

# Trauma Informed Hampshire County:

*A network responding to adverse childhood experiences by building resilience*

## Minutes

Interim Coordinating Council

Thurs April 28 1-3 pm

on Zoom

**Item** **Next steps/by whom**

<p><b>Welcome</b></p> <ul style="list-style-type: none"><li>• Breathe together, grounding</li></ul> <p><i>Present: Ariane K, CSO; Chase G, CSO; Sheila M, Literacy Project; Heather W, SPIFFY; Steve B, Traumatic Stress Inst; Laurie L, NWDA; Heather C, Community Member; Ruth E, TIHC staff.</i></p> <p><i>Regrets: Jenifer U, rOSIE M</i></p>	<p>➤</p>
<ul style="list-style-type: none"><li>• <b>Website and Logo Discussion</b> with Brick House Design owner Tyler Besse. They are local company, working mostly in Berkshire County. Beginning stages of developing our website, and a logo. After initial meeting with Ruth, Tyler outlined the layout so far with these pages:<ul style="list-style-type: none"><li>○ Home</li><li>○ Services/What we offer</li><li>○ About</li><li>○ Meeting minutes</li><li>○ Upcoming events</li></ul></li></ul> <p>There will be places for people to sign up to be on our mailing list, links to other agencies/member groups and links to national organizations and trauma related resources. Maybe bios of team members or Coordinating Council members.</p> <p>Some highlights from our discussion around ADA compliance and making our website accessible to people with visual challenges: Heather C suggested treating it like it's a brick and mortar building and making it work from the start as opposed to trying to retrofit it later. Design needs to be android/mobile device friendly, high contrast colors, being able to easily switch to Spanish, ability to tab through website, easy to read fonts, low literacy language as well.</p> <p>No one seemed to have a strong color palette, but there was general agreement it should feel soothing/warm and welcoming, and color coding to help the eye follow the flow easily.</p> <p>Logo: Tyler pointed out that there are several options for this: only letters, or have the name or letters along with an image, or only an image, etc. See some examples below. We brainstormed some general <i>feelings or words</i> that convey who we are and came up with words like:</p> <p>Network; connection, resource, education, inclusively creating healthier communities, systems change, creating safer community for all, welcoming, arms/hands, being held by community, a daisy chain (linked), strong in the broken places.</p>	<p>➤ Heather C and Ruth will be the initial vetters with whatever Brick House comes up with, then bring it to the CC and eventually the whole network and others who would be our target audience, for feedback along the way.</p>

Heather C drew an image using the letters TIHC (see below). Seemed to be general agreement that our identity is focused around TIHC letters and might be easiest way to create a logo. Tagline is too long (see above) but can be incorporated elsewhere. Some discussion but no agreement around removing the words “a network” to shorten it.

- **Strategic Priorities:** where are we at? This was a checking in point. Somewhat free form discussion that touched upon:
  - Ariane referred to the Self Healing Communities Initiative, a RWJ project, that Laura Porter presented on at our conference several years ago. Ariane suggested we revisit this as a possible model and inspiration for how we organize and effect change. It was highly successful in showing positive outcomes in Washington state where they got a lot of money to create a statewide initiative. Heather C pointed out that it did show good outcomes for most communities but not the indigenous community there and we need be careful about distinguishing between “success” and how that’s defined vs. resilience. Or how we talk about diversity and inclusion, but need to be clear about *diversity from what? Inclusion to what?*
  - Discussed the value and pros/cons of being a “vetting” agency; that is, creating TIC standards for the county and inviting groups to get certified or sign up in some way, using Roadshow and more training opportunities etc. to help residents know or see that businesses and agencies are actively working to be TI. Steve and others pointed out the incredible challenge in doing this, maintaining and reviewing groups once they do get “certified” and how it’s probably very unrealistic for a tiny org like ours to take this on. But we might be able to do small pieces of this, examples we discussed: have our website list agencies and resources and what they offer and for whom; advocating on behalf of community members to educate groups on being more TI (Ruth gave example of someone who was triggered by loud screens at the gas pump, and how we could advocate to the gas station chains to change their practices), creating one-pagers that can be easily used and shared with basic info. Heather C described this as “Community Care”. *Think Big, Start Small*. What CAN we manage? Training and education?
  - Mental Health First Aid: both CSO and CES are offering and promoting this program/training. Heather W suggested TIHC could help support and promote this.
- **Funding**--the amendment that Rep. Sabadosa put forward to include funds for TIHC hasn’t gone anywhere yet. This is a good time to contact our reps/senators and urge them to support this funding. Heather W can continue to be in touch with her. Heather C suggested we email everyone who’s done our Roadshow training and ask folks to contact their reps in support of helping us get more stable funding. If the house doesn’t vote on it, it will need a separate amendment introduced in the Senate to get it voted on there. It’s House bill #905.
- **Governance**--team has not met yet. Melinda has had challenges getting group together and not enough people are involved. We all agreed to put this on our next month’s agenda.
- **Programming**--the Havening Practitioner will present for 60 min. Programming team meets next week.

*Notes prepared by Ruth Ever, along with input from Heather W.*

- Each team can revisit our priorities at their meetings.
- Continue to create one-pagers

Heather W and Heather C will continue to monitor. Ruth will work on an email that could go out to everyone we can find an email address for.

Governance team needs to meet, but in the meantime, our May 28 meeting will focus on learning more about styles of governance.