

## Trauma Informed SLO MEETING MINUTES

July 2023

<b>Facilitators:</b> Barry Johnson, Michele Simone, Rebecca Parham, Leann	<b>Date:</b> Thursday, July 27, 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.lcsw@gmail.com">rebecca.parham.lcsw@gmail.com</a>
4. Leann Eddy	Department of Social Services	<a href="mailto:leddy@co.slo.ca.us">leddy@co.slo.ca.us</a>
5. Angie Conn	The Cool Aunt Series- Human Trafficking Educator	<a href="mailto:angie@thecoolauntseries.com">angie@thecoolauntseries.com</a>
6. Gwen Garcia	Center for Family Strengthening	<a href="mailto:gwen@cfsslo.org">gwen@cfsslo.org</a>
7. Vivien Devaney-Price	Transitions Mental Health	<a href="mailto:vdevaney-frice@t-mha.org">vdevaney-frice@t-mha.org</a>
8. Lisa Fraser	Center for Family Strengthening	<a href="mailto:lfraser@cfsslo.org">lfraser@cfsslo.org</a>
9. Cindy Ayala	Restorative Partners	<a href="mailto:cindy@restorativepartners.org">cindy@restorativepartners.org</a>
10. Cyndi Barnett	Family Care Network	<a href="mailto:cbarnett@fcni.org">cbarnett@fcni.org</a>
11. Shawn Ison	Transitions Mental Health –	<a href="mailto:ison@t-mha.org">ison@t-mha.org</a>
12. Ana O’Sullivan	Transitions Mental Health	<a href="mailto:aosullivan@t-mha.org">aosullivan@t-mha.org</a>
13. Nicola Glanville	Behavioral Health - SAFE Program	<a href="mailto:nnglanville@co.slo.ca.us">nnglanville@co.slo.ca.us</a>
14. Natalie Rhodes	PACES Connection, Bridges to Resilience Event Coordinator	<a href="mailto:natalie@natalierhodes.com">natalie@natalierhodes.com</a>
15. Aaron Baro	Lumina Alliance	<a href="mailto:abaro@luminaalliance.org">abaro@luminaalliance.org</a>
16. Aidan Fillerup	Restorative Partners – System Navigator	<a href="mailto:aidan@restorativepartners.org">aidan@restorativepartners.org</a>
17. Tori Wilson	Lumina Alliance	
18. Claire Lopez		
19. Millie Tolani	SLO Botanical Gardens	<a href="mailto:millie@slobg.org">millie@slobg.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>
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### SHARED AGREEMENTS & LAND ACKNOWLEDGEMENT



- Solutions to soothe a weary mind.
- Tools to add to you well stocked toolbox.
- Anchors for a weary soul, training to support self-care.

Angie does an overview of The Cool Aunt Series human trafficking prevention training, The Cool Aunt staff, mentorship, and The Cool Aunt Club engaging youth in ongoing prevention.

Some of the other trainings provided through The Cool Aunt and trained by Angie are:

**UNDERSTANDING BURNOUT, COMPASSION FATIGUE, VICARIOUS TRAUMA, AND MORAL INJURY IN YOUR WORK WITH TRAUMATIZED YOUTH**

- Get Clear: Defining CF, BO,MI,VT
- Taking a closer look at each one, under the iceberg of each.
- Understanding how each one affects us in the work we do professionally and personally.
- Discussion

**CARING FOR YOURSELF WELL: ALL ABOUT SELF-CARE!**

- Clarify & Define Self-care
- Understand how we can rewrite harmful or negative narratives we may have to practicing our own consistent self-care routines.
- Learn a few techniques & tools for self-care.
- Identify our top takeaways and set 1 new self-care goal.

**Utilizing Mindfulness and Grounding**

- Techniques with Youth  
In order to invite youth into the space of mindfulness, breathwork, and grounding, we must first have a:
  - Brief understanding of our 2 nervous system responses.
  - Importance of regulating the nervous system & emotions after trauma for youth.
  - Try out some of the techniques ourselves.
  - Expect resistance and know that we can continue consistently to offer helpful solutions when appropriate with Mindfulness, Grounding, Breathwork Activities

Things you may need today to engage in this training:

- Being fully present
- Be open to trying something new.
- Be willing to be/get uncomfortable
- Colorful Markers, crayons, or pencils, pen, paper, your imagination.

**Boys Documentary Screening and Discussion** led by Russel Wilson

- The *BOYS' Documentary* highlights how men and boys throughout the United States fall victim to human trafficking. While the movement of anti-sex trafficking has brought significant awareness to female victims of trafficking, males have been starkly overlooked.

**Factors of Resilience for Male Survivors of Exploitation**

- Learn and discuss the 7 common myths in boys that are CSEC
- Understand the Hierarchy of Street Survival
  - o A research project Russel did in his study of the stages of survival into thriving for victims at the University of California, Berkley.

**Engaging All Youth in Human Trafficking Prevention**

	<ul style="list-style-type: none"> <li>- Learn and Discuss 7 CSEC/trafficking risk factors</li> <li>- Gain effective resources for prevention through role play, discussion &amp; video illustrations with a focus on foster youth &amp; media (and all youth who consume mainstream media culture) <ul style="list-style-type: none"> <li>o Strongly believe in solution based and having conversations with youth and giving autonomy</li> </ul> </li> <li>- Gain practical resources for youth &amp; self</li> <li>- Walk through actionable engagement strategies with participants and practice in this training</li> <li>- The training is led by survivor leader Rachel Thomas and TCA Team</li> <li>- Training utilizes lecture, video, group discussions, application exercises, and more.</li> </ul> <p>If interested in enrolling in classes or finding out more about this great resource, please reach out to Leann Eddy <a href="mailto:leddy@co.slo.ca.us">leddy@co.slo.ca.us</a></p>
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<b>UPDATES</b>	
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<p>Natalie Rhodes</p>	<p><b>Bridges to Resilience Webinar Series</b></p> <ul style="list-style-type: none"> <li>- Natalie Rhodes shares Bridges to Resilience started off as a conference in Santa Barbara County. This is still an annual event but has evolved to a Tri-County Collaborative.</li> <li>- The Child Abuse Prevention councils in Santa Barbara, Ventura and San Luis Obispo have worked together for a long time and have a strong relationship. Through this they have grown collaboration by introducing community partners to Bridges to Resilience community events focusing on Trauma Informed care and practices, building resilience, and educating about ACES.</li> <li>- This year the events are virtual and free, next year when in-person conferences resume there will most likely be a fee to be able to bring speakers and provide CEU's.</li> <li>- Kicked off webinar in May with Dr. Robert Segue and talk about HOPE (Healthy Outcomes from Positive Experiences) <ul style="list-style-type: none"> <li>o Learned about HOPE National Resource Center in Boston and the Four Building Blocks of HOPE, strength-based framework for interacting with families. <ul style="list-style-type: none"> <li>▪ Relationships</li> <li>▪ Safe, equitable, stable environments</li> <li>▪ Social and civil engagement</li> <li>▪ Emotional growth</li> </ul> </li> <li>o Each family can decide what goes into each bucket for them, that we as service providers might be the expert on resources but they are the expert on their own family.</li> <li>o While HOPE does focus more on children and families, it can be applied to everyone of all ages and to internal working of organizations.</li> </ul> </li> <li>- Three Lunch and Learn Sessions <ul style="list-style-type: none"> <li>o On July 19<sup>th</sup>, Ventura County hosted Mitigating ACES for Families with Children ages 0-5</li> <li>o On September 20<sup>th</sup>, San Luis Obispo will host Lunch and Learn – with Ron Huxley, to talk about Trauma-Informed Best Practices for Family-Serving Professionals</li> <li>o November 15<sup>th</sup>, Santa Barbara will host Lunch and Learn - Creating Positive Experiences for Youth</li> </ul> </li> <li>- Please visit <a href="https://www.bridgestoresilience.com/">https://www.bridgestoresilience.com/</a> for more information</li> <li>- Lisa shares through this process we are being introduced to our county partners to develop and strengthen these relationships.</li> <li>- Barry acknowledges all the great work by Natalie, Lisa and others to bring Bridges to our county and how much he gets out of these conferences in previous years and as well as from the design of lunch and learn sessions this year.</li> </ul>
<p>Barry Johnson</p> <p>Natalie Rhodes</p>	<p><b>Needs Assessment</b></p>

<p>Leann Eddy</p>	<ul style="list-style-type: none"> <li>- From first focus groups of Trauma Informed SLO it was evident a Strengths and Needs assessment of Trauma-Informed care practices, trainings and work happening in our county would be helpful to create roadmap of what exists and what is needed. <ul style="list-style-type: none"> <li>▪ Natalie Rhodes shares she and Carsel Consulting are currently doing internal research on how to improve the approach to doing the assessment, thinking on how engage participants through surveys, polls and interviews. Exited to refresh approach and being intentional with working with TIS team to share results.</li> </ul> </li> </ul> <p><b>Sticks &amp; Stones</b></p> <p>Leann shares that the initial focus groups of TIS identified potential need for more Trauma-Informed services and supports for children in schools.</p> <ul style="list-style-type: none"> <li>o Earlier this year Harmony at Home presented to TIS about their 10-week Trauma Informed program focusing on tools for regulation and navigating trauma called Sticks and Stones.</li> <li>o In every school district in Monterey.</li> <li>o Survey was submitted to TIS group with great interest in hearing more about this program for our county.</li> <li>o An email with proposal from Sticks and Stones was sent to group with Doodle with proposed meeting dates to find out more about his program. Please share widely with community partners and if interested in attending meeting please complete the Doodle by August 9<sup>th</sup>.</li> <li>o Barry asks to share with community administrators and educators.</li> <li>o Barry and Leann share this is additional of funding opportunities that will be shared by Harmony at Home at informational meeting.</li> </ul>
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**BREAKOUT SESSIONS**

<p>Group</p>	<p><b>What would you like the group to know about you professionally and/or personally related to Trauma Informed Care?</b></p> <ul style="list-style-type: none"> <li>- No recorded responses meant as ice breaker.</li> </ul> <p><b>What topics and/or presenters would you like to see to help move you or organizations Trauma Informed work forward?</b></p> <ul style="list-style-type: none"> <li>- It would be important to have a shared understanding of what TIC is for an organization within the whole county; what are the defining features of TIC that we can refer to?</li> <li>- Restorative Partners, restorative practices.</li> <li>- Collaborative discussion about how other agencies use Trauma Informed principles in their practices, "What do you call it and how do you use it in your agency's work with your population?"</li> <li>- How to utilize Trauma Informed principles to shape practices when working in an environment that shows signs of being unhealthy or toxic.</li> <li>- Healthy Outcomes from Positive Experiences (HOPE)- Dr. Robert Segue</li> </ul> <p><b>What training topics would you like to see in the community?</b></p> <ul style="list-style-type: none"> <li>- We (TI-SLO) need to build connections with parents and caregivers; how are we supporting this population through a trauma informed lens? More training specific for this population with education around intergenerational trauma and system trauma would be important; how our presence alone as a system can be traumatic.</li> <li>- We should determine what the schools (including Cal Poly) are doing to be trauma-informed; Are classrooms trauma-informed? We want to be concerned with both prevention and intervention.</li> </ul>
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	<ul style="list-style-type: none"> <li>- Trauma Informed Care</li> <li>- Having a discussion about how other agencies use Trauma Informed principles in their practices, "What do you call it and how do you use it in your agency's work?"</li> <li>- Would like to see Probation departments join TISLO, discussing PBIS (Positive Behavioral Intervention Supports).</li> <li>- Adult focused services</li> <li>- Restorative Justice</li> <li>- Older Adults</li> </ul> <p><b>How would you like this collaborative to be used moving forward?</b></p> <ul style="list-style-type: none"> <li>- Continue to express and fulfill our mission and vision; consultation is important.</li> <li>- Would like to see logo created and be able to sit at community/resource fairs to share this information and outreach to other agencies.</li> <li>- Mapping out collaboratives and councils in our county to know what each is doing.</li> <li>- TIC YouTube channel with interviews of local experts.</li> </ul>
<b>CLOSING COMMENTS</b>	
Group	None

**Next meeting: Thursday, September 28, 2023, from 1:30 PM -3:00 PM via Zoom**