



CCTT Resource Sharing Meeting

Meeting Summary

May 4, 2021

AGENDA ITEM	DISCUSSION	ACTION
<p>1. Welcome</p> <p>Timestamp: 0:00 - 1:05</p>	<p>May is Mental Health Awareness Month</p>	<p>Please complete CCTT's Partner Demographic Form: https://forms.gle/zeZcubh9ds45mJbA7</p>
<p>2. Mental Health Awareness Month</p> <p>Shannon Decker, Tahoe Truckee Suicide Prevention Coalition Coordinator</p> <p>Timestamp: Introduction 1:05 - 2:48</p> <p>Events 33:25 - 39:00</p>	<ul style="list-style-type: none"> ● The theme for Mental Health Awareness Month is <i>Hope is Change</i>. ● <u>Events and activities</u> will empower us for the changes of the future. <ul style="list-style-type: none"> ○ May 27th, 6-7:30 pm <i>Mental Health in the Mountains Speaker Series</i> with Dr. Amy Vail. The focus will be on families and COVID life. ● May 11th at 5:00 pm Proclamation with the Town of Truckee. ● May 22nd Fundraiser at Alibi Ale Works, Truckee ● June 13th at 9:00 am Hike for Hope at Donner State Park ● For a full list of events, visit http://www.tahoelifeline.org/blog 	<p>Send inspirational photographs to ttsuicideprevention@gmail.com to use in prevention content.</p> <p><i>Each Mind Matters- Take What you Need</i> Flyers in English and Spanish will be posted around town this month. You can print and post from the digital flyer. Contact: ttsuicideprevention@gmail.com</p> <p>Carve out time to attend a Mental Health First Aid training</p>
<p>3. COVID for the Long Haul: Managing Compassion Fatigue & Provider</p>	<ul style="list-style-type: none"> ● Dr. Amy Vail's presentation outlined radical self care for providers, workers, and helpers, giving skills to recognize compassion fatigue and the tools to combat it. When we take care of ourselves, we are better suited to take care of those we are trying to help. ● Compassion fatigue is: 	

Burnout

~Dr. Amy Vail
<https://www.dramyvail.com/Facebook>

Timestamp
2:48 - 33:25

- A preoccupation with absorbing trauma and emotional stresses of others, and this creates a secondary traumatic stress in the helper.
- Stress resulting from exposure to a traumatized individual. Compassion Fatigue has been described as the convergence of secondary traumatic stress (STS) and cumulative burnout (BO), a state of physical and mental exhaustion caused by a depleted ability to cope with one's everyday environment.
- The hallmark of compassion fatigue is not feeling connected to work or to people- or it could be described as apathy, lack of hope (Don't Give a Damn (DGAD) Syndrome)
- Many workers may recognize the symptoms but keep going out of a need to help.
- Organizations can experience trauma too.
- What we can do:
 - A good self-care regimen will look different for each person, but it should generally include the holistic triad = mind, body & spirit
 - Slow down and self-check when overwhelm, burnout, and compassion fatigue take expression.
 - Be mindful of how you handle your own stress.
 - Clearly define your boundaries
 - Protect yourself
 - Check your relationships
 - Put yourself first
 - Make the time. You won't find the time.
 - Build Resilience - a set of behaviors that we learn to overcome adverse events.
 - Give ourselves some grace.

4. Resource Sharing Around the Room

Tahoe Forest Health System	<ul style="list-style-type: none">• Every three years TFHS conducts a community health needs assessment to identify community health needs to develop a community health improvement plan.• Survey participants are randomly selected using address-based methodology.• Surveys will be mailed May 17-May 24th and outbound calls May 24, 2021• If selected, three ways to complete the survey: online, call the Center for Opinion Research or you can wait for them to call.• Survey questions shifted away from asking questions that TFHS can ascertain from electronic health records to questions that get information around root causes of health issues- behaviors, experiences with racism and discrimination, social needs, etc.. Expanded mental and behavioral health questions.• Surveys are available verbally in Spanish.• Findings will be shared aggregately with partners.	
Holly Colpitts, Kidzone	<ul style="list-style-type: none">• June 6th at 10:00 AM. The AquaSMART Live! puppet show teaches children how to be safe when they are in and around California's waterways. Splasher the Frog and his friends Joe and Charlie, the AquaSMART Stunt-Dummies, perform scenes to show families what can happen when they are not safe in the water. Join Splasher the Frog and his friends Joe and Charlie on their water adventure! English Version Spanish Version	
Sarah Monson, Truckee North Tahoe Transportation Management	<ul style="list-style-type: none">• Bike month starts in June.• The Bike Challenge: Competition for Individuals and Teams• Prizes for those who log the most miles in June• Sponsor Packets include more information.	

Association		
Kaela Frank, Adventure Risk Challenge	<ul style="list-style-type: none"> • 4 students completed the Community Leadership Program earning \$1K scholarships. • 17 NTHS freshmen graduated on 5/4 from the Rising Community Leadership program. • 22 applications received for summer course 	
Anne Rarick, Sierra Community House	<ul style="list-style-type: none"> • Sierra Community House is hiring a Program Coordinator 	
Devin Bradley, Nevada County	<ul style="list-style-type: none"> • Nevada County is expecting to organize a teen COVID vaccine clinic next Thursday (5/13). 	
Cathie Foley, North Tahoe Truckee Homeless Services	<ul style="list-style-type: none"> • Through this month, the Respite Center will operate Tuesday through Friday, 9:00 am - 2:00 pm. • Continuing search for a new location. 	<p>If you have a question or need for Homeless Services, North Tahoe Truckee Homeless Services Program phone 530-386-7954 and Sarah Jahr, Homeless Outreach Coordinator with Sierra Community House. If you have ideas of locations, strategies to address homelessness in our Region please reach out to me, Cathie Foley: CFoley@amihousing.org</p>
Lizzy Henasey, Tahoe Forest Health System	<ul style="list-style-type: none"> • May 13th 5:15 - 6:30pm Zoom ID 991 3131 5222 Authentic Wellness Talk (Free): Panel Discussion: Commit to Connect- Connecting with others plays a vital role in our individual health and well-being, and in that of our community. Connection can involve many things like finding joy in small things, keeping physically strong and healthy, sharing our stories, looking at the big picture and giving to others. Join us in a panel discussion around what resources are available that can help our community get connected, be strong and combat the social isolation of the last year of our lives. 	

5. CCTT Race and Equity Work

- Today's race and equity discussion is Part 2 of the Learning Journey: Facilitating and Holding Conversations
- Goals and intentions: To provide foundational ideas and time to reflect on holding conversations about race and increase confidence and commitment to engage in conversations.
- Participants spent time sharing any fears and concerns they may have, or not have, when talking about race and ethnicity.
- Participants discussed common terminology and watched ["The difference between being not racist and being antiracist"](#)
- Participants reflected on Allyship and being an ally & solidarity and being an accomplice. [Allyship vs. Solidarity pdf.](#)