

Coast Mental Health Action Team
September 25, 2018

Thaïs Mazur, Lisa Larimer Burtis, Tanya Wildflower, Kianna Zielisch

Healthy Mendocino Update

Steering committee allocated a pool of funds (\$20,000), for action teams. Currently, there are 12 action teams throughout the County. Lisa (in collaboration with Thaïs), submitted a funding proposal for \$5,000, to support a Community Resiliency Campaign, a collaboration with the Childhood Trauma Action Team.

There is a Healthy Mendocino Housing Summit planned for the coast on October 25th. An article will be submitted about the Summit in the Fort Bragg Advocate News & Mendocino Beacon October 11th edition.

Lisa asked Thaïs to report on administrative changes within Healthy Mendocino and she shared that Patrice Mascolo has been hired as the Program Manager for Healthy Mendocino full-time. Thaïs informed us that her contract as a consultant will be over at the end of October, however she has applied for the Coast Action Team Coordinator position. We are hopeful.

Childhood Trauma Team Update:

Thaïs reported the Fort Bragg Advocate is interested in carrying an article about the Coast Resiliency Leadership Summit planned for the coast end of April.

Thaïs reviewed proposed agenda for the 2019 Coast Resiliency Leadership Summit. Towards the end of the Summit, there will be a period of time to reflect and to sign up for community of practice groups, groups of multi-disciplined community members, to meet every 6 weeks or so and reflect on how they are using their skills/awareness. Group facilitators will be identified for each of the community of practice groups. The funding proposal submitted by the MHAT includes bringing more speakers to the area who utilize trauma informed language and can expand the knowledge of coastal providers.

A proposal for a name change of the Summit was proposed: Coastal Community Resilience Leadership Summit.

It would be helpful to have an ER doctor involved in the Summit and other medical practitioners.

Because people have their own service delivery context (teacher vs. law enforcement), it would be helpful to offer trauma literacy education to the specific groups. It is suggested that we build smaller or introductory presentations that may take place before the Summit. It would be helpful to establish a good feedback loop from facilitators to better tailor the Summit content.

Potential groups to target: Senior Center, Law Enforcement, educators, medical/support staff/chaplaincy, religious/spiritual leaders, therapist/human services groups, PTA, Service Groups (Lions, Soroptimist, Rotary, Knights of Columbus), Chamber of Commerce, Student Service Groups.

City government officials are all interested in adopting a “Community of Resilience” proclamation.

Action Item Updates:

Kianna/Powwow: Have a smaller sized training as opposed to a Powwow.

Lisa/ Thaïs: The funding request was submitted to Patrice at Healthy Mendocino.

Reminder: ASIST Training at the Coast Clinic December 13/14th.

Action Items:

Thaïs: Research any competing events for end of April

Thaïs: Elevator Speech for Summit

Lisa: Get ahold of Ecumenical list from Tanya – Minister’s Association; PTO at schools.

Thaïs: To see if a south coast elder can talk at Summit

Kianna: Talk with William Feather/Otis Brotherton to see if he’ll participate, help with ideas on engaging the Native communities.

Thaïs: Will talk with people on the South Coast to see if an Elder would be willing to join presenters at Summit.

Also identify a Hispanic Leader to join ‘leadership circle’

From August meeting:

Lisa: Research and reach out to MCC and MCHC

Good Ideas:

Support more Challenge Day activities (ref: bullying)

Potential Topics: Elder Issues, Addiction and trauma,

Make a list of potential speakers, create a Speaker’s Bureau

Participate in parades – Holiday (December), 4th of July (Mendocino), Paul Bunyan (September)

Native Peoples Peace and Reconciliation

Panel potentials: CASA (Sharon Hildebrand?/Carla Harris), Project Sanctuary, First Nation, Disability Group, Seniors, MCHC, Safe Passage, EMS, Mental Health, (8 different major group)

Dream: People would form their own neighbor based (or common factors) community of practice groups.

Tribal (African) practice: When someone blows it, the community gathers, places the ‘someone’ in the circle and every one of the villagers goes to the person and says, “Please forgive me for I did not notice what you needed.”

Discussed meeting more frequently (2x monthly), with one meeting being combined with the Childhood trauma team and one with focus on the primary goals of our MHAT.

Team members are encouraged to attend the next Childhood Trauma team meeting:

Next meeting with the Childhood Trauma Action Team: Monday, October 8 at 6:00 at RCS, 32670 Highway 20, Fort Bragg.

Our next meeting for the Mental Health Action Team is scheduled for October 30 @5:30pm @ RCS 544 S. Main Street, Fort Bragg.