

Healthy Mendocino Trauma Action Meeting – May 14, 2018

Present: Peter Burtis, Thais Mazur, Alex O'Malley, Wade Gray, Jade Aldrich, Sharlene Stenberg.

Thais asked if she could facilitate the meeting because she had several ideas that had come to her. All agreed.

Since Jade has just joined this group, as representative from First Five, Thais asked those present to introduce themselves and reasons they were participating. Thais also reviewed for Jade, that we have been using the PIE model for discussion-prevention, intervention, education.

Thais listed several items for an agenda: the up-coming radio show; different avenues of getting information out on the Coast; possibility of coast summit about trauma and trauma literacy.

Radio Show: Thais informed us that she will be hosting a Healthy Mendocino radio show on KZYX on fifth Tuesdays. The first show will be May 29 at 9am. The guest will be Michelle Rich. Thais would love to have someone from our Childhood Trauma Action Team be a guest on the radio show.

Information on the Coast: Thais mentioned that local papers are interested in written articles from members of Healthy Mendocino Action Teams.

Summit: Thais asked if the group thought a coastal summit is something we feel would be valuable. Some questions to be answered: what's the vision; when is a good time to hold the summit; how often should it be held; who should attend; who are our community's "major players".

Regarding Vision: possible format could be key note speaker (local "major player"), panel discussion, and café-style table conversations with facilitators; possible topic-education in trauma literacy, understanding of how interactions impact those experiencing trauma; possible outcomes-exchange of ideas, manifestations and resources, identifying common language, activate community members.

Regarding Who should attend: first responders, law enforcement, teachers, medical personnel, therapists, parents, day care providers.

Major Players: possible Lia Holbrook, Rosanne Ibarra, Cynthia Wall.

Further discussion:

Alex mentioned discussion a person's trauma history

Wade talked about Parent Support Groups he wants to put in place. He is still working out a plan. He wants to do some research on the PPP format. Also, he's basing the group on the book "Listen". He has a parent support group going now that he is learning from. Sounds like the format is based on peer-to-peer/heart-to-heart interactions.

Peter would like to have attendees be aware of triggers and understand how to deal with reactions.

Jade is interested in training for bringing self back to centered calmness. She has just completed a train the trainer resiliency model. She would like to share information on this at our next meeting.

Thais wrapped up our discussion and talked about what each of us can do before the next meeting. Peter offered to talk with the police. Thais will contact Sheriff Tom Allman and Loreto of the Latino Coalition. Jade will speak with Rosanne Ibarra. Jade suggested talking to Laura Welter, who successfully organized the recent marijuana summit. Sharlene will touch base with pediatrician Dr. Chris Robshaw who will be moving to Fort Bragg in June. Wade will be gone the next few weeks. He volunteered to be a facilitator if we do the café style table conversations. Alex will check on dates for the summit. All of us should think about the design of the summit.

Notes submitted by Sharlene Stenberg