

## **PACES Hillsborough –**

**2/14/2024 Via Zoom**

### **Attendees:**

Greg VanPelt, Nikki Daniels, Abraham Salinas, Misty Ross, Genet Stewart, Lori Reyes, Wendy Samford, Ray Santa Lucia, Angelica Palmer, Stephanie Kerth, Abigail Perez, Diana Santangelo, Dana Merrit, Makenzie Wright, Angela Weck, Susan McIntyre, Melina Santos, Daphne Fudge, Shatice Caldwell, Kena Hamilton, Nanci Nolan, Glenda Tavares, and Marile Arce

### **Notes**

Makenzie Wright (MPH student with the University of South Florida) discussed a project she is working on and engaged the PACES committee in discussion. The project involves showcasing Hillsborough County's existing trauma-informed initiatives. It uses the 5 foundational competencies. A draft of her working document is attached to the bottom of the February Notes. Makenzie welcomes feedback and can be reached at: [annamakenzie@usf.edu](mailto:annamakenzie@usf.edu)

### **Conference**

Discussed the 5/17/2024 PACES Conference taking place in Plant City at the HCC Trinkle Conference Center. Nikki and Greg conducted a site visit that went well, and the site should be perfect for this year's conference. There were 14 proposals that were reviewed, and the final selections were made for the 8 breakout sessions and 1 opening/keynote session. We have one sponsorship and are waiting to confirm a possible second.

Genet Stewart suggested for next year that we consider adding a leadership track.

Dr. Fudge offered an important reminder that cultural and racial disparities and the impact on ACES & PCES be included.

### **Partner Updates**

Dr. Fudge provided information for the National Black Child Development Institute (NBCDI). She is current the Vice President of the Greater Tampa Bay Chapter and is anticipated to be the incoming Chapter President.

Website: <https://www.nbcdi.org/>

The group meets via ZOOM and the next meeting is scheduled for 2/22/2024 at 6:30pm. Please contact Dr. Fudge for more information and/or to be included in the meeting notification.

[your1resource@yahoo.com](mailto:your1resource@yahoo.com)

**Next Meeting:** The next PACES Hillsborough Meeting is scheduled for 3/13/2024 at 10:00am via ZOOM

## **Creating a Trauma Informed County**

Hello! To bring my Master of Public Health in Health Promotion & Behavior to a close, I am working with Nikki Daniels at Champions for Children and the PACES Hillsborough community collaborative. We are putting together a document showcasing Hillsborough County's existing trauma-informed initiatives. This will be similar to the Florida document that exists; however, it will incorporate only county efforts and be organized by the priorities outlined in congressional briefings. This document will not be comprehensive by any means; however, we hope to include a range of efforts throughout the county and would love your input and feedback. Below is a list of the 5 foundational competencies followed by a brief overview of examples for each. The roman numerals indicate the initiatives we are thinking of highlighting, if you have any feedback, we are open to input and will take it into consideration. Our goal is to expand the breadth of the programs highlighted and to best showcase the work being done in the community. Thank you for your time, please feel free to reach out via email at [annamakenzie@usf.edu](mailto:annamakenzie@usf.edu)

Kind regards,

Makenzie Wright

### **Five Foundational Areas *Required to Build Population Capacity for Mental Wellness & Resilience* =**

- 1. Build Social Connections Across Cultural, Economic, and Geographic Boundaries in the Community**
  - a. Bond, Bridge, Link
    - i. One Hillsborough Initiative through the Childrens Board (Genet & Marile)
    - ii. University of South Florida Harrell Center (Dr. Salinas)
    - iii. Greater Tampa Bay Chapter National Black Child Development Institute (Dr. Daphne Fudge)
    - iv.
    - v.
- 2. Foster universal literacy about mental wellness and resilience**
  - a. Trauma informed, Purposing skills (adversity-based growth), Presencing skills (self-regulation)
    - i. Centre for Women (free counseling program SAMSHA grant) (Susan McIntyre)
    - ii. Success for Kids and Families (Youth Mental Health First Aid) (Nanci Nolan)
    - iii. Crisis Center of Tampa Bay (Joshua K)
    - iv.
    - v.

**3. Actively engage residents to build healthy, safe, equitable and resilient physical/built economic and ecological conditions**

- a. Housing, Income, Locally owned business, Safe spaces, Transport, Ecosystems
  - i. TampaWell initiative through TGH (Rachel B)
  - ii. Grow Into You (Erin NeSmith)
  - iii. Metropolitan Ministries
  - iv.
  - v.

**4. Engage in specific practices that enhance mental wellness and resilience**

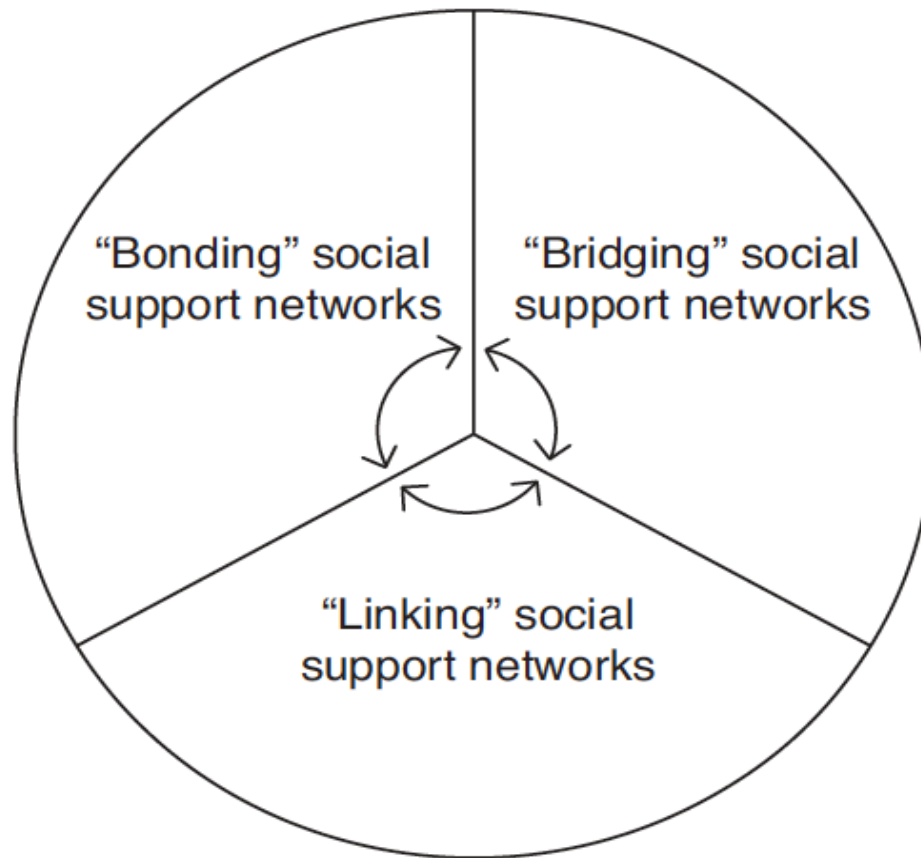
- a. Laugh, Forgive, Learn, Gratitude, Care, Joy
  - i. New Life Village (Natalie Gomez )
  - ii.
  - iii.
  - iv.
  - v.

**5. Establish ongoing age and culturally appropriate model peer led group/community minded healing methods**

- a. Events, Rituals, Circles, Somatic methods, Expressive therapies like art and drama, Mindfulness, Spirituality, Nature, Animal based
  - i. Turning Point of Tampa
  - ii. Champions for Children (emphasizing playgroups)
  - iii. Prodigy Program (Misty Ross)
  - iv.
  - v.

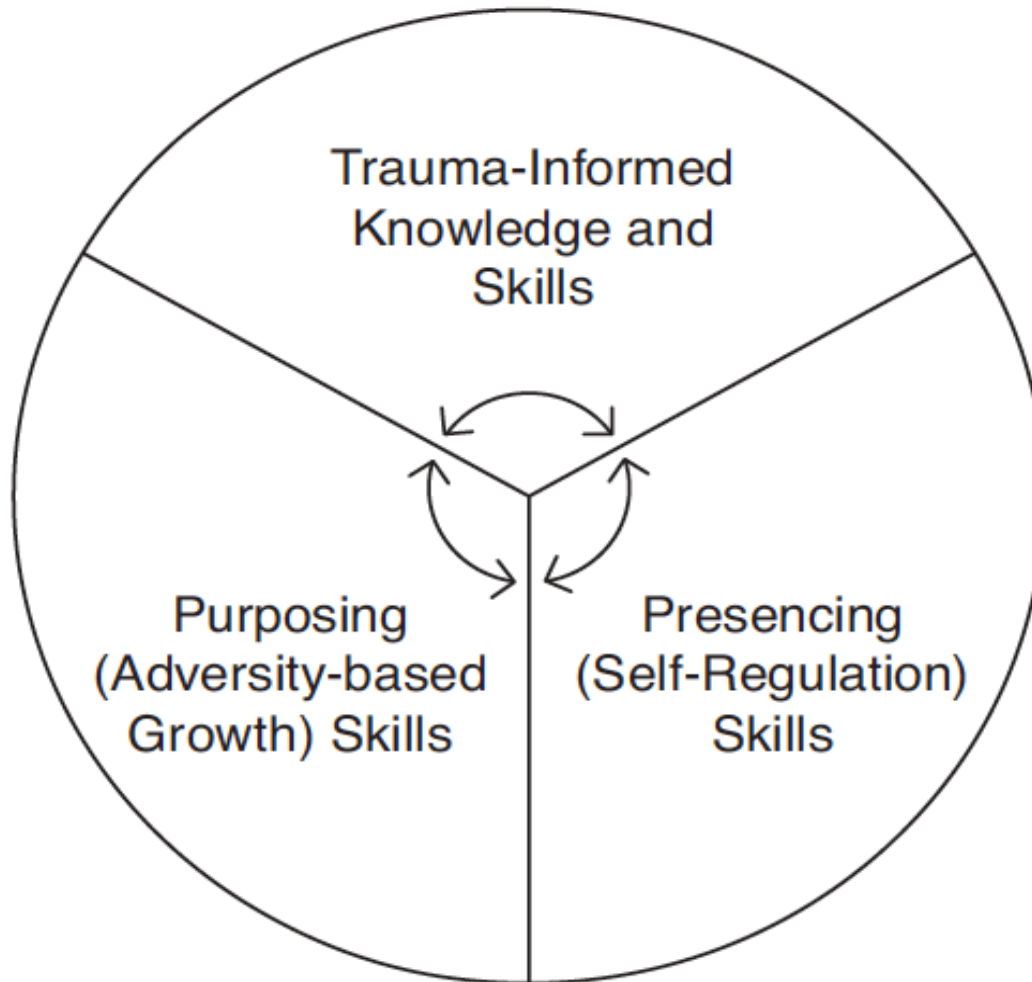
ITRC Research Identified Five Foundational Areas Required to Build Population Capacity for Mental Wellness and Resilience

Build Social Connections Across Cultural, Economic, and Geographic Boundaries in the Community



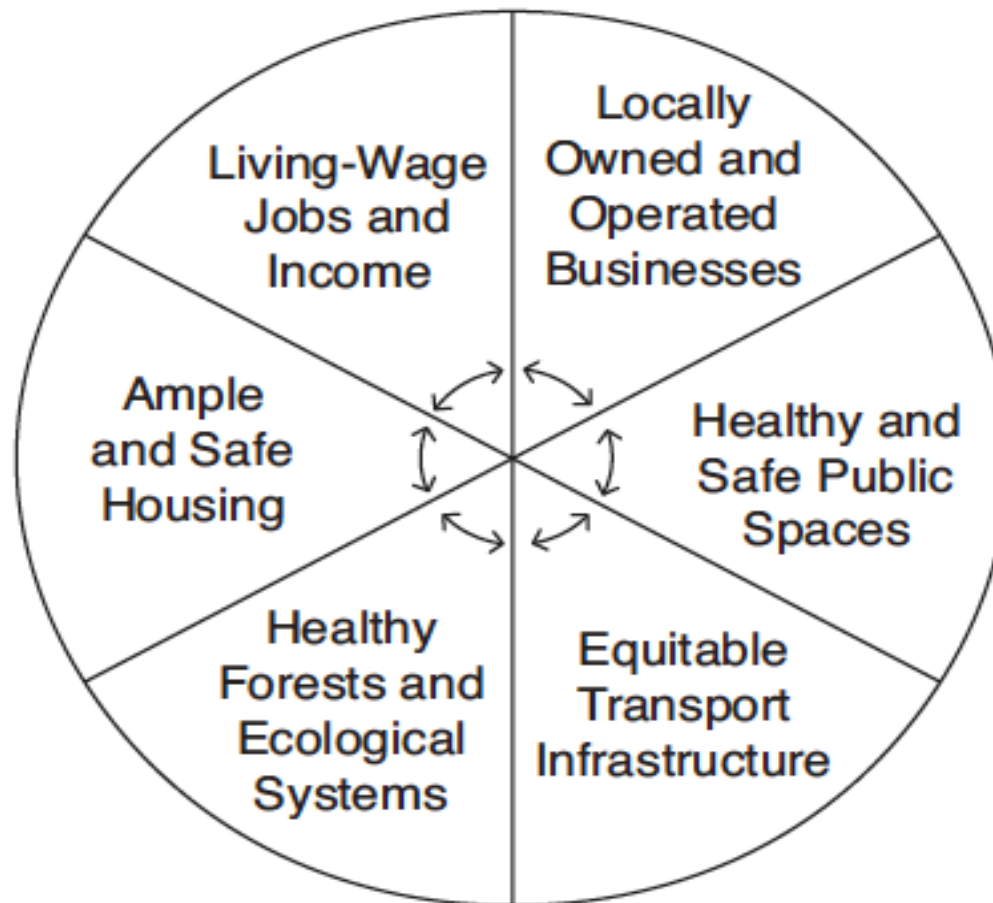
The Five Foundational Areas Required to  
Build Population Capacity for Mental Wellness and Resilience

Foster Universal “Literacy” About Mental Wellness and Resilience



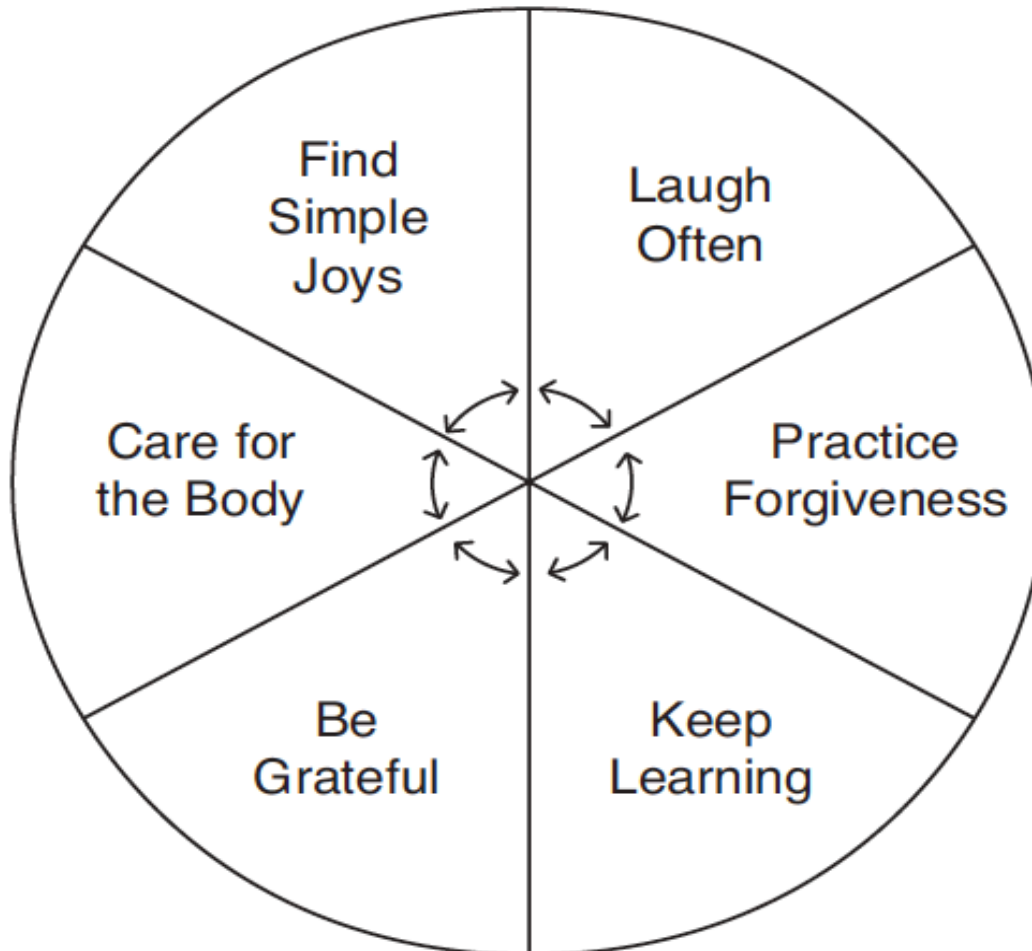
The Five Foundational Areas Required to  
Build Population Capacity for Mental and Resilience

Actively Engaging Residents in Building Healthy, Safe, Equitable, and  
Resilient Physical/Built, Economic, and Ecological Conditions



The Five Foundational Areas Required to  
Build Population Capacity for Mental Wellness and Resilience

Help Residents Regularly Engage in Specific Practices that Enhance  
Mental Wellness and Resilience



# The Five Foundational Areas Required to Build Population Capacity for Mental Wellness and Resilience

## Establish Ongoing Age and Culturally Appropriate Mostly Peer-Led Group and Community-Minded Heal Methods

