



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

## Network Meeting MINUTES

**Thurs Oct 12, 2023 on Zoom**  
**email: [tihc@wmtcinfo.org](mailto:tihc@wmtcinfo.org)**

Time	Item	Next steps/Actions
I. 30 min (Chase)	<p><b>Welcome</b> <i>Present: Chase Giroux–CSO; Jenifer Urff–MAMH; Ariane Krumholz–CSO; Nan Sibley–CAPV Hub; Jess Cox–TIHC intern; Lisa Goldsmith–SPIFFY; Laurie Loisel–NWDA’s office; David Kieval–CSO; Taylor McAndrew–Hampshire HOPE; Alexandra Mello–Food Policy Council; Heather Warner–HFTCP; Dafnah Meron–LICSW</i></p> <ul style="list-style-type: none"> <li>● Grounding–did a metta/loving-kindness meditation today, sending this mantra to ourselves, someone we love, the whole meeting, our wider circles and world. <i>“May you be happy; May you be healthy; May you be peaceful; May you be safe”</i></li> <li>● Diversity, Equity, Inclusion &amp; Connection question: <i>How are you supported as a caregiver (whether you do it professionally or personally with family, etc); what is challenging for you as a caregiver? and what do you do (or would like to do) to nurture yourself (physically, emotionally, spiritually, creatively, etc?)</i>.</li> <li>● Brief introduction of TIHC’s intern, Jessica Cox, a fellow from Smith College, and announcing our two new Coordinating Council members, Celeste Clerk from DMH and Alfred Kimani, teacher and community activist and then everyone on the zoom call did introductions.</li> </ul>	
II. 5-10 min (Jenifer)	<p><b>Legislative News</b></p> <ul style="list-style-type: none"> <li>● Two federal bills coming through now need our support. Description on <a href="#">CTIPP’s website</a>: <b>The RISE from Trauma Act</b> would expand the trauma-informed workforce in schools, healthcare settings, social services, first responders, and the justice system, and increase resources for communities to address the impact of trauma. The <b>Community Mental Wellness and Resilience Act</b> would help communities proactively develop local strategies to build population-level resilience by planning for and responding to the mental health challenges caused by disasters and toxic stress. The International Transformational and Resilience Coalition also has info about the “<a href="#">Community Mental Wellness and Resilience Act</a>” on their website.</li> </ul>	<p>Support policies that are trauma informed and trauma responsive for our communities. Make your voice heard!</p>

	<ul style="list-style-type: none"> <li>At the state level, DESE has updated the health and wellness curriculum for pre-k through 12th for the first time in 24 years! You can download a copy of the curriculum on this press release page which just came out a few weeks ago <a href="#">HERE</a></li> <li>The state budget added \$300,000 for refugee and immigrant support particularly around trauma related work, which MAMH advocated for (shout out to Jenifer for her advocacy on this).</li> </ul>	
<p>II. 15-20 min (Ruth &amp; others)</p>	<p><b>TIHC News &amp; Updates</b></p> <ul style="list-style-type: none"> <li>Earmark funds renewed for FY23-24. Due to ongoing support from our local legislators, particularly Jo Comerford, TIHC was level funded with a \$35,000 earmark in the state budget. This gives us time to find more sustainable funding with development support from our admin partner, the Western MA Training Consortium.</li> <li>Check out our <a href="#">website</a> for minutes, updates, events, etc.</li> <li>Restructuring Governance Project: TIHC year long project to examine and shift our organizational structure using a DEI&amp;C lens. Contracted with <i>Nonprofit Solutions Associates</i>. Design Team has started meeting with the consultants; anyone else interested is most welcome!</li> <li>TIHC film series with discussion was so well received, it will continue this year. 4+ trauma-related films being planned across the county. Dates are being finalized now.</li> <li>We are planning a regional conference that addresses the latest trends in the trauma response field while modeling a nourishing and inspiring format. Probably for 2025.</li> <li>Next general Resilience Roadshow will be offered soon, in early November.</li> </ul>	<p>Ruth will continue to work with WMTC development team to find more stable funding for TIHC</p> <p>Want to join the Design Team or the Programming or Conference Planning Teams? Reach out to Ruth at <a href="mailto:TIHC@wmtcinfo.org">TIHC@wmtcinfo.org</a></p> <p>First film will be shown at Smith College in November. Details coming.</p> <p>Next Resilience Roadshow being scheduled for November.</p>
<p>III. 20 min (Ruth, Jenifer &amp;Sevi)</p>	<p><b>Presentation: Building Resilience in Families</b> <b>6-slide presentation available <a href="#">HERE</a></b></p> <ul style="list-style-type: none"> <li>A team consisting of staff/members from Healthy Families, Amherst CRESS, Families with Power, MAMH, TIHC joined forces to create this new program with a grant from Center on Child Wellbeing and Trauma</li> <li>Jenifer and Ruth shared background on program and how it changed with feedback from our pilot trainings. Parents really need time to share and talk to each other in addition to learning about ACEs, and how to build more resilience in children and families. 2-hour training is ready to be offered in English or Spanish.</li> </ul>	<ul style="list-style-type: none"> <li>➤ <a href="#">Email Ruth</a> if you have ideas of where we can offer this program.</li> <li>➤ Email Ruth if you want to be trained as a facilitator</li> </ul>
<p>IV. 10 min</p>	<p><b>Next TIHC Meetings:</b> <b>Nov. 9–Handle with Care</b> presentation, with Kara McElhone from Children’s Advocacy Center and NWDA’s office will present, with focus on Belchertown and South Hadley and how the program is rolling out in Western MA. <b>Dec. 14–GPS presentation</b>, with Liz Friedman, CEO and co-founder of Group Peer Support. The Group Peer Support approach is a trauma-responsive support group model based on evidence-informed modalities that has been replicated in diverse communities nationally. Learn more <a href="#">HERE</a></p>	<p>If you have ideas for topics and presenters, let us know!</p>