

*Watauga Compassionate Community Initiative*

# *January Newsletter*

*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 8:30 am on the second Thursday of each month. Meeting dates are below. The Zoom link and password are as follows:

<https://zoom.us/j/92959886225?pwd=TkJaUGFMTUY2aG13K2ZOMmdmNjIFUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meeting will be held from 8:30-10:30 am.

NO MEETINGS JUNE OR JULY

Jan 14

Feb 11

March 11

April 15 (April 8 is WCS spring break)

May 13



## Social Media! FOLLOW US!

WCCI - Watauga  
Compassionate  
Community  
Initiative

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@wcci\_2020



# WCCI WEDNESDAYS

## Upcoming Schedule

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 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

<b>Date</b>	<b>Who is Joining</b>	<b>Topic</b>
Jan. 6.	Tom Woodard	Faces of ACES, Thriving Lives series: My Story ~ Rebuilding After Complex Trauma
Jan. 13	Brandy Bryson	From Personal Trauma to Professional Racial Justice Advocate: A White Woman's Journey
Jan. 20	Danyelle Smith	Human Trafficking 101
Jan. 27	Emily Neff, Meg Furman, Abigail Swanger	Perspectives on Foster Care
Feb. 3	Denise Presnell & Lindsey Sullivan	Faces of ACES, Thriving Lives series: Thoughts from Two People with ACEs



# MEMBER SPOTLIGHT

## Adam Hege

Adam Hege is an Associate Professor and Director of the Undergraduate Public Health program at Appalachian State University. He received his Master of Public Administration (MPA) degree from Appalachian State and his Doctor of Philosophy (PhD) in Community Health Education from the University of North Carolina at Greensboro. He currently teaches Introduction to Public Health, Professional Development in Public Health, and Health Policy, Ethics & Law. In his teaching, Adam has a passion for involving students in service learning and civic engagement opportunities across the local Watauga County community, including with WCCI. Adam's research interests center on social determinants of health (where people live, learn, work, and play) and health inequities that exist within our society. ACEs and trauma often play a critical role in his research and are largely influenced through experiences with social determinants of health. Outside of teaching and research, he is blessed to be able to provide service to his profession, the university, and local community in a wide range of activities and is inspired by all of the work being done by WCCI. Adam currently serves as the co-lead of the WCCI Data subcommittee alongside Dr. Kellie Reed Ashcraft and gets excited by all of the ways that data can help us understand complex issues related to ACEs and inform viable solutions. When not engaging in teaching, research, and service, Adam loves to spend his time with his beautiful wife (Jennifer) and daughter (Ellie) and their friends as well as engaging in a variety of outdoor activities including running, hiking, and golf.





# RESILIENCY SKILL

## Donut of Responsibility

The Donut of Responsibility is a deliciously simple resiliency skill to take a bite out of any time you need to discern where responsibilities and boundaries are in a situation. It is helpful to use when wanting to pause, process and prioritize.

Rather than an empty space, invert the hole to be the CORE- the main task or responsibility you have. It's what is actually yours to do, own, be concerned with. Notice the boundary circle containing it.

Now, look at the space between that circle and the outer circle and boundary line of the donut itself- that's the yummy part, where you have creativity and opportunity in the task/role beyond the basics. But also be careful not to load on too much glaze and sprinkles or consume it all too quickly as this is also the dangerous area that can sometimes be irresistible and make us overloaded and sick. This is where you DO have control over how little or much you want to consume.

Lastly, look at the space beyond the outer boundary of the donut. That's not yours- that's the stuff on the plate that is not yours to take responsibility for, blame for, stress over or be overwhelmed about. Perhaps you've even chosen to leave some chunks or crumbs on the plate and walk away.

### DONUT OF RESPONSIBILITY



**NOT MINE TO DO NOT MY RESPONSIBILITY**

Adapted from  
Charles Handy,  
The Empty Raincoat 1994