



## Snohomish County Children's Wellness Coalition

January 18th, 2019

9:00 to 10:30 A.M.



### In Attendance:

Ana Carratala  
Lindsey Greene  
Sadie McHalton  
Bonnie Eckley  
Anja Keyes  
Maria Cortes  
Sara Bolton  
Gretchen Saar  
Heather Perry  
Brenda Evans

Jen Garcia  
Sue McCarthy  
Joe Niegal  
Amy Dennis  
Lori Hollingsworth  
Anne Ewalt  
Cynthia Eichner  
Ivonne Radovich  
Karen Kearney

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### Introductions/Announcements

- Joe Niegal welcomed all attendees, guest and introductions were made.
- Joe Niegal mentioned Liza Patchen-Short and Laura Mote are at trainings today and cannot attend today's meeting.

### Agency Updates

- Sue McCarthy mentioned they have just gotten permission to offer the "Starbucks" de-escalation training that was done in May. Flyers will be handed out for anyone who is interested.
- Sadie McHalton mentioned there agency is almost fully trained with ACES.
- Bonnie Eckley from the Imagine Children's Museum is offering "Grandparents Night" and "Incarceration Night"
- Joe Niegal mentioned he has three schools which are being trauma informed, also doing ACES training to two elementary schools. Joe Niegal also spoke in several schools and work source.
- Sara Bolton was excited to mention the Denney Youth Center is starting a "TILT" Team.
- Gretchen Saar group "NAMI" is having a retreat on trauma, no dates mentioned.
- Lindsey Greene talked about Coordinated Care and education on how to access service to youth. Heather Perry mentioned they also have a "no cost" training for any program. They also sponsor events and events table.
- Karen Kearney from YWCA mentioned there program is now open to all families.
- Amy Dennis from Homage mentioned there agency training on ACES and being trauma informed went well.
- Cynthia Eichner mentioned the Coalition is looking to transition. Mental and Emotional Wellbeing is there top priority.

## **“Resilience” Documentary showing and presentation Sadie McHatton**

Sadie McHatton gave a brief explanation for today’s presentation on “Resilience”

Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary Resilience reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While broader impacts of poverty worsen the risk, no segment of society is immune. Resilience, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatric, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress and the dark legacy of a childhood that no child would choose.

### **Open Discussions and Questions**

- Best film and Intervention, very concise
- All good feedback from film
- Repression word is not used often
- Better than Paper Tiger documentary

### **MORE INFORMATION:**

ACES Webpage: <http://www.snohd.org/aces>

**The meeting adjourned at 10:40 A.M.**

*Ana Carratala, Sr. Secretary, Snohomish County Human Services*