

## Trauma Informed SLO MEETING MINUTES

September 2023

<b>Facilitators:</b> Barry Johnson, Michele Simone, Rebecca Parham, Leann Eddy		<b>Date:</b> Thursday, September 28, 2023
<b>Recorder:</b> Leann Eddy		<b>Time:</b> 1:30 PM – 3:00 PM
<b>Location:</b> 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:lmsimone19@gmail.com">lmsimone19@gmail.com</a>
3. Rebecca Parham	LCSW, Private Practice	<a href="mailto:rebecca.parham@aol.com">rebecca.parham@aol.com</a>
4. Leann Eddy	Department of Social Services	<a href="mailto:leddy@co.slo.ca.us">leddy@co.slo.ca.us</a>
5. Esme Vasquez	Transitions Mental Health	<a href="mailto:evasquez@t-mha.org">evasquez@t-mha.org</a>
6. Ana Barrera	Eckerd	<a href="mailto:abarrera@eckerd.org">abarrera@eckerd.org</a>
7. Gwen Garcia	Center for Family Strengthening	<a href="mailto:gwen@cfsslo.org">gwen@cfsslo.org</a>
8. Vivien Devaney-Price	Transitions Mental Health	<a href="mailto:vdevaney-frice@t-mha.org">vdevaney-frice@t-mha.org</a>
9. Ana O'Sullivan	Transitions Mental Health	<a href="mailto:aosullivan@t-mha.org">aosullivan@t-mha.org</a>
10. Natalie Rhodes	PACES Connection, Bridges to Resilience Event Coordinator	<a href="mailto:natalie@natalierhodes.com">natalie@natalierhodes.com</a>
11. Millie Tolani	SLO Botanical Gardens	<a href="mailto:millie@slobg.org">millie@slobg.org</a>
12. Mayra Valencia	Eckerd Connects	<a href="mailto:Mvalencia@eckerd.org">Mvalencia@eckerd.org</a>
13. Sara Rodrigues	Eckerd Connects	<a href="mailto:sarodrigues@eckerd.org">sarodrigues@eckerd.org</a>
14. Dr. Nisha Carter Abdul	Behavioral Health	<a href="mailto:nabdulcader@co.slo.ca.us">nabdulcader@co.slo.ca.us</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

Rebecca Parham	<p>Rebecca reviews shared agreements:</p> <ul style="list-style-type: none"> <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 includes 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> </ul>
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<p>Michele Simone</p>	<ul style="list-style-type: none"> <li>- We are aware of who is in the room, who is not in the room, and any positions of power. We are committed 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 harmful impact we might have.</li> <li>- We are aware of how much we are participating. If some of us generally speak a lot, we consider making space for others to speak. If some of us generally participate less, we consider taking space and sharing with the group.</li> <li>- We rely on the use of a “parking lot” to catch ideas that we collectively agree are not a priority in the moment, but are important, to address at a later time.</li> <li>- With this, we welcome each other and acknowledge our shared mission to utilize and promote trauma informed, diverse, equitable and inclusive principles in our agencies and our community.</li> </ul> <p>Michele shares we support efforts to affirm tribal sovereignty across what is now known as California.</p> <p>We respectfully acknowledge that we live and work in territories where multiple indigenous nations and tribal groups are the traditional stewards of the land—that they have called home—and whose ancestors have resided here since Time Immemorial.</p> <p>We acknowledge the trauma caused by colonialism and seek to find skillful ways to contribute to the healing and reconciliation now and for future generations.</p>
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**INTRODUCTIONS, ANNOUNCEMENTS, CELEBRATIONS**

<p>Leann Eddy</p>	<p>Group roundtables introducing themselves and the agencies they work for.</p>
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**GUEST SPEAKERS - Millie Tolani**

<p>Millie Tolani:  San Luis Obispo Botanical Gardens</p>	<p>Millie shares San Luis Obispo Botanical Garden’s mission is “To honor and preserve our connection with nature”.</p> <ul style="list-style-type: none"> <li>- Millie facilitates visualization activity with group.</li> <li>- San Luis Obispo Botanical Garden was founded in 1989 by Eve Vigil and officially opened their doors in 1997. <ul style="list-style-type: none"> <li>o The original idea of the garden developed when Eve was setting plants for the 5 different Mediterranean climate zones that all grow well in our region.</li> <li>o The Childrens Garden opened in 2007</li> </ul> </li> <li>- With the guidance of Dr. Nisha Abdul-Cader, San Luis Obispo Botanical Garden received grant funding from First 5 to develop and implement programs for children, families, and early childhood professionals that focused on <u>using nature as a tool to promote resilience and prevent the long-lasting effects of childhood trauma.</u></li> <li>- Programs developed at the garden with Trauma Informed structure in mind: <ul style="list-style-type: none"> <li>o Soul and Soil: Prenatal and Postnatal Gatherings <ul style="list-style-type: none"> <li>▪ Focused on supporting parents in all phases of the birthing process.</li> <li>▪ Meet twice a month with a doula as well as other guest educators and experts.</li> <li>▪ Topics can range from advice to nature grounding and connection and everything in between.</li> </ul> </li> <li>o Little Acorns Parent Participation</li> </ul> </li> </ul>
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- Early education paired with parent education once a week in the Children’s Garden.
    - Can consist of group hike, craft activity, or age-appropriate book with free play first hour and last hour of class.
  - Fully outdoor toddler and preschool curriculum with a certified early educator.
  - Parents get the opportunity to connect with their children and with each other.
  - Started with 15 families once a week, now 70 families two days a week.
    - Offered on Wednesday and Thursdays
- Tours and Talks – Offer scientific based lectures and tours, some tour topics are garden, horticulture, landscape design.
  - Recently held a Bat Walk and Talk, participants of all ages learned how to use sound monitoring devices for echolocation. Identified 9 different species of bats in the garden.
- Art workshops such as, Nature Journaling, Botanical Illustrations, Silk Dying and Fused Glass and many others.
- How to Access the Garden: 3450 Dairy Creek Road, San Luis Obispo
  - Open 10-4 Wednesday – Saturday and 10-2 on Sunday
  - Admission, memberships and paid programs
    - Annual Passes
      - Individual \$65
      - Household \$80
  - Free Family Day is available to anyone on the second Sunday of each month with guest presentations and fun activities for all ages.
  - Free membership is available through volunteering at the Garden.
  - Free admission available through the Discover and Go Program
    - Operated through SLO County Libraries
  - Discount available for Nonprofit events and tours
  - School Tours
    - No charge if under 60 participants
- Millies shares the Impact of Childhood Trauma and protective factors that promote resilience.
  - Support from family, friends, people at school, and members of the community
  - A sense of safety at home, at school, and in the community
  - High self-esteem and positive sense of self-worth
  - Self-efficacy
  - Spiritual or cultural beliefs, goals, or dreams for the future that provide a sense of meaning to a child’s life.
  - A talent or skill in a particular area (e.g., excelling in school or in a sport)
  - Coping skills that can be applied to varying situations.
- Community Support and Safety
  - Heavily volunteer-supported programs
  - Relationship building with the outdoors and with one another.
  - Collective care for the garden and for the outdoors
  - Learning to navigate and understand nature helps children (and adults) develop the skills to assess threatening or non-threatening situations.
    - One example is being around bees.
- Self-Efficacy and Developing Personal Interests
  - Safe spaces to practice risk taking.
    - Such as tree climbing.

	<ul style="list-style-type: none"> <li>○ Community science projects and participating in research. <ul style="list-style-type: none"> <li>▪ Pollination Study, children will pick plants and count how buds are on the plant as well as how many bees or other pollinators are on that plant. <ul style="list-style-type: none"> <li>• Data is uploaded into world research on pollinators.</li> </ul> </li> </ul> </li> <li>○ Building children's physical skills and confidence through outdoor play.</li> <li>○ Space and means to fully investigate one's curiosities.</li> <li>– Millie shares the act of honoring and preserving our connection with nature.</li> <li>– Coping Mechanisms <ul style="list-style-type: none"> <li>○ Millie and group share ways they get outdoors to help them feel better such as taking a walk, gardening, swinging in a tree hammock and/or going for a run.</li> </ul> </li> <li>– The Garden as a Co-Therapist <ul style="list-style-type: none"> <li>○ Therapies that use the outdoors as a tool (therapeutic gardening, outdoor activities)</li> <li>○ Nature interactions and experiences and ultimately relationships as a partner in bringing understanding and healing.</li> </ul> </li> </ul>
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**UPDATES**

<p>Barry Johnson</p> <p>Leann Eddy</p>	<p><b>Breakout Session Responses</b> - Group reviews responses from the Trauma Informed SLO Meeting in July.</p> <ul style="list-style-type: none"> <li>– Leann shares as a direct result of feedback received during this breakout session Restorative Partners will be presenting at the next meeting on November 16<sup>th</sup>.</li> <li>– Breakout session responses were also incorporated into July's Trauma Informed SLO minutes.</li> <li>– Barry shares these breakout sessions were an extension of conversation nearly two years ago as Trauma Informed SLO was developing. With conversations of what is happening, as well as what is still needed in our community as far as a trauma informed lens and approaches. <ul style="list-style-type: none"> <li>○ This information is additionally shared with Natalie and Becca in the development of the Community Needs Assessment.</li> </ul> </li> </ul> <p><b>Bridges to Resilience Conference -</b></p> <ul style="list-style-type: none"> <li>– Barry shares a couple key takeaways for him from Ron Huxley's presentation: <ul style="list-style-type: none"> <li>○ How to Take Care of the Healers <ul style="list-style-type: none"> <li>▪ The importance of micro self-care or micro regulation <ul style="list-style-type: none"> <li>• Self-care can also be a 5-minute breath in the middle of the day or a little bit of yoga.</li> </ul> </li> </ul> </li> </ul> </li> <li>– Natalie shares over 200 people were in attendance. Through pole at end of Ron's Lunch and Learn, 98% of responses were that attendees were interested in a 2-hour virtual training. Hope to pull together Tri-County partners to co-sponsor training for the three counties.</li> <li>– The next Lunch and Learn "Creating Positive Experiences for Youth" is Wednesday November 15<sup>th</sup>. Registration hasn't opened yet, keep an eye out for email from Natalie when registration has opened.</li> <li>– Natalie additionally shares, they're taking steps for in person full day Bridges Conference in Santa Barbara in 2024.</li> <li>– Barry shares through the Bridges to Resilience website (<a href="https://www.bridgestoresilience.com">https://www.bridgestoresilience.com</a>) you can access materials such as previous keynote speaker recordings. <ul style="list-style-type: none"> <li>○ T-MHA recently did a lunch and learn, rewatching Dr. Sege and having time after for discussion on how this impacted them and how they can bring this into their work.</li> </ul> </li> </ul> <p><b>Sticks &amp; Stones -</b></p>
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	<ul style="list-style-type: none"> <li>- Leann shares discussions on the Sticks &amp; Stones pilot project continue, with most recent meeting being with Harmony at Home and San Luis Obispo County Office of Education (SLOCOE) September 5<sup>th</sup>. SLOCOE requested contacts for further feedback from schools that are currently utilizing this program in Monterey county. A meeting to discuss next steps is expected to take place in the next two weeks.</li> </ul> <p><b>TIC Community Needs Assessment -</b></p> <ul style="list-style-type: none"> <li>- Natalie shares that she and Becca are happy to be having monthly meetings scheduled with the Steering Committee through May. Meeting with the Steering Committee helps prioritize questions for assessment, so the final project collects information we are all seeking.</li> <li>- Natalie shares she and Becca have a list of agencies that they will be reaching out to, though will be looking to this group for further help distributing the assessment survey in November.</li> </ul>
<b>CLOSING COMMENTS</b>	
Group	<ul style="list-style-type: none"> <li>- Michelle thanks Millie for her presentation and reminds the group of special meeting date for the next Trauma Informed SLO meeting falling on the third Thursday, November 16<sup>th</sup>.</li> <li>- Rebecca also thanks Millie for her presentation, and her service through San Luis Obispo Botanical Garden. She additionally thanks Natalie and Becca for their work on the TIC Community Needs Assessment.</li> </ul>

**Next meeting: Thursday, November 16, 2023 from 1:30 PM -3:00 PM via Zoom**