

## The TRUST Partnership Meeting Minutes

**Thursday, September 5, 2024**

A meeting of the TRUST partnership was held at the Southern Georgia Regional Commission on Thursday, September 5, 2024. 37 partners attended the meeting. The meeting was hosted by Ware Children's Initiative.

### **Welcome**

Emily Allen, Grant Project Coordinator for the Southeast Health District, read the opening statement to begin the meeting. Ambi Bess, Chronic Disease Prevention Manager/PHA for the Southeast Health District, read an introduction of what the TRUST Partnership is. Susan Haddock, Executive Director for Ware Children's Initiative, welcomed all attendees and invited everyone to participate in a moment of silence to remember why we were all gathered.

### **Break Bread Session-Positive Affirmations**

Ambi B. led everyone in an activity to get to know the people at their tables. This activity was called the Penny story activity. Each person picked up a penny from their table, looked at the year on the penny, and shared a story from their personal life or something they could recall from that year. Each table picked the best story to share with the whole group.

### **Know Your Worth**

Hannah Davis, LCSW the Director of Outpatient Services with Unison Behavioral Health, presented on the Community Resiliency Model (CRM). She began by sharing that Elaine Miller Karas is the creator of this model and Trauma Resource Institute (TRI) who provides the "train the trainer" and who collaborated with Elaine to be able to produce this training. Hannah D. discussed the definition of resiliency, and the different resiliency zones that we all have as individuals. She also discussed a biological model that CRM focuses on to help individuals learn to read their nervous system to return to their "zone of wellbeing" using simple wellness skills. This training was interactive, and Hannah D. invited those in attendance to participate in a variety of discussions and wellness activities throughout the training.

### **Recovery Panel**

Question 1:

What was your pathway to recovery? If you utilized multiple resources please elaborate!

Question 2:

What was the most difficult part of staying in recovery early on?

Question 3:

What tools or coping skills did you use to stay focused and in recovery?

Question 4:

What recovery resources do you think are missing from our community? What do you feel like would benefit you in your recovery that isn't available to our community now?

Question 5:

Going into Recovery Month and to celebrate Know Your Worth Week, what is your best advice for people who are trying to find and keep recovery?

Question 6:

And lastly, what is your best advice for friends and family of people who use drugs? (Please avoid suggesting “tough love” or “finding rock bottom”, it has been proven that these methods and ideals cause more harm than good)

**Break**

**Proclamations**

**Acknowledgments/ Celebrate Recovery**

- Two ladies from Garden Gate were presented with awards for their upcoming graduation from the program
- Anyone else in the room who wished to share their recovery was also celebrated and acknowledged at this time.
- Narcan travel cases, with Narcan in them, were given out for golden tickets prizes

**Closing Remarks**

Susan H. thanked everyone for attending the meeting and ended with a moment of silence. Attendees were encouraged to grab their lunches and stay for the all recovery meeting if interested.

Emily Allen, Grant Project Coordinator  
Recording Secretary for meeting