

## The TRUST Partnership Meeting Minutes

**Thursday, July 11, 2024**

A meeting of the TRUST partnership was held at the Southern Georgia Regional Commission on Thursday, July 11, 2024. 34 partners attended the meeting. The meeting was hosted by Pierce County Family Connection.

### **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. Stephanie Bell, Executive Director for Pierce County Family Connection, welcomed all attendees and encouraged everyone to participate in a moment of silence to remember why we were all gathered.

### **Break Bread Session-Penny Stories**

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.

### **Community Resiliency Model Training**

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.

### **Break**

### **Treatment Center of Waycross**

Joshua Abernathy, MA, CADC-II, CAP, CCS Clinical Director with Treatment Center of Waycross, shared information about addiction and how the brain’s reward system works, some of the history around medicated assisted treatment (MAT) and specific medications used for opioid treatment. Joshua A. also explained the guidelines at Treatment Center of Waycross (TCW) and what the opioid treatment process looks like for individuals if they come to their clinic.

### **Recovery Ready Communities**

Pam Butler with the Opioid Response Network provided TA assistance to the TRUST partnership by discussing the importance of recovery ready communities. Pam B. began this presentation by sharing part of her personal story with recovery. She discussed that the four dimensions that support recovery

are health, home, purpose, and community, and she explained why these components are important. Pam B. also discussed recovery-oriented systems of care (ROSC), recovery capital, and examples of evidence-based and emerging practices in peer recovery support services. Pam B. continued the presentation by sharing the value of having a Recovery Community Organization (RCO), the services an RCO can offer to the community and the importance of expanding these services into the community. Throughout this presentation, Pam also used her personal experience as a peer in recovery who has helped establish ROSC and many RCOs in Alabama, to present on this topic.

### **Subcommittee Updates**

Communications Team- Katie Douberly, Emergency Preparedness Coordinator with the SEHD and Communications Chair with the TRUST, gave an update on the Public Speaking and Media Training that occurred in June. Katie D. shared that if anyone would like for Chander McGee and herself to provide the training at their site to reach out.

Peer Support Committee- Sarah Jumper, CARES, CPS-AD and Peer Support Chair with the TRUST, gave an update on the services she is providing at OATH, the 2 peer volunteer meetings she has held, and the harm reduction supplies she has been able to give out through the mini grant she received as well as through Georgia Overdose Prevention.

Education Committee- Cassie Punchard, IMPACT Coordinator with the SEHD and Education Committee Chair, shared that the education committee will be sending out information to plan a meeting in August to plan for September being National Recovery Month and the first week in September being Know Your Worth Week.

Emily A. also shared that on the back of the TRUST agendas are the upcoming TRUST meeting dates as well as information about location changes.

### **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**

Stephanie B. thanked everyone for attending and the meeting 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