

**Watauga Compassionate Community Initiative**

# **AUGUST NEWSLETTER**

*What's Strong in You?*

*For more information,  
visit [www.wataugacci.org](http://www.wataugacci.org)*





# WCCI 2020-2021

## Upcoming Meetings

### Meeting Dates for 2020-2021 year:

Until further notice, WCCI meetings are by Zoom beginning at 9 am on the second Thursday of each month. Meeting dates are below. The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TkJaUGFMTUY2aG13K2ZQMmdmNjlfUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meeting will be held from 9:00-11:00 am.

NO MEETINGS JUNE OR JULY

August 13

Sept 10

Oct 8

Nov 12

Dec 10

Jan 14

Feb 11

March 11

April 15 (April 8 is WCS spring break)

May 13



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WCCI - Watauga  
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Initiative

Watauga County  
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# WCCI WEDNESDAYS

## Upcoming Schedule

Beginning in August 2020, WCCI will be hosting monthly conversations by Zoom about trauma and resiliency. These conversations will be with people impacted by ACEs, as well as agency staff and providers. They will be held every third Wednesday on Zoom until further notice. They will begin at 12:00 noon.

Zoom Link: <https://zoom.us/j/93894662207?pwd=Wjc3eU9SL3JMOXJpQSs5UkxYaUd3UT09>  
Meeting ID: 938 9466 2207  
Passcode: 440689

Date	Who is Joining	Topic
Aug. 12.	WCCI Leadership Team	"What's Our Why?"
Aug. 19	Mary McKinney.	Resilience Care: What Self-Care Really Is and How Relational Care Can Help
Aug. 26	Kiersten Kleene	How WYN Manages and Combats Toxic Stress in an After School Setting
Sept 2.	Laura and JB Byrch	Trauma Support Outside the Professional Setting
Sept. 9.	Suzi Woodard	Trauma Therapies, ACES and Resiliency: My Personal and Professional Journey
Sept. 16.	Beckie Ballard	Whole Brain Learning and Brain Gym
Sept. 23	Ashley McKinney	A Therapist's Perspective on Trauma and Trauma Treatment
Sept. 30.	Tina Krause, Sonya Hamby, and/or Todd Carter	Hospitality House: Trauma Impacts



# WCCI WEDNESDAYS

## Upcoming Schedule

Date	Who is Joining	Topic
Oct. 7.	Caitlin Massey	Community Care Clinic – Identifying and Supporting People from Trauma
Oct. 14.	Donna Hill, Elizabeth Kerley	App Health Care – Community Trauma, Resources and Support
Oct. 21.	Kat Dolan	Understanding Mental Opportunity & Preventing Suicide in Your Community
Oct. 28	Heidi Campbell	Appalachian Counseling and Psychological Services
Nov 4	Angela Mc Mann and Charlene Grasinger	WYN Mentoring: A Resource to Increase Resiliency
Nov. 11.	Susan Weinberg in conversation with Misty.	" 'The Bad': One Family's Story of Meth in the Mountains" as featured in FROM THE FRONTLINES OF THE APPALACHIAN ADDICTION CRISIS (McFarland Books, 2020).
Nov. 18.	Chad Slagle	Foundations of Child Protective Services
Nov 25	holiday	holiday
Dec. 2.	Marisa Cornell (Valerie, Mollie, Ashley, Mackenzie)	Mediation and Restorative Justice – LEAD, Youth programs, and Other Supports
Dec. 9.	Emily Harwood and McKenzie Hellman.	APPHealthCare: Partnering with Businesses to Become Trauma-Informed
Dec. 16	Todd Hendley.	My Story: Impacts of Adverse Childhood Experiences and Ways of Creating Resiliency
Dec. 23	holiday	holiday
Dec. 30.	holiday	holiday



# MEMBER SPOTLIGHT

## Jennifer Warren

Jennifer Warren is the Executive Director of Western Youth Network (WYN). Committed to the mission of nurturing and empowering children to live healthy and engaged lives, Jennifer has been involved with WYN for nearly 18 years, and she has been the Executive Director of the agency for over 14 years.

Jennifer holds a Bachelor's Degree from Pfeiffer University and a Master's Degree in Clinical Mental Health Counseling with a concentration in Marriage and Family Therapy from Appalachian State University. She first learned about ACEs in 2009 in an article, and became more well-steeped in trauma and resilience in 2015 after attending a conference in Asheville. Jennifer then introduced this research to Denise Presenell in 2016, and through Denise's leadership, and in cooperation with the Juvenile Crime Prevention Council, the Children's Council and several other agencies, the State of the Child forum, and later the WCCI, were born.





# RESILIENCY SKILL

## Sensing In

Blue Mountain Center for Integrative Health

- As you go through your day, Intentionally look around you for any sensory input that is pleasing to you in some way, as you see, smell, touch, taste or hear it. This pleasant sensory input could be, for example, gentle melodic music or nature sounds, soft or smooth textures, pretty colors or scenes, pleasant fragrances or tastes.
- It could also come from inside you, a particularly pleasant sensation of relaxation or peace or happiness.
- You'll know it's a good choice if you have an internal experience of something like warmth, a smile, a sparkle, an inner calming, feeling drawn to it.
- Pause when you notice it, focus on it and physically experience it with the sense or senses that are appropriate.
- Breathe in through your nose slowly and calmly as you notice it, with an intention of absorbing its pleasant qualities, as if you could breathe them in with the air you're inhaling, and simultaneously imagine sort of pulling them in through your skin, as if you were a sponge.
- On the slow exhale, let those qualities settle into your body in a comforting, calming way.
- Even one slow breath cycle of noticing and absorbing can shift the nervous system from stressed (sympathetic nervous system dominance) to calm (parasympathetic nervous system dominance). If you can do two or three breaths before moving on (15-30 seconds), the benefits can be strengthened, and the memory will tend to be more clear.
- After just a few days of the practice described above, many people notice that they are becoming more aware of pleasant things they come across, and that when they remember to use the technique of pausing and "sensing in" before going onto the next task, even with just one breath cycle and even just a few times a day, they are calmer and generally feel better -- more positive, less stressed -- throughout the day.
- The effects can be further enhanced by taking a few moments before sleep to jot down what pleasant sensations you're remembering noticing during that day, and "sensing in" the memory of the earlier experience.

