5.2.23 Community Meeting Notes

Trauma Informed Care from a Police Perspective

Detective Swift Sanchez, Port Angeles Police Department

United Way of Clallam County

*View Archive of Community Meeting Recordings

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Next Meeting: **Head to Toes Double Feature:**

Ecotherapy techniques for grounding and emotion regulation, Mindy Gelder, PhD
Self, Community and Singing, Noah Smith

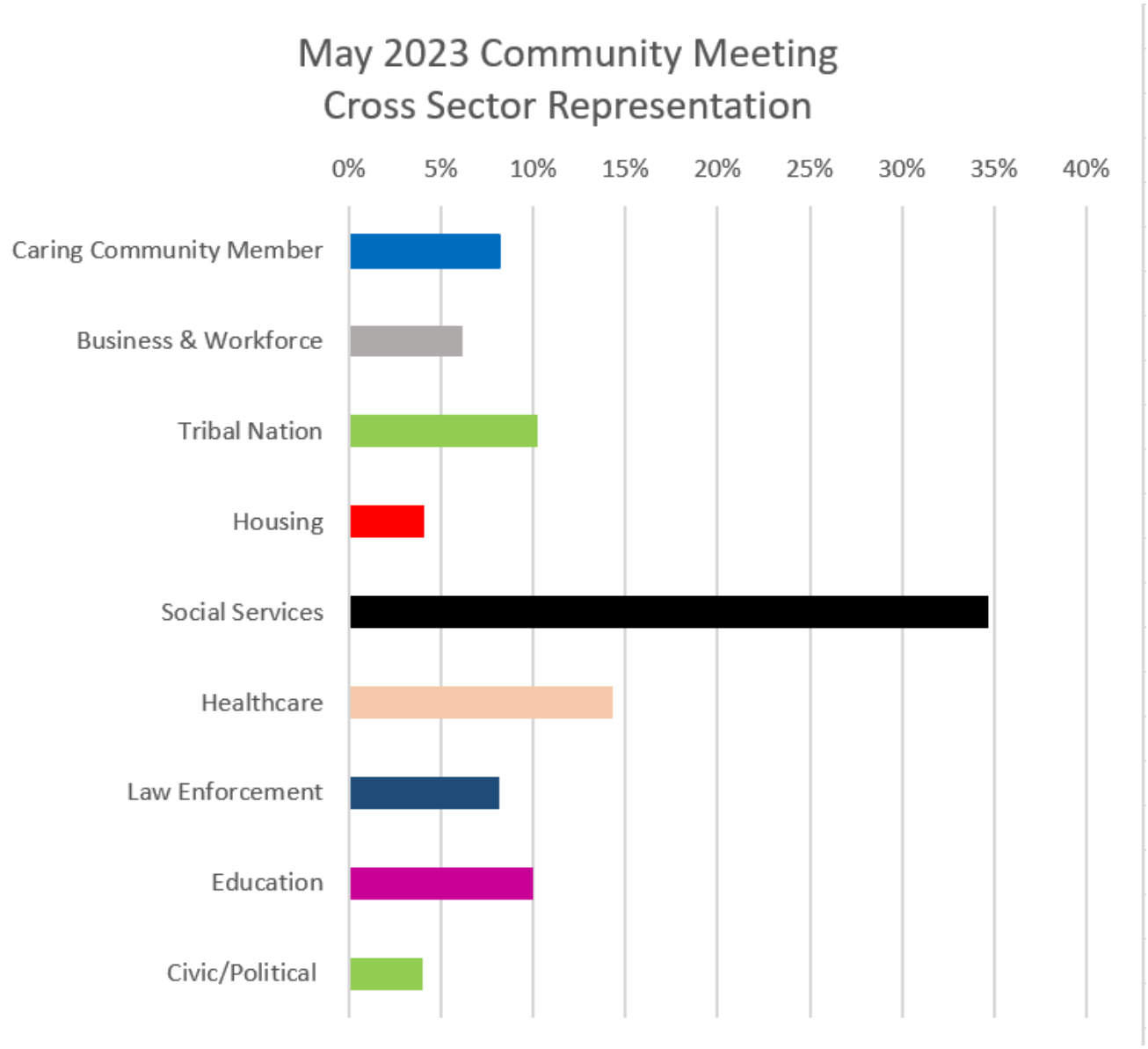
Attendance

Allison Arthur	OlyCAP
Amanda Sanders	Port Angeles Healthy Youth Coalition
Amber Medina	
Amber Tatarek	United Way of Clallam County
Angie Fiso	NOHN
Anne Grover	First Step Family Support Center
Astrid Raffinpeyloz	VHOCC
Beatriz B. Arakawa	Lower Elwha Klallam Tribe
Beth Farley	

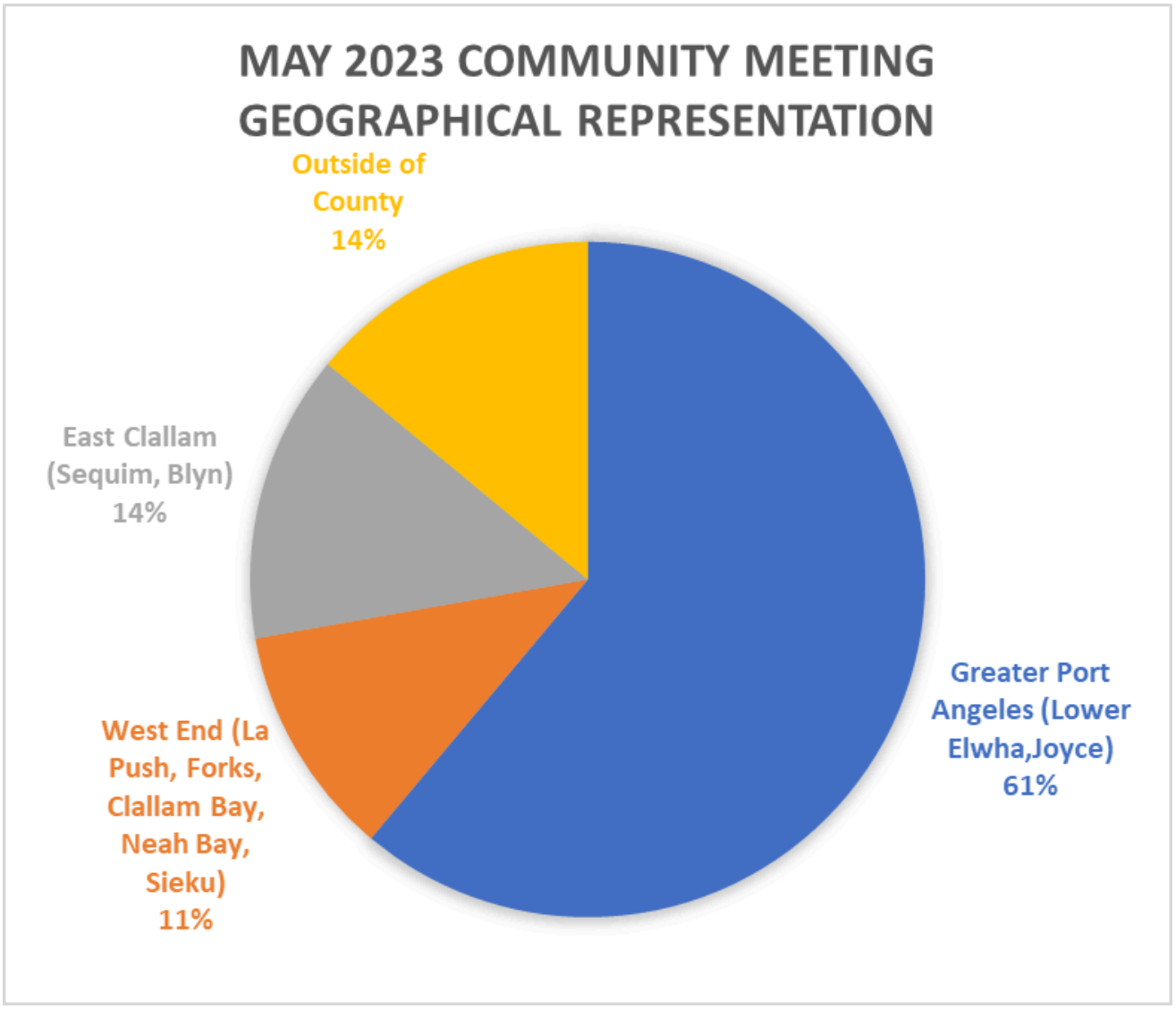
Bob Graul	
Carlos Osorio	NOHN/Caring Community Member
Carlton	Peninsula Behavioral Health
Carmen Ortiz	First Step Family Support Center
Christine Dunn	CCHHS
Chris Minks	DCYF
Christina Matson	
Christine Mickelson	WA HCA
Christy Smith	United Way of Clallam County
Cindy Myers	PAVE
Colleen Bradley	PAVE
Danielle Jenkel	SYNC Salish BH-ASO
Hermina Solomon	Port Angeles Food Bank
Daryl Trowbridge	HFCC
Iliana Jones	Healthy Transitions
Ingrid Henden	O3A
Jacki Gordon	Caring Community Member
Jacqueline Wilson	REdisCOVERY Medical Specialist
Jess Rangel	
Jesse Charles	A Way Home WA
Jessica Furnish	Coda
Jessica Guthrie	Elwha Advocate
Julie Greenberg	Habitat for Humanity
Kate Reavey	Peninsula College
Keeoma Messenger	Lower Elwha Klallam Tribe Healthy Transitions
Kelley Lawrence	Clallam County
Kelly Hall	REdisCOVERY/OPCC
Kelsey Redlin	Caring Community Member

Ken Park	
Kerrie Morrison	
Kimberly Burns	Clallam County Juvenile and Family Services
Lauren Miles	TBI Council/DSHS ALTSA
Lesley Hoare	Peninsula College
Lorena Perez	
Manuela Velasquez	
Marki Lockhart	Olympic Area Agency on Aging
Mary Beth Gregory	United Way of Clallam County
Mary Bryan	Catherine Place
Melissa Pittenger	OESD 114
Minnie Whalen	Clallam Resilience Project
OPCC Outreach Viewers	OPCC
Rachel Johnson	Lower Elwha Klallam Tribal Police Dept
Riley Slonecker	Caring Community Member
Robin Butterfield	
Sandra Velasquez	Quileute Valley SD
Sarah Jones	PAVE
Sharon Brunner Rowe	
Shawnda Hicks	PAVE
Sheila Everett	Olympic View Community Foundation
Sophia	Olympic Medical Center
Swift Sanchez	PA Police Dept.
Tannis Sears	OlyCAP
Tasha Fitzgerald	Olympic Angels
Tim A.	
Vianey Cadenas	First Step Family Support Center
Violette	NOLS

Cross-Sector Representation:



Geographical Representation:



Clallam Resilience Project Resources

- Clallam Resilience Project Community Meeting Slides
- Interested in Summer Internship?

Youth Leadership in Community Resilience Summer 2023 Internship

CLALLAM RESILIENCE PROJECT

- 2 months: July 5th – Aug 17th
- Available for 14 – 24 years old
- 33 hours (average 5 hours a week)
- Virtual
- Stipend of $495 at completion
- PC credit, if desired
- Apply with resume and cover letter by May 15th
- Questions? Reach out to Minnie at resilienceproject@unitedwayclallam.org



- Joining Resilience Month Committee?

2023 Resiliency Kits

- Exploring having a "theme" for kits, with items focusing on one component of building resilience
- Kits focused on items that support physical wellbeing
- Include literature/information about how resilience is being supported or built

Item Suggestions

- Pedometers
- Yoga Cards
- Gym pass
- Swim Tokens
- Charging cables/bricks
- Water bottles
- Habit Tracker



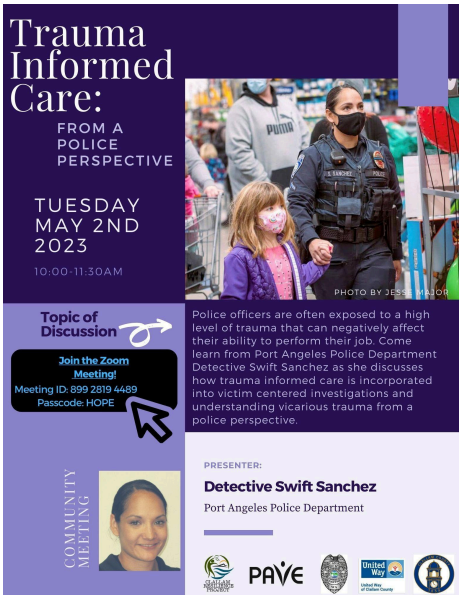
BRIDGING US TOGETHER RESILIENCE MONTH

Have ideas to share?
Want to join in?
Suggestions for donations?

Contact Krista Hanan,
Krista.hanan@firststepfamilysupport.org
360-477-3835

Or attend next planning meeting 3rd Tuesday of the month
May 15th from 10:30-11:30
https://us02web.zoom.us/j/82837062811

[Presentation: Trauma Informed Care from a Police Perspective]



In this presentation, the highlights include:

- A snapshot of 4 Days of Calls: A workweek for 1 Police Officer
- Differentiating between types of trauma
- 5 strategies that Police departments and agencies towards maintaining officer health and wellness
- An overview of victim centered investigations

Community Events & Flyers

What:	Shared by:	Dates:	Links:
National Day of Awareness of Missing, Murdered Indigenous Women, Walk to Akalat	Miss Ann	May 5th	Learn More
S'Klallam/Klallam Solidarity Walk, Honoring MMIW		May 5th	Learn More
Funding for People Impacted by Flood Severe Storm 2022	OlyCAP		Email to Learn More
Guiding Good Choices Series	Port Angeles Healthy Youth Coalition	May 11-June 8th	Learn More
The Latinx Photography Project Film Screening and Panel of "The Local Immigrant Latinx Experience"	Lesley Hoare, Peninsula College	May 11th 6:30-8:00 pm on the Forks' PC Campus	Learn More
2023 Art Auction	Julie from Habitat for Humanity	Completed Piece by June 1	Learn More
Mental Health Basics & Communication Skills and Suicide Prevention/Intervention Workshop	Val from Jefferson County NAMI	May 18 June 16	Learn More
Peninsula College Studium Generale	Peninsula College	Thursday 12:35-1:35 May 3 & May 4 May 11 May 16-18 June 1	Learn More
Community Resource Guide	Developed by Peninsula College Medical Assisting Program Students	Ongoing	Learn More
Strengthening Families Locally	Shawnda Hicks, PAVE and Strengthening Families	4th Thursday of the month 11:30-1	Learn More
Youth Leadership in Community Resilience Summer 2023 Internship	Minnie	Cover letter and resume due May 15, 2023	Learn More

Next Meeting:

Ecotherapy techniques for grounding and emotion regulation.

Mindy Gelder has been working as a licensed marital and family therapist for the past 23 years. About ten years ago, she grew tired of more traditional means of counseling and of sitting in a chair all day. Her own

passion for the natural world led her to pursue a certification in Ecotherapy, and today, she can be found taking clients on beach walks, hosting Ecotherapy workshops, and engaged in somatic approaches to help others heal and connect with the natural world and their own authentic human selves.
Join us as she shares a little about Ecotherapy and provide some specific exercises to help folks connect with nature and its healing elements.

Self, Community and Singing

featuring presenter Noah Smith (they/them)
Director, Peninsula Queer Xhoir
Director of Music Ministries, Holy Trinity Lutheran Church
Dean, American Guild of Organists Olympic Peninsula Chapter

The act of singing and musical vocalization offers many interpersonal and intrapersonal benefits, working against trauma and isolation. In this presentation, Noah Smith will explore how singing can be utilized in many settings as an activity that may unlock possibilities and solutions.

