

# THE HARVEST

STRATEGIZING OUR COMMUNITY APPROACH TO ACES/NEAR SCIENCES



**When:** June 11th, 2019

**Who:** Community Members like you!

**Why?** To discuss ways we are enacting Trauma Sensitive Practices for our staff/clients/human family members etc. and how we can better learn from each other with this work

**How?** By using the 4 D's of Appreciative Inquiry (Discover, Dream, Design and Deliver) community members are coming together around issues that matter, finding what is already working to support the Core Protective Factors, and thinking creatively about ways to implement change.

## TIME TO CELEBRATE!

Today, we took time to acknowledge, debrief, and celebrate all of the work and accomplishments that have come to fruition over the past year and to thank all of the organizations and individuals that have offered their heartfelt passion, inspiration, and ideas to support this work! It takes a village and we deeply honor the time and energy that has been contributed.

Here is a brief outline of the last year:

- 1) 6 Community Cafe meetings held in various locations attended by a wide variety of community members
- 2) Adoption of a name and logo: **Clallam Resilience Project**
- 3) Adoption of a Mission Statement and Goals
- 4) Multiple NEAR Science Community Trainings
- 5) 2 Screenings of the film Resilience
- 6) Leadership Committee formation and transition to the United Way of Clallam County as an umbrella project
- 7) Funding from United Way for one part-time employee to hold the container for the work



All of this hard work and dedication led to the participation of over 400 community members in Clallam Resilience Project events! We are SO grateful for all of your continued support!

## A SHARED DEFINITION OF TRAUMA

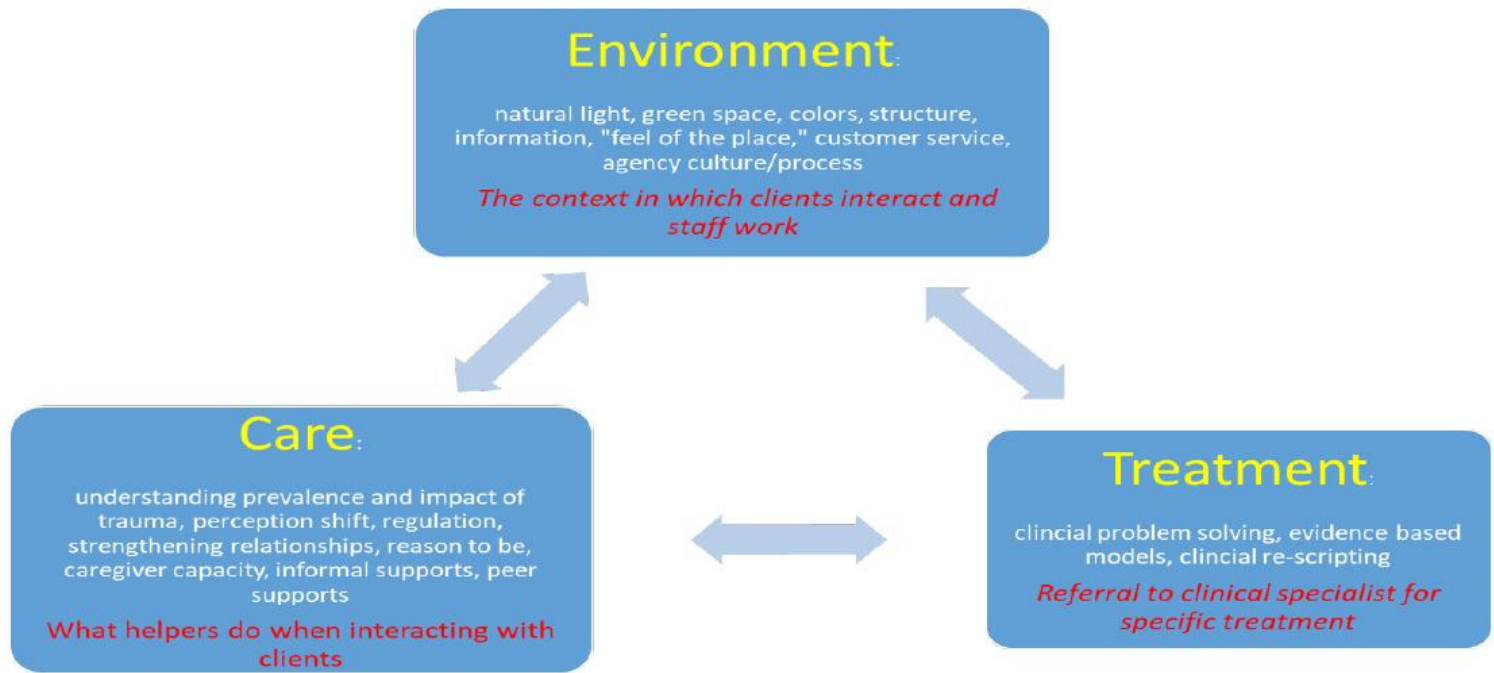
We always try to follow best practices as we learn and grow in this process and receive more information from trainings we attend, our research, or statistically significant findings. Recently, members of our Leadership Committee, attended the SaintA training in Bremerton, WA, and learned about the TEC Model of Trauma Informed Care, Environment and Treatment. Upon their return, it became important to discuss a shared definition of trauma that we could use to promote understanding and shared language at all of our events. Here is the definition that was brought forth from the training:

Trauma...

- 1) Is exposure to an event or a series of events that threatens/harms the physical or emotional integrity of the individual or someone close to them
- 2) Overwhelms the person's ability to respond
- 3) Creates adaptations that can increase difficulty in functioning

**"There is no power for change greater than a community discovering what it cares about." -Margaret J. Wheatley**

# THE ECT MODEL INFORMS OUR CAFE



The ECT Model offers us an opportunity to look at Trauma Supportive Practices through the lens of three factors: Environment, Care and Treatment. A look at these three elements of Trauma Sensitive Practices lends clarity and insight into our work with individuals or groups of people in our lives such as friends, family members, clients, co-workers etc.

We asked community members in attendance two questions, holding the ECT model as their frame of reference for discussion:

**Question 1) HOW ARE YOU OR YOUR AGENCY ENACTING TRAUMA SENSITIVE PRACTICES FOR STAFF AND/OR CLIENTS?**

and

**Question 2) HOW CAN WE BETTER LEARN FROM AND WITH EACH OTHER IN THIS WORK?**

## QUESTION 1

The conversations were robust and it was truly heart-warming to hear about the many ways we are already implementing Trauma Supportive Practices in our community.

**Here is a list of what was shared:**

- CISM Team (Critical Incident Stress Management Team)
- Acknowledging shared experiences
- Meeting people where they are at and holding no judgement
- Assumption that people you encounter have had some trauma exposure - empathy
- Positive human reception and interaction
- Having an engaging community space and activities
- Maintaining a positive and healthy relationship with staff
- Youth Mental Health Trainings
- Emotional Check-Ins with youth in care
- Collaboration between care givers
- Efficient Communication
- Care coming **to** the patient
- Flexible work schedules
- Support staff to deal with caring fatigue
- Local Grange programs that are set up to reduce trauma and bring people together with trauma sensitive principles of participation

## QUESTION 2

We are always looking for ways to nurture connection in our community. Participants spent thoughtful time discussing how we can support each other and our greater community moving forward in this work.

**Here is the list of their ideas:**

- Death Notification trainings to implement best practices
- Preparing Homeless for transition/digmatizing/getting rid of labels/awareness and change of language to a more positive approach
- Holding space for each other to process in our heads and in our hearts
- Listen/Collaborate/Learn!
- Consistency in how services are providing supports in our community with Social-Emotional work providing that framework
- Using common language for education that is easy to understand
- Shared resources for Non-Profits
- Physical space, shared programming space, and financial support for low cost/free activities
- Behavioral/Mental Health supports for children in our county
- Bringing programming to diverse audiences
- Consistent and appropriate ACE screenings
- More affordable child-care
- Universal Preschool

**We were so incredibly grateful for this Cafe and the inspiration it brought to us to continue doing the work. Thank you to all that participated! We are so excited to be moving forward on this journey with all of you and will keep you posted on upcoming events and trainings. We wish you well!**