



Trauma-Informed Hampshire County
Monthly Network Meeting
Thursday December 14, 2023 1-2:30 on Zoom

MINUTES

Present: Heather Craig, community member; Gretchen Emond, The Support Network; Alexa, and Michelle Rodriguez, ARPS Family Center; Nashaly De Jesus, Safe Passage; Diana Yourke, community member/Ayurvedic practitioner, Dee; Mary Cowhey, Families with Power; Taylor McAndrew, Hampshire HOPE; Christine Dutton, Dutton Consulting; Ariane Krumholz, CSO; Heather Warner, CES/MTCP; Kris Hoag and Alene Motta, Belchertown PS and BOAT coalition, David Kieval, psychologist CSO; Angelica Lopez, Mitra Healing Centered Yoga; Amy Cronin DiCaprio, SPIFFY; Erika Musselman, 18 Degrees; Ruth Ever, TIHC staff. **Regrets:** Sheila Murphy, Jenifer Urff, Chase Giroux, Laurie Loisel.

Ruth Ever introduced Liz Friedman, CEO and Co-founder of GPS: Group Peer Support, Inc.

Liz then led us through our grounding opening, which at GPS is called a Mindfulness Rest Stop and an opening question for our DEIC reflection: *think of a time you were in a group that went really well. How did it make you feel?* We broke into small groups to discuss for about 6 minutes.

The rest of the session, Liz presented on how the GPS peer group model uses trauma informed and evidence based practices to help people heal and connect using the power of the group/community.

Key points:

Trauma informed groups can help knit us back into the fabric of life and give us a pathway to healing and breaks isolation. Social support is the first line of defense.

GPS Theory of Change posits:

- Healing from personal and collective trauma is possible
- Human attention allows healing to begin
- Connection is key to human resilience
- Courage and resilience are muscles that can be developed.
- Speaking our truth is a revolutionary act.
- Trauma-informed groups maximize healing exponentially, increase human attention and expedite resiliency.
- Personal transformation leads to collective transformation.

A proposed TIHC—GPS partnership could look like:

1. Train volunteer group facilitators from across the county
 - a. Identify leaders from diverse populations, communities, identities.
 - b. Provide GPS training and ongoing professional development
 - c. Develop GPS for TIHC curriculum
2. Provide free groups to meet community needs in times of trauma and hurt
 - a. Tragedies

- b. Community specific crises
 - c. Environmental crises
 - d. State, national or international crises
3. Evaluate and assess impact with Smith College (or other Academic Partners)
- a. Develop participatory research design
 - b. Assess impact for facilitators and participants
 - c. Share outcomes with community to understand impact

The session was recorded and can be viewed on our website.