

Trauma Informed Hampshire County:

A network responding to adverse childhood experiences by building resilience

Coordinating Council Minutes

Thursday, March 24, 2022

1:00-3:00 p.m.

Item	Next steps/By Whom
<p><i>Present: Heather W, Ariane K, Steve B, Ruth E, Melinda C., Laurie L., Jenifer U(had to leave early)</i> <i>Regrets: Heather C, Rosie M</i></p>	
<p>Debrief on TIHC Network meeting from March 10 While the turnout was disappointing, since most of the people who came were from our Coordinating Council, there is a sense that we are building the scaffolding for a stronger foundation now, with our strategic compass and informational meetings. It is also true that more people seem to come out when we offer educational/trendy/presentation style meetings. We agreed that our focus for the next few meetings should be on interesting presenters, along with short committee updates as needed. And each meeting should include a DEI (diversity, equity and inclusion) piece so that it stays central and informs all our work.</p> <p>We discussed who else could be reached out to, which sectors aren't yet at the table and how to do that. Is every group either impacted by trauma or doing work related to trauma informed work already on our mailing list? Can we reach out to anyone who isn't?</p> <p>We can revisit the google doc we got from PACESConnection that lists multiple sectors for us to fill out to see our gaps. There was a discussion about engaging with schools more, and how CES is already so actively engaged with doing trauma-informed teaching to schools, and how it seems to make sense for us to continue to focus on the non-teaching staff in particular, and the parents. And on policy issues.</p> <p>Committee/Team Reports & Discussion</p> <ul style="list-style-type: none">• Fundraising Team: It's time to reach back out to Rep. Lindsay Sabadosa to see if there is any update with our request for an earmark of \$25-35,000. Melinda confirmed that her request for funds from MTCP (tobacco funds) has been approved for \$12,000 and we will be getting that money! Good news! This will enable Ruth to be (back)paid and we can pursue getting a website set up. We generated names for website designers who might be familiar with working with nonprofits and being ADA compliant.	<p>Ruth will look at the sector document we started and see what else can be done with it.</p> <p>Ruth will look at the existing mail list (about 100 contacts) and if she can, copy and share it with the group to all be able to look at it and comment on who's missing.</p> <p>Heather W will email LS, as the fiscal agent, and cc Heather C who initiated the outreach. Ruth will reach out to the 3 places we identified today to set up interviews. Ariane will ask her IT guy for</p>

<ul style="list-style-type: none"> Programming Team: There is a google form now that people can fill out to suggest a speaker, topic or agenda item. Access it HERE. The Programming team will review all suggestions and have some criteria by which to make decisions including that it relates to our mission, fits in with healing as a priority vision or focus and is generally forward focused, cutting edge or seems useful to some sectors. A template agenda for the full meetings has been created to make it easy for anyone to help plan it and includes starting with the breath, a DEI exercise, a review of some aspect of our strategic compass (eg mission), team updates and educational/interactive piece. Other ideas we generated around topics for future TIHC meetings: <ul style="list-style-type: none"> someone from TransHealth to talk about trauma and support in the trans community and their work; presentation on Havening Technique; any topic that crosses and links different sectors–TIC is central spoke of wheel and we can point out the links on different topics; Bessel van der Kolk’s short film about the curative power of psychedelics for healing trauma, which generated a lot of discussion and varying viewpoints and discomfort so we agreed this needed more discussion before we scheduled it or anything about psychedelics. It is still controversial, and some felt that the danger of the commercialization of psychedelics (like what’s happening with cannabis) is of concern and should be considered along with discussion of the medicinal value of them. In other words, how do we facilitate a discussion/presentation that takes all this into account or makes room for it all? It also comes up in the Wisdom of Trauma film, Michael Pollan’s book, Changing Your Mind, etc. The CC agreed with the recommendation from the PT that we plan for a Spring 2023 regional conference. We will create a separate team to do this most likely, but this timeline means we have time to start planning for it. Governance Team: Is still trying to find a time they can meet. So far, it is Melinda, Heather C and Heather W, but others are most welcome. We discussed how useful it might be to have a training/presentation on various types of alternative governance like sociocracy, shared leadership, comparing to traditional models, etc. Policy (not meeting yet): Jenifer is chair, but is still dealing with family medical issues, so has been unable to start this, but has been enthusiastic about reconvening this group. 	<p>suggestions on questions to ask them. Anyone can make suggestions to Ruth too. Or look at the remarks and designers we reach HERE</p> <p>Ruth will ask around and see if there is someone who can articulate various approaches for us.</p> <p>We will put discussion of psychedelics on agenda for next time, and build in more time like 20-30 minutes and make sure rosie is there for it.</p> <p>Melinda is chair of GT and will convene it soon.</p> <p>Jenifer will organize meeting when she can.</p>
<ul style="list-style-type: none"> Coordinating Council Meetings: 4/28; 5/26; 6/23 from 1-3 pm. On zoom until further notice. https://us02web.zoom.us/j/83954720597?pwd=UGY4UzhVaFRRM0dFK1g0WUIPcHBVdz09 	