	Trauma Informed SLO MEETING MINUTES July 2023				
	Facilitators: Barry Johnson, Michele Simone, Rebecca Parham, Leann				
Re	corder: Leann Eddy		<b>Time:</b> 1:30 PM – 3:00 PM	1	
Loc	Location: Zoom				
	Attendees Agency Email Address				
1.	Barry Johnson	Transitions Mental Health		bjohnson@t-mha.org	
2.	Michele Simone	LMFT, Private Practice		Imsimone19@gmail.com	
3.	Rebecca Parham	LCSW, Private Practice		rebecca.parham.lcsw@gmail.com	
4.	Leann Eddy	Department of Social Services		leddy@co.slo.ca.us	
5.	Angie Conn	The Cool Aunt Series- Human Tr	afficking Educator	angie@thecoolauntseries.com	
6.	Gwen Garcia	Center for Family Strengthening		gwen@cfsslo.org	
7.	Vivien Devaney-Price	Transitions Mental Health		vdevaney-frice@t-mha.org	
8.	Lisa Fraser	Center for Family Strengthening		lfraser@cfsslo.org	
9.	Cindy Ayala	Restorative Partners		cindy@restorativepartners.org	
10.	Cyndi Barnett	Family Care Network		<u>cbarnett@fcni.org</u>	
11.	Shawn Ison	Transitions Mental Health –		sison@t-mha.org	
12.	Ana O'Sullivan	Transitions Mental Health		aosullivan@t-mha.org	
13.	Nicola Glanville			nglanville@co.slo.ca.us	
14.	14. Natalie Rhodes       PACES Connection, Bridges to Resilience Event       natalie@natalierhodes.com         Coordinator       Coordinator		natalie@natalierhodes.com		
15.	Aaron Baro	Lumina Alliance		abaro@luminaalliance.org	
16.	Aidan Fillerup	Restorative Partners – System Navigator		aidan@restorativepartners.org	
17. Tori Wilson Lumina Alliance					
18.	Claire Lopez				
19.	Millie Tolani	SLO Botanical Gardens		millie@slobg.org	

	TRAUMA INFORMED SLO MEETING VISION & PURPOSE	
Barry Johnson	Barry shares Trauma Informed SLO's Vision and Purpose.	
	<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.	
	<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.	
	SHARED AGREEMENTS & LAND ACKNOWLEDGEMENT	

<ul> <li>As we enter into this work together, we respect and hold space for our diversity of perspectives, intersecting identities, backgrounds, cultural frameworks, and experiences.</li> <li>We all share responsibility for this space. We understand that moving toward psychological safety indudes taking risks, making mistakes, and learning with humility. We welcome hard conversations and aim for our communication to be psychologically, safe, productive, and effective.</li> <li>We are aware of who is in the room, who is not in the room, and any positions of power. We are commuted to addressing the challenges that power differences pose to the safety and efficacy of the group.</li> <li>We assume positive intent, while acknowledging that intent is different than impact. With grace for ourselves and others, we work to patiently repair any harm we cause, with the informed consent of everyone involved. We commit to learn from any harmiful impact we might have.</li> <li>We are aware of how much we are participating. If some of us generally speak in our consider making space for others to speak. If some of us generally speak and promote making space for other sto speak. If some of us generally speak and promote making informed, diverse, equitable and inclusive principles in our agencies and our community. Michelle shares land acknowledgement and that 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 and lands where multiple ingenuous 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 immemoriat. We acknowledge the traum a causeb ty colonialism and seek to find skilfful ways to contribute to healing and reconciliation mow and for future generations.</li> <li>Leann Eddy Broup roundtables introducing themselves and the agencies they work for.</li> <li>Leann Eddy the user and next year.</li></ul>	Rebecca Parham	Rebecca reviews the following shared agreements:
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<ul> <li>Solutions to soothe a weary mind.</li> </ul>
<ul> <li>Tools to add to you well stocked toolbox.</li> </ul>
<ul> <li>Anchors for a weary soul, training to support self-care.</li> </ul>
Angie does an overview of The Cool Aunt Series human trafficking prevention training, The Cool Aun 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
<ul> <li>Get Clear: Defining CF, BO,MI,VT</li> </ul>
<ul> <li>Taking a closer look at each one, under the iceberg of each.</li> </ul>
<ul> <li>Understanding how each one affects us in the work we do professionally and personally.</li> </ul>
– Discussion
CARING FOR YOURSELF WELL: ALL ABOUT SELF-CARE!
<ul> <li>Clarify &amp; Define Self-care</li> </ul>
<ul> <li>Understand how we can rewrite harmful or negative narratives we may have to practicing our own consistent self-care routines.</li> </ul>
<ul> <li>Learn a few techniques &amp; tools for self-care.</li> </ul>
<ul> <li>Identify our top takeaways and set 1 new self-care goal.</li> </ul>
Utilizing Mindfulness and Grounding
<ul> <li>Techniques with Youth</li> <li>In order to invite youth into the space of mindfulness, breathwork, and grounding, we must</li> <li>first have a:</li> </ul>
<ul> <li>Brief understanding of our 2 nervous system responses.</li> </ul>
<ul> <li>Importance of regulating the nervous system &amp; emotions after trauma for youth.</li> </ul>
<ul> <li>Try out some of the techniques ourselves.</li> </ul>
<ul> <li>Expect resistance and know that we can continue consistently to offer helpful solutions when appropriate with Mindfulness, Grounding, Breathwork Activities</li> </ul>
Things you may need today to engage in this training:
<ul> <li>Being fully present</li> </ul>
<ul> <li>Be open to trying something new.</li> </ul>
<ul> <li>Be willing to be/get uncomfortable</li> </ul>
– Colorful Markers, crayons, or pencils, pen, paper, your imagination.
Boys Documentary Screening and Discussion led by Russel Wilson
<ul> <li>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.</li> </ul>
Factors of Resilience for Male Survivors of Exploitation
<ul> <li>Learn and discuss the 7 common myths in boys that are CSEC</li> </ul>
<ul> <li>Understand the Hierarchy of Street Survival</li> </ul>
<ul> <li>A research project Russel did in his study of the stages of survival into thriving for victims at the University of California, Berkley.</li> </ul>
Engaging All Youth in Human Trafficking Prevention

	<ul> <li>Learn and Discuss 7 CSEC/trafficking risk factors</li> </ul>	
	<ul> <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)</li> </ul>	
	<ul> <li>Strongly believe in solution based and having conversations with youth and giving autonomy</li> </ul>	
	<ul> <li>Gain practical resources for youth &amp; self</li> </ul>	
	<ul> <li>Walk through actionable engagement strategies with participants and practice in this training</li> </ul>	
	<ul> <li>The training is led by survivor leader Rachel Thomas and TCA Team</li> </ul>	
	<ul> <li>Training utilizes lecture, video, group discussions, application exercises, and more.</li> </ul>	
	If interested in enrolling in classes or finding out more about this great resource, please reach out to Leann Eddy <u>leddy@co.slo.ca.us</u>	
	UPDATES	
Natalie Rhodes	Bridges to Resilience Webinar Series	
	<ul> <li>Natalie Rhodes shares Bridges to Resilience started off as a conference in Santa Barbara County.</li> <li>This is still an annual event but has evolved to a Tri-County Collaborative.</li> </ul>	
	<ul> <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> </ul>	
	<ul> <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> </ul>	
	<ul> <li>Kicked of webinar in May with Dr. Robert Segue and talk about HOPE (Healthy Outcomes from Positive Experiences)</li> </ul>	
	<ul> <li>Learned about HOPE National Resource Center in Boston and the Four Building Blocks of HOPE, strength-based framework for interacting with families.</li> <li>Relationships</li> <li>Safe, equitable, stable environments</li> <li>Social and civil engagement</li> </ul>	
	<ul> <li>Emotional growth</li> <li>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>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>	
	– Three Lunch and Learn Sessions	
	o On July 19 <sup>th</sup> , Ventura County hosted Mitigating ACES for Families with Children ages 0-5	
	<ul> <li>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> </ul>	
	<ul> <li>November 15<sup>th</sup>, Santa Barbara will host Lunch and Learn - Creating Positive Experiences for Youth</li> </ul>	
	<ul> <li>Please visit <u>https://www.bridgestoresilience.com/</u> for more information</li> </ul>	
	– Lisa shares through this process we are being introduced to our county partners to develop and strengthen these relationships.	
Barry Johnson	<ul> <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>	
Natalie Rhodes	Needs Assessment	

	<ul> <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.</li> </ul>
Leann Eddy	<ul> <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>
	Sticks & Stones
	Leann shares that the initial focus groups of TIS identified potential need for more Trauma-Informed services and supports for children in schools.
	<ul> <li>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> </ul>
	<ul> <li>In every school district in Monterey.</li> </ul>
	<ul> <li>Survey was submitted to TIS group with great interest in hearing more about this program for our county.</li> </ul>
	<ul> <li>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> </ul>
	o Barry asks to share with community administrators and educators.
	<ul> <li>Barry and Leann share this is additional of funding opportunities that will be shared by Harmony at Home at informational meeting.</li> </ul>
	BREAKOUT SESSIONS
Group	What would you like the group to know about you professionally and/or personally related to Trauma Informed Care?
	<ul> <li>No recorded responses meant as ice breaker.</li> </ul>
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Group	None
	CLOSING COMMENTS
	<ul> <li>TIC YouTube channel with interviews of local experts.</li> </ul>
	– Mapping out collaboratives and councils in our county to know what each is doing.
	<ul> <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> </ul>
	– Continue to express and fulfill our mission and vision; consultation is important.
	How would you like this collaborative to be used moving forward?
	– Older Adults
	– Restorative Justice
	<ul> <li>Adult focused services</li> </ul>
	<ul> <li>Would like to see Probation departments join TISLO, discussing PBIS (Positive Behavioral Intervention Supports).</li> </ul>
	<ul> <li>Having a discussion about how other agencies use Trauma Informed principles in their practices,</li> <li>"What do you call it and how do you use it in your agency's work?"</li> </ul>
	– Trauma Informed Care

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