

NEWSLETTER – SEPTEMBER 2017

Wow! **So much** is happening around the region. I'll try to keep this brief but all the energy is inspiring!

Where to start? Maybe I'll work my way north to south and end with some fun logistics.

Confederated Tribes of Warm Springs. Indian Health Services recently held a 2-hour training session on Trauma Informed Primary Care. It was a packed room with energy to expand the effort. Their speaker was great: [Dr. Pettersen](#) from OHSU.

Crook County. [Crook County on the Move](#) is indeed moving (and receiving [press!](#)) with a huge group of community partners. Focused on overall wellbeing, the group is co-hosting a [“What’s Brewing”](#) event on 10/18 to learn more about building resiliency.

2017 BLS Trauma Informed Schools Summer Summit Thursday, August 24 th					
Welcome/Registration 8:00 - 8:30					
Keynote Session Dr. Amy Yillik: Trauma Informed Practices In Action 8:30-10:00 Auditorium					
	Band Room	Choir Room	Drama Room	Art Room	Library
10:15 - 11:30 Breakout Session	Introduction to Collaborative Problem Solving (repeat session)	Identifying Resilience (repeat session)	Getting to Know You and Your Fixed Mindset	Body Centered Approaches to Therapeutic Interventions	Restorative Practices in Action
11:30 - 12:45 Lunch in the Commons					
12:45 - 2:00 Breakout Session	Introduction to Collaborative Problem Solving (repeat session)	The Resolution Diamond	Changing the Discourse: Creating a Culture of Action and Accountability	Self-care for Educators Working with Student with Trauma Experiences (repeat session)	Break Rooms: A Trauma Informed Care Essential
2:15 - 3:30 Breakout Session	Collaborative Problem Solving: Theory to Action	Identifying Resilience (repeat session)	Come Play the Brain Architecture Game!	Self-care for Educators Working with Student with Trauma Experiences (repeat session)	Build your Own Calm Down Corner *Limited to 40 participants. Pre-registration is required

Deschutes County. Schools in Bend / LaPine and throughout our region are digging in deep to understand trauma and how they can build resiliency in the classroom. Pictures here are from a recent district wide Trauma Informed Schools summit. LaPine Middle School Principal Robi Phinney, “Our High School is doing a ton and we’re trying to learn from them. One small thing I now try to do every morning is to simply stand outside and greet every student as they arrive.”



Jefferson County. Kimberlee Jones of BestCare in Madras is organizing a group of organizations dedicated to building resiliency and learning together. They have a active youth leaders group that’s fun to follow on [Facebook](#).

This is only a sample of all the great work we’re learning about. Are you doing cool stuff? Please email me at katiehmclure@gmail.com.

Can logistics ever be fun? I think these are!

1. **Name.** Our current name, TRACES, stands for trauma, Resiliency, and adverse childhood experiences. We've had lots of feedback that we'd prefer not to have words like trauma and adversity in our name so we're eager to change it. However, we've yet to identify an alternative that everyone likes. So.... we're sticking with the imperfect TRACES until a great name emerges. The cool thing is that one of our partners found a nice way to think about this name. She writes,

"Maybe the primary ingredient in resilience is planting the awareness that even with the best, most comprehensive interventions and tools on the planet, our challenges in life will leave some kind of mark, a trace, a wrinkle, a scar that says we're human, we're vulnerable and our traces are signs of strength, character and a lived life. It's a paradigm shift for Americans to value wrinkles and scars, even emotional ones, but wouldn't it be something if we did?

2. **Metrics.** OSU-Cascades is putting together a summary of what the literature tells us about measuring resilience and what they recommend as a starting point. They are also putting together sector-specific toolkits for measuring individual, family and community level factors that are critical for building community resilience. Stay tuned... we should have much of this by early 2018. If you are passionate about this issue, let me know – we will need some advisors from the field along the way.



3. **Website.** Within days, we will have a website! This will house all current information about the partnership. If you see something missing, just send it on over and I'll make sure it gets updated. You will find things like: planning documents (yawn), lists of trainers and speakers (yes!), and a growing list of formal partners (join here!).

1. **Facebook Page.** We have a [Facebook](#) page! Many of you have already found it. Many thanks to those of you who are already contributing content. That's what this page is all about – sharing what's happening, supporting each other, and learning together. Follow us!
2. **Community Conversations.** We have a template for hosting community conversations! Many of you expressed interest in spreading the work in your local community. Here is a presentation you can use (thank you to those who helped create it!). We're happy to co-host if that would be useful. All we ask is that you share with us where it's being used and let us know how it goes. Part of attracting funding is showing momentum! Which brings me to our partner question...

Question for Partners: If we could attract money for your community to use in alignment with this work, what would you most want to use it for? Trainings? Speakers? Events? Community Conversations? Other? How much would be useful? Email katiehmclure@gmail.com.