



July 14, 2020

Consortium Meeting Minutes

Attendees: Cheryl Decker, Denise Peters, Sara Maloney, Maggie Gibney, Randi Irwin, Dalila Huerta, Emily Robinson Johnson, Melissa Gard, Tom Grant, Sarah Bailey, H.R. Jung, Becky Zakowski, Kimberly Green Reeves, Crystal Monin, Joshua Diehl, Christi Carr, Ike Shipman, Chris Nowak, Derrick Perry, Miguel Coste, Robin Vida, Olivia Schneider, Amanda Torres, Eilleen Kalman, Allie Sobieski, Bradley Largent, Stephanie Bridges, Kristin Tawadros, Derrick Patty, John Pinter, Courtney Marek, Kent Laudeman, Bunmi Okanlami, Sara Maloney, Becki Fulmer, Kim Sims, Kate DeRolf, Donna Pangburn, Michael McMillion, Sandi Pontius, Jenny Sanders, Chloe Mattiford, Mary Fran Brandenberger, Chanel Richards, Brenda Matuskiewicz, Michalen Maternowski, Tawana Brown

Welcome: Coordinator Becky Zakowski asked attendees to share their names in chat to document their attendance. She also announced that the meeting is being recorded, but information shared during the 'A More Perfect Union' Parent Café pilot is not being recorded.

Member Update - St. Joseph County Public Library: Sara Maloney provided an update on plans for the upcoming Relevant Reads session which will feature the book *The Body Keeps the Score – Brain, Mind and Body in the Healing of Trauma* by Bessel van der Kolk. The book discussion sessions the library will host for the public will now be held over Zoom, and the timeline has been slightly impacted by Covid. Early planning on the discussion session led to the conclusion that more than one session is required to cover the topic adequately. There are currently 3-5 sessions planned – each looking at a different aspect of trauma and each featuring a different speaker or panel. Sessions will be in September. Some ideas include covering the neuroscience of trauma (Key Contact: Dr. Nancy Michael, Professor of Neuroscience and Behavior), a panel of local clinicians (Key Contact: Dory Lawrence of Oaklawn), ACE Interface (Key Contact: Beacon), healing modalities/ therapeutic movement such as yoga, drumming and dance, and perhaps some community members sharing their experiences with trauma. SJC Cares attendees are encouraged to read the book. Sara is also hoping for suggestions on resources and ways to support reader who may be triggered by the content in the book, as well as additional recommendations on speakers who may be good additions to the discussion events. Others are welcome to get involved with planning the sessions/ their format and to offer suggestions on how to best promote this series and share with different audiences. This is a very exciting opportunity to create some change in our community. Sara can be reached at s.maloney@sjcpl.org.

SJC Cares Outreach Committee Update: Allie Sobieski, chair of SJC Cares' Outreach Committee, shared that this group has been looking at the results of the Youth Mental Health Needs Assessment that was conducted in the last half of 2019 and honing in on the data that pointed to primary care physicians and pediatricians as who many families turn to first when they want help with mental health for their children. Though there is not data on how helpful that was for families, the parent survey also indicated that approximately 50% of parents surveyed who sought help did not find what they were hoping to. The goal of the OC is to better understand what physicians and care providers do when they have a patient who is seeking mental health support in their office. Hoping to learn about screening processes in place, how patients are referred for additional care, what their comfort level is, etc. Our plan is to start by talking to physicians with whom we have personal relationships. Ultimately, we want to better understand what their needs are and determine if there are ways we can support them in referring their patients and making sure they have access to care. Our hope is that our initial conversations will lead us to doing a survey of many providers in our region but we don't know yet, so we are going to take our time with these initial

conversations and see where that leads us. Anyone who'd like to be a part of this work can reach out to Allie at Alexandra@seasons-counseling.org.

SJC Cares Update: Becky Zakowski shared the following: #MaskupMichiana -presenting #MaskUpMichiana Day on Friday July 24, 11:00 – noon at Southeast Park, 1102 Fellows St. – Celebration of mask makers, Mask give away & mask decorating kit, OneLove Community Drum Circle -in need of volunteers for the event and also volunteers who can sew masks – will share information after the meeting; SJC Cares is collaborating with Prevent Child Abuse of St. Joseph County & DCS on a Child Abuse Reporting 101 presentation – will be presented twice – first one yesterday, another opportunity on Thursday evening July 16 at 6:30. Response to Covid-19 and it's impact on the typical safety nets not being there since March...able to do this quickly with help from Elkhart County SOC The Source and a toolkit they created after a similar presentation in May in EC – to register go to sjccares.org/event; SJC Cares updating a community resources presentation – will be sharing this with staff of School City of Mishawaka due to a Project Aware Grant and staff of SBCSC staff and families due to enhanced partnering with the school corporation this year... the presentation will be dedicated to resources that promote resilience/ mental health and well-being – if you have programs or services you'd like these audiences to know about, please email Becky; Speaking of School City of Mishawaka, a bittersweet announcement ... Eilleen Kalman, who has been a very dedicated member of our consortium and valuable member of our Executive Committee and Cross System Review Panel, retired on June 30. She is with us this morning and we'd like to take a minute to thank her and recognize all she has done for students, for SJC Cares, and for our community ... she has had a wonderful career of making a difference for others and we so appreciate all she has done for our System of Care!

A More Perfect Union Parent Café Pilot: The meeting transitioned to a pilot experience of A More Perfect Union Parent Cafes. The experience included pairing attendees for 1:1 conversations and then going into breakout rooms for small group conversations. Breakout room hosts were Crystal Monin, Dalila Huerta, Emily Robinson, H.R. Jung, Kimberly Green Reeves, Michael McMillion, Randi Irwin, & Becky Zakowski. Here is a description of A More Perfect Union Cafes from their developers, Be Strong Families: *With cards and questions that can be used in any Parent Café setting, A More Perfect Union conversations occur at the nexus of social justice and parenting, allowing parents to explore the broader context for parenting in a complicated and often unjust world. Organized around the Strengthening Families™ Protective Factors, the questions mobilize shared civic values of freedom, prosperity, safety, justice, and healing to assist parents in talking to their children about difficult issues and brainstorming how to keep their families safe. Specific issues addressed include mass incarceration, gun violence, policing and police brutality, bullying, immigration, queer and trans issues, religious discrimination such as anti-Semitism and Islamophobia, housing rights, gender equality and feminism, racism and racial justice, and disability.*

Response to the pilot was positive, with people commenting that it worked surprisingly well online. SJC Cares will be considering how to offer these to the larger community. The word cloud below captures how attendees summed up the experience with one word or a hashtag:



The meeting ended with member announcements which are summarized below. Next meeting will be August 11, 2020 at 8:30 a.m. over Zoom.

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Resources shared through Chat and Meeting Announcements

- SJCP's 'Relevant Reads' will be hosting a public book club for *The Body Keeps the Score* by Bessel van der Kolk in the coming months. Sara Maloney of SJCP is open to input and feedback regarding potential facilitators and discussion methods. More information will be in the minutes.
- Early Learning Connections has many free parent workshops and resources for families, employers, and childcare providers. Visit <http://www.geminus.org/Child-Care-Resources.html>, and follow on Facebook, Instagram, and Twitter
- The next SJC Health Improvement Alliance meeting is this Thursday, July 16 at 10:00 a.m. – contact Jim.baxter@healthalliancesjc.org for sign on information – meeting is open to all
- South Bend Community School Corporation is hosting a free virtual youth conference for teens in grades 8 -12 July 21, 22 & 23. The event is open to all in this age group, not just SBCSC students. Registration: https://docs.google.com/forms/d/18vzdd8bFtHF-BDeDLDee-l78-JXzRDcgfIR5QImDFA/viewform?chromeless=1&edit_requested=true&fbclid=IwAR1zZGq3Byeb54yQ4KE9Vy3m3soQxNiJ3CFQTW2Ev6vPM7chmp4G2OC1btU
More information: huerta.dalila@gmail.com
- #MaskupMichiana is seeking volunteers for #MaskupMichiana Day Friday, July 24. The event is from 11:00 a.m. – noon at Southeast Park, 1102 Fellows Street, South Bend. Contact vluckey@uwsjc.org if you can help at the event. Also seeking individuals who can sew masks; many partially-sewn masks have been donated and need completion work before they can be given out for use.
- Ace Interface will be offered over Zoom on Monday, July 27 at 9:00 a.m. To register, visit www.oaklawn.org/events
- Child Abuse Reporting 101 for St. Joe County will be offered over Zoom this Thursday, July 16, at 6:30 p.m. This is a collaboration between Prevent Child Abuse of St. Joseph County, DCS, and SJC Cares. To register, visit www.sjccares.org/events
- The LGBTQ Center is hosting an open house over Zoom on July 30 at 1:00 p.m. This is a great opportunity for social workers, therapists and anyone interested to meet the staff and learn more about the Center. Registration is here: <https://us02web.zoom.us/meeting/register/tZlocuivqT8jHtNMLdQK7qxld6blcXNSsl6c>