



Healthy Mendocino North Coast Trauma Action Team Meeting (CRL) May 9, 2019 Minutes

Present: Thais Mazur, Peter Burtis, Molly Rosenthal, Wade Gray, Lisa Burtis, Sharlene Stenberg.

Lisa let us know that Jade Aldrich has resigned from this team due to time constraints.

Lisa asked us to discuss what worked regarding the summit event.

The food was great and David did a wonderful job making all the arrangements. The Town Hall space was comfortable. The Resilience film was a nice combination with the training and brought in different sets of people. Thais and Wade did an amazing job facilitating. The Trauma team worked well together. Elaine was great. The circle gathering at the end of the day was a good summarizing practice and felt very safe. The event seemed well publicized. Appreciation to Lisa for talking with the person in distress. Everyone appreciated that Lisa kept information flowing to the team. Lisa appreciated the meeting notes taken by Sharlene. The film had a good attendance and it was a positive that we went to the effort to translate it and have both English and Spanish subtitles. Thanks to Thais for being able to write. Thanks to Molly for printing name tags and bringing supplies from Ukiah. Wade felt it was appropriate to invite the community. Peter felt Elaine's positive focus is a valuable way to work with children. Getting regulation skills in place before dealing with trauma in children can work well.

Lisa then asked us to discuss things that didn't work.

Molly mentioned that if we send out event layout ahead of time, the circular table at Town Hall can be put away. Lia sent, by email, comments she heard from participants: they would have liked more break-out activities; more time for skills practice; a shorter day. Thais didn't like Elaine's presentation- felt like it was mostly about herself. Wade and Thais talked with Elaine, who did not seem supportive of Wade's wish to have several 6 minutes discussions to help retain information. Thais heard remarks about it being too long a day; needing more time to practice skills; and information not being related to our community; also why did we have popcorn for this film. Lisa didn't like the way the Thank You cards were done. Registration on Friday was slow. The u-shape that was set up for Saturday worked much better. More of a pre-registration would help have more name tags pre-printed. Also a list of supply needs ahead of time would be easier. Having someone to post/deliver flyers would be helpful. (It was suggested the Tigerlily would be a local person to hire to do this.) David had to wash a LOT of dishes. Thais said there were several therapists participating who felt uncomfortable with their clients there. Wade would like to see content that builds skills to listen to each other.

Lisa asked Molly to work on a spread sheet with registered attendees names and emails for Eventbrite.

Molly suggested getting a list of the items we asked for this time so it can be added to or deleted for the next event.

Notes submitted by Sharlene Stenberg