

June 29, 2023

## AGENDA

1. Check In
2. Slight shift in management and what that will look like
3. Introduction and content Warning
4. Discussion about video
5. Additional Trauma Resources
6. Closing Debrief
7. Any new info from the team
8. Next meeting's OFL

## MINUTES

1. Check In – Weather report
- 2.
3. Slight shift in management and what that will look like
  - Eirene is going on leave for 3 months, and then is stepping into a more administrative role upon her return.
  - Nikki will be taking over supervising staff and participants. She will be contacting people in the next few weeks to introduce herself. If you have questions or concerns about anything, you can contact her or Astrid while Eirene is away.
4. Introduction and content warning
5. Discussion about video
  - Unfortunately the link we sent out didn't work so people watched different videos. Instead of talking about the video's content, we had a generalized conversation about trauma.
  - Take aways from the conversation:
    - There is "T" and "t" trauma – not all trauma has to come from a major event. Everyone experiences traumatic events differently, depending on many different factors.
    - Building trusting relationships, empathy and good listening skills are key to Trauma Informed Practice and Care.
    - Behaviours are a way of communication – treat behaviours not as, "what's wrong with the person" but as "what has happened to the person".
    - Our job is to be there, hold space, listening and offer support if needed, NOT to fix the person.
6. Additional Trauma Resources
  - [Crisis and Trauma Institute](#)
  - Trauma authors to check out
    - Peter Levine
    - Gabor Mate
    - Janina Fisher
  - [Brene Brown's video on Empathy vs Sympathy](#)
  - Movie about Gabor Mate's work – "The Wisdom of Trauma"
7. Closing Debrief – what people got out of the talk and how what they have learned about trauma will affect their work.

8. Any new info from the team

- Lane is our new social coordinator! You'll be hearing from him in the next few weeks.
- Please let Lane know if you would like to coordinate a group meetup.

9. Next meeting's OFL

- Trauma Informed Care
- Trauma Informed Care and Practice