

Trauma Informed SLO MEETING MINUTES

March 2023

Facilitators: Barry Johnson Michele Simone Rebecca Parham Julie Kadis Leann Eddy	Date: Thursday, March 23, 2023
Recorder: Leann Eddy	Time: 1:30 PM – 3:00 PM

Location: Zoom

Attendees	Agency	Email Address
1. Barry Johnson	Transitions Mental Health	bjohnson@t-mha.org
2. Michele Simone	LMFT, Private Practice	msimone19@gmail.com
3. Rebecca Parham	LCSW, Private Practice	rebecca.parham@aol.com
4. Julie Kadis	Department of Social Services	jkadis@co.slo.ca.us
5. Leann Eddy	Department of Social Services	leddy@co.slo.ca.us
6. Jessica Thomas	SLO County Office of Education	jthomas@slocoe.org
7. Becca Carsel	Carsel Consulting Group, First 5 SLO County	becca@carselgroup.com
8. Gwen Garcia	Center for Family Strengthening	gwen@cfsslo.org
9. Lisa Majors	Resilient Souls	info@resilientsouls.org
10. Mary Bell Soto	HASLO	msoto@haslo.org
11. Lisa Fraser	Center for Family Strengthening	lfraser@cfsslo.org
12. Ana O'Sullivan	Transitions Mental Health	aosullivan@t-mha.org
13. Carrie Collins	The Link Family Resource Center	carrie@linkslo.org
14. Nicola Glanville	Behavioral Health - SAFE Program	nnglanville@co.slo.ca.us
15. Katie Grainger	Public Safety SLO	publicsafetyslo@gmail.com
16. Stephanie Navarro	SLOCal Careers	snavarro@eckerd.org
17. Melanie Barket	Central Coast Hotline	mbarket@t-mha.org
18. Millie Tolani	SLO Botanical Gardens	millie@slobg.org
19. Jean St. James	Resilient Souls	info@resilientsouls.org
20. Natalie Rhodes	Organizational Advisor	natalie@natalierhodes.com
21. Cyndi Barnett	Family Care Network	cbarnett@fcni.org

TRAUMA INFORMED SLO MEETING VISION & PURPOSE

Barry Johnson	<p>Barry shares Trauma Informed SLO's Vision and Purpose.</p> <p>OUR VISION: 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>MEETING PURPOSE: 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 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	<p>Group roundtables introducing themselves, the agencies they work for and capture contact information in chat.</p> <p>Barry Johnson shares information on upcoming Journey of Hope event. This is the 13th year of this event and will be at New Life Church May 1st with speaker Amanda Lipp. If any organizations are interested in having a resource table at this event please reach out to him. bjohnson@t-mha.org</p>
-------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

GUEST SPEAKERS

Gwen Garcia - Center for Family Strengthening, Parent Connection Programs	<ul style="list-style-type: none"> - Started as Child Abuse Prevention Council in 1987 - Rebranded as the Center for Family Strengthening - The team at Parent Connection are all trained to provide strength base and trauma informed services through the Strengthening Families Framework <ul style="list-style-type: none"> o Based off the five protective factors o Uses strength based vocabulary - Classes and workshops use evidence based, culturally responsive curriculums to increase positive outcomes for children and their families - Parent Coaches use the ICF (International Coaching Federation) coaching and Motivational Interviewing frameworks. <ul style="list-style-type: none"> o Emphasize continuity of care and collaboration across family serving agencies <ul style="list-style-type: none"> ▪ Such as referring to CAPSLO and TMHA's parenting programs and family strengthening resources - Parent Connection is a parent education and coaching resource for
---------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

families in SLO County.

- Free and confidential resource for any family in San Luis Obispo County
- Offer Bilingual Parenting Classes & Workshops
- Bilingual Individualized Parenting Support
 - Parent Coaching
 - One-on-One Parent Skill Building
- Digital Family Resource Guide
 - Families can get information they need to be connected and connect to resources
- Informational Referral Line
 - CFFS understands some families need extra guidance, this line is dedicated to connecting families with any resource they might need.
- Kidz Toolbox
 - A video series of personal safety curriculum for pre-k-2nd graders
 - Includes parent education component on how to encourage conversation and communication with their children on how to keep their body safe.
- Parent Voice of SLO County
 - Helps parents develop leadership skills and includes small stipend

Gwen shares every family and their situations are unique and every parent/caregiver is the expert of their family's needs and situations.

- CFFS understands Trauma affects families differently and are very mindful that whatever situation a family is going through is unique to them and it is their place to listen and to support them, however families let them know they need support.
- In order to support families, is important to be ready mind and body.
 - Team wellness is a priority
- Looking at providing culturally appropriate curriculum for Mixteco population
- Of families served, North County is most utilized.
 - There is no waitlist, they try to call back families within 24 hours to provide information and resources
 - Both English and Spanish speaking families
 - For Spanish speaking families they have a WhatsApp support group for Spanish speaking parents
 - Every Thursday 9:30 & 5:30 Parent Coach participates in Zoom call to connect with ongoing support group for parenting education
 - Also dive into how you were parented as a child and what things they'd like to keep or change
 - Teens
 - A lot of one-on-one coaching support for teens
 - Offer a 13-15 and 16-18 classes

Gwen mentions the benefit of Zoom and allowing for larger attendance of classes.

Lisa Fraser mentions the Parenting Program went with the Active Parenting

	<p>curriculum after researching several evidence based curriculums</p> <p>Gwen shares April is Child Abuse Prevention Month. In partnership with the SLO County Child & Family Wellness Collaborative she encourages everyone to wear blue on Friday's for the month of April to promote strong families.</p> <p>For more information on classes, enrollment and newsletter please visit www.sloparents.org</p>
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

SHARED COMMUNITY TRAINING CALENDAR SUBCOMMITTEE Updates

<p>Leann Eddy</p>	<p>Leann shares the subcommittee has met a couple times since last TIS meeting. At the January TIS meeting the larger group agreed PACES is being used universally and not just by our community.</p> <p>Some changes to local page made since last meeting were:</p> <ul style="list-style-type: none"> ○ Made calendar more prominent ○ Pinned Blog Directory ○ Pinned Resources <ul style="list-style-type: none"> ○ TIS SLO agendas, minutes and past presentations <p>Features through PACES page available are:</p> <ul style="list-style-type: none"> ○ Listserv built in ○ Option to populate calendar events to your iCal ○ Free web-based platform. ○ Members are able to have various levels of involvement ○ Universal, not just our community ○ Members are able to post their own trainings <p>Leann shares PowerPoint showing members how to enroll for PACES, navigate the website, create events on shared community calendar as well as adjust notification preferences.</p> <ul style="list-style-type: none"> ○ PowerPoint with instructional videos will be sent out with minutes. <p>Group votes in favor of using PACES as our local page to house resources.</p> <p>Leann encourages group members to go https://www.pacesconnection.com/ to register for PACES and join San Luis Obispo community page.</p> <p>Next steps:</p> <ul style="list-style-type: none"> ○ Subcommittee will meet for further work on PACES local page customization. ○ Future discussion of purpose, use and engagement plan
-------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

UPDATES

<p>Julie Kadis</p>	<p>Julie reviews agreed upon priorities previously captured during the focus groups in July of 2022 and asks if we are on track with priorities.</p> <ul style="list-style-type: none"> - Lisa Fraser asks if we can have breakout sessions at future meetings to improve our communication amongst ourselves ○ Completing community strengths and needs assessment <ul style="list-style-type: none"> ○ Needs Assessment Proposal <ul style="list-style-type: none"> ▪ Submitted RFP <ul style="list-style-type: none"> • Received interest in RFP as well as feedback that
--------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>compensation for contract was not appropriate. Julie shares they were able to leverage additional funding increasing contract from \$5,000 to \$12,000</p> <ul style="list-style-type: none"> • Outline will be updated and brought back to group at future meeting <ul style="list-style-type: none"> ○ Sticks & Stones Program <ul style="list-style-type: none"> ○ Shared survey after January's presentation with questions on if there was interest in exploring this program further ○ Survey received 22 responses <ul style="list-style-type: none"> ▪ 21 of the responses identified access to school-based Trauma Informed counseling programs as a known need in our community ▪ 12 of those that responded were interested in hearing more about bringing a pilot program to our county <ul style="list-style-type: none"> • Will continue to move this conversation forward and meet with those interested in pilot • If you did not have a chance to be part of the survey and would like to join meeting to hear more about piloting a Sticks & Stones program please reach out to Leann Eddy leddy@co.slo.ca.us
CLOSING COMMENTS	
Group	None

Next meeting: May 25th, 1:30 PM -3:00 PM via Zoom