



## Snohomish County Children's Wellness Coalition

**August 18, 2017**

9:00 to 10:30



**In Attendance:** Christy Anana, Mary Lynn Antush, Maribeth Darst, Bonnie Decker, Jan Finley, Amanda Franke, Lindsey Greene, Cleo Harris, Constance Hockett, Susan McCarthy, Nicole McMurray, Laura Mote, Liza Patchen-Short, Desmond Pullen, Nathan Ray, Janelle Sgrignoli, Kristi Slette, Dennis Smith, Kayla Valley

**Liza Patchen-Short welcomed everyone. Introductions were made around the room.**

**Liza Patchen-Short provided an update on where we are at in our progress on trauma informed communities.**

- We have committed to 10 schools, and adding 10 more so there will be 20.
- We are going to ask for a letter of intent with a due date of September 22.
- Open house September 8 for schools learn more, decide to sign up.
- Larger questions:
  - How do we look at making the larger community trauma informed?
  - We've got schools coming on board, how do we address families and agencies, etc.?
  - How we can train people to have this designation?

**Liza introduced Kristi Slette, Executive Director of Whatcom Family & Community Network:**

Presented a train the trainer model to help us look at training our community members to build a CARE (compassion, appreciation, resiliency, and empowerment) community.

- Emphasized that this isn't a canned curriculum, should be tailored for the community/group.
- It's not proprietary. Charge is for training, not materials.
- They work closely with Walla-Walla under the Mobilizing Action for Resilient Communities Grant.
- Mental model shift is most important: head heart connection must be there or you could do more damage.
- 27 years working on this: started training with people who were already involved, expanded from there.
- Whatcom Family & Community Network has a group called the ACES Resilience Team.
- Issues that arise in organizations: Strong pockets of resistance; embedded culture.
- The first goal was getting individuals able to feel confident hosting conversations: giving all the information on ACES etc. along with the model of the art of hosting.

**Overview of the training:**

- 2.5 days, 20 hours. Offered CEU's. Clock hours for educators and health care workers.
- \$135pp, Found financial buy-in important, but there was some scholarship funding.
- On the first day: standard three hour training called Power of Connection: overview of ACES etc.
- Group conversations among modalities, to talk about specific issues/topics for each group.
- Chance for participants to dig deeper into where they are in their personal development.
- Time focused making sense of our beliefs and how they might differ from others'.
- At the end of Day 2, people got into groups to co-facilitate with people from with different disciplines.
- On the last day, they split the group and they all got to run a session choosing a method of delivery.

Kristi passed out cards and asked everyone to write down what we think is next in moving our community forward in terms of trauma informed awareness.

### **Liza opened for questions/discussion with Kristi:**

- How much do trainings operate like a conversation café? There is always some component of it, but how much is dependent on the group's needs. The three hour Power of Connection includes about 1 hour.
- The training introduces you to the modalities, points to deeper trainings if you want to learn more.
  - There's a 3 day training on the art of hosting on Bowen Island in November
- Champions in schools: those champions are an important part of the co-facilitating model.
- Discussion about using the open space approach and finding the wisdom in the room.
- Discussion of how they work with providers - e.g. mental health. Whatcom's trainings are not specified.
- Certification approach? None. Whatcom is focused on facilitator's freedom, but with accurate messaging.
- Discussion on the diversity of Whatcom's group - of facilitators and attendees.
- Discussion of head to heart: Whatcom started by aligning with a group of people they already knew.
- Suggestion that we could begin by training this group.
- How successful have the Whatcom trainings been? Not fireworks, like a blooming garden.
- Their ACES document is on their document library or on their website. Becky made copies.
- Kristi found it helpful to have a "stay connected" card, so people at trainings could show interest in being a trainer, this is a great way to get a list going of people to reach out to for future trainings/champions.

Liza thanked Kristi and she left the meeting.

### **Unveiling our CARE Designation Guiding Principles: Laura Mote**

- The team was Desmond, Laura, Lisa and Johnny.
- Key principles for eligibility
  - Safety
  - Trustworthiness and Transparency
  - Peer Support
  - Collaboration and Mutuality
  - Empowerment, Voice and Choice
  - Resiliency
  - Cultural, Historical and Gender Issues
  - Training
- What is the vision is that an organization would do to obtain that designation?
  - An application with essay questions.
  - Some component of visiting the organizations and talking with them.
  - We want to make this as broad as possible, for different types of organizations.
  - We don't want to sound dictatorial.
- Liza asked those present for feedback:
  - There was support for an application with essays: a good thing to have essay questions that multiple staff members in an organization would have to answer together, also to address what is already happening as well as what they want to do.
  - There was also support for us visiting the organizations.
  - You may never achieve cultural competency. Different words were suggested.
  - Need to establish the metrics, and whether they will be different for different sectors.
  - Our process will probably involve a lot of trust and not a lot of monitoring.
  - Self-accountability in organizations might come from building champions in trainings.
  - It will be helpful to have a website or something with an overview and benefits of the certification.
  - We should think of bringing this to conferences we as group members are already attending.
  - There needs to be some kind of accountability, without playing bad cop.
  - We need to discuss how long the designation will last.
  - Possibly an annual survey: how many people attended how many hours training?
- Need to consider for us doing enrolling in a training course:
  - Who would we want to welcome to the training?
  - Is there a group that can commit to a three day training?
  - When would those three days be?
  - Price would be \$135pp, possible the County might pay towards it, use affordable space.

- Mary Lynn Antush said her group met to talk about what kind of training could be required for different levels of designation. Will be sending out a survey to agencies. We could add a question on whether they would commit to this training.

**Kayla Valley presented on some research on Wisconsin's statewide trauma-informed work.**

- Statewide approach, bipartisan
- County by county
- Parent training, behavioral health, community organizing
- Embedded in the state, not fragmented like WA

The survey will be sent out in the next two weeks, and Liza and forward it to anyone who might not get it via email already.

**Meeting adjourned at 10:25**

**Agenda items for next meeting:**

**Next meeting**