



Snohomish County Children's Wellness Coalition

October 20, 2017

9:00 to 10:30



In Attendance: Mary Lynn Antush, Becky Ballbach, Colleen Bowls, Leslie Brent, Mary Cline-Stively, Lindsey Greene, Christina Harpster, Tamra Hill, Ana Maria McCleary, Joe Neigel, Sadie Nelson, Sandra Olson, Nathan Ray, Gretchen Saari, Dennis Smith, Sue Starr, Kayla Vay

Liza Patchen-Short welcomed everyone and introductions were made around the room.

Liza Patchen-Short asked those to share what they are most proud of in terms of the coalition's focus in their respective work.

Updates – Liza Patchen-Short

- Reminder about the Resiliency Conference:
 - Xfinity Arena February 28 & March 1.
 - Almost full – booking fast – book soon for a spot.
 - Free, provides clock hours.
- Links and Alliances Conference was a huge success and a wonderful day.
- Children's Wellness and Youth Fair is May 5th, there will be free food, cycling gear, etc.
- There are an additional 9 schools signed up to become trauma informed, making 18 schools.
- November 30 meeting with people from LH2020, UWSC, Community Foundation of Snohomish, getting together to form a strategic plan. This meeting will be facilitated.
 - **If you want to be at that meeting, get in touch with Liza.**

Trauma Informed Community Train the Trainer Training

- Will be 3 full days – March 21, 22, and 23, 2018
- At the Everett Public Schools Community Resource Center
- Training will be done by three trainers from the Whatcom Family Center. They have trained a lot of people and have notoriety in this area. They will tailor the training to our needs.
- The training will be free, subsidized by the county.
- The training will be experiential. Attendees will be trained in ACEs, NEAR Science, resiliency, and more, with the goal of leaving with the tools to train an agency in these topics.
- It will be expected that all of those trained will take their training into their respective or another organization of choice within 1 year.
 - It is still uncertain how long the designation will last and how the commitment will be monitored.
 - Discussion of having a requirement that a top-level person within each agency sign off on the training and bringing it back into their organization.
 - Liza took account of how many of those present would have sign off to deliver this in their organization. There were 11 organizations. It was discussed that some organizations might have more than one representative in the coalition, but also that perhaps some organizations would benefit from having more than one person trained.
- 40-60 people can attend. The coalition gets first priority. Discussion of whether/who to invite after that:
 - After the coalition, there will be space left over, do we want to fill those spaces?
 - It was presented that it should be kept at least at a 2-1 ratio; 2 coalition members for 1 guest.

- It was presented that perhaps other organizations could come along with match funding for completing training/doing the requisite training.
 - **If you know you want to attend this training, start talking to your employers about it and planting seeds.**

Moving Forward with Trauma Informed Work

- Let's say in five years, the coalition won an award for its work. What kept you coming back?
 - Action
 - A sense of consistent progress
 - Connection and ability to network
 - Really good snacks!
 - It feels like self-care to be in the meetings, even after jumping through hoops to come
 - Finding out what's out there and being able to support other people's projects and events
 - It feels like a place where old habits are being replaced by good new ones
 - Not just knowing that we did the meetings, conferences, etc. but seeing evidence of impact

Website Update and Goals – Joe Neigel

- Joe Neigel presented the website to those present. www.snocochildrenswellnesscoalition.com.
- This website reflects the thinking of the coalition 12-24 months ago. There is a need to address how the website could reflect where the coalition has evolved to.
- Joe is the person who will put the work up on the site, but he stressed that the coalition members are the subject experts, so when sending links to things you think should be added, try to be clear about exactly what you'd like to see on the site.
 - **If you have any ideas or suggestions, please email Joe, jneigel76@aol.com**
 - **Liza Patchen-Short asked if everyone present would be able to have their home agency listed on the website. Please let Joe or Liza know if you are unable.**

Comments and questions presented about the website:

- Liza Patchen-Short asked to imagine 5 years in the future, to look back at now and ask what we did that best allowed our work to be sustainable.
 - There was a question about site-view analytics. Joe hasn't spent much time looking at this, but the web-page also hasn't been very well publicized.
 - It was presented that there could be a starting navigation with buttons like "Agency – start here", "Family – start here", to funnel users appropriately.
 - It was presented that under "Resources" there could be a section on who the members of the coalition are. It would be helpful if there was a way for someone in the community to find out who is working in a certain school district, etc.
 - Suggested that there could be a way to advertise/promote the Train the Trainer trainings.
 - Suggested that the website gives a good outline of what a trauma informed community looks like and about what the designation means.
 - There was input about having an area for resources for people who might be suffering from secondary trauma/compassion fatigue. This could be a section in the self-care resources.
 - Suggestions for a section for families – overview of what a trauma informed family looks like.
 - There was comment that trauma feels weighted, how can we bring out the hope? How can we focus on the healing? How about a section on identifying what strengths you are using? Focus on the resilience aspect and how to cultivate that. "Every child is equipped with tools for resiliency."
 - There could be a spotlight agency/organization each month/quarter. For example, could showcase what teachers at a certain school are doing. This could be a spotlight each month, and/or a gallery of stories that people visiting the site can scroll through.
 - A section on upcoming events was presented as something that could be useful.
 - If several members had site access just to update the calendar, various people could add events as they were happening.
 - Social media was presented as another tool that could fill a lot of these gaps. With a Facebook page, a conversation with the community could happen that wouldn't happen on the site, and people would be more likely to navigate back to it if it was in their Facebook pages already.

- Liza asked for reflection on the question: What do people need to build a trauma-informed community?
 - A link to resources to serve kids
 - Linking protective factors and assets
 - A listing of the 18 schools working to become trauma-informed

- Liza asked for reflection on the question: For an agency looking to be trauma-informed what do you need to know:
 - The cost
 - The steps – a timeline
 - The benefits – statistics on how it works
 - Who else has done it?
 - It was presented that there could be special information for different industries, examples of how trauma informed looks in industry x.

Liza Patchen-Short thanked everyone for attending. The meeting convened at 10:29 a.m.

Nicole McMurray, Sr. Secretary, Snohomish County Human Services