

WATAUGA COMPASSIONATE COMMUNITY INITIATIVE

AUGUST NEWSLETTER

PREVENTING TRAUMA.
BUILDING RESILIENCY

[HTTPS://WWW.WATAUGACCI.ORG/](https://www.wataugacci.org/)



WCCI 2022-2023

Upcoming Meetings

Until August, WCCI meetings are by Zoom on the second Thursday of each month. Starting in August, 2022, WCCI meetings will be held at Deerfield Church from 8:30-10:30 am.

The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TkJaUGFMTUY2aG13K2ZQMmdmNjlFUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

July 14, 2022

August 11, 2022

September 8, 2022

October 13, 2022

November 10, 2022

December 8, 2022

January 12, 2023

February 9, 2023

March 9, 2023

April 20, 2023

May 11, 2023

June 8, 2023



SOCIAL MEDIA!

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WCCI - Watauga
Compassionate
Community
Initiative

Watauga County
North Carolina
Paces Connection

@wcci_2020

WCCI 2022-2023

Current Community Needs

Foster Parents

Our community is always in dire need of foster care parents and mentors. To be a foster parent or to learn more, contact Jessica Winebarger at the Department of Social Services (265-8100).

WYN Mentors

To be a mentor in Watauga or to learn more, contact Angela McMann or Hannah Margolis at Western Youth Network (264-5174)

NAMI Community Meetings

NAMI High Country is looking for leaders of its support groups, education programs, and presentations. If you think you may be interested, contact Mike Tanner, pres@namihighcountry.org.

Public Information Meetings

- *1st Monday (most months), 6:30 PM, on Zoom:
<https://us02web.zoom.us/j/89693958646>.*

NAMI Family Support Group

- *2nd Monday, 7 PM. Contact pres@namihighcountry.org for zoom link.*

NAMI Connection Recovery Support Groups, Zoom

- *2nd & 4th Tuesdays of each month at 6 p.m. For link, contact Caleb Robleto calebrobleto@gmail.com.*

WE RECEIVED A GRANT!

The North Carolina Community Foundation & The Watauga County Community Foundation

NORTH CAROLINA
COMMUNITY FOUNDATION



A big thank you to the Watauga County Community Foundation, which is administered by the North Carolina Community Foundation, for a grant to support the Operations of the Watauga Compassionate Community Initiative!

On behalf of the our leadership team, our members, and our community, we thank you for your support of WCCL and our continued goal of helping Watauga County become a compassionate, relationship-based, resilient community!

Follow Them!

- Facebook - @nccommunityfoundation
- Instagram - @nccommunityfoundation

Visit their Websites!

<https://www.nccommunityfoundation.org/>

<https://www.nccommunityfoundation.org/communities/northwestern/watauga-county>

MEMBER SPOTLIGHT

Kellie Bass

My name is Kellie Bass, and I am the Rape Prevention Education (RPE) Coordinator at OASIS, Inc.! I am a member of the WCCI Prevention committee. I started working for an agency similar to OASIS located in Whiteville, NC, as the RPE Coordinator after graduating from Appalachian State University (ASU) in 2018. I volunteered for Families First while in high school, and the Executive Director reached out to me while I was finishing my degree at ASU to offer me the RPE position. I was excited to have the opportunity to begin my professional career in the comfort of my hometown, with my family nearby as I began this new journey into adulthood. When I learned that the same job position was available at OASIS, my partner at the time and I agreed that this would be the perfect opportunity to return to the High Country while continuing to grow professionally. I've been at OASIS since December of 2019. I'm so honored to be involved in such important work in the High Country, a place that I feel safe, seen, and valued.

I had never heard of ACES before working for Families First and completing an ACES assessment and follow up with a resiliency assessment, as a private exercise. I knew that I'd grown up in a not-ideal home life, and had been dealt some difficult cards, but I wasn't aware of the lasting effects it had on my life. I am glad, however, that I completed the resiliency assessment. It reminded me that though I'd seen some tough times, I still rose above the challenges and utilized the resources available to me so I could have a chance at a successful life.

These days my hobbies are pushing myself in the gym, hanging out with people that make me feel loved, reading, enjoying the beauty of Boone, playing in the local rivers, attending Music in the Valle concerts, journaling, porch hangs with Xena (my 70-lb pitbull), cooking for my friends, and looking for the small joys in life.



RESILIENCE SKILL

Change your temperature

Emotions happen in your body, so if you can calm your body, you can reduce the intensity of your emotions too. Rapidly changing your body temperature activates your parasympathetic nervous system. Your parasympathetic nervous system down-regulates the fight-flight-freeze-fawn stress response to bring your body back to a resting state. Below are examples of ways you can change your body temperature:

Cool/Cold Temperature Regulation Ideas

- Submerge head in water or splash water on your face
- Dip your hands in cold water or pour cool water on wrists
- Take a bite out of a frozen lemon, orange or popsicle
- Take a cold shower or bath
- Place frozen ice pack on your eyes or back of your neck
- Hold ice cubes or a cup of ice, or suck or chew on ice
- Blast air conditioning, or stand in front of a fridge/ freezer
- Stand in front of an open window, fan or air conditioner
- Walk outside for a short amount of time on a cold day
- Put a cold compress or wet cloth on your face
- Consume a cool glass of water or other cold drink
- Remove layers of clothing

Hot/Warm Temperature Regulation Ideas

- You can use many of the ideas above with warm objects
- Rub hands together gently until they're warm
- Curl up under a blanket (or wear warm clothing)
- Drink a cup of hot tea or coffee
- Use a heating pad or hot water bottle
- Gently blow warm air on yourself using a hairdryer

<https://themighty.com/topic/mental-health/rapidly-change-body-temperature-in-emotional-crisis>