



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

## Network Meeting

### Minutes

Feb 9, 2023 1-2:30 pm on zoom

**Present:** Laurie Loisel, NWDA; Ruth Ever, TIHC; Lisa Goldsmith, SPIFFY; Chase Giroux, CSO; Alene Motta, DFC/BUOY; Christine Dutton, Dutton Consulting; Heather Craig, community member; Heather Warner, MTCP; Gretchen Emond, Support Network; Alexandra Mello, Food Policy Council; Laura Pearl Spivak, CAC; Jacquie Oullette, Cooley Dickinson; Sheila Murphy, Literacy Project; Erika Musselman and Jen Swetland, 18 Degrees.

<p><b>DEI exercise</b> as a lead-in to the presentation today (goal setting)</p>	<p>Did you make New Year's resolutions? Do you like them? Why/why not? Do they work for you?</p>
<p><b>Presentation/Education</b></p>	<p><b>Erika Musselman</b>, has worked at 18 Degrees (formerly Berkshire Children and Families) in community centered family support since 2014. A former HS English teacher, she transitioned to social work and earned her LSW in 2019. She was joined by Jen Swetland from 18 Degrees too. Erika talked about the free <b>Parent Wellness Program</b> which is a strength-based and trauma-informed program that uses the framework of Mobility Mentoring, a model based on research, to support program participants in setting and achieving the goals they identify as important. This model directly addresses how trauma, chronic stress, and scarcity affect brain function and executive functioning skills. Using a variety of tools including motivational interviewing, individual reflection on motivation, self-assessment of executive skills, and use of recognition and incentives, mentors support families in identifying and building on the skills necessary to set and achieve their long-term goals. They are currently still accepting new interested candidates to the program. Flier is attached and recording of the meeting available on the <a href="#">TIHC website</a>.</p>
<p><b>Announcements</b></p>	<p>The Support Network will be holding a Gender Affirming Families and Communities training with James Shultis from Translate Gender on February 5th at 6:00 on Zoom. All are welcome. You can rsvp to Gretchen at <a href="mailto:gemond@wmtcinfo.org">gemond@wmtcinfo.org</a>.</p> <p>Next TIHC network meeting is <b>Thursday February 8 1:00-2:30 pm. Topic will be on trauma and systems/policy change.</b> Presenters will be Jesse Kohler from the national CTIPP and Jenifer Urff, from MA Association for Mental Health. Other panelists still pending. Zoom Link <a href="#">HERE</a>.</p>