

January 8, 2020

Nick Green
City of John Day
450 East Main St.
John Day, OR 97845

RE: Request for Funding

On behalf of the Grant County Community Health Improvement Coalition, we are requesting consideration for continued support and funding from the City of John Day. In 2018-19, the Trauma Informed Community Task Force worked in partnership with the City of John Day, the County Court and Blue Mountain Hospital to implement substance abuse prevention strategies in our community with the marijuana tax revenue funding that was received from the county. Since then, the Task Force has formalized into the Grant County Community Health Improvement Coalition.

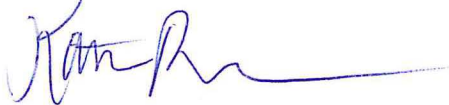
Attached you'll find a list of accomplishment over the 2018-2019 year. Successes in achieving our goals of increasing awareness of substance abuse were in part due to the funding that was received from the county. The allocated money was used to fund a variety of projects including community outreach, youth engagement and professional development for youth serving organizations and agencies.

The Coalition is committed to continuing upstream and innovative prevention work in our community. The Coalition is focused on addressing health disparities to improve health and wellness in our community; recognizing the need for a trauma informed approach to inclusion, diversity and equity. We work in close collaboration with organizations from all sectors of the community: government agencies, hospitals, the public school system, higher education, for-profit and non-profit businesses and providers of mental, somatic and oral health services.

Based on the most recent data, the coalition developed an action plan which identified top priorities, measurements and strategies for strengthening prevention, protective factors and risk reduction for citizens of Grant County. A priority focus area of the coalition is substance abuse prevention.

The \$5,000.00 potential funding from the City of John Day will help our efforts of substance abuse prevention throughout our community. This funding will be used to provide direct services to our community, continuing to engage youth, support professional development and outreach to the community.

Sincerely,



Katrina Randleas
Chairperson
Grant County Community Health Improvement Coalition

2018-19 Community Health Improvement Coalition Projects

Goals

- **Trauma Informed Trainings:** Increase the number of local individuals who have received training in trauma informed practices.
- **Trauma Informed Community:** Reduce mental health stigma and increase community education and outreach regarding impacts of traumatic stress through media outreach and information distribution at community events.

Objectives

Our objective, based on the 2017 Community Health Improvement Plan (CHIP), was to reduce stigma and increase community awareness and understanding of trauma and the impact trauma has on individuals. Ultimately, our goal is to create a trauma informed community, which recognizes that traumatic experiences terrify, overwhelm, and violate individuals and create a commitment not to repeat these experiences and, in whatever way possible, restore a sense of safety, power and self-worth in individuals throughout the community.

We developed and strengthened community and state-wide partnerships by offering an assortment of trainings and educational opportunities. Participation from organizations servicing EOCCO children and families were high. Feedback was very positive. We anticipate the participation for future trainings to continue to be high.

Funding Sources

Grant County - \$15,175

City of John Day - \$4,945

Local Community Advisory Council - \$7,500

Completed Projects:

2018

January:

Mental Health First Aid Training - The Mental Health First Aid (MHFA) course is a community education, training and referral program. The program trains community members how to identify, understand and respond to individuals who may be experiencing signs of mental illness or other use disorders. "First Aid" is administered to support and to connect to those individuals to the appropriate care. MHFA also addresses the stigma associated with mental illness and works to combat the negative connotations surrounding those that struggle with mental health and substance use issues. Over the course of 3 trainings for Malheur National Forest staff, 80 people received this training.

April:

Stewards of Children Training - A Stewards of Children child sexual abuse prevention training was held April 17, 2018. Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The targeted audience included community members, parents, educators, health care workers and youth serving organizations. Approximately 25 local attendees participated in this training held in partnership with Ford Family

Foundation. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors. Directly after the training was completed, the participants participated in planting a Pinwheel garden at the Grant County Courthouse in recognition of Child Abuse Prevention Month.

Community Media Outreach –Extensive community outreach was produced throughout the year, beginning in April with the planting of over 150 Pinwheels, which bring awareness to National Child Abuse Prevention Month. Additionally, social media posts, round-table radio interviews, and newspaper articles were presented on Facebook, the local radio station and newspaper throughout the year. Taskforce leaders did both print and radio interviews. Outreach topics included Substance Abuse, Child Sexual Abuse, Domestic Violence, and Suicide Prevention. In April, the local county court signed a standing proclamation naming April Child Abuse Prevention Month in Grant County, which was also published in the local newspaper.

May:

Teen Health Fair – A panel of four health professionals, including a physician who specializes in substance use disorders, two licensed mental health professionals, and a licensed clinician with a specialty in Trauma Informed Care engaged in discussion about mental health and substance misuse topics with over 250 high school students in attendance on May 1st. The teen health fair topic was identified by student-based data collection and anecdotal information provided by students.

Health and Safety Fair – Task Force members hosted two booths at this Health and Safety Fair held for approximately 250, 3rd-6th grade students. One booth covered the realities of peer pressure and how to respond in healthy ways to pressures from peers to engage in substance use and unhealthy relationship behaviors. The second booth covered social-emotional development, including mindfulness and “Kindness to Yourself and Others.”

Trauma Informed Care Trainings for Teachers, Providers, and Caregivers –

- **Caregivers** – May 10th, Erin Baldwin Draper, MSW, Community Resource & Outreach Specialist with the Swindells Resource Center of Providence Health & Services, presented using curriculum developed through the National Childhood Traumatic Stress Network. The objective of this training was to increase caregiver’s understanding about how trauma affects children and to help caregivers make better sense of a child’s behaviors, feelings, and attitudes. The evening presentation’s target audience included parents, foster parents, and other caregivers of children who have experienced trauma. Dinner and childcare were provided to attendees. The presentation included: Strategies to improve communication with your child; Skills and techniques to influence your child’s behaviors and attitudes; Ways to reduce your child’s stress and reduce parental stress; Ideas to increase the positive experiences that make being a caregiver so worthwhile. Approximately 25 foster parents and parents attended this training.
- **Providers** – On the evening of May 10th, Dr. Pettersen, a Trauma Informed Care trainer through the Oregon Pediatric Society and pediatrician of 26 years at The Children’s Clinic in Portland presented to 11 providers at Blue Mountain Hospital.
- **Teachers** – May 11th, Dr. Pettersen presented a day-long presentation to 84 school employees and local community professionals. Her presentation focused on: Demystifying trauma informed care; How childhood trauma can affect health and well-being; The science of trauma and why it is important; and Resilience, hope, and self-care.

June:

Grant County Health Fair – Task force members hosted a trauma informed booth at the Grant County Health Fair on June 20th. Informational materials were distributed about Adverse Childhood Experiences (ACEs) and trauma. Adults had the opportunity to review the 10 question ACEs assessment and engage in conversation about the impact of trauma on a developing brain. We also demonstrated a model brain of a 3-year-old exposed to trauma compared with a brain not affected by trauma. Many of the participants at the booth stated they were previously unaware of how trauma can impact the developing human brain.

September:

Outdoor School – Task Force members partnered with the Oregon State University Extension Office to bring an outdoor mindfulness training session to 42, 6th grade students from small schools in Grant, Wheeler, and Malheur Counties.

October:

SAIF Volunteer Screening Training – Education NW Trainer, Sarah Nance presented this training in Harney County on October 17th and in Grant County October 18th. The presentation titled, *Keep Kids SAFE: Prioritizing Youth Safety with Research Based Volunteer Screening Practices* was a free, full-day training on preventing child sexual abuse in youth-serving programs. The training explored tools to help organizations decide if a volunteer is a good fit for their programs. The 15 attendees discussed the latest research on perpetrators, as well as potential red-flags and warning signs to be aware of during volunteer application and monitoring and learned about and practiced using screening tools and guidelines that youth professionals can apply in order to maximize the safety of the children and youth served. Partners for this training included Education NW, the Ford Family Foundation, and Prevent Child Abuse Oregon, and Grant-Harney County Court Appointed Special Advocates (CASA).

Suicide Prevention Town Hall with Kevin Hines – On October 18th Kevin Heinz shared his story of survival and resilience with more than 200 community members in Grant County. Kevin is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), Kevin attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. Kevin is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. Kevin's story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have.

Trauma Informed Teachers' Workshop – 57 teachers and school administrators from the five county school districts attended the Trauma Informed Workshop on October 19th. Presenting partners for this project joined us from Education Northwest, The Attorney General's Sexual Assault Task Force, and Education Hall. After the workshop, several attendees remained onsite to view a screening of *Paper Tigers*, a documentary about trauma informed educational settings.

2019

January:

Origins of Addiction: ACEs, Trauma, and Substance Abuse Training - Instructor and addiction counselor, Jonny Gieber, presented an 8-hour workshop about the overlap between ACEs, Trauma, and Substance Abuse to approximately 30 individuals from local organizations. This 1-day workshop taught participants how to: differentiate between Developmental Trauma Disorder (DTD) & Post Traumatic Stress Disorder (PTSD); describe the impact of ACEs on adult health & well-being; discuss Polyvagal theory & the implications on addiction; and apply “connection” skills to enhance recovery and relapse prevention.

April:

Stewards of Children Training - A Stewards of Children child sexual abuse prevention training was held in April for both Grant and Harney Counties. Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The targeted audience included community members, parents, educators, health care workers and youth serving organizations. Approximately 20 attendees participated in this training held in partnership with Ford Family Foundation. It is the only nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors.

Empowering the Community: Substance Abuse and Youth (2 sessions; professional & community) – These sessions explored the current dynamics of substance use, prevention, adolescence, and family life. This is a complex topic and was not facilitated from a place of shame, fear, or misinformation. All participants were welcomed and asked to think critically about the topic of substance use, increase their knowledge, and develop skills to deepen conversations. Participants looked at specific substances, health impacts, trends, and skill-building that will have positive impacts in our homes and community. This session was relevant for professionals in any human service field, parents, and interested community members.

May:

Teen Health Fair – Expert presenter provided substance abuse prevention and mental health information to students from all five of the county’s school districts. The content of his presentation included:

- Substance use information: basic knowledge about alcohol, cannabis, opioids, stimulants and overall motivation related to substance use
- Mental Health: some themes in contemporary society related to anxiety and depression, tips to improve our mental health and how seeking help can be a sign of strength and courage
- Screen time: impacts on health and sleep
- Sleep and the connection to academic/athletic performance and mental health
- Brief discussion about communication in relationships and the impacts on our health

June:

Statewide Training: Moving from Awareness to Comprehensive Prevention – June 17th, 18th and 19th, John Day hosted 65 professionals from around the state for a two-and-a-half-day comprehensive prevention training. Participants learned to implement effective prevention programming related to interpersonal, sexual, and gender-based violence in an ongoing and consistent manner. Many practitioners struggle to fulfill mandates and better provide for the needs of their communities in ways that are both 1) cost effective and 2) rooted in best practices. The Comprehensive Prevention Training is

informed by national evidence for effective prevention as well as Oregon specific best-practice implemented by Oregon prevention practitioners and statewide collaborations. This training covered topics such as: Models and Theories of Prevention, Anti-Oppression and Prevention, Healthy Relationships and Sexuality Promotion, Evaluation of Prevention, Intersections of Response and Prevention, Community and Participant Leadership, Prevention Facilitation Strategies, Action Planning

Youth Mental Health First Aid Training – Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. On June 17th, 20 participants from the North Fork John Day Watershed Council and the Malheur National Forest received Youth Mental Health First Aid training. Crew bosses learned how to help their adolescent (age 15-18) crew member who could be experiencing a mental health or addictions challenge or is in crisis.

Be the Difference: Responsive and accessible community services – Combining components of Foundations of Trauma Informed Care, developed by Trauma Informed Oregon and Culture of Poverty, participants had the opportunity to explore advances in neuroscience and adversity research while increasing understanding of trauma and discussing the way it affects individuals and their access to- and engagement with services. Additionally, participants learn about the lived experience of poverty, how it impacts world views, and the ways people communicate, learn, and engage with resources. Finally, participants collaborate to build “address books” of local resources and partnerships for furthering trauma-informed and poverty-aware services.

August:

Trauma: The What, Why and How We Can Respond – August 20th, 34 participants from a variety of agencies and organizations in the community learned to identify various types of trauma and its effect on the brain, body and health, explore trauma as it relates to behavior and learned how to identify ways to reduce episodes of re-traumatization (retriggering).

Trauma Informed Self Care – August 21st, 30 participants from numerous agencies and organizations from around the community learned how to identify options for self-care in all 12 of the life domains and developed a self-care plan that includes a variety of tools including mindfulness, breathing, psychological flexibility and micro and macro self-care.

October:

Social-Emotional Development Assembly – October 24th students from 4 school districts, 5th-12th grades attended the Teen Truth Social Emotional Development Assembly; topics included bullying, suicide, mental health, social media, substance abuse, self-esteem and what it means to be a leader. Following the assemblies, students from all 4 schools participated in a Leadership Summit. In this summit, students worked collaboratively to develop a greater understanding of what it means to be a leader, brainstormed social emotional issues that are negatively affecting their schools climate and created an action plan with tangible solutions that they want to implement in their schools.

Relational Needs Workshop for Educators – October 25th educators from 4 school districts attended a comprehensive program on trust building, open communication and relationship enhancement. During the interactive workshop, educators learned to understand and articulate their own relational needs, discover the immense value of meeting the needs of others, develop a deeper understanding of

developing caring relationships, and create a campus wide language that inspires community connection. This workshop was very well received by those who attended and feedback indicated educators would like to participate in the follow-up workshop.