

The background is a vibrant, abstract collage of various colors including pink, blue, yellow, and teal, with visible brushstrokes and layered textures. A large white circle is centered on the page, serving as a container for the text.

**WATAUGA COMPASSIONATE
COMMUNITY INITIATIVE**

*March
Newsletter*

**PREVENTING TRAUMA.
BUILDING RESILIENCY.**

WCCI 2021-2022

Upcoming Meetings

Meeting Dates for 2021-2022 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/92959886225pwd=TkJaUGFMTUY2aG13K2ZQMmdmNjlfUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meetings are from 8:30-10:30 am.

March 10, 2022

April 14, 2022

May 12, 2022



SOCIAL MEDIA! FOLLOW US!



WCCI - Watauga
Compassionate
Community
Initiative



Watauga County
North Carolina
Paces Connection



@wcci_2020

WCCI 2021-2022

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 or to learn more, contact Angela McMann or Charlene Grasinger at Western Youth Network (264-5174)

NAMI Community Meetings

- *Public Information Meetings,*
 - *1st Monday (most months), 6:30 PM,*
<https://us02web.zoom.us/j/89693958646>.
 - *Nov. 1: ASU Mental Health Ambassadors, "Depression & Suicide"*
 - *Dec. 6, Geri Miller, "Crisis Intervention"*
 - *1st Thursday, 4 PM*
<https://us02web.zoom.us/meeting/register/tZ0kdOqrrz0tEtLSeWjOcA0RJ8qaPcO5YnLn>
 - *2nd Monday, 7 PM* contact pres@namihighcountry.org for zoom link
- *NAMI Education Programs Coming Soon:*
 - *NAMI Basics for parents and caregivers of children 22 and younger with mental health concerns*
 - *NAMI Family-to-Family for parents, friends, and others with a significant person in their lives who lives with a mental illness*
- *NAMI Connection Recovery Support Groups*
 - *Zoom 1st Thursday of each month at 4 p.m. For link, contact Karen Gross karengross@skybest.com.*
 - *Zoom 2nd & 4th Tuesday of each month at 6 p.m. For link, contact Caleb Robleto calebrobleto@gmail.com.*

MEMBER SPOTLIGHT

Mackenzie Laney



I grew up in Charlotte, North Carolina and moved to Boone in 2014 to start school at ASU. I received a Bachelors of Science in Applied and Public History with a minor in Africana Studies and a Masters of Social Work with a concentration in Communities and Organizations, both from ASU. I had planned to work in museums and historic sites after graduating, but ended up taking an introductory social work course my senior year of undergrad (taught by Dr. Kellie Reed-Ashcraft!). I fell in love with the profession and applied for the MSW program for the next fall. During my MSW, I completed internships with the Wilkes County Guardian ad Litem program and The Mediation and Restorative Justice Center. I still serve as a GAL volunteer in Wilkes County and love the relationships I have gotten to build with the children I am appointed to.

I was hired as a LEAD (Watauga County Law Enforcement Assisted Diversion) Program Associate with MRJC during my last semester of graduate school, and started full-time when I graduated. Right now, I coordinate the Sentencing Circles juvenile diversion program in Watauga County and manage a workforce reentry planning grant through the Appalachian Regional Commission's INSPIRE Initiative. I am so thankful to get to work alongside the team at MRJC and I particularly love the community work I have the opportunity to participate in through groups like WCCI, especially as part of the Events Committee. The work of WCCI and the transformational things I have learned about trauma and resilience guide and inform everything I do as a social worker, and lots of my personal life too! WCCI is such a special group of people and is one of the many reasons I am so proud to now call Watauga County home.

RESILIENCE SKILL

Resonance Breathing

Resonance frequency breathing is a way of breathing (slow relaxed diaphragmatic breathing at around 3-7 breaths per minute) that has a regulating effect on the autonomic nervous system and other key body systems such as the circulatory system.

Slowing your breathing, breathe in, counting in for 6, and breathe out, counting out for 6. You can also use another number that feels good to you, such as 4 or 8.

