



Food & Nutrition Coalition Meeting Minutes
May 13, 2020, 8:30am – 10:00am

Facilitator:	Eleanor Moreno and Kam Sudberry		
Meeting Attendees:	Beverly Bouma, Colene Johnson, Andy Soper, Abby LaLonde, Alyssa Stickney, Carola Carassa, Erin Skidmore, Garrett Ziegler, Jayme Vosovic, Judy Freeman, Kam Sudberry, Kelly Glas, Laura St. Louis, Lisa Wideman, Taylor Hartson, Tiffany Page, Emily Schichtel, AJ Fossel, Deanna Howland, Alicia Gaitan, Taylor Hartson, Jaylin, Alejandra Meza, Sydney Watson, Brittany Mastenbrook, Crystal Tunstall, Ayanfe Free, Shawn Keener, Julie VanGessel, Joy Petroelje, Julie Melia, Danielle Smith, Wende Randall, Brianne Czyzio Robach <i>(List may not be complete- please contact Brianne if you were on the call but are not listed here.)</i>		
Time Convened:	8:35	Time Adjourned:	10:01

Welcome and Reflection	
Secondary Trauma	
Discussion	
<p>Andy Soper, from Measurable Change, presented on secondary trauma.</p> <p>Secondary trauma is the experience of trauma through another person’s story and can have a cumulative impact. It triggers the same response as when you experience trauma. Sitting with someone who has experienced trauma causes with an empathic response. If we do not set up firm boundaries for what is and is not ours to carry, we can begin to feel stress and anxiety in when there is no real threat to us. This can lead to compassion fatigue, or burnout. Symptoms include exhaustion, isolating oneself, denial, and depersonalization. There is a continuum to compassion fatigue: enthusiasm → stagnation → frustration → apathy. If you are feeling stagnation, frustration, apathy, remember that anger indicates that you that you are feeling and invested.</p> <p>To combat compassion fatigue:</p> <ol style="list-style-type: none"> 1. Move – to release adrenaline, dopamine into your system. 2. Breathe – meditation, or quick breath in and intentional focused breath out 3. Sleep – it is important to establish a routine that works for you. 4. Eat – eating good food and giving your body something to rely on is extremely important. If you are not eating well, remember that you are working so that others can eat well. 5. Share – journaling, sharing with a therapist, sharing with a close friend. It is important to share moments of triumph as well as tough moments. If you are feeling shame about sharing, write about it or do something else that helps you externalize it. <p>empathy and compassion are key when responding to other’s trauma. A compassionate imagination can help envision what it may feel like to live in someone else’s body and experience.</p> <p>“If the problem is too heavy, it was not meant to be carried alone.”</p> <p><u>Reflections:</u></p> <ul style="list-style-type: none"> - We are in a time of hyper-focus and balancing expectations of how to interact safely as well as have real connection. 	



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- Sometimes the best thing to do is to listen. When we listen, rather than judge, compassionate imagination can let us try to hear about someone else's journey. This many be difficult during a time when interactions are happening so quickly.
- Right now, it can feel that there is a lot of compounding trauma.
- Important to be a liaison of healthy behavior for those who are continuously feeling fear or trauma.
- Connections with others who work in the same spaces are valuable.
- For someone who responds to stress or trauma with constant work, reading a bunch of books on self-care can become part of that work, distracting you from actual self-care.
- Some people respond to stress with work/productivity, others freeze. For those who are struggling to be productive at their normal level, a lot of guilt can come into play for needing more time for self-care despite doing less work. Self-compassion, showing ourselves kindness during our internal dialogue, is also a large part of self-care.

Andy's [slides can be viewed here](#), and [recommended reading list can be found here](#).

Organizational Updates

Discussion

Food Access Check-In Call, tomorrow (5/14) at 9:00am

Important to talk about trauma in a community aspect as well. Wende encouraged advocacy for organizations to allow employees to use sick days for mental health. Remember that policy change is not only state and federal level, it is also at the organizational level. Reach out to Wende if you are interested in exploring this more within your organization.

Walk for Good Food: today is the last day of the Walk for Good Food. Access met their fundraising goal and are very encouraged by the support of community members.

June meeting: there will be time to review action team goals and progress.

Adjourn

Next Meeting: Wednesday, June 10.