

SM Discussion Groups

1. Defining Resilience

What strategies or methods are helpful to build resilience in everyday life?

- Film validates the work we do
- Policy level – prevention is so much more cost effective
- Identify the issue – be proactive and resilience can be built despite being treated unfairly
- 60 Minutes Special about Block by Block organizing
- We need champions
- Great way to bridge medical and social services
- Families benefit from social connections and concrete support
- Nurturing – seeing the value in each person
- Raising awareness – recognize and find a way to bill for screening
- Data collection is important to see change

2. Change the Discussion

How can you help children who have been exposed to trauma?

- Nothing wrong with the child- something happened early on
- Pre-existing labels that the child is not aware of
- Often children are mirroring parents
- Not “What’s wrong with you?”, instead ask “What happened to you?”
- Nadine Burke provided tools/skills to handle /address stressors rather than medicating
- Nutrition, exercise, meditation, outlets
- First bring awareness and offer questionnaires through systems change collaborations
- After school institutes, pediatricians, parent conferences

3. Recognize Toxic Stress

How can you spread the word about toxic stress in your personal or professional life?

- Inform schools – education about what toxic stress is
- Help develop a social connection – parent meetings, church
- Implement Cafécito where families can talk about topics that interest them
 - Parents and teachers can sit together to discuss toxic stress
 - Key is education
- Make self available to people we serve through brief interview
- Offer and provide support – inform about toxic stress
- Describe the question – explain more
- Ask every parent/patient “Do you know, do you have resources/ support system?”
- There is deeper reasoning behind the response – inquire more to get a better understanding
- Start early, start at school
- We each have a role in educating those we work with/for

4. Promote Safe, Stable, Nurturing Relationships and Environments

What can we do if a child we know needs our support?

- Call CWS to report concerns
- Build a support system for family – bring a friend, connect them to resources
- Refer to DSS for Medi-Cal, food stamps, other programs – have parent call
- Knowing community resources – Catholic Charities, 211, DA's office

What supports or resources can we provide to build resilience and strengthen families?

- Support groups for parents in Santa Maria – no social support
- Education in the school with staff
- Yoga class, support groups, Goldie Hawn website for mindfulness
- Family Resource centers – 2nd Saturday of the month @ shelter they come to read books to children – local author for kids
- Abel Maldonado Center helpful
- Church support for families- parents counseling – strong relationships, faith-based programs
- Hospital has classes
- Head Starts @ CAC and other services for families
- More services for families who are not US Citizens

5. Prevent Intergenerational Transmission of Toxic Stress

How do we let people know it's ok to ask for help?

- Build trust with staff that focuses on families
- Everyone needs a network of help – create a network if it doesn't exist
- The tool is a great resource
- Parental acknowledgement that certain behaviors are not ok in order to break cycles
- Learn not to be judgmental and let families come to us
- Be patient with families
- Need to recognize where we are in order to do our best to help families
- Take questionnaire and let families know that we as professionals complete it. Put things into perspective for families

How do we make sure that communities offer help even when parents don't ask?

- Learn how to recognize toxic stress – look for substance abuse, child behaviors, enmeshment – having parents give more control
- Provide community resources- counseling
- Acknowledge and listen to their concerns
- Parent education
- Takes a long time with repeated contacts to engage
- Help them with the baby steps to helping themselves
- Listen and repeat back
- Remember not to judge

6. Build Critical Collaborations

Examples of the community coming together? Others who we should connect with?

- Pediatricians, hospital staff need to be at the table
- Clergy also needs to be at the table
- Police and law enforcement need to be reached out to
- Business community – chamber, agricultural groups, etc. – would be helpful for their bottom line

What would resonate with people/partners? How do we get the message out?

- Reduction of violence – we need to ask them if this would be a good way for us to reduce crime
- Asking how to intervene earlier
- Maybe impactful if more community members took a look at their own ACE score
- Teachers need to be trained on trauma and coping techniques
- We as a group need more training on mindfulness and dealing with stress