



SDTIGT MEMBERSHIP/VISITOR MEETING MINUTES

Networking 12:15 pm – 12:30 pm

Meeting 12:30 pm – 2:00 pm

August 5, 2022

I. Grounding: Mindfulness Activity (5-minutes)

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

- Type Name/Organization/Role in ChatBox
- Celebrate New Members (2nd Membership Meeting)
- [Google Form Sign-In](#)

II. SDTIGT Land Acknowledgement (20-minutes)

We would like to begin by acknowledging that the land on which we gather and work is the ancestral, traditional and contemporary lands of the Kumeyaay, the Payomkawichum, the Cupeño, and the Cahuilla, who have stewarded this land throughout the generations. We thank them for their strength and resilience in protecting this land, and aspire to uphold our responsibilities according to their example.

A land acknowledgement was shared with the group, as well as the link (<https://native-land.ca/>) for identifying the tribal lands on which you live and work. Discussed how to avoid having this land acknowledgement be a “token” with no meaning. Due to short notice, we couldn’t have a spokesperson from a local tribe/reservation attend to help us understand their perspective. We may be able to have someone come to a future meeting and/or have short video we can show for members who join in the future. Daniela will look for a short video.

How do we make this meaningful and not an empty gesture? Making the statement with an open heart. This is a place to start to increase awareness. Members agreed this is an important acknowledgement, particularly as our focus is trauma, and much trauma has been caused to native peoples by the taking of their lands.

III. Warm Introduction: (35-minutes)

How are you integrating revolutionary optimism in your work life?

Revolutionary Optimism: *the hope used to overcome seemingly impossible situations by mobilizing to change them.*

The term of Revolutionary Optimism was introduced. Members shared what feeds their Revolutionary Optimism:

- uplifting/inspirational music (<https://caringandcapablekids.com/>)
- learning and reading about spirituality
- listening to others, especially younger people who have energetic and positive outlooks, seeing other’s perspectives
- writing a book based on personal experience
- creating inspirational notebooks for family and friends with encouraging quotes and notes
- writing about use of children’s literature to educate them (children) about racial history
- self-reflection about own life journey, including notes to self, being present with self
- prayers
- read and learn about spirituality to become a better person
- taking the time to acknowledge the horrible things going on
- making an intentional effort to lead with kindness, motivated by experience
- leaning on spouse
- helping others/being their life preserver
- positive affirmations;
- aligning goals with personal values
- help/empower others, especially youth who have similar challenges
- take the time to learn and analyze history – can find inspiration and hope in others overcoming struggles



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IV. Welcome Daniela Murphy, MPH to SDTIGT Leadership Team (5-minutes)

Chair, Communication Committee –

Daniela is the Program Coordinator for Grossmont College's Foster, Adoption and Kinship Care Education (FAKCE) program. She introduced herself, how she found the SDTIGT and her passion for trauma-informed care. Welcome to the team, Daniela!!.

V. SDTIGT Member, Deborah Bock's interest in presenting 45-minutes on epigenetics (5-minutes)

Explored team's thoughts about having another, longer presentation on epigenetics: interested in taking this to a concrete area and learning what specific practices can help diminish the health effects of ACEs. It has been helpful to ask after a presentation, "so what are you going to do on Monday as a result of this presentation?" Having different presenters can provide deeper/different insights. Members were positive about having Deborah present.

VI. SDTIGT Survey Overview (5-minutes)

Explained purpose of survey and that we will report out and use feedback in further developing meeting structure and focus.

VII. Invitation to Complete the SDTIGT Survey (5-minutes)

A break for those who've completed the survey. Here's the link to the survey: https://docs.google.com/forms/d/1IRXq_98NerwyZDUfDvk-p8ZTWayW-DI8q8ga3nLOqtA/edit

VIII. Next Learning Exchange on October 7, 2022 (5-minutes)

Routledge Textbook: *From Trauma to Resiliency: Trauma-Informed Practices to Working with Children, Families, Schools, and Communities*

Dr. Audrey Hokoda, Dr. Shulamit Ritblatt, Monica Bhagwan, Adrienne Markworth, Cambria Rose Walsh and Melissa Bernstein.

IX. Impromptu Presentation by Melissa Penaflor from NAMI on the use of their mini-grant

Due to ending of NAMI CYF Liaison program on Sept 1, Melissa presented on how NAMI used the mini-grant they received from the Guide Team. They hosted a celebration for Family Youth Support Partners at a park presentation. 20 FYSPs attended. Activities included: an Ice breaker, lunch from the Great Wall Express, and relaxation exercises by a certified yoga instructor – culminating in dance circle. Other games and activities were available and there was also networking time. Drawing prizes included: tickets to Fair, self-care/mindfulness cards, tickets to the Japanese Friendship Garden, and movie and dairy queen gift cards, plus party favors! All had a wonderful and revitalizing time!

X. Announcements (5-minutes)

- A. Audrey Hokoda will be on sabbatical for the next year.
- B. Linda Williams: is involved with a group addressing gun violence, trauma, and survivors. Contact Linda Williams if interested: lkw_betterworld@yahoo.com
- C. NAMI contract for CYF Liaison program is ending. Other programs within NAMI will continue to provide support to family and youth struggling with mental illness, promote their apps, etc (such as Elevate Youth CA program).
- D. 2 events from Grossmont Community College
 1. FREE in-person event, Let Your Inner Hero Come Through, for resource parents will be held on Sept. 9, 2022. Presenter will be Charlie Appelstein and breakfast and lunch will be provided: <https://fakce.org/events/in-person-let-your-inner-hero-come-through-special-guest-charlie-appelstein-2022-09-09/#em-event-booking-form>
 2. 9/20 virtual presentation, Affirming Children's Identities, for parents and professionals. Presenter will be Nathan Ross LCSW: <https://fakce.org/events/online-more-than-a-one-time-event-affirming-childrens-identities-2022-09-20/#em-event-booking-form>



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- E. FREE NAMI 8/26 virtual presentation by PERT on Understanding PERT Operations:
<https://us02web.zoom.us/meeting/register/tZMsd-iqrT0oE92Lou8xBxSQIPsdZG81lvhk>
- F. San Diego Mission Academy is an all virtual school providing trauma-informed resilient-focused education.

VIII. Next Virtual SDTIGT Learning Exchange: October 7, 2022 (12:15 pm to 2:00 pm)