



SD-TIGT MEMBERSHIP MEETING MINUTES

Noon Networking 12:15 pm – 12:30 pm

Meeting 12:30 pm – 2:00 pm

March 6, 2020

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.*

I. **Welcome: Introductions** (Name and Organization)

- Co-Chairs Dana Brown and Kat Alexander
 - Celebrate New Members

II. **New Sign-In Process: Use QR Code**

- Co-Chair Kat Alexander

Kat explained about our new QR sign in method. Attendees will take photo of QR code at each meeting and attendance will be registered through app. It worked for everyone!!

III. **Eyes of Compassion: Trauma-Informed Lens Song**

- Member, Linda K. Williams, original song
 - [Eyes of Compassion \(English\)](#)
 - [Eyes of Compassion \(Spanish\)](#)

Attendees watched SDSU intern created video of Linda's song Eyes of Compassion (the video will be uploaded to the Guide Team YouTube page) and sang along with Linda and her guitar. See attachment for music and lyrics. This is a not-for-profit song/recording that can be used for educational purposes only. Thanks to Linda for her creativity, talent and generosity!!

IV. **Leadership Team Positions Available**

- Election in May: Co-Chair (to begin July, 2020)
- Members Invitation: Communication Committee

Dana's first term as co-chair is ending. Members are invited to nominate themselves or others to be co-chair of Guide Team or our new Communication Committee.

V. **Community Mini-Grants Available**

- Members Invitation, \$ 500.00 per mini-grant

New Mini-grant opportunities are available for Guide Team members with funds provided us by the California Endowment. **Applications due 3/27/2020.** Funds must be spent by 6/30/2020. Ideas brainstormed by attendees: NAMI May Mental Health Celebration activity, self-compassion training for the Guide Team members, dinners for community wrap through San Diego Gang Prevention Commission mentors who work with gang-involved youth, MHS community wrap program, self-care or healthy celebration "kits", meditation/self-compassion groups Friday nights at Peace Resource Center. Applications will be emailed to members.

VI. **Upcoming Learning Exchanges**

- Members Invitation: Speaker/Trainer
- Email: resilientd@gmail.com

Our next Learning Exchange is May 1st. Melissa Tran-Chamblin will present on cultural and trauma informed care. All are invited to attend and to provide suggestions for future topics or speakers.

VII. **Activity: Trauma-Informed Challenges and Best Practices**



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A handout summarizing system barriers identified by members in November's Guide Team meeting was provided. Attendees identified additional examples of barriers then met in small groups by organization type (mental health, education, higher education, no-profit/community organization) to share challenges and brainstorm/discuss solutions to challenges. Each group shared out 1 – 2 significant ideas. See below for transcript of ideas.

VIII. **Next Meeting: Learning Exchange #3**

Friday, May 1, 2020

Networking at Noon Meeting: 12:15 pm - 2:00 pm

Mental Health

- **Barrier**
 - *Challenging to hold one another and non-trauma-informed employees accountable, especially as a manager and in a trauma-informed manner.*
 - *Trauma-informed trainings are often mandatory, which can create resistance and isn't very trauma-informed*
- **Solutions**
 - *Include training in on boarding process.*
 - *Have common definition of trauma-informed for agency*
 - *Worksheet with trauma-informed and non-trauma-informed language examples*

Community Organization/Nonprofit

- **Barrier**
 - *No wrong door and challenges in meeting this goal*
 - *Informing staff*
- **Solutions**
 - *One-page info sheet for staff to utilize*
 - *Make sure supervisors are trauma-informed and able to support staff and be competent to address situations with staff*
 - *Cultural responsiveness – include in trainings to support this with staff (culture, gender, etc..)*
 - *Ongoing training important – not just one time or reactive training; make it part of the culture/norms*

Higher education

- **Barriers**
 - *Silos are challenge*
- **Solutions**
 - *CSUSM created groups made up of different colleges within the school with governance by group with representatives from each college, including students*
 - *Organizations must understand self-care to support staff not just be trauma-informed for youth and families*
 - *Create workshops/activities for students/staff*
 - *Trust is essential, especially with marginalized people or immigrants*

Education K – 12

- **Barrier**



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- *Data can be used as a weapon in schools*
- *Negative data collected and no flexibility with documentation options (ex. Assault for 1st grader pushing a peer at recess)*
- *Teachers required to review records before start of school year; gives teacher a preconceived notion of the students based on negative documentation*
- Solutions
 - *Seal behavior records at the end of every year and teacher only looks at records if problems occur*
 - *Teacher must request access.*