

Minds Together Team Meeting

Thurs., January 5, 2023

10:00 am

Zoom

Meeting called by: Jennifer Smith Ramey **Type of meeting:** Video Conference
Facilitator: Jennifer Smith Ramey **Note taker:** Karen Riddle
karen.riddle@horizonbh.org
Timekeeper: Jennifer Smith Ramey
Attendees: Tim Brooke, Angie Vaughn, Joe Girandola, Dammy Onafowokan, Chief John Fedor, Denise Yopp, Bridget Houlihan, Januwaa Davis, Capt. Robert Kimbrel, Angela Hill, Dana Jackson, Curtis Jones, Jennifer Hemmke, Carolyn Hitchcock, Ellen Smith, Lesli Sedwick, Yemi Mutesa, Amanda Rider, Gabriella Smith, Beth Robertson

Minutes

Agenda item: Agency Updates **Presenter:** Round Robin

Discussion:

Tim Brooke—with St. Johns Episcopal Church announced there is a warming shelter opening the weekend of January 7, 2023, at the church.

Joe Girandola—with Horizon BH (GBHI Program Manager) announced the program is now accepting referrals.

Januwaa Davis—with Horizon BH as the Prevention and Wellness-Program Manager announced there will be time set aside in our Minds Together Meetings going forward for TICN (Trauma Informed Care Network) updates and discussions since many have expressed interest in TICN but were unable to fit another meeting into their schedule.

Agenda item: Movie viewing--Resilience **Presenter:** Januwaa Davis

Discussion:

Conversation before, during, and after the movie:

Tecora Davis mentioned the movie speaks volumes about hope that a difference can be made.

Jennifer Smith Ramey mentioned she noticed the movie brought out an over tone of hope.

Jan Davis referred to a familiar statement "Relationship is to Childhood Development as location is to Real Estate."

Angela Hill with Bedford Housing Coalition and Program coordinator at Lake Christian Ministries provided who she is with in the chat because she could not get her phone to cooperate during the Round Robin Agency Updates.

Januwaa Davis typed in what was stated in the movie, "The Child may not remember, but the body does remember."

Dammy Onafowokan and Joe Girandola made mention of how a score of 6 ACES or more can have an impact on one's life. Dammy and Joe expressed how the fact that it can have a reduction of the life span by 20 years was a wow factor for them.

Januwaa Davis and Beth Robertson made mention of their admiration for Dr. Nadine Burks-Harris and how wonderful it is to see a physician taking such time and intention with whole patient care.

Karen Riddle added that there is hope because she can testify to this through her own lived experience. How for her she was greatly affected by the help from mental health experts knowing how to address the stressors, from counseling, through MH providers/community applying empathy where needed/appropriate, with the help of peer support/CPRS coming alongside her when she was struggling with these stressors, and from a community that edifies the whole person.

Beth Robertson added she spent time in a recent faculty meeting in these discussions with the goal of helping staff respond differently than their traditional methods to students with toxic stress/trauma. She added teachers are so eager to

learn but our educator training programs don't spend much time on the INTERVENTION side of the discussion of ACEs' impact to learning and performing in school.

Beth Robertson was impressed by the Miss Kendra's List tool referenced in the movie and stated she will be sharing about this in her counselor meeting coming up.

Tecora Davis asked, "How can the video for the Resilience Movie be viewed?"

Lesli Sedwick added in the chat that the movie can be bought for \$12.99 or rented for \$1.99 for 30 days on YouTube movies.

Gabriella Smith mentioned in the chat that she thought the fact that our bodies remember what our brain forgets was a powerful takeaway for her from watching the movie, and that it is no wonder that the first signs of trauma in young children surfaces as behavioral expressions.

Other Information

Resources:

Joe Girandola

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Special notes:

Next Minds Together Meeting: Thursday, February 2, 2023, at 10:00 am, via Zoom