

RVTICN Network Meeting Notes

June 17th 12pm - 1:30pm

Zoom

Attendees: Donna Britt, Alex Watkins, Christina Hatch, Lise Martin, Melissa McGinn, Jes Bookout, Decca Knight, Brian Burnette, Melissa Blau, Amber Tiller., Stacy Shepherd, Kelly Davidson, Alex Javna, (unknown caller)

Notes: Lise Martin

The mission of the Roanoke Valley Trauma-Informed Community Network (RV TICN) is to provide education on trauma with a focus on recovery, and to build resilience in the aftermath of trauma.

1. Gathering & Welcome (5 min)
 - a. Introductions
 - b. [Meeting Norms](#) & Zoom Etiquette
2. Mindful Minute (5 min)
 - a. Grounding Technique
 - i. <https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>
3. Community Check In : Jam Board & Breakout Rooms (15 min)
 - a. What are you noticing within the populations you are serving or within your staff/colleagues? Any trends/issues coming up? Either positive or concerning.
 - a. https://jamboard.google.com/d/1WjblWs_Kig_7ZNvNnEwr8vo_-T1YoLhFu5g9U7r94G4/edit?usp=sharing
4. RV TICN Updates (15 min)
 - a. Education Committee with Decca Knight
 - i. NOTES: Overall reporting of what has been happening including moving to virtual. Reached 250 participants since September, 2020. Continuing to refine presentation and work to get the presentations on an ongoing basis including monthly presentations and by request.
 - ii. Trauma Basics : July 8th @ 10:30am
 1. Registration:
<https://us02web.zoom.us/meeting/register/tZwkdeggqT8oHNIAE1qDj7oBSaFkftVq6Dgt>
 - b. Community Awareness with Amber Tiller-Schellner
 - i. Community Conversations
 - ii. Events & Meetings
 - iii. Social Media
 1. Pride Month!
 2. Please follow, share, like, comment!

- iv. NOTES: Collaborating on zoom, talking about trauma and general community awareness on trauma. This committee has held a Community Conversation for foster families to share resources. Focus of working with TICN understand what the goals are for our community. There has been ongoing brainstorming on engaging and strengthening outreach and expansion of TICN as well as reaching those who do not have current awareness of trauma. Looking forward to an in-person event in the future. All are invited to join this group. This month is PRIDE Month. Amber and Alex are doing some additional social media awareness. Please like comment, follow and share on social media
- c. Everything Else
 - i. Learning Collab
 - 1. Welcome TAP!
 - 2. July Check-In
 - 3. TI Supervision Workshop
 - a. Completed Trauma Informed supervision workshop with 100 participants and ongoing coaching is being offered.
 - ii. Donations
 - 1. <https://connect.clickandpledge.com/w/Form/e480844e-4ac4-47cc-a787-b296f26ac0eb?prv=72815>
- 5. Special Guest : Melissa Mc Ginn - “What Makes an Organization Trauma Informed?” (1 hr)
 - a. SLIDES PROVIDED.
 - b. Highlight wellness, self-care and culture, safe work environments, avoid re-trauma, protective factors, building in opportunities to build connection, focusing on pathways to recovery. Creating environments that reduce or decrease stress. Using that lens. Maybe discuss avoiding overly screening for trauma for psychological safety.
 - c. Reflections: What are you already doing? What could you do in 2 weeks? What about 2 months?
- 6. Wrap Up
 - a. Next Meeting : Thurs Aug 12th @ 12pm
 - i. Registration : https://us02web.zoom.us/meeting/register/tZAud-2oqTqrGtObCpLp3t-DL01bY_9gBNb0
 - b. Poll & Survey
 - i. Poll : Comfort & availability for In-person next meeting
 - ii. Survey : https://docs.google.com/forms/d/e/1FAIpQLSfOrFKP0I7zr-vFqghTbsuDA SudOkIwruT5eFMiVTKwp8c7Zw/viewform?usp=sf_link