

The background features a light blue-grey base with various abstract elements. In the top left, there's a green circular shape with a dotted pattern and a blue shape with a textured pattern, both containing green fern-like leaves. A large, light yellow circular shape with a thick brown border is in the top right. A dark brown cross-like shape is on the right. In the bottom left, there's a large yellow shape and a dark brown cross-like shape. In the bottom right, there's a green circular shape with a dotted pattern and a blue shape with a textured pattern, both containing green fern-like leaves.

Watauga Compassionate Community Initiative

JANUARY 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.

Dec. 9, 2021

Jan. 13, 2022

Feb. 10, 2022

March 10, 2022

April 14, 2022

May 12, 2022



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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.*

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

Date	Who is Joining	Topic
Jan. 12	Anna Dudley and JB Byrch	High Country Re-Entry Collaborative
Jan. 19	Todd Carter	Trauma Transformed
Jan. 26	Taz Kim and Jim Fisher	Invisible Injuries and Family Dynamics: Veterans and Trauma
Feb. 2	Dr. Maurenn MacNamara	Pets and Human Trauma: Important Connections and Concerns

MEMBER SPOTLIGHT

Robyn Seamon

Many years ago, when my husband and I were first married, we lived in Hendersonville. We are both from NC, and we absolutely loved living in WNC. My husband, Ralph returned to NCSU, so we moved to Raleigh and ended up staying there for 7 years. For the last 10 years we were in Raleigh, we pined away for the mountains. In 2006, we moved to Watauga County, and we have never regretted our decision for 1 minute!

My passion is working to see improved health and healthcare outcomes in the rural Appalachian region. I started a business, Appalachian Healthcare Training & Consulting for this purpose several years ago. I have been an RN my entire adult life. I also have a master's degree in Appalachian Studies which greatly informs the work that I do.

I grew up in a very dysfunctional, alcoholic home and I have a very high ACE score. My dad died suddenly when I was 7 years old, and I was left with a very mentally unhealthy mom. I have been so fortunate through the years to have many loving, nurturing women in my life that have helped heal some of the trauma that I experienced. I joined WCCI a little over a year ago and have been active with the awareness committee. I am very excited to see the great value that WCCI has for our community as we reach out to diverse groups in our region in the upcoming year.



RESILIENCE SKILL

Emotional Vocabulary

