

Trauma Informed Hampshire County:

A network responding to adverse childhood experiences by building resilience

Minutes

Interim Coordinating Council

Thurs June 23, 2022 1-3 pm

on Zoom

Present: Ariane K, CSO; Chase G, CSO; Sheila M, Literacy Project; Heather W, SPIFFY; Steve B, Traumatic Stress Inst; Heather C, Community Member; Ruth E, TIHC staff; Jenifer U, MAMH rOSIE M, Optimistic Options

Regrets: Heather W, Laurie L

We started out looking at the website color palette options proposed by Brick House Design now that they have begun work on our website. There was broad agreement on one option, and expressed concerns about how the colors will be used and the importance of readability. Ruth will get back to them with our choices.

Budget/Funding: no significant changes lately, but it seems our amendment line item in the state budget is moving through and likely to get passed. In the meantime, there are no more funds to pay Ruth until (or if) this happens. Ruth reported attending an informational session in Northampton about the city spending \$4 million of its ARPA funds for Covid recovery on community focused support. A few ideas make sense at this stage for what we can apply for:

- 1) Fiscal support for an in-person 2023 conference on trauma informed/healing work with exciting speakers that can help draw an audience.
- 2) Listening Circles of some kind, to promote connection or create opportunities for us to hear what the needs are and for community members to feel heard. A few ideas came out of this—doing a visible event in a few towns where people set up chairs in the center of town and invite anyone to stop and be listened to for some amount of time; creating actual listening circles in various sectors of the community to both create opportunities for people to air their feelings and to help us hear what the needs are around trauma work so we can gear our Roadshow presentation more directly to what is needed; also expressed were concerns about what other kinds of follow up might need to be in place if we create listening circles for groups. It could generally be an opp to help people see how trauma is impacting their lives, esp people who likely don't identify themselves as suffering any ill effects from Covid/trauma.
- 3) Do a more visible, blitz-like countywide event to raise awareness around being trauma informed and spread a message, hold events, etc. for a week or a month.
- 4) Focus on PACES and the positive impact we can each have, particularly on children.
- 5) We can also research what other municipalities are doing with their ARPA money and see if we can apply to multiple towns since our focus is countywide.

There was a proposal for a summer learning series that Ruth and Laurie were going to organize, but after more discussion, we all agreed that instead of focusing on watching more videos from the Wisdom of Trauma series, which is pretty intense, that we focus on positive, fun, and connecting activities that are based in the body and allow us to touch into our playful

selves. If Ruth is able to work this summer (ie there are funds), she can help organize this, hopefully with Laurie (who is on vacation this week).

We all shared deep appreciations with rOSIE and Steve, who are both stepping off the Coordinating Council, but will stay involved with TIHC. They both have deep knowledge and expertise that they have shared with us, along with big doses of kindness that we all appreciated! Thank you both for your invaluable contributions!

This means we should recruit some new members to our CC and to the TIHC group in general. Although we have come very far from a year ago, we still want more engagement from a wider circle of people. We talked about reaching out to DMH to be sure they stay connected with us since Earl M left there and Anne Marie M retired. Jenifer will reach out to her contact there; perhaps they can come and present at a meeting about their very active DEI committee.

Conference Planning: we brainstormed ideas about topics and speakers and agreed we need a separate subcommittee to continue this planning, over the summer and into the fall, so we can be sure to be ready to apply for ARPA funds in the fall and to secure speakers and a site, etc. Some names we came up with: Kevin Hines, Nadine Burke Harris, Resmaa Menakem, Ruth King. Likely we can't afford or get any of these folks, but we also discussed people like Rob Okun and his colleague James Arana as local experts on toxic masculinity, a topic that came up around school violence and suicide prevention, and also how it all impacts first responders who can't admit how the trauma is impacting them and their work. Wildflower Alliance was also mentioned as a group doing alternative approaches, outside the mainstream on suicide, along with PAUSE (?). Also, Jenifer mentioned Pete Muller, a National Geographic photographer who focused on men and war when he was at Mt. Holyoke and they may still have his photos which perhaps we could put up, to bring an art component to the conference. Lastly, rOSIE urged the focus to stay on healing so that the framing of the conference is on that instead of on trauma, which sets a different tone while accomplishing the goals. Ariane, Chase and rOSIE all agreed to help with the planning.

Upcoming events mentioned:

<https://mailchi.mp/ispcan.org/ispcan-webinar-balancing-aces-with-hope-227704?e=3997010832>

The Harm of Child Removal and How to Reduce It Tuesday, June 28 10:00-11:00 a.m. EST

Pete Muller Photography:

<https://www.petemullerphotography.com/index/G0000MfTWN6962sE>