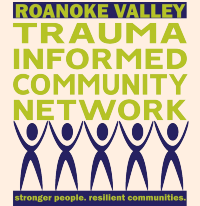




Welcome to the RV TICN Network Meeting!



Come on in. Make yourself comfortable. We will start in a few minutes. In the meanwhile:

Take a moment to arrive and set the scene so you can feel most at ease & engaged.

Grab something to snack on or drink.

Close or minimize extra screens and silence notifications.

We are glad you're here.





01 Introduction & Mindful Moment

Meeting Norms, Zoom Etiquette & Grounding

02 Community Check In

Breakout rooms for Introductions & check- In

03 RV TICN Updates

Education : Decca Knight
Community Awareness : Amber Tiller
Odds n Ends : Alex

04 Guest Speaker : Melissa McGinn

What Makes an Organization Trauma Informed?

05 Reflection

What's your take-away?

06 Wrap Up

Quick poll, TICN contact information and upcoming events



Meeting Norms

ENGAGED

We stay tuned-in, both with active listening and participating.

RESPECTFUL

Even in disagreement, we keep it kind and courteous.

GRACIOUSNESS

We assume best intentions, and allow for inevitable mistakes.

SELF-CARE

Take care of yourself.

This video is being recorded and notes are being taken by Lise Martin.



Mindful Minute : Grounding

- 5: Acknowledge FIVE things you see around you.
- 4: Acknowledge FOUR things you can touch or sensations you can feel.
- 3: Acknowledge THREE things you hear
- 2: Acknowledge TWO things you can smell.
- 1: Acknowledge ONE thing you can taste.

COMMUNITY CHECK IN

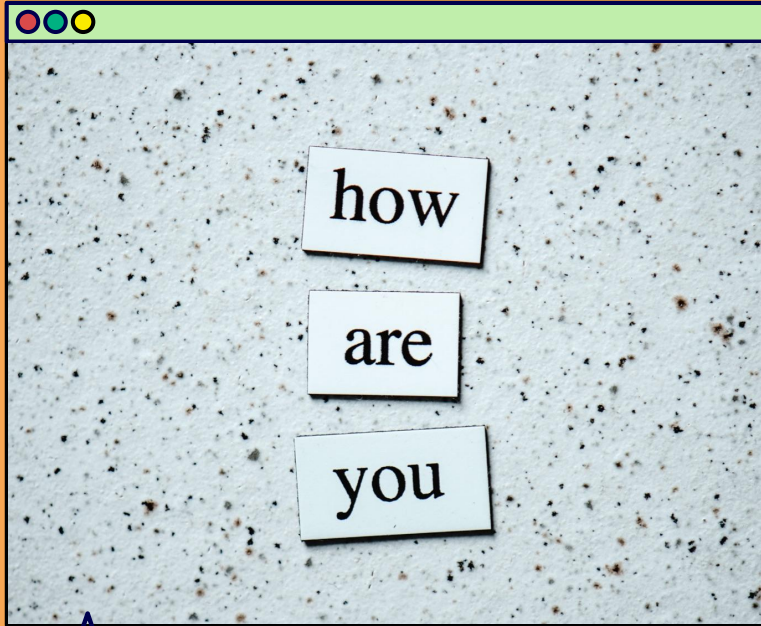


Photo by Eva Elijas from Pexels

Breakout Room Time!




- ◆ There will be a jamboard with prompts for discussion. The link is in the chat.
- ◆ Introduce yourself.
- ◆ What are you noticing within the populations you are serving or within your staff/colleagues? Any trends/issues coming up?

Back at 12:25pm!





Education Committee

with Decca Knight



TRAUMA BASICS WORKSHOPS: Reached 250 people since Sept 2020, with workshops every month. Requests continue to come in for specific programs and organizations. Continuing to refine the presentation to highlight adult needs & resilience/protective factors.



RESOURCES: Creating & assembling more resources featured on the website and provided with the training, including more infographics.

Community Awareness

with Amber Tiller

Events & Meetings

Continuing to brainstorm events and speakers that are beneficial to the members: Conflict Prevention, Writing for Resilience, etc.

Community Conversations

Collaborating with Roanoke County DSS.

Social Media

Pride Month! Featuring LGBTQ+ Resources & Information.
Next Step: Videos!

Everything Else



Learning Collaborative

TAP is the newest member!



Growing

Continuing to meet with 2 -3 folks a week to discuss the RV TICN.



Donations

To make the RV TICN more sustainable, we are now accepting donations.



Reflection on Trauma Informed Organizations:

Think about your organization and/or your sphere of influence

what's something you are already doing well?

what's something you could do in 2 weeks? What about in 2 months?



ROANOKE VALLEY TRAUMA INFORMED COMMUNITY NETWORK

Thank You!

*And an extra moment of
gratitude for all the
volunteers and guests who
made today's meeting special.*

Keep in Touch

alex.watkins@roact.org



CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, infographics & images by **Freepik** and illustrations by **Stories**

