



## SDTIGT LEARNING EXCHANGE MINUTES

Networking 12:15 pm – 12:30 pm

Meeting 12:30 pm – 2:00 pm

April 1, 2022

*Location: Virtual Zoom meeting*

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

### I. Welcome

- Tri-Chairs Amelia Barile Simon, Dana Brown, and Linda Ketterer
  - Type Name/Organization/Role in ChatBox
  - Celebrate New Members (2nd Membership Meeting)

### II. Learning Exchange Process

SDTIGT Training Committee, Chair, Melissa Tran-Chamblin

Melissa provided brief background on the creation of the Learning Exchange as a response to input from members for a more formal way of sharing learning related to trauma-informed care.

### III. Learning Exchange: Epigenetics

Dana Brown, PACEs Science Statewide Facilitator, Learn4Life, and Organizational Liaison, PACEs Connection, will articulate on epigenetics which is the study of how your behaviors and environment can cause changes that affect the way your genes work. [What is Epigenetics? | CDC](#)

Dana presented an overview of epigenetics and the impact historical trauma can have on future generations. Trauma shortens telomeres in chromosomes. Trauma impacts brain function/activity, particularly prefrontal cortex/executive functioning. Therefore we need to create safe environment when a traumatized person is dysregulated. Historical trauma passed down from parents to children via epigenetics. Therefore important to wrap healing services around pregnant person to mitigate the effect trauma can have on the developing fetus. We are harmed in relationships and can be healed through relationships. We can rewire our brains and heal the damage done by trauma.

Survivance – the resilience exhibited by people who have been through genocide and other traumas that enables them to survive. (Ex. Japanese Americans in prison camps, of indigenous peoples, of African/Black enslaved people). There is research showing positive childhood experiences can rewire the brain. See attached for PowerPoint, especially resource links on last slide. Link to indigenous lands in CA: <https://native-land.ca/>

### IV. Learning Exchange: Break-Out Sessions

Facilitated by SDTIGT Leadership Team and Training Committee



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Attendees were separated into break out groups to discuss their reactions to the presentation and how they might incorporate what they have learned into their work, either formally or informally.

### **V. Learning Exchange: Whole Group Dialogue**

Groups reported out on their “take aways” from their discussions:

- “Can’t forget if it’s in your DNA” – epigenetics gives scientific data to back this up
- Storytelling is one way to communicate re: these issues and family’s emotional history
- Tier 1/Universal Intervention can be used to mitigate the effects of trauma without waiting for symptoms to arise. Ex. education against stigma of therapy, therapy available to all
- Many communities of color already knew about epigenetics, they just didn’t call it that
- Use scientific lens to talk about hope/healing
- Look at whole family through trauma-informed lens – not just focus on child
- Need presentation combining epigenetics with ACEs trainings
- “Culture of kindness and resilience” as a potential healing centered, wholistic, alternative term for restorative practices
- Concept of change (what’s working & what’s not) has led to new initiatives (ex. San Diego’s Office of Equity and Racial Justice); now even more we are looking at our world with a different lens – we know there are more options and can think outside the box, NOT “this is how we’ve always done it”
- Passion can look like anger
- Removing barriers (physical or not) in our work with families
- Step inside the circle – video: <https://www.youtube.com/watch?v=FVxjuTkWQIE>
- Racial inequity in San Diego county video: [https://www.youtube.com/watch?v=gS\\_HJbkjtVI](https://www.youtube.com/watch?v=gS_HJbkjtVI)
- Trauma-informed songs free resource created by Linda Williams. Secular: <https://caringandcapablekids.com/caring-and-capable-kids/> Faith-based: <https://songlyricsbylindakwilliams.files.wordpress.com/2021/09/songs-of-hope-faith-and-peacemaking-10-1-21.pdf>

### **VI. Announcements**

Announcements were made in networking time:

- Grossmont classes for resource (foster) parents – see attached flyer.
- Godwin Higa – running for school board, consulting in HI and has new website: <https://www.godwin4kids.com/>



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### **VII. Next Virtual SDTIGT Membership / Visitor Meeting**

Friday, June 3, 2022 12:15 pm - 2:00 pm