

Watauga Compassionate Community
Initiative

NOVEMBER NEWSLETTER

Preventing trauma.
Building resiliency.

VISIT WWW.WATAUGACCI.ORG
FOR MORE DETAILS

We are thankful for you!

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=TkJaUGFMTUY2aG13K2ZOMmdmNjlfUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

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

Nov. 11, 2021

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
Nov 3	Blowing Rock Cares, Boone Service League, Holy Cross Church, WeCan	Trauma's Impact on Financial Wellness
Nov 10	Alysia Hoover-Thompson High Country Community Health	How An Integrated Model of Care Treats the Whole Person
Nov 17	Cindy Hartley	Faces of ACEs, Thriving Lives: Wistful Silence
Nov 24	THANKSGIVING	THANKSGIVING
Dec 1	Hayley Bayne	Shifting the Definition of Self Care

MEMBER SPOTLIGHT

JB Byrch

My journey of ACE's and resiliency began with the call of Jesus in the Gospel of Matthew chapter 25. Jesus says, "How you treat the least of these, my brothers and sisters, is how you treated me". I grew up in a middle-class suburb in the Charlotte area, having what I needed physically, but not emotionally. While growing up, my parents' divorce, my mom's alcoholism and both parents' mental illness left me with the feeling of being unloved. I met Jesus in the pages of the Gospels, in prayer and found my life's most significant positive unconditionally loving adult. I wanted to share that love with others any way I could. I got involved with a youth group in my town finding other positive adults who would support me. That youth group took us on "mission" trips where we had the opportunity to serve the community. I heard a call to serve God and neighbors through relationships and by meeting people's physical needs like housing.

I found my way to the High Country by means of App State, coming to study Construction Management so that "I could help people". My former youth minister had become a campus minister at the App Wesley Foundation in Boone. Through my time there, I heard a call to live among the "least of these" as a neighbor, equal, and a friend. That's how I ended up in the Bradford trailer park in 2012. I stumbled into starting a teen boys' program that the kids called "Boys Night". Walking alongside and living with young men from life experiences vastly different than myself has been an incredibly transformative journey for me.

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MEMBER SPOTLIGHT, CONT.

JB Byrch

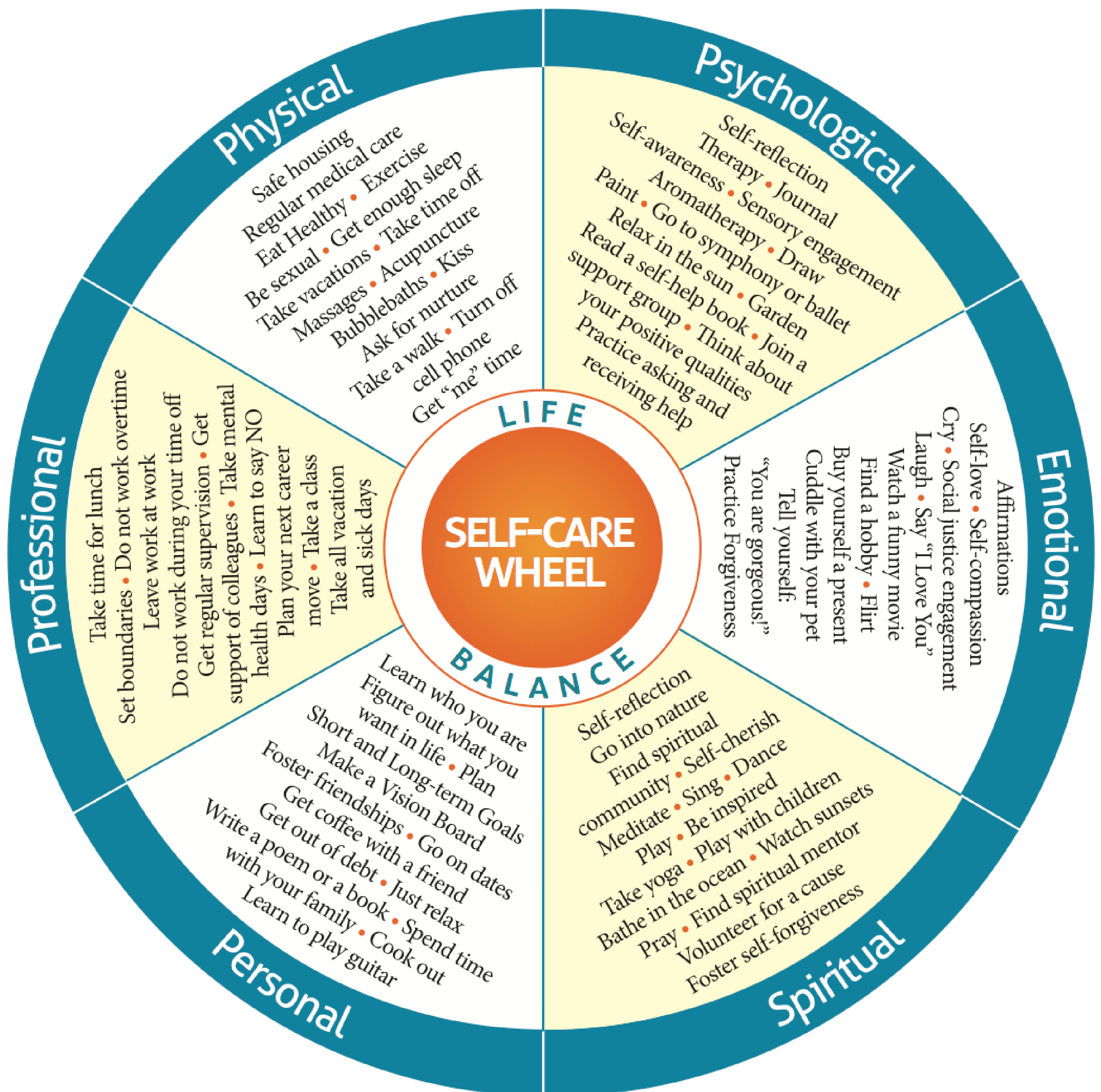
My life, with my neighbors and friends in Bradford, is what drew me to WCCI. It was not too long ago at a WCCI meeting that I was surprised to learn my own ACE score was around 5. I thought "No wonder I had such a hard time on a day-to-day basis!" I began to see the kids I loved in a whole new way. Father Greg Boyle says, "We ought to stand in awe of what people carry, rather in judgement for how they carry it". That summarizes what I was learning. I've never been too interested in making money. I just made enough in construction to get by and love my community as best as God made me able.

During the pandemic, we got were evicted from our home in the trailer park, in part we believe due to our work our neighbors with the Hunger and Health Coalition's Outreach Coordinator, Meg Furman. Meg was putting pressure on the landlord to fix small things, like 4-foot-wide holes in floors. We dream of a day when the residents will own the neighborhood, but until then are developing our own resident-owned-community. In 2020, I had the privilege of working alongside many WCCI, church, and community friends to launch the High-Country Reentry Collaborative, which works to help folks starting over after incarceration. Most recently, I have been getting involved in housing advocacy. My relationships with Jesus, my wife and friends have been huge resiliency builders for me, along with exercise, swimming, biking, the outdoors, gardening, poetry, and the guitar. If you have any interest in affordable housing advocacy, reentry, or supporting teen guys with high ACE's, please reach out to me at: jamesbyrch@gmail.com!



RESILINCE SKILL

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com

Create your own SELF-CARE WHEEL

