

Meeting Summary for the 11-19-24 Meeting

*****Please reach out to me (Jennifer) if you would like any of the attachments referenced in this summary. My email is: Jennifer.LHeureux@dmh.mo.gov**

Good afternoon,

Thank you so much to everyone that attended today's meeting and/or provided resources. Without you none of this would be possible! A special thank you to our featured speaker, **Seth Sonnevile, Program Director for the Center for Well-Being**. Because of the proximity to Thanksgiving, we had a briefer meeting today and our focus this month was on care for the caregivers. Each of you puts forth extraordinary efforts throughout the year and in particular around the holidays when so many are on vacation and you're called upon to do even more. You do this tirelessly despite an often lack of resources, options, and many competing demands. While this is admirable to say the least, we often forget to take care of ourselves but, we need to! The following is a summary of today's meeting:

1. Seth Sonnevile, Program Director for the Center for Well-Being: Children's Mercy Hospital

Phone: 816-234-9437, Extension 59437

Website: <https://www.childrensmercy.org/about-us/center-for-wellbeing/>

Email: sasonnevile@cmh.edu

- **Seth's slide deck will be sent once available.**
- **Discussed were elements of self-care such as: Mental, emotional, financial, physical, environmental, spiritual, recreational, and social.**
- **Parts of considering every day decisions were discussed for example, how I spend my time, energy, whom do I associate with, financial resources, what do I say to myself, etc.**
- **Balance between work and life was reviewed.**
- **The impact of fatigue and stress were discussed especially as to how it impacts a healthy balance.**
- **Real Self-Care by Pooja Lakshmin, M.D. was reviewed. "Real self-care is an internal, self-reflective process that involves making difficult decisions in line with our values, and when we practice it, we shift our relationships, our workplaces, and even our broken systems."**
- **The importance of self-awareness and how values and beliefs impact wellness was discussed.**
- **A self-assessment was presented and in part entailed what gives each of us meaning in life.**
- **The practice of mindfulness was discussed.**
- **Boundaries and their impacts on wellness were discussed and included such things as physical boundaries, emotional, verbal, time, work, etc. boundaries.**
- **How we take our time, energy, and attention back for our own wellness.**
- **We all have 3 choices, to say yes, no, and let's talk (negotiation).**

- How to clearly communicate boundaries was presented.
- “The grass is greener where you water it.”
- Myths were discussed that impact wellness such as “Busyness = Success, 110% is required all the time, I must be available 100% of the time”, and more.
- Unhealthy thought patterns and “shoulding” ourselves was talked about and the impacts often that result.
- Why self-care is not a regular part of our training as care providers was reviewed and why it is so critical despite it not often being taught.
- Professional burnout was discussed.
- Self-criticism is an “inside job.”
- We train people how to treat us by what we accept and impose on ourselves.

2. Additional Resources for Service Providers

- <https://www.samhsa.gov/dtac/disaster-responders>
- <https://www.samhsa.gov/resource/dbhis/first-responders-self-care-wellness-health-resilience-recovery>
- <https://www.redcross.org/take-a-class/lifesaving> (this is a means by which you can nominate a first responder for his/her/their work that otherwise may not be recognized for heroic efforts)!
- <https://www.certpeersupport.com/>
- <https://traumastewardship.com/>

3. Updates and Announcements from Partners

- Jamie Matarazzo, Legal Aid of Western Missouri highly recommended “Trauma Stewardship” and spoke briefly about this book. For more information please refer to: <https://www.amazon.com/Trauma-Stewardship-Everyday-Caring-Others/dp/157675944X>. Jamie also recommended the following book: <https://www.amazon.com/Languishing-Alive-Again-World-Wears/dp/0593444620>
- Byra Nicodemus Norman, Family Conservancy talked about resources her organization has for child care providers and wellness. Attached are two flyers (second and third attachments) regarding this information. The Learning Community group (third attachment) has the following stipulations:

The monthly learning community meetings are strictly for KS providers (Leavenworth, Atchison, Johnson, Wyandotte). If they want to join they just need to contact tbueler@thefamilyconservancy.org and she will get them on the email list so they receive the newsletters, zoom link/agenda each month. The meetings are typically the last Monday of the month from 6:30-8 PM and we have guest speakers each month. In December they will have a KS licensing specialist. The Facebook group has the same stipulations.

***If someone is in need of similar resources but for providers on the MO side, please reach out to me, Jennifer and I can get you connected.

- Jennifer Tarwater, FEMA Region 7 provided an update on the spring training that is part two to the previous training co-sponsored by SOCCEED (SOC/CYID) that took place this past May. This takes a deeper dive into planning for and incorporating the specific needs of children in disasters and emergencies. YOU DO NOT have needed to have attended the first training to attend part two! This upcoming training will focus on continuity training, helping you further shore up an existing EOP (Emergency Operations Plan) or begin one so that your organization may maintain critical operations during times of emergencies and disasters. There will be a table top exercise to help you see in action how plans may unfold and through this simulation much can be learned and adjusted (if needed) before something happens. Case studies and other presentations will round out the day long workshop! This is ideal for any size organization regardless of resources, is free of cost, and will be held in KCMO, in-person. We are extremely grateful to have FEMA Region 7 as a partner and to bring such powerful content to the community! More details to come in the new year.
- Natali Cordova, Easter Seals Midwest talked about a Nurturing Parenting Program that her organization will be offering and is open to families with children between ages 3 to 19. For more information please contact Natali at: Natali.medinacordova@esmw.org.
- Region VII Disaster Health Response has some excellent workshops coming up including disaster preparedness in rural communities, the National Health Care Coalition-Preparedness, and more. This is the fourth attachment.

4. My Updates and Announcements

- I have attached a flyer for an upcoming Train the Trainer event for Psychological First Aide (first attachment).
- I attended an excellent webinar on mitigation strategies when it comes to disaster planning for all and wanted to pass on the following links:
 - <https://hazards.colorado.edu/training/webinars/pastrecordings>
 - <https://hazards.colorado.edu/training/webinars/making-mitigation-work>
 - <https://nap.nationalacademies.org/catalog/5782/disasters-by-design-a-reassessment-of-natural-hazards-in-the>
- **We are adding an initiative called “Care for the Caregivers.”** This will begin in January of 2025 and be ongoing. There will be funds each month to be spent on things pertaining to **YOUR** self-care and wellness. This may be funding for a related training/webinar and many other things with the stipulation that it must pertain to your personal wellness.
- **Heroic Imagination Project:** As previously mentioned, HIP is an internationally known program (for more information please refer to: <https://www.heroicimagination.org/>) and SOCCEED has secured the funding to provide this training completely free of cost in January at our normally scheduled meeting on the 21st at 1 p.m. via Webex. HIP in part seeks to build capacity in responders from all types of disciplines to be empowered, increase their own

resilience to secondary traumas, further develop crisis response skills, and more. Further, HIP is closely aligned with Suzanne Bernier's work (<https://www.suzannebernier.com/speaking-engagements>).

Suzanne has worked closely with FEMA and is well-known for a program called Stars of Hope (please see the following link for more information: [Stars of Hope – Healing Art \(starsofhopeusa.org\)](http://StarsofHope-HealingArt(starsofhopeusa.org))). This program works with communities affected by disasters and other significant events. If scheduling permits, Suzanne will be presenting at the January SOCCEED meeting as well!

- **As an additional way to thank all of you, I again have money to distribute to charitable organizations of YOUR choosing** however, this year we do not have \$1000 to distribute, we have \$2,000! As with last year, please send me an email with where you would like money sent, the preferred amount, and information about how to donate (e.g., a link, contact person, etc.). Once this donation is made, I will send you the electronic receipt showing that it was completed. If online donations are not available, I can send it via check but will not have an immediate receipt.
- **SOCCEED is sponsoring a Community Health Fair on April 12, 2025** at the Mattie Rhodes Cultural Center in KCMO. This is being accomplished through our Cancel Cancer Initiative and will include early detection, presentations, health resources/information, a raffle, and more. The focus is on the top cancers and health issues that many are facing right here in our communities. Further, the focus is on people with multiple risk factors that are often the least likely to receive the care that they need.
- **Thanksgiving and other holiday help is still available through SOCCEED** but as we draw closer to the holidays, the less funding we will have available. Please note that we are a funder of last resort meaning all community resources must have first been exhausted and we only accept referrals from case workers, teachers, clergy, etc., anyone who works with the family and will vouch for the need being legitimate and that other avenues of assistance were explored but not successful. This is strictly first come, first served. Please reach out to me (Jennifer) with any questions, concerns, etc. Always happy to try and help you help others!

I just learned about a turkey distribution from a Chiefs player and the information about that is at: <https://kcparks.org/event/rashee-rices-turkey-drive-gridiron-giveaway/>. I would further encourage everyone to look at the Ray Way Resource Directory that can be found on our website at: www.jacksoncountysoc.com. This as you know is updated weekly on Sunday evenings and has a “Holiday Help” category with listings of community resources for holiday assistance.

- **Next meeting is on December 17th at 1 p.m. on Webex.** Please note that because this is the week before Christmas and so many will be on vacation, we will be having our traditional “un-meeting.” This is where we do not have a formal agenda however, the room is open for staffing cases, discussion of any needs, concerns, etc. that you may have. It is also an opportunity for you to seek assistance for needs that you may have just learned of!

Have a wonderful Thanksgiving and thank you so much for making SOCCEED able to do what it does!

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