**3:00-3:30 pm Networking, informal case consultation, resource sharing**

**3:30-5:00 pm Planning and Advisory Group Meeting**

**Participants:** Meg Walkley, Tristan Mitchell, Karen Athing, Emi Botzler-Rodgers, Laura Power, Beth Heavilin, Gina Andersen, Kathryn O’Malley, Cathy Rigby, Carol West, Susan Hoffman, Kathy Coss, Jessica Montague, Janelle Bohannan, Andres Castro, Cindi Kaup, Carrie Moses

1. Dr. Eagles priorities for the year related to our work

Meg reviewed the priorities. Dr. Eagles understands that Mental Health is different than having mental health issues. This is reflected in his priorities.

**Updates and Feedback**

1. Trauma Informed Summer Program (Susan Hoffman)

Meeting with Monica Rose from the Boys and Girls Club to discuss ideas regarding the summer program oversight. Both McKinleyville and Eureka Rotary Club interested. Susan Hoss is interested as well. Susan feels confident in gaining funding for the program because of the current research. Cindi Sutcliff, Monica Rose and Susan will meet tomorrow to discuss Susan’s vision. Meg really appreciates that Susan has been tenacious glad to see the fruits of her labor.

1. Second Step Trainings and potential next steps (Cindi Kaup and Karen Athing)

Second Step training and kit purchased. Grant funding received from Mental Health Services Grant. Just received grant for ongoing training through PLC to support folks trained can gather to discuss strategies and challenges. One on one support for teachers will also happen from Karen Athing to some “model sites” to help teachers in the classroom. Meg mentioned that First 5 also provided funding to help support the initial training and kits. Beth and Meg are going to look at using a common language in playgroup. Karen did a training with the Special Education teachers at HCOE to help support their use of the concepts in Second Step. Changing Tides supported the distribution of fliers and advertising. Karen had Directors of child care programs involved in the training so that they understand their goals. Andres mentioned that he uses this in his work. They are trying to move towards having the teachers do the Second Step program. Karen and Andres are going to connect.

1. Trauma. Addiction. Social Change. (all who attended)

Kathryn, was a bit frustrated with the questions and people processing issues with the groups. Challenged to be there on a Sunday and did not like the flexibility of the overall schedule of the conference. Kathryn’s thoughts about “rock bottom” have shifted from the idea that folks need to get to an ultimate low to enter recovery. Gabor Mate’s presentation made her rethink that concept.

Carrie Moses was “blown away”. Wondering if the notions were too radical for this community.

Emi Botzler-Rodgers also was impacted by the too flexible schedule of the conference. She really appreciated the diversity of the presenters.

Cathy Cox thought that community as a source of the recovery was important.

Meg Walkley felt like the conference was intense. It really resonated with her. Meg shared the story of a playgroup. Relationship building with Meg and Beth really helped her get to move forward in her life. She appreciated that there was a consensus that systems are challenging. She shared Dr. Settlers ideas about being a light in the darkness. Meg would like to offer to show the Dr. Perry’s film “What We have Always Known”

1. Humboldt BRIDGES and 0 to 8 MHC – Coordinating efforts (Emi Botzler-Rodgers & discussion by all)

Emi shared that we talked IFECMH certification sub-committee meeting about the lack of service provision/coordination of service provision and understanding in Humboldt County. This conversation led to the notion that we should be coordinating 0-8 efforts and Bridges efforts. Cindi asked what types of work the sub-committee would do (wait list, gaps in the community…) Group would come from both BRIDGES and 0-8 MHC. Karen Athing thinks that this is a fabulous idea. Sees this as a huge gap. Meg wondered how we can get Karen’s participation in the group from her . Janelle thinks that an outcome for the group, like a community map to navigate the services in the community being provided. Susan resonated the positive feedback about the idea of a sub-committee. Laura talked about the promo torres about the spectrum of mental health services. They are also interested in the service provision as well. Meg would also like to see the map with the parameters of the services.

Meg wondered about the mechanics of gathering of the group. Emi will send an invitation to the BRIDGES group at the Central Team meeting. Emi and Laura will collaborate to construct a letter. Emi does not want this to be a DHHS centered sub-committee. She would like it to be community conversation. Cindi wondered about how the information might this will be connected to the Parent Hub. Laura and Meg will take responsibility to craft the invitation. Emi wants to know ideas for the invitation. Meg wants to include mulit-disciplinary. Cindi thinks that the group needs to focus on the needs and gaps of the community. Center for rural policy may be interested in this as a project to do a community assessment. Karen thinks that we should try not to do things in isolation. Try to look at what has been/is being done that looks like this (parent ed group). Beth feels like the model of the sub-committee should not only have tasks but could support a greater vision. Beth, Emi and Jeannie will follow up on this.

1. Post-Partum Mood and Anxiety Disorder Task Force (PMAD) update (Beth Heavilin)

Beth shared a bit about what the upcoming trainer, Pec Indmen, is going to do when she is in Humboldt County including: visiting tribal medical groups in Arcata and in Willow Creek, dinner with the medical providers, the conference and visit to playgroup.

1. Infant Development Association (IDA) - hosting an event for their representative? Beth asked the group if they had any ideas about partnering with IDA. The group wanted more information from the leadership. Beth will go back and ask for more details from the IDA Board.
2. Inclusion Conference (Beth Heavilin) Cindi gave a bit of feedback regarding the history of the conference working to open up the training to host sites. We are going to be a host site. Training sub-committee thought that this would be a good partnership.
3. “Promoting Maternal Mental Health During Pregnancy” Conference (Kathryn O’Malley”)

Discussion- A partnering opportunity?

Save the date for promoting maternal mental health workshop. Collaboration with HUMBOLDT BRIDGES. Spring conference, no date yet. Early intervention theory, techniques, 56 interventions about attaching to pregnancy and infancy. Possibly support for Spanish speaking community, not in Spanish currently. We will think more about how to support the Spanish speaking community. Grant for speaker and 30 people in the community. No location yet. Registration for 30 people covered, presenter only wants 25-30 people. Kathryn would like support with how the 0-8 mhc can help. Meg does not want to send this out to the larger group. Cathy wanted to know if we could help facilitate a room. Help with the registration, set-up, ect. Humboldt Area foundation may be a good location. No budget for food. Possibly charge a small amount for food. Though University of Washington NCAST. Susan suggested HAF for funding for meals. Meg wanted to know if the speaker would be open to more people. Will be during the week.

1. First steps to establishing protocols for developing/partnering/posting trainings &

Recruitment/participation on P & A Group and/or subcommittees

***Meg shared the upcoming idea about the upcoming IFECMH Knowledge Area Series.***

1. **Subcommittee Reports (Meg opened invitation for folks to attend sub-committees)**
2. Humboldt County IFECMH Certification Subcommittee- (Beth, Meg and Mary Ann Hansen)
3. Training Development Subcommittee- Dr. Sprague update, Second Step update, IFECMH Series proposal in process (Meg, Cindi Kaup and Karen Athing)
4. Website Development/Electronic Professional Learning Community Subcommittee
5. Public Relations/Outreach Workgroup – Discussion

Outreach to Latino and Native American communities.

Building responsiveness to and representation from those serving 4 to 8 year olds (TK-3rd)

Next meeting is October 13th (Columbus Day). Those who have it off, please provide input via email.