

July 12, 2018 SUNY Purchase

Group 1

Takeaways

Seeing ourselves as parents / the type of impact we have
Be sure to include resilience discussion when presenting ACES
Have examples of success, e.g., county programs
Support is key...even a single adult...mitigates toxic stress
Do we give people space to share their stories

How do we put a system in place that can address this at a systemic level
Know how to address specific behaviors ...how do we get their stories told / what are the support networks (e.g., Purchase has a resilience follow-up to MH screenings)(
Can we get training campus wide

Group 2

So many positive, evidence-based directions
Use this film as a tool for community education, esp. Health care
Type of trauma less important than the absolute bottom line number
Yay for web site
Get screening at our workplaces (call the Coalition!)
Include this in training for camps, childhood education
Understand why NYS can't replicate what happened in Washington State

Group 3

Let people know they are not alone
Nice to understand the root causes
Wish this had been more prominent in the past
Include in elementary school curriculum...coping skills
More teenagers should be exposed to this kind of thing
The science is important especially in advocacy
Just one body!

Group 4

Want to know how people are using the screening process - in schools, communities (would certainly take building broad based support)
Need bridge between parents and school systems...and availability of a community MH workers to find out what is going on
Have this as part of Kindergarten screening
Importance of meditation!!!
Counselors/teachers also need support..need to support professionals who are helping these children

Have to figure out how to prioritize the needs and the funding.

Group 5 (substance abuse prevention coalition)

Film actually communicates a sense of hope!

Paradigm shift is needed...from pathology to wellness

Put heavier emphasis on Resilience when presenting ACES (get past individual denial)

Increase oppys for psycho education

Safe places to unravel/unpack...a place where people could anonymously talk about that ACEs score. Empower open-mindedness (psychological safe spaces)

More workshops around building up parents

Group 6

Noted how widespread, multi-generational trauma is

Health officials should be in this conversation

Change needed in workplace AND community

Find ways to bring this to families...along with sense of what help is available

Group 7

How do we get the word out

How do we intervene sooner

Framing: Mindfulness & emotional wellness vs mental illness

Importance of parental buffering - support for entire family

Resilience message - hopeful, accessible, critical

Be cautious about how this information is shared with families (so we don't retrigger) - frame appropriately for the audience but don't be afraid to share widely

Connectedness, safety, relationships are key

=> Be conscious of the relationship in which the information is shared (e.g., health care setting vs school)