

## Riverside County Health Coalition Meeting | January 18, 2023

### Meeting Notes

Present: Mary Obideyi and 180 other attendees.

Next meeting: April 19<sup>th</sup>, 2023, 10:00 am – 12:00pm

#### Welcoming Remarks and Introductions

- The welcome and introduction remarks were given by Mary Obideyi. She highlighted the use of a zoom platform for the webinar and the inclusion of closed captioning for both English and Spanish, along with ASL interpreters. She asked for everyone to add in the chat box their name, job, and current location. Mary introduced the topic of the webinar and provided the QR code and link in the chat box for the follow-up survey.
- Mary provided a brief breakdown of the agenda for today; reflecting on 2022, discussing how to lead with a trauma informed lens, and continue building resiliency into 2023. She also gave a brief introduction of today's speakers.
- Mary took a moment to recognize that the past Monday, January 16<sup>th</sup> was Martin Luther King Jr. Day. She recognized Dr. King's service while inspiring us to serve in our own ways. Additionally, yesterday, January 17<sup>th</sup> was National Day of Racial Healing.
- This is the first meeting of the year, with over 180 registered.
- A poll was conducted, which asked for sectors represented by the participants of the meeting.
  - Community member/student 5%
  - CBOs/FBOs 23%
  - Education/Academia 8%
  - Government 12%
  - Healthcare/Public Health 38%
  - Housing/Planning 0%.
- Mary acknowledged those who are present; community/faith-based organizations, tribal native communities and other partners in the virtual meeting space.
- Purpose of the Coalition was briefly mentioned, which include sharing knowledge, expand partnerships, highlighting innovative practices, providing community empowerment, and collaborating with each other.
- The Health Equity email ([RivCoHealthEquity@ruhealth.org](mailto:RivCoHealthEquity@ruhealth.org)) was shared in the chat box.

#### Showcase Video

- A video highlighting successes of partnerships/collaborations with CBOs/FBOs/agencies was presented to the coalition.
- The video presented pictures of many community residents and partners working together for the wellness of Riverside County.
- Mary thanked and congratulated all the partners for coming together and working to improve the health of everyone in Riverside County.

**Presentation: Speaker Dr. Marshare Penny**

- Mary introduced Dr. Marshare Penny. Dr. Penny is a Deputy Director of Public Health with a specific focus on health equity for the Riverside University Health System.
- Topic of the presentation is Public Health's next steps towards trauma-informed leadership.
  - She discussed the direction that public health and serving our communities with a trauma informed lens is working on.
- Focus on how trauma-informed leadership can enhance psychological safety and increase resilience.
  - The communities that we serve and ourselves as the providers.
- Definition of Trauma-Informed Care (TIC)- an approach in the human service field that assumes that an individual is more likely than not to have a history of trauma.
- A brief mention of SAMHSA's 4-Rs: Realize, Recognize, Respond, Resist.
- Trauma-informed practice helps everyone.
- Quote by Dr. David Tweedy, "Trauma-Informed Leadership is a way of understanding or appreciating there is an emotional world of experiences rumbling around beneath the surface".
  - Ex. Iceberg, the trauma people experienced is the tip. But there is much more on how their trauma impacts their everyday choices and responses.
- Our job as leaders is to empower our workforce. Need to recognize that members of our workforce have experienced emotional scars and tough work.
- Dr. Penny discussed the 6 reasons why those who lead should be trauma-informed.
  - We are all affected by trauma.
  - Trauma occurs at the individual and organizational levels.
  - Trauma-informed leadership consists of skills that are applicable to any industry or institution.
  - Trauma-informed leaders know how to deal with empathy.
  - Trauma-Informed leaders know that empowerment is key to avoiding re-traumatization.
  - Trauma-informed leaders make self-care a priority.
- Being a trauma-informed leader:
  - Starts with leadership.
  - Validate experiences with empathy.
  - Commit to physical and psychological safety.
  - Communicate often and regularly.
  - Offer and require accountability.
  - Train and practice.
- Trauma-informed leadership is key to build back resilient workforce, important to recognize that and that is our aim here in Riverside Public Health.

**Presentation: Dr. McCoy-Arballo**

- Mayra introduced Dr. McCoy-Arballo. Dr. McCoy-Arballo is a licensed clinical forensic psychologist in CA who teaches and treats health care, government workers, and emergency responders impacted by trauma, vicarious trauma, compassion fatigue, and suicide prevention.
- Topic of the presentation is *Trauma Informed Care*.
- Trauma consists of physically or emotionally harmful/threatening events. It has lasting adverse effects on day-to-day functioning. It can damage relationships. Trauma affects everyone and is not a sign of weakness.

- Post-Traumatic Stress Disorder (PTSD) is an illness and results from actual/threat of death, serious injury, and sexual violence.
- Common symptoms of PTSD/STD symptoms consist of nightmares, flashbacks, physical symptoms racing heart, sweating, hypervigilance, negative thoughts about self/world, guilt or blame, loss of interest in enjoyable activities, and numbing.
- To regain control over their reactions, may engage in behaviors, including drinking/eating/drugs, poor sleeping, edgy/outbursts, and blaming.
- Complex psychological trauma consists of severe stressors repetitive or prolonged; harm or abandonment by caregivers; and occur at an early childhood or later in life.
- Historical trauma is defined as complex traumatic experiences affecting an entire community or cultural group over multiple generations such as environmental disasters.
- Historical trauma often transmitted via adverse power dynamics. Various forms of structural violence involve systematic oppression or discrimination, interpersonal violence, neglect, life events reducing trusts. It is detrimental to individuals.
- Studies show childhood trauma and adversity associated with premature mortality risks.
- Adverse Childhood Experiences (ACEs) ultimately affect the quality and quantity of life.
- Trauma informed care strives to understand whole person. Trauma impacts a person's sense of self, others, and beliefs about the world. Directly impacts ability/motivation to seek and use services.
- Five (5) principles used to reduce possible re-traumatization and increase service use include safety, choice, collaboration, trustworthiness, and empowerment.
- Our role as health leaders is to work with patients not as experts. This takes humility.
- In trauma informed approach, focus should be on strengths, empowering patients to build on strengths, developing stronger coping skills, and providing health foundation for patients to rely on.
- Vicarious trauma in employees occur as a result of indirect exposure to trauma. It is common when working with the trauma of others, resulting in behaviors and emotions similar to PTSD. It increases burnout, quiet quitting, and poor retention.
- Steps necessary to create trauma-informed workplace culture: 1) supervisors do regular check-ins with team; 2) meet at least monthly as a group to provide support and encouragement; 3) promote individual and team well-being; 4) think about the demands on team members; 5) think about communication styles.
- Trauma informed care is a journey. It is a process and takes time to improve and to heal.

#### **Q/A:**

- No questions were submitted in the Chat-box.
- Mayra thanked Dr. McCoy-Arballo for the presentation.
- A question came in later in the meeting by a participant. Can you list a few more examples or ideas for using a trauma informed approach when working with clients? How do you really know when you're interacting or creating processes and systems that have trauma informed vibe?

#### **Presentation – RISE Program**

- Resilience Initiative through Support and Empowerment (RISE) Program is a Riverside University Health System- Public Health program that engages in trauma work.
- Program Coordinator, Kimberly Jow introduced the program along with her colleagues Isabel Aguilera, Jasmine Castillo, and Maria Vega-Cruz who are all health education assistants for the program.

- Kim provided their mission is to educate, engage, and empower communities in Riverside County. Here to build movement and provide necessary skills to build resiliency and trauma informed practices.
- Trauma informed care is very important and a priority in public health.
- RISE framework- started in 2017 and now in 2023, it is vastly different due to the pandemic. When they first embarked on this endeavor, little understanding on the works of trauma, but more aligned now with engagement. Engagement is to motivate one another and to take action, which is the driving force of the program.
  - Educate through presentations on ACEs and with subject matter experts to meetings.
  - Activate takes the approach to streamline their efforts and access their resources.
  - Measure means to develop and conducts surveys and tools to gather data and measure outcomes. This can help further better practices and improve outcomes.
  - Moving towards long term goals and celebrate successes.
- Kim highlighted accomplishments that RISE has done such as ACE presentations, Trauma Informed Care Presentations, and Motivational Interviewing. These presentations are provided in both English and Spanish.
- Jasmine went over their Initiative Goal, which is to empower individuals with the tools and skills to start their own coalitions within their region to address ACES and ACERs resulting in increased support and resources to build a resilient community.
- This will be done through regional meetings that meet once a month and all regional meetings will be held quarterly.
- Jasmine provided a breakdown of the five regions by cities.
- Maria went over what RISE offers to the community: technical support, trainings, and resources. This helps communities start their own program, and RISE is here to support.
- Trainings are broken down into either agency, community, or school. Available in both Spanish and English.
- Maria shared a save the date for their next quarterly meeting on March 7<sup>th</sup> from 10:00am-11:30am.
- Isabel discussed why collaborate with RISE. She says that they are data driven, provide network and support, and can help to tailor specifically with the community needs. RISE is able to collect data and make that available to their community. This creates a more personable action plan for each community.
- To stay connected or learn more about RISE Program, they have a new website. [Riverside Resilience | Riverside University Health System \(ruhealth.org\)](https://www.ruhealth.org).

## Q/A

- Question and answer portion was facilitated by Daisy.
- Question: Are resources free? How do we access them?
  - Answer: They are free; can check out the website. PowerPoint presentation has the QR codes. If you see something that is not on there, contact Kim and she can provide and add to the excel sheet.

- Question: How to schedule trainings?
  - Answer: Fill out a training request form. This can be done in person or virtually. Can also reach out and contact Kim. Trainings can be in English or Spanish.
- Question: Will region and quarterly meetings be online and recorded?
  - Answer: Regional and quarterly meeting are online. Quarterly meetings will be recorded, but regional meetings will not be recorded. Notes from both meetings and the quarterly recordings will be provided on their LinkTree.
- Kim provided contact information on the chat: [KJow@ruhealth.org](mailto:KJow@ruhealth.org).

### Partner Updates

- Mary asked participants to complete the survey by scanning the QR code or click the link in the Chat-box. It is also available in Spanish. She opened the floor for participants to share events, announcements, and updates.
- Eddy Jara- Shared a website in the chat-box for participants to see. Eddy gave a brief introduction to the Blue Zones project in Riverside County. He mentioned an article featured in the National Geographic Magazine on Blue Zone. The article shared insights on how to live a long and healthy life by focusing on three areas where people lived 100 years and beyond. A consulting group is helping to apply these lessons learned to communities in CA. The RUHS-PH administration has contracted with the consulting group to conduct a comprehensive community assessment in 6 different communities in Riverside County. These assessments will assist with developing strategies for implementation and obtaining fundings for the project. All are invited to join the assessments in target communities. Click on the link and RSVP by filling out the required information. Interactive presentations will be given, and different interactive breakout sessions will be conducted. Next week, focus groups will be conducted virtually on various topics such as alcohol, tobacco and worksites. Eddy encouraged all to join and share their perspectives. [ejara@ruhealth.org](mailto:ejara@ruhealth.org).
- Kytzia Rayos- Come-Back Kids Charter School. This program is for anyone between the ages 13 and 99 to obtain GED or high school diploma for free. The website for the project is [www.cbktoday.org](http://www.cbktoday.org). Those interested can receive an online orientation. The program also provides college tours, proms, and graduation.
- Kiana Dobson- Program Coordinator for HIV/STD program. The program focuses on ending the new HIV infections. It is funded through a federal grant. A community advisory group will be starting, if anyone is interested in joining. Please reach out to the program.
- Jose Castillo- IEHP. He introduced the program and encouraged participants to partner with IEHP on education and collaborative efforts on various health topics. Gaby Reyes, representing Coachella Valley region also introduced herself.
- Lexian Prieto/Selena Orosco-Community Health Systems, Inc (CHS). The CHS is a federally qualified health clinic in Riverside and San Bernardino. Currently promoting mobile units to increase medical access in the regions. Please reach out, if interested.

- Lea Morgan- RUHS-PH. The program offers HIV and STD testing. These services are available to Riverside County residents.
- Mary thanked the participants for sharing and asked for flyers and other information to post in the Linktree for dissemination.

### **HE Program Updates**

- Health Communications Team
  - Greg gave an update on what is to come with the Health Equity team's communications.
  - Purpose: expand and enhance public health media capacity tailor outreach on COVID-19 and health disparities.
  - Currently updating media platforms, podcast, newsletters, etc.
  - The podcast is coming up soon and this will highlight different topics regarding disparities in the community and how to bring equity.
- Equity justice taskforce
  - A place for the community to meet monthly to collaborate and share. To take action with equity within the community.
  - How to improve health for our community
- Other Updates
  - In the process of developing a health equity dashboard and story map.
  - We want to make sure that the community is involved. The information displayed on the dashboard we want to make sure the community will see it and have the voice of the community on there.
  - Currently reaching out to organizations to see if they can lead a focus group discussion.
  - Information presented to the community by the community.
- Mary concluded, email resources and events. If you want to take part of the taskforce, send an email. Reminder of the RCHC LinkTree, here you can find social media links, past coalition meetings, events and resources.

### **Wrap-Up**

Mary thanked everyone for their participation and the speakers for their great presentations.

Feel free to contact us to [rivcohealthequity@ruhealth.org](mailto:rivcohealthequity@ruhealth.org), if you have any questions/comments/feedbacks.

Linktree link: <https://linktr.ee/RCHC>

Next meeting is on Wednesday, April 19<sup>th</sup>, 10am-12pm. We are planning for an in-person meeting later on this year.