

April Newsletter

PREVENTING TRAUMA. BUILDING RESILIENCY.



2022 Conference Rooted in Resilience: Connection and Transformation

Registration is \$30.
Scholarships are available.
Contact adminewataugacci.org to request.

Conference Schedule

Friday, May 13, 2022– Virtual Conference! 1:00–2:00 pm Session 1 2:15–3:15 Session 2

Saturday, May 14, 2022 - Live Conference!

8:00-9:15 Connection Breakfast

9:30 - 10:30 Session 3

10:45 - 11:45 Session 4

12:00 - 1:00 Closing Speaker

Register here:

https://www.wataugacci.org/

Session descriptions and registrations instructions are available on our website.

Buy our gear:
https://www.b
onfire.com/stor
e/wcci/

WCC11202-2023

Upcoming Meetings

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=TkJaUGFMTUY2aG13K2

ZQMmdmNjlFUT09

Meeting ID: 929 5988 6225

Passcode: 262131

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

May 12, 2022 June 9, 2022 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! FOLLOW US!



WCCI - Watauga Compassionate Community Initiative



Watauga County North Carolina Paces Connection



@wcci_2020

WCC112021-2022

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

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, presenamihighcountry.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 presenamihighcountry.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 calebrobletoegmail.com.

MEMBER SPOTLIGHT

Ashley McKinney

I grew up outside of Atlanta, Georgia and never had enough snow. I went to Furman University in Greenville, South Carolina, where I obtained my Bachelor's in Psychology and enjoyed a little more snow than Georgia gave me. Then I made it to Boone, North Carolina to pursue my Master's degree in Clinical Psychology. It snowed on blossoming fruit trees my first May in Boone, and I was hooked. I was fortunate to obtain a job in community mental health after obtaining my Master's degree. I married my husband, also in the mental health field, who happens to believe we get way too much snow in Boone but lives here anyway. When the mental health center collapsed, I began working at the Children's Advocacy Center of the Blue Ridge as a therapist. I became passionate about treating and preventing trauma. My husband and I had the opportunity to purchase Mentor Behavioral Healthcare, a small agency providing psychological evaluations. We both now work there full time and provide therapy in addition to evaluations.



I wanted to participate in WCCI for a long time but was committed to other committees. I was excited to join and begin attending meetings as soon as I was able. I am inspired and empowered by you - the leaders and members of WCCI. I am encouraged by the dedication, passion, and love in this community, and you fill up my bucket as I continue to work with children and adults to overcome trauma and prevent further trauma. I believe WCCI is healing our community and am honored to be a part of that. And I can assure you, after our recent April snow, I am ready for summer.

RESILIEN CE SKILL

Gratitude Journaling

Write down up to five things for which you feel grateful. The physical record is important—don't just do this exercise in your head. The things you list can be relatively small in importance or relatively large.

- Be as specific as possible.
- Go for depth over breadth.
- Get personal.
- Think, not only, of the positive things that are present, but the negative things that are absent.
- See good things as "gifts."
- Save surprises or unexpected moments.
- If you repeat thoughts, focus in on different details.
- Write regularly.

A gratitude journal forces ourselves to pay attention to the good things in life we might otherwise take for granted. In that way, we start to become more attuned to the everyday sources of pleasure around us—and the emotional tone of our life can shift in profound ways. What's more, actually writing about these events is key: Research suggests translating thoughts into concrete language makes us more aware of them, deepening their emotional impact.

https://ggia.berkeley.edu/practice/gratitude_journal

