

## Healthy Mendocino trauma Action Meeting – September 10, 2018

Present:Thais Mazur, Peter Burtis, Lia Holbrook, Jade Aldrich, Roseanne Ibarra, Sharlene Stenberg.

Thais acted as the facilitator for the meeting. She mentioned that Healthy Mendocino has some monies that can be applied for. It's \$1000-5000 but on a first come first serve basis.

Jade presented the draft of the Summit she had worked up from the discussions of the August meeting. Much thanks to Jade for all the work she did on the draft! The draft was presented as three separate events spread over several months. There was much discussion. Those present at this meeting agreed three meetings might not be effective. If all the information can be combined into two summits, it might be better attended. Jade mentioned consistency is the Key to success.

Thais is shared that she is launching something called Community of Practices. Those who attend will share information and learning from work experiences, in a café style discussion. The idea is to keep the continuum of learning. They might happen every six weeks.

Lia feels we need to make sure we don't duplicate what already exists.

Roseanne asked if we collected information about what other agencies do with ACEs ? She shared that past events on the Coast have not had good participation.

Lisa Burtis, who works with the Mental Health Action Team, joined us. She reported the group is talking about creating a community of resilience and doing outreach to spark interest in attending events. They've talked with artist Janet Self to create a sunflower symbol that can be used as a recognizable symbol for resilience.

Lia wondered if it might be easier to get attendance if the summit is on a weekend. Peter concurred that many offices can't let staff attend during the week because there is no coverage. Thais reminded all that the Community of Practices might be an option. Lia suggested encouraging management to give their staff paid time to attend the summit.

Further discussion about local leadership being the target audience. Will attendees know about ACEs or will this be an introduction to ACEs. Possibly screen the film on a Friday evening and then have a full Saturday event, and community cross agency discussions throughout the year. Roseanne asked if we will just give attendees the ACEs screening to use as a tool, or have them take the screening. Peter was concerned about reactions once attendees see their own ACEs score. Jade felt we should introduce it just as a screening tool. Lia asked whether summit should be empathy building or skills and tools or networking? Jade and Thais felt it would be most effective to teach skills and tools for resilience.

Lisa spoke some more about the process to bring people together thru an art event. Hoping the sunflower symbol will be used at businesses to show that there's training and resources around resilience.

This summarized our discussions: It sounds like presenting the film “Resilience: the Biology of Stress and the Science of Hope” on a Friday evening is what we would like to do. Then have an all day workshop the next day. A possible plan would be to show the film at Town Hall and have the workshop using the MCC conference rooms. April 2019 is a suggested month. Sharlene will check MCC for April availability. Jade will rework the draft agenda to reflect the ideas discussed tonight.

Next meeting will be September 24, 6pm, at Project Sanctuary.

Notes submitted by Sharlene Stenberg