

Healthy Mendocino Trauma Action Meeting

September 11, 2017

Present: Yadi Sanchez, Ali Corzano, Peter Burtis, Thais Mazur, Brel Froebe, Sharlene Stenberg

Thais discussed the CHIP (Community Health Improvement Plan) and the alignment of each region's goals into a countywide plan. This was modeled after success in other counties. She discussed different goals and measurement options that have been identified, but encouraged each region to select their own focus and approach.

Thais proposed the idea of merging with the ASCK group. The participants discussed the pros/cons, as well as whether the group wanted to focus solely on "childhood trauma" or trauma on a continuum. It was agreed that many of the same participants attend the ASCK meetings, but it is important to clarify if the groups have the same stated objectives. The group noted the benefit of having more "agencies at the table" when looking at existing resources and strengths in the community.

The group discussed the difficulty of addressing trauma singularly, without looking at the root causes.

Peter led the group in a brainstorm on existing community resources/future possibilities utilizing the P.I.E Model (Prevention, Intervention, Education)

Prevention:

Existing Resources (not exhaustive or complete):

- First 5
- Safe Passage
- Triple P
- Children's Fund

Future directions:

- Resource guides/packets/kits to be distributed to new community members through doctor's offices
- Utilizing the "Family fun night" model to re-frame the trauma topic with a positive focus for parents
- Utilizing schools as a vehicle to teach self-regulation skills/mindfulness/meditation
- Encouraging parental involvement through a school curriculum focused on self-awareness/mindfulness/MBCT/CBT (Standardized Training for teachers)
- "Campaign for Mindfulness"

Next Group will focus on Intervention and Education

Next meeting is: October 16th from 6:00-7:00

Notes by Lia Holbrook