

Workforce Education and Training (WET) Advisory Committee

Meeting Minutes: August 23, 2021

Attendees:	Sue Compton (MHSA-HHS), Holiday Johnston (ASOC), Michele Irwin (PIRS), Eva Bermudez (CSOC), Annie Hoover (Turning Point), Kim Mauer (TP), Indira Infante (Cal Voices), Vivian Aizpuru (Uplift Family Services), Christina Nicholson (WPL); Paula Jane Newman (guest)	Start at 1:00 End at 3:00	Attendees 10
Agenda Item: Welcome & Introductions	Welcome Kim Mauer (TP); Paula Jane Newman (Guest Speaker-Meditation)	Action Item(s)	Person(s) Responsible
Agenda & Minutes Review and Approval	Agenda/Meeting Minutes July Minutes reviewed – approved with no changes	July Minutes Approved	Sue 1st Michelle 2nd
Guest Speaker	<p>Meditation Information Talk with trainer Paula Jane Newman</p> <ul style="list-style-type: none"> • Vedic meditation originated in India – Paula trained 6500 hours of intense training to become a certified teacher <ul style="list-style-type: none"> ○ No belief is required for the meditation to work (non-religious) ○ Non-directive – use a mantra (mind vehicle); allow our minds to move freely to reduce stress • Designed for busy people with busy lives to integrate practice into life <ul style="list-style-type: none"> ○ Practiced 20 minutes 2x per day ○ Proven to give 2-5 times more deep rest in 20 minutes than 8 hours of sleep. • Training – 4 consecutive days in person (4th day can be remote) <ul style="list-style-type: none"> ○ Individual follow-up program ○ Create a habit to coordinate in daily life • Benefits of this non-directive practice <u>when practiced regularly</u> <ul style="list-style-type: none"> ○ Reduced stress – important for those in prominent, decision-making roles ○ Improved memory ○ Better focus – reduce distractibility, sharpen cognitive potential ○ Greater emotional control – reduce impulsivity and reactivity ○ Self-observation – quick recovery, break bad habits ○ Improved relationship satisfaction – less adversity ○ Improved immunity – deep rest combats stress; promotes physical health and improves reaction to additional stress of illness 		

Next Meeting: September 27, 2021 1:00-3:00pm on Zoom

<https://placer-ca.gov.zoom.us/j/93538899381?pwd=cnB4VE9KLOdSUjNjN1|3K1JRcHhYQT09>

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	<ul style="list-style-type: none"> • Non-profit aimed at bringing meditation to underrepresented communities <ul style="list-style-type: none"> ○ Brought awareness to meditation and wellness during COVID ○ YouTube channel Livestream for stress reduction; Yoga; ○ Impact statements on website (break cycle of recidivism) • Opportunities to learn – committed exchange required <ul style="list-style-type: none"> ○ Corporate offered – best deal for students; time investment ○ Underrepresented group; low-income no financial cost ○ Group teaching on slighting scale – up to \$900 each ○ Private/Individual training \$1200 minimum • Meditation practice – Systematic technique practiced twice daily to get the nervous system to go from fight or flight, restore physiology and nervous system, and get brain back online 		
LGBTQI/SOGIE Training Update	<p>Sue, Claire, and Michele meeting to put SOGIE panel together</p> <ul style="list-style-type: none"> • 2-hour training (on Zoom) – 30-minute lead followed by panel • Claire Buckley to moderate training and panel discussion • Panelists – Tamall, with Sierra College (gay parent); Mollie with Stand up Placer; Paster Casey (sp?), and Kim Mauer from Turning Point • Have not confirmed a student or youth for panel • Dates to consider – October 13th or October 27th. Time 3-5 to allow for staff participation during workday and students after class hours. <ul style="list-style-type: none"> ○ May be a conflict on 10/27 due to CBHDA; may affect leadership availability; CBHDA time not yet announced • Claire offering to moderate panel pro-bono, but consider a budget line item for this training <ul style="list-style-type: none"> ○ compensate participants, professional webinar host, language and possible ASL translation ○ “place holder” with value for future training considerations ○ Panelist compensation - \$50-100 • Will need to meet with panelists in advance to workout logistics • Zoom Webinar. No participant video or audio; anonymous questions • Michele will get info on webinar host to facilitate training • Michele will look into cost for ASL translation • Sue will look into cost to provide Spanish translation 		Michele Sue
Funding Requests	<p>Meditation Training Request submitted by Holiday</p> <ul style="list-style-type: none"> • \$5000 for 4, 2-hour sessions for meditation training with Paula Jane Newman. Funding includes: <ul style="list-style-type: none"> ○ 3-4 in person training sessions for up to 30 people (4th session 		

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	<ul style="list-style-type: none"> could be remote) <ul style="list-style-type: none"> ○ Travel and accommodations for trainer ○ Second session if capacity exceeds 30 people (to train up to 60 people over 2 sessions) ○ 6 CEUs ○ Follow-up support with the meditation teacher • Discussion: consider the training title; concerned about in-person training with COVID-variant surge; Cost in line with other trainings based on per person/per hour cost; Don't always have dates when we do funding proposals; important resource to address stress/wellness; propose we revisit and vote next month (homework: review proposal) • How to present this training to offer an overview to larger audience to gauge community readiness <ul style="list-style-type: none"> ○ Placer PCN/CCW Collaborative meeting? ○ Survey? 4-day participation/availability ○ Would participants have to attend same group? Or could they toggle between am/pm and rsvl/aub locations? ○ 45-minute introduction talk – what is the interest? Are participants ready to learn? Set up as group presentation to large group before registration. ○ Resource to share with wellness panel at PCN/CCW meeting to introduce concept (tools to reduce stress) <p>SOGIE Proposal will be put out through email to include funds for this training</p>	<p>Revisit and possibly vote next meeting.</p>	<p>Holiday</p> <p>Sue</p> <p>Sue</p>
<p>Training Calendar Discussion/Updates</p>	<p>Review WET Calendar-</p> <ul style="list-style-type: none"> • Training calendar is available on box for review- Community training dates are targeted dates that may need to be updated. Calendar is updated first of every month. <ul style="list-style-type: none"> ○ MI – September training revert to Zoom (2 half-days) ○ Add SOGIE training (October 27) ○ Suicide Assessment Live Training (October 20-21) ○ LCSW Prep will be offered soon ○ Clinical Supervision for new supervisors (not on WET calendar) <ul style="list-style-type: none"> ▪ 6 hour webinar for new and renewing supervisors ▪ 9-hour supplement for new supervisors (total 15 hours) 		<p>Holiday</p>

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	<ul style="list-style-type: none"> ○ CBDS new series in spring <p>Review Calendar to avoid conflicts with other agency trainings</p> <ul style="list-style-type: none"> ○ Nurtured Heart Caregiver training (TBD) ○ Pow-wow (October 17th) ○ Latino Leadership Council (November 10th) ○ YDI (June) 		Vivian
New Training Ideas	<p>Priority Populations (CCW) (Native American; Latino; LGBTQI; Older Adults; Transition Age Youth (TAY))</p> <ul style="list-style-type: none"> • Sexual Assault Awareness (no report; Kristina not available) • Strengths Based Training <ul style="list-style-type: none"> ○ Expensive; geared for organization rather than community ○ Introductory; infuse strengths-based practice at government and community level ○ Presentation with current approach to training (Adrienne or ?) <ul style="list-style-type: none"> ▪ Pricing options (Remote; independent access) ▪ Philosophy; Approach (leadership vs. line staff) ○ Line staff vs. Leadership focus (sustainability) ○ Self-care; build relationships; produce “strength-based champions” ○ Great tool for supervision – needs leadership involved. Start at top and trickle down to line staff ○ Can this be designed for users to take independently (like we do through Simple Practice Learning; individual training with group code to access training at no charge to participant) <p>Placer READI Recommendations:</p> <ul style="list-style-type: none"> • No recommendations 		Christina
Consumer and Peer Leadership Updates	Speakers Bureau – no report		
Agenda Requests	Use the Agenda Request Log on Box to add topics to the committee agenda		
Meeting Schedule	September – on Zoom (1:00-3:00) October – on Zoom (1:00-3:00)		

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