



## SD-TIGT MEMBERSHIP MEETING AGENDA

Noon Networking 12:15 pm – 12:30 pm

Meeting 12:30 pm – 2:00 pm

September 6, 2019

**Location: San Diego Center for Children 3002 Armstrong St., San Diego, CA 92111**

**Mission:** *Promoting trauma-informed services in the San Diego region through collaboration, advocacy, and education.*

**PURPOSE:** The **SD-TIGT Learning Exchange** Sessions were created to provide a positive learning and sharing experience for SD-TIGT Members. Through in-depth discussion and sharing, members can strengthen their knowledge and identify applicable approaches to skill building in support of the SD-TIGT's mission, vision, goals, and 5 Key Training Components.

### I. **Welcome: Dana Brown & Kat Alexander**

Attendees introduced themselves (Name and Organization) and were offered the opportunity to sign "thank you" picture frame for outgoing Co-Chair, Amelia Barile-Simon.

### II. **Learning Exchange: Rosa Ana Lozada & Melissa Tran-Chamblin**

#### A. **Purpose, Overview and Review of the day**

Training committee provided handout package describing the genesis of the Learning Exchanges (due to interest from SDTIGT members in more in-depth information about TIC topics). This includes the small group discussion format designed to facilitate a deeper learning experience, multi-sector discussions and providing a networking opportunity. Handout package attached.

### III. **Presentation: Understanding Trauma Across the Lifespan and the Developmental, Physical and Emotional Impact**

Mark Katz, PhD (bio attached) provided a thought-provoking presentation on Trauma Across the Lifespan based on his decades of experience as a clinical psychologist and author. (PowerPoint presentation attached).

### IV. **Learning Exchange: Small Group Discussion**

#### A. **Guiding Questions**

Guiding questions were developed by the training committee to facilitate deeper conversation of the topic within small groups and were provided to the small group facilitators only.

#### B. **Reflective Activity**

Attendees were provided a Reflective Activity handout (see attached) to use in reflection re: what they want to grow/nurture from their discussion (flowers) and what they want to eliminate/change (weeds). See attached handout.

### V. **All Member Discussion**

#### A. **Reflection**

Small groups shared out on their discussions revealing fantastic and rich discussions! Some topics included: making meaning of our adversity, language of resilience, changing the language of our documentation to be more reflective of the whole person, not just their diagnosis and behaviors, self-care; mind body connection – impact of trauma on the physical body and how to



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address this; mastery stood out – how to spark intrinsic motivation, and apply in multiple settings; balance between self-care and helping, “saving” someone can be a disservice

### **B. Survey**

Attendees were requested to complete a Survey after each Learning Exchange to help solidify learning concepts and provide feedback re: Learning Exchanges to Guide Team leadership. See attached.

### **VI. Next Meeting**

**Friday, November 1, 2019**

**Networking at 12:15 pm Meeting: 12:30 pm - 2:00 pm**