



SDTIGT LEARNING EXCHANGE MINUTES
Noon Networking 12:15 pm – 12:30 pm
Meeting 12:30 pm – 2:00 pm
August 6, 2021

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

I. Networking

II. Welcome

- Tri-Chairs Amelia Barile Simon, Dana Brown and Linda Ketterer

Attendees were welcomed and invited to type their name/organization/role in Chat Box.

III. Learning Exchange: Code-Switching

Aisha Pope, LCSW, Program Director of the Foster Family Agency Stabilization and Treatment (FFAST) program at San Diego Center for Children, provided an informative and thought-provoking presentation entitled, *Being Your Authentic Self at Work: The Costs of Code Switching*. Using research and real-life examples, Aisha explained what code switching is, why it is detrimental to the person, their co-workers and clients, and how to work to create an inclusive work environment where code switching is no longer necessary. Please see attached Power Point for additional information.

IV. Learning Exchange: Break-Out Sessions

Attendees met in small groups to discuss:

1. What thoughts, images and/or emotions came to mind during Aisha's presentation?
2. How does this information apply to those you serve? What are formal and informal ways you and/or others can further integrate this information into your work?
3. Weed: What is one practice you'd like to let go of based on this presentation?
4. Flower: What is one practice you'd like to nurture and see blossom based on today's presentation?

V. Learning Exchange: Whole Group Share-Out

In this emotional and heart-felt discussion, each group briefly shared the main take-away from their discussions.

VI. Announcements

Linda reminded attendees that the Guide Team will now meet on the even months of the year so our next meeting will be Friday, October 1st. Networking will begin at 12:15 and our meeting will be from 12:30 – 2p.