

## Healthy Mendocino Trauma Action Meeting – September 24, 2018

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

Thais made agenda suggestions: 1) discuss steps that need to be done; 2) funding; 3) review Summit draft.

- 1) Who should be invited to summit? Suggestions were school staff, police department, school psychologist, special education teacher, therapists. How do we give children/students tools to deal with trauma and build resiliency? Each group that attends needs to find their own trauma language-the smaller trauma literacy groups can be honed with language for specific groups. Prevention is about community that is resilient and builds each other up. Efforts of the childhood Trauma team can be combined with efforts of the Mental Health Team. What's the basic template for each meeting going forward after the Summit?
- 2) Thais let us know that Healthy Mendocino has \$20,000 available. Not all Action Teams are ready to ask for funding. The Housing team has requested \$2500 and Mental Health team in Willits \$5000. Thais and Lisa Burtis have requested \$5000 to help cover costs of the Summit and on-going speakers, and the sunflower project with Janet Self. Thais will send a copy of the proposed request.
- 3) Wade asked if time is being included to discuss what each person learns and time to chat with others about it.

Thais mentioned keeping the format using general language for all, then more group specific language in the Community of Practice groups.

Peter likes the focus on resilience. It's safe and solution focused.

Alex and Wade like the idea of having breaks during the presentations so attendees have time to assimilate information and connect with others at the Summit.

Alex feels the community intersections are gone. She thought the reason for the summit was to get understanding of how we can all interact within trauma.

Thais responded that the Summit is the bridge leading to smaller conversations with intersections of professionals. She proposed asking for a ½ hour session at the end of the day for interdisciplinary discussion groups. These can lead into the Community of Practice groups that will be planned for every 6 weeks. The plan is to have speakers/trainers over the next two years.

Wade is concerned there will be no time at the Summit to assimilate information and connect with those attending.

Alex discussed a study done in Portland where law enforcement and mental health workers talk with each other.

Thais will contact Jade to propose adding in some breaks and time at the end to reflect and have cross discipline discussions. And also have sign-ups for Community of Practices groups. She will call Town Hall about availability for screening the movie. She will draft an "elevator" promotion speech. Thais will share with us the outline of plans the south coast group has made.

Alex and Wade said they appreciate bringing the community piece back in.

Thais mentioned we need to facilitate in a way to find the common thread for all the groups attending the Summit.

Alex suggested the idea of writing each common thread on a prayer flag and hanging the string of prayer flags.

Thais reminded us that Janet Self will be working on bringing trauma literacy to the forefront through her sunflower project.

Peter and Wade both remarked that they leave these meetings feeling uplifted.

Thais let us know there will be a meeting of the Housing Action Team Oct. 11. We need to think about ways to get the word out about the Resiliency Summit. Our next meeting will be Oct. 8, 6pm, at the Redwood Community Services building.

Notes submitted by Sharlene Stenberg