setting the stage for further work in helping with community trauma resiliency. Lia said we need "buy in" from at least one person at each agency to figure out how to make trauma informed language work in each agency. Thais asked "how do we do this?".

Sharlene reported that MCC is trying to establish a family wellness center. The hope is to get a psychologist and social worker case manager. Also First Five will have Jade Aldrich as their representative in the same office a few days a week.

David commented that he learned a lot tonight from the conversations. He's still looking for ways to help make positive things happen.

Thais brought us back to possible actions: we should think about meetings regarding trauma informed language and approaches. Think about what agencies/people we might want to invite to our meetings to discuss trauma informed language and the challenges for their agency.

Alex agreed to facilitate the next meeting which will be May 14, 6pm at Project Sanctuary.

Notes submitted by Sharlene Stenberg