

## Trauma Informed SLO MEETING MINUTES

January 2023

|  |   |
|--|---|
| <b>Facilitators:</b><br>Barry Johnson<br>Michele Simone<br>Rebecca Parham<br>Julie Kadis<br>Leann Eddy | <b>Date:</b> Thursday, January 23, 2023 |
| <b>Recorder:</b> Leann Eddy  | <b>Time:</b> 1:30 PM – 3:00 PM          |

**Location:** Zoom

| Attendees             | Agency                                      | Email Address  |
|-----------------------|---|--|
| 1. Barry Johnson      | Transitions Mental Health                   | <a href="mailto:bjohnson@t-mha.org">bjohnson@t-mha.org</a>                     |
| 2. Michele Simone     | LMFT, Private Practice                      | <a href="mailto:msimone19@gmail.com">msimone19@gmail.com</a>                   |
| 3. Rebecca Parham     | LCSW, Private Practice                      | <a href="mailto:rebecca.parham@aol.com">rebecca.parham@aol.com</a>             |
| 4. Julie Kadis        | Department of Social Services               | <a href="mailto:jkadis@co.slo.ca.us">jkadis@co.slo.ca.us</a>                   |
| 5. Leann Eddy         | Department of Social Services               | <a href="mailto:leddy@co.slo.ca.us">leddy@co.slo.ca.us</a>                     |
| 6. Jessica Thomas     | SLO County Office of Education              | <a href="mailto:jthomas@slocoe.org">jthomas@slocoe.org</a>                     |
| 7. Becca Carsel       | Carsel Consulting Group, First 5 SLO County | <a href="mailto:becca@carselgroup.com">becca@carselgroup.com</a>               |
| 8. Gwen Garcia        | Center for Family Strengthening             | <a href="mailto:gwen@cfsslo.org">gwen@cfsslo.org</a>                           |
| 9. Lisa Majors        | Resilient Souls                             | <a href="mailto:info@resilientsouls.org">info@resilientsouls.org</a>           |
| 10. Dr. David O. Duke | Dignity Health                              |  |
| 11. Lisa Fraser       | Center for Family Strengthening             | <a href="mailto:lfraser@cfsslo.org">lfraser@cfsslo.org</a>                     |
| 12. Sandy Simpson     | Freedom Calling                             | <a href="mailto:sandysimpson@icloud.com">sandysimpson@icloud.com</a>           |
| 13. Ana O'Sullivan    | Transitions Mental Health                   | <a href="mailto:aosullivan@t-mha.org">aosullivan@t-mha.org</a>                 |
| 14. Shawn Ison        | Transitions Mental Health                   | <a href="mailto:ison@t-mha.org">ison@t-mha.org</a>                             |
| 15. Mayra Valencia    | Transitions Mental Health                   | <a href="mailto:mvalencia@t-mha.org">mvalencia@t-mha.org</a>                   |
| 16. Esme Vasquez      | Transitions Mental Health                   | <a href="mailto:mvasquez@t-mha.org">mvasquez@t-mha.org</a>                     |
| 17. Carrie Collins    | The Link Family Resource Center             | <a href="mailto:carrie@linkslo.org">carrie@linkslo.org</a>                     |
| 18. Nicola Glanville  | Behavioral Health - SAFE Program            | <a href="mailto:nnglanville@co.slo.ca.us">nnglanville@co.slo.ca.us</a>         |
| 19. Katie Grainger    | Public Safety SLO                           | <a href="mailto:publicsafetyslo@gmail.com">publicsafetyslo@gmail.com</a>       |
| 20. Julianne Leavy    | Harmony At Home                             | <a href="mailto:julianne@harmony-at-home.org">julianne@harmony-at-home.org</a> |
| 21. Joaquin Hernandez | Harmony At Home                             | <a href="mailto:joaquin@harmony-at-home.org">joaquin@harmony-at-home.org</a>   |
| 22. Lorena Rodriguez  | Harmony At Home                             | <a href="mailto:lorena@harmony-at-home.org">lorena@harmony-at-home.org</a>     |
| 23. Mariana Gutierrez | CAPSLO – SAFE Family Resource Center        | <a href="mailto:marianagutierrez@capslo.org">marianagutierrez@capslo.org</a>   |
| 24. Jennifer Campos   | SLOCal Careers                              | <a href="mailto:jcampos@eckerd.org">jcampos@eckerd.org</a>                     |
| 25. Stephanie Navarro | SLOCal Careers                              | <a href="mailto:snavarro@eckerd.org">snavarro@eckerd.org</a>                   |
| 26. Cyndi Barnett     | Family Care Network                         | <a href="mailto:cbarnett@fcni.org">cbarnett@fcni.org</a>                       |

## TRAUMA INFORMED SLO MEETING VISION & PURPOSE

|               |  |
|---------------|--|
| Barry Johnson | <p>Barry shares Trauma Informed SLO's Vision and Purpose.</p> <p><b>OUR VISION:</b> TO BUILD A DIVERSE, EQUITABLE, AND INCLUSIVE NETWORK OF SAN LUIS OBISPO COUNTY HEALTHCARE PROVIDERS, SERVICE ORGANIZATIONS, EDUCATORS, CLINICIANS, BUSINESSES, AND INDIVIDUALS, TO MOBILIZE AND ALIGN TRAUMA INFORMED COMMUNITY.</p> <p><b>MEETING PURPOSE:</b> TO FOSTER COLLABORATIVE PARTNERSHIPS AND THROUGH THOSE RELATIONSHIPS, ORGANIZE A COORDINATED RESPONSE TO ASSESS, DEVELOP, AND PROVIDE NEEDED TRAUMA INFORMED SERVICES AND SUPPORTS IN OUR COMMUNITY.</p> |
|---------------|--|

## SHARED AGREEMENTS & LAND ACKNOWLEDGEMENT

|                                  |  |
|----------------------------------|--|
| Michele Simone<br>Rebecca Parham | <p>Rebecca reviews shared agreements such as fostering sense of belonging, collaborative space, use of parking lot to capture ideas to gain information from another, and using trauma informed care principles in our agencies and communities.</p> <p>Michele shares we support efforts to affirm tribal sovereignty across to what is now known as California, we respectfully acknowledge that we live and work in territories where multiple indigenous nations and tribal groups are the traditional stewards of the land, a land that they've called home and whose ancestors have resided here since time immemorial. We acknowledge the trauma caused by colonialism, seeking to contribute to healing and reconciliation now and for future generations.</p> |
|----------------------------------|--|

## INTRODUCTIONS, ANNOUNCEMENTS, CELEBRATIONS

|             |   |
|-------------|---|
| Julie Kadis | Group roundtables introducing themselves, the agencies they work for and capture contact information in chat. |
|-------------|---|

## GUEST SPEAKERS

|  |   |
|--|---|
| <p>Julianne Leavy -<br/>Harmony at Home</p> <p>Joaquin Hernandez-<br/>Harmony at Home</p> <p>Lorena Rodriguez-<br/>Harmony at Home</p> | <p>Julianne Leavy, MA, LMFT, founder and CEO of Harmony at Home shares history of how Sticks &amp; Stones and Harmony at Home were developed.</p> <p>Sticks and Stones - This 10-week curriculum was created in 1997 to work with youth that have experience trauma. If trauma isn't treated students can't learn. Teachers at the Sticks and Stones pilot school in Monterey started to see that these students were starting to improve academically. Mindfulness practices, self-regulation, relaxation techniques and art were incorporated into the curriculum.</p> <p>Harmony at Home - Started in 2004 with first Pilot School District, Alisal Union District in 2005.</p> <ul style="list-style-type: none"> <li>- Hoping to pilot in San Luis Obispo County</li> </ul> <p>Joaquin Hernandez, Director of Operations, shares the mission of Harmony at Home and an in-depth overview of programs.</p> <ul style="list-style-type: none"> <li>- Mission: To end the cycles of violence and abuse by empowering children and young adults with the knowledge, skills and confidence to lead healthy and productive lives.</li> </ul> |
|--|---|

### Harmony at Home Programs:

- Sticks & Stones is a school-based counseling program that focuses on working with children and youth who have experienced trauma and are currently exhibiting concerning behaviors
  - o Depending on school district need on site counselors are there 1-4 days a week
  - o Weekly group sessions with 2-5 students
  - o Students learn healthy ways to express their feelings and are taught how to stay safe in their homes
- Bullying Prevention
  - o Changed the model from school district support to whole school approach
  - o Went from 14 schools to 52 schools in the past year
  - o Are on pace to serve over 20k children, parents, school faculty, administrators, and community partners yearly
  - o Goal is to create Upstanders and help create an Anti-Bullying culture on campus
  - o This is done through staff trainings, interactive classroom meetings and student led assemblies, on campus bullying prevention coaching support.
  - o Participate in Pink Shirt Day - Anti-Bullying Day is an annual event, held in Canada and other parts of the world, where people wear a pink-colored shirt to stand against bullying.
- Teen Success
  - o 18-month program for pregnant or parenting young women, ages 14-24 years old, who have not yet graduated high school or received their GED.
    - In FY 2023-2024 will be including fathers in Teen Success program
      - Program will be renamed to Family First
  - o Teens receive a Teen Success Advocate for help with educational navigation, goal setting and post-secondary exploration and support.
  - o Parenting education
  - o Resources such as free diapers and wipes
  - o Weekly peer learning group,
    - Incentives to attend meetings
    - Free healthy snacks
    - Childcare
  - o Last year this program helped 16 of 17 mothers graduate high school
  - o Serving 76 mothers this school year
- Children 1<sup>st</sup>
  - o Co-Parenting Education Classes for parent and children going through or have been through divorce or separation
  - o Teaches parents how to communicate with one another and children in healthy ways
  - o Receive certificate of completion that can be provided to county judicial system to count towards parenting class
  - o Program expansion

|  |  |
|--|--|
|  | <ul style="list-style-type: none"> <li>▪ Recently partnered with local schools to provide direct services to schools to provide class free of charge</li> <li>▪ Free Group Sessions</li> </ul> <ul style="list-style-type: none"> <li>- Community Programs <ul style="list-style-type: none"> <li>o On-site counseling at office that can take clients.</li> <li>o Provide counselors through community partnerships at: <ul style="list-style-type: none"> <li>▪ The Boys and Girls Clubs in Salinas and Seaside</li> <li>▪ Rancho Cielo</li> <li>▪ MCOE Alternative Education</li> <li>▪ DA Victims Witness program</li> </ul> </li> </ul> </li> </ul> <p>Lorena Rodriguez provides further information on the Sticks &amp; Stones Program</p> <ul style="list-style-type: none"> <li>- All counseling staff are trained and supported in trauma informed practices.</li> <li>- Refer youth to appropriate level of support <ul style="list-style-type: none"> <li>o Work closely with Monterey County Behavioral Health Clinicians, if counselor identify a youth that needs more intensive support than can be provided by Sticks &amp; Stones recommendations are made for next level support. Sticks &amp; Stones counselors will continue to provide student support until the more intensive support has started</li> </ul> </li> </ul> <p>Sticks &amp; Stones Quality Control &amp; Assurance -</p> <ul style="list-style-type: none"> <li>- Before and after counseling evaluations</li> <li>- Caseloads <ul style="list-style-type: none"> <li>o Quality over quantity.</li> <li>o Small group settings</li> </ul> </li> <li>- Data Collection <ul style="list-style-type: none"> <li>o Monthly client tracker and progress notes</li> <li>o District progress update</li> </ul> </li> <li>- FY 2121-2022 Accomplishments <ul style="list-style-type: none"> <li>o Served 48 schools in 11 districts</li> <li>o Served a total of 870 students and provided 8,172 sessions</li> <li>o Of those served 80% overall improvement rate &amp; students were able to maintain stability despite ongoing trauma during the school year</li> </ul> </li> <li>- Currently serving 52 schools in 12 districts <ul style="list-style-type: none"> <li>o As of December, have served a total of 569 students and provided 3,575 sessions</li> </ul> </li> </ul> |
|--|--|

**SHARED COMMUNITY TRAINING CALENDAR SUBCOMMITTEE Updates**

|                   |  |
|-------------------|--|
| <p>Leann Eddy</p> | <p>Leann Eddy shares the subcommittee met to discuss what platform would be most useful for what we are needing.</p> <ul style="list-style-type: none"> <li>- PACES was identified as being used universally, not just by our community. <ul style="list-style-type: none"> <li>o Ready to use no cost program</li> <li>o SLO already has profile that we can add our own page to</li> <li>o Anyone can post trainings happening in the community.</li> <li>o Notification frequency is adjustable</li> </ul> </li> </ul> <p>Next steps:</p> |
|-------------------|--|

|   |   |
|---|---|
|   | <ul style="list-style-type: none"> <li>- Meet with PACES to find out more about customizing page</li> <li>- Identify how much time would need to be devoted monthly to running this page <ul style="list-style-type: none"> <li>o Discuss who would be the admin/moderator</li> </ul> </li> </ul>   |
| <b>NEEDS ASSESSMENT PROPOSAL UPDATE</b> |   |
| Julie Kadis                             | <p>Six inquiries in regard to contract opportunity, with feedback that our ask and compensation were not aligned as well as timeline being too short.</p> <ul style="list-style-type: none"> <li>- Reevaluating to see if additional funding can be leveraged to increase contract or if there could be opportunity to break components of the contract up</li> <li>- Our intension is to develop something meaningful that will move us closer as a community to our goals <ul style="list-style-type: none"> <li>o In order to give adequate time for the needs assessment timeline will be updated</li> </ul> </li> <li>- Further updates to be shared at next meeting in March</li> </ul> |
| <b>CLOSING COMMENTS</b>                 |   |
| <b>Group</b>                            | None  |

**Next meeting: March 23<sup>rd</sup>, 1:30 PM -3:00 PM via Zoom**