

ADULT SERVICES POLICY COUNCIL

Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults & seniors with access to a full continuum of resources & independence wherever they reside.

Chair: Karen Jones

Immediate Past Chair: Laura DeLoye

First Vice Chair: Paulina Flores Jimenez

Second Vice Chair: April Lewallen

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Boards, Commissions and Community Representatives/Volunteers

Adult Abuse Prevention Council

Behavioral Health Board

Commission on Aging

County Board of Supervisors

Health Commission

SLO Supportive Housing Consortium

Elected Officials

CA Senator John Laird, 17th District

U.S. Congressman Salud Carbajal, 24th District

Non-Profit Agencies

Access Support Network

Alzheimer's Association

Area Agency on Aging

CenCal Health

Central Coast Hospice

Coast Caregiver Resource Center

Community Action Partnership of SLO (CAPSLO)

Community Health Centers (CHC)

Dignity Health-French Hospital Medical Center

Gala Pride and Diversity Center Senior Advocacy

Hospice of SLO County

Independent Living Resource Center

Lifesteps Foundation

Los Osos Cares

LTC Ombudsman Services of SLO County

North County Connection

PathPoint

Peoples' Self Help Housing

Ride-On Transportation

San Luis Obispo Legal Assistance Foundation

Senior Nutrition Program

Senior Volunteer Services (RSVP/3CV/PLS)

SLO Hep C Project

SLO Hotline

San Luis Obispo Legal Assistance Foundation

SLO Village

Transitions-Mental Health Association

Tri-Counties Regional Center

United Cerebral Palsy

United Way of SLO County

Wilshire Community Services

Private Organizations

Amdal In-Home Care

Bella Vista Transitional Care

Home Instead Senior Care

Mariposa Music Therapy/Arts for Living

Maxim Healthcare Services

Ridership Development Consultants

Senior Living Consultants

Public Agencies

San Luis Coastal Adult School

San Luis Obispo Council of Governments

San Luis Obispo County Departments of:

Behavioral Health /Mental Health Services

District Attorney / Victim Witness Assistance

Public Health

Probation Department

Sheriff Department

Social Services/Adult Services

AGENDA

Friday, March 1st, 2024

9:00 a.m. - 11:00 a.m.

INTRODUCTIONS (15 Minutes or less)

Name and position within respective organization.

PUBLIC COMMENT / ANNOUNCEMENTS: (5 Minutes or less)

MEMBER COMMENT/SPOTLIGHT: (15 Minutes or less)

- **Paulina Flores – Healthy Brain Initiative**

GUEST SPEAKERS: (45 Minutes)

- **Becca Carsel – Trauma Informed SLO**

CORRECTIONS / ADDITIONS TO THE SYNOPSIS

ACTION ITEMS: (10 Mins)

- **Approve Synopsis**

COMMITTEE UPDATES AS NEEDED (10 minutes or less)

- **MPA Advisory Committee**
- **Healthy Brain Initiative**

MEETING LOCATION:

**DSS Higuera Conference Room #101
3433 S. Higuera St, San Luis Obispo**

NEXT MEETING:

April 5th, 2024

MEETING MINUTES

COMMITTEE NAME: ADULT SERVICES POLICY COUNCIL

Meeting Purpose(s): Working together to meet the health and human service needs of
adults and seniors. Our vision is safe and supported adults and seniors with
access to a full continuum of resources and independence wherever they reside.

Leader: Karen Jones
 Facilitator: Karen Jones
 Recorder: Sam Graves

Meeting Called By: Karen Jones
 Time: From: 9:00 AM To: 11:00 AM
 Date: March 1st, 2024

Location: 3433 Higuera St, San Luis Obispo, CA 93401 Conference Room #101

Members Present:

Karen Jones – LTCO	Paul Garth – VASH
Angie Enriquez – Alzheimer’s Association Jerry Mihaic – ILRC	Laura DeLoye – Alzheimer’s Association Paulina Flores Jimenez – SLOCOPH
Aaron Pankratz – CCCSC Jean Raymond – SLO Health Counts (Dignity)	Alex Morris – Geriatric Care Mgmt. Amelia Grover – Dignity Health
Sue Gibson – SLG Senior Care Kevin Green - SLOLAF	Juliane McAdam – Meals That Connect Linda Beck – LADAP Advisory Comm.
Clint Weirick – Office of John Laird	Nicki Edwards – SLO Village
Paige Anderson - SLOCOG Tonya DeRose - THMA	John Peschong – SLO County Nell Bennett - CCRC
Becca Carsel – Trauma Informed SLO	

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
Introductions	
Public Comment	<p>JULIANE MCADAM</p> <ul style="list-style-type: none"> • OFFICES ARE BEING MOVED TO SOUTH STREET. THERE ARE EXTRA OFFICE SPACES AVAILABLE FOR SUBLET IF ANYONE IS INTERESTED. <p>LAURA DELOYE</p> <ul style="list-style-type: none"> • ALZHEIMER’S ASSOCIATION HAS ONLINE SUPPORT GROUP AND SLO/SB COUNTY IN PERSON SUPPORT GROUP. UPCOMING CAREGIVER RETREAT ON MARCH 23RD WITH CAPSLO. PAULINA FLORES JIMENEZ IS HEADING EDUCATION PROGRAMS IN PASO AND LOS OSOS AND ARROYO GRANDE. <p>CLINT WEIRICK</p> <ul style="list-style-type: none"> • SENATOR LAIRD’S OFFICE HAS A BILL AB 1278 IS RELATED TO ASSISTED LIVING FACILITIES <p>NELL BENNETT</p> <ul style="list-style-type: none"> • CCRC HAS A NEW IN-PERSON BROAD-SCOPE COGNITIVE LOSS CAREGIVER GROUP IN MORRO BAY ON THE SECOND TUESDAY OF EVERY MONTH <p>KAREN JONES</p> <ul style="list-style-type: none"> • LTC OMBUDSMAN HAS EMERGENCY FUNDS FOR SENIOR NEEDS WHERE OTHER SOURCES OF FUNDING ARE NOT AVAILABLE. SPRING FUNDRAISER IS STARTED. <p>KEVIN GREEN</p> <ul style="list-style-type: none"> • SLOLAF HAS EXPANDED SERVICES AND NOW HAS ANOTHER DIVISION FOCUSED ON FAMILY LAW AND INTIMATE PARTNER VIOLENCE
Member Spotlight	<p>PAULINA FLORES JIMENEZ</p> <ul style="list-style-type: none"> • RECEIVED UNDERGRAD IN PUBLIC HEALTH FROM FRESNO STATE, THEN GRADUATE SCHOOL • INTEREST IN PUBLIC HEALTH STEMS FROM A DESIRE TO MAKE A DIFFERENCE • PUBLIC HEALTH ALSO ALLOWS WORK IN PREVENTION AND RISK-REDUCTION AND BY WORKING WITH THE MASSES • SERVED WITH THE PEACE CORPS FROM 2014 TO 2016 IN ALBANIA, WHICH STRENGTHENED VALUES OF CONNECTION TO OTHERS
Guest Speakers	<p>BECCA CARSEL – TRAUMA INFORMED SLO</p> <ul style="list-style-type: none"> • WHAT IS TRAUMA? <ul style="list-style-type: none"> ○ A PSYCHOLOGICAL, EMOTIONAL, OR PHYSICAL RESPONSE TO A HIGHLY STRESSFUL OR DISTRESSING EVENT SUCH AS ABUSE, NEGLECT, NATURAL DISASTERS, OR WAR. ○ TRAUMA IS ANY EVENT OR EXPERIENCE THAT: ○ OVERWHELMS OUR CAPACITY TO COPE WITH THAT EXPERIENCE /EVENT IN A CONSCIOUS WAY, ○ BRINGS FEELING OF HELPLESSNESS ○ PROFOUNDLY DISCONNECTS US FROM A SENSE OF SAFETY ○ BIOLOGY MORE THAN PSYCHOLOGY: THE IMPRINT (INCLUDING FEAR, LACK OF SAFETY, HELPLESSNESS AND OVERWHELM) LEFT BY THE TRAUMA EXPERIENCE ON MIND, BRAIN AND BODY. A DYSREGULATED NERVOUS SYSTEM, A LOST CONNECTION TO ONE’S BODY

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> ○ EXPOSURE TO AN EVENT OR SERIES OF EVENTS THAT IS PERCEIVED TO THREATEN/HARM THE PHYSICAL OR EMOTIONAL INTEGRITY OF THE INDIVIDUAL OR SOMEONE CLOSE TO THEM. OVER TIME IT OVERWHELMS THE PERSON’S INDIVIDUAL AND COLLECTIVE ABILITY TO RESPOND. IT LEADS TO ADAPTATIONS THAT CREATE SIGNIFICANT DIFFICULTY IN FUNCTIONING. ● WHAT IS TRAUMA-INFORMED CARE? <ul style="list-style-type: none"> ○ AN APPROACH OR ATTITUDE THAT: ○ RECOGNIZES THE ROLE THAT TRAUMA CAN PLAY IN A PERSON’S LIFE AND ○ SEEKS TO ADDRESS IT IN A WAY THAT IS SENSITIVE TO THEIR NEEDS AND EXPERIENCES, ○ MINIMIZING THE RISK OF RE-TRAUMATIZATION AND ○ FOSTERING POST-TRAUMATIC GROWTH. ○ PERSPECTIVE SHIFT: FROM “WHAT IS WRONG WITH YOU?” TO “WHAT HAPPENED TO YOU?” ○ GUIDING PRINCIPLES: ○ SAFETY ○ TRUSTWORTHINESS AND TRANSPARENCY ○ PEER SUPPORT ○ COLLABORATION AND MUTUALITY ○ EMPOWERMENT AND CHOICE ○ CULTURAL, HISTORICAL AND GENDER ISSUES ● WHO IS TRAUMA-INFORMED SLO? <ul style="list-style-type: none"> ○ A GROUP OF AGENCIES FOCUSED ON IMPROVING TRAUMA-INFORMED SERVICES IN SLO COUNTY ○ PURPOSE: TO FOSTER COLLABORATIVE PARTNERSHIPS AND THROUGH THOSE RELATIONSHIPS, ORGANIZE A COORDINATED RESPONSE TO ASSESS, DEVELOP, AND PROVIDE NEEDED TRAUMA INFORMED SERVICES AND SUPPORTS IN OUR COMMUNITY. ● TRAUMA-INFORMED SLO NEEDS ASSESSMENT <ul style="list-style-type: none"> ○ PURPOSES ○ DEVELOP PRIORITIZED NEEDS THAT LOCAL ORGANIZATIONS HAVE AROUND TRAUMA-INFORMED CARE ○ EXAMPLES: TRAINING, DISCUSSION, SUPPORT FOR POLICY/PROCEDURE IMPLEMENTATION ○ IDENTIFY LOCAL ORGANIZATIONS WHO CAN SERVE AS MODELS ○ RECOMMEND KEY ACTIVITIES FOR TRAUMA-INFORMED SLO TO ENGAGE IN TO SUPPORT LOCAL ORGANIZATIONS TO BETTER SERVE COMMUNITY MEMBERS ○ NEXT STEPS ○ ADMINISTERED A SURVEY TO OVER 50 LOCAL ORGANIZATIONS, ANALYZING DATA NOW ○ INTERVIEWING KEY INFORMANTS TO LEARN MORE ABOUT NEEDS AND STRENGTHS IDENTIFIED IN SURVEY RESULTS ○ LISTENING SESSIONS AT MEETINGS TO LEARN MORE ABOUT ORGANIZATIONAL NEEDS AND BROADER COMMUNITY NEEDS

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> ○ PRESENTING LEARNINGS AND RECOMMENDATIONS AT TI-SLO'S MAY MEETING ● LISTENING SESSION QUESTIONS <ul style="list-style-type: none"> ○ FOR SENIORS, ARE THERE WAYS THAT WE AS A COMMUNITY COULD INCREASE OUR SUPPORT TO PREVENT TRAUMA? ○ WHEN SENIORS INTERACT WITH COMMUNITY ORGANIZATIONS, IN WHAT WAYS ARE THEY BEING SUPPORTED? IN WHAT WAYS, IF ANY, ARE THEY BEING RE-TRAUMATIZED? ○ WHAT HAVE YOU SEEN THAT HELPS SENIORS TO RECOVER FROM TRAUMA? IS IT AVAILABLE/ACCESSIBLE? ○ HOW CAN A COMMUNITY COALITION HELP?
Corrections/Additions to the Synopsis	<ul style="list-style-type: none"> ● SYNOPSIS ACCEPTED WITH NOTED CORRECTIONS.
Action Items	<ul style="list-style-type: none"> ● N/A
Committee Updates as Needed	<p>LOCAL MPA ADVISORY COMMITTEE</p> <ul style="list-style-type: none"> ● Health Management Associates has been brought onboard as consultants. There has been an initial meeting and will be further meetings.
	<p>HEALTHY BRAIN INITIATIVE</p> <ul style="list-style-type: none"> ● NEEDS ASSESSMENT HAS BEEN SUBMITTED. A ONE-ON-ONE WITH THE STATE IS UPCOMING AND AFTERWARDS THERE WILL BE A DETAILED PRESENTATION ON THE FINDING. MORE OUTREACH IS OCCURRING. CURRICULUM BY ALZHEIMER'S ASSOCIATION IS STARTING TO BE DELIVERED IN SPANISH. NEXT STEPS ARE TO IMPLEMENT THIS FOR THE MIXTECO COMMUNITY.

The next meeting is: April 5th, 2024

Time: 9:00 AM

Location: 3433 South Higuera St, San Luis Obispo, CA 93401 Conference Room #101