

## North Coast Childhood Trauma Action Team

Present: Jade, Peter, David, Wade, Alex, and Thaïs

August 13, 2018

Reviewed the meeting from last month and the summit on Resilience. Intersections between professionals in the summit looking at how we serve people and in what capacity. A place for professionals to share their concerns and connect around the language of trauma both vicarious and in those they serve. Community leaders, Law Enforcement, School employees, Medical doctors, therapists, etc.

Date would be sometime in the spring.

Checked in with Homework regarding speaking to people about the summit:

Jade: She had a great response from the FIRST 5 trauma & resiliency team. Jade presented a DRAFT agenda for a 4 hour Summit. She also reached out to the new director at Safe Passage in Fort Bragg, Lisa Snyder, and she is interested in this kind of summit. Jade will also be training the Safe Passage staff in community resiliency skills. Principal from Noyo High school said they are interested in a training as well.

Thaïs: Reached out to Chief of Police and Action Network and they are interested in the summit as well as the south coast.

Alex: Reached out to Rebecca Piccard counselor with high school and she is interested.

Jade presented a draft for the Summit:

- ACES survey
- Coastal ACEs/Resilience Summit (Draft) Reviewed and discussed  
How can we look at our own trauma and responses and resilience.  
How can we connect, how we respond from this trauma  
informed language which is the same language will lower people's  
level of stress, response is everything as far as creating a  
conversation with people we are serving.
- Resilience Screening Tool
- We need a facilitator that bring people through the process in a way that supports people looking at their own ACEs and how it informs their professional and personal responses.
- Suggests showing the film The Biology of Stress & The Science of Hope.

Feedback:

Alex: Wants to do Trauma Informed Language first. I have to care.  
I need to know what the trauma informed language is.  
Why it matters to me in my professional,  
What it matters in our community.

Jade: Shared ACES Score Sheet and suggested that it could be used that the Summit. First 5 is flexible and experienced with this and with leading trauma informed trainings and resiliency trainings. Rosanne Ibarra definitely wants to support training on the coast.

Wade: From a medical service provider not sure what there is for doctors. Important that there is a connection being built with other professionals. How is this administered. We discussed this and its value to professionals. Score is to bring about self awareness. Very ambitious with everything in the current DRAFT. How to simplify and create more summits. Dyads and sharing information are important.

David: Building a professional community is important.

Peter: Dyads are good for people to have time to speak about their own responses and professional.

Idea: Do 3 Leadership Summits in 2019 (Spring, Summer & Fall) with working groups in between summits.

Summit 1: Introductory Summit: What is Trauma? Teaching CRM Skills: Trigger Recognition called The Zone. Ways of identifying when we are triggered.

Summit 2: TBD

Summit 3: TBD

Place: Event at Town Hall.

Thais suggests that the action team role be to do outreach to professionals in the community regarding the Summit and building a community who "speaks" the same language around trauma and resiliency. "We are getting closer to the presentation agenda!"

Homework: Everyone on the team watch *The Biology of Stress & The Science of Hope*

Jade will bring action team's thinking to Townley at First 5 and come back with a response on September 10.

Because we want the Summit to happen in the Spring 2019, we decided its important to have 2 meetings to nail down the Summit agenda and design the other two Summits.

Also brainstorm on support groups/subgroups for professionals to come together in between Summits.

NEXT meetings: September 10 & 24