

# ADULT SERVICES POLICY COUNCIL

## 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, 17<sup>th</sup> District  
U.S. Congressman Salud Carbajal, 24<sup>th</sup> 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

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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## AGENDA

**Friday, March 1<sup>st</sup>, 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 5<sup>th</sup>, 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 1<sup>st</sup>, 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

Laura DeLoye – Alzheimer’s Association

Jerry Mihaic – ILRC

Paulina Flores Jimenez – SLOCOPH

Aaron Pankratz – CCCSC

Alex Morris – Geriatric Care Mgmt.

Jean Raymond – SLO Health Counts (Dignity)

Amelia Grover – Dignity Health

Sue Gibson – SLG Senior Care

Juliane McAdam – Meals That Connect

Kevin Green - SLOLAF

Linda Beck – LADAP Advisory Comm.

Clint Weirick – Office of John Laird

Nicki Edwards – SLO Village

Paige Anderson - SLOCOG

John Peschong – SLO County

Tonya DeRose - THMA

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

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> <li>○ 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.</li> <li>● WHAT IS TRAUMA-INFORMED CARE? <ul style="list-style-type: none"> <li>○ AN APPROACH OR ATTITUDE THAT:</li> <li>○ RECOGNIZES THE ROLE THAT TRAUMA CAN PLAY IN A PERSON’S LIFE AND</li> <li>○ SEEKS TO ADDRESS IT IN A WAY THAT IS SENSITIVE TO THEIR NEEDS AND EXPERIENCES,</li> <li>○ MINIMIZING THE RISK OF RE-TRAUMATIZATION AND</li> <li>○ FOSTERING POST-TRAUMATIC GROWTH.</li> <li>○ PERSPECTIVE SHIFT: FROM “WHAT IS WRONG WITH YOU?” TO “WHAT HAPPENED TO YOU?”</li> <li>○ GUIDING PRINCIPLES:</li> <li>○ SAFETY</li> <li>○ TRUSTWORTHINESS AND TRANSPARENCY</li> <li>○ PEER SUPPORT</li> <li>○ COLLABORATION AND MUTUALITY</li> <li>○ EMPOWERMENT AND CHOICE</li> <li>○ CULTURAL, HISTORICAL AND GENDER ISSUES</li> </ul> </li> <li>● WHO IS TRAUMA-INFORMED SLO? <ul style="list-style-type: none"> <li>○ A GROUP OF AGENCIES FOCUSED ON IMPROVING TRAUMA-INFORMED SERVICES IN SLO COUNTY</li> <li>○ 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.</li> </ul> </li> <li>● TRAUMA-INFORMED SLO NEEDS ASSESSMENT <ul style="list-style-type: none"> <li>○ PURPOSES</li> <li>○ DEVELOP PRIORITIZED NEEDS THAT LOCAL ORGANIZATIONS HAVE AROUND TRAUMA-INFORMED CARE</li> <li>○ EXAMPLES: TRAINING, DISCUSSION, SUPPORT FOR POLICY/PROCEDURE IMPLEMENTATION</li> <li>○ IDENTIFY LOCAL ORGANIZATIONS WHO CAN SERVE AS MODELS</li> <li>○ RECOMMEND KEY ACTIVITIES FOR TRAUMA-INFORMED SLO TO ENGAGE IN TO SUPPORT LOCAL ORGANIZATIONS TO BETTER SERVE COMMUNITY MEMBERS</li> <li>○ NEXT STEPS</li> <li>○ ADMINISTERED A SURVEY TO OVER 50 LOCAL ORGANIZATIONS, ANALYZING DATA NOW</li> <li>○ INTERVIEWING KEY INFORMANTS TO LEARN MORE ABOUT NEEDS AND STRENGTHS IDENTIFIED IN SURVEY RESULTS</li> <li>○ LISTENING SESSIONS AT MEETINGS TO LEARN MORE ABOUT ORGANIZATIONAL NEEDS AND BROADER COMMUNITY NEEDS</li> </ul> </li> </ul>

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> <li>○ PRESENTING LEARNINGS AND RECOMMENDATIONS AT TI-SLO'S MAY MEETING</li> <li>• LISTENING SESSION QUESTIONS <ul style="list-style-type: none"> <li>○ FOR SENIORS, ARE THERE WAYS THAT WE AS A COMMUNITY COULD INCREASE OUR SUPPORT TO PREVENT TRAUMA?</li> <li>○ WHEN SENIORS INTERACT WITH COMMUNITY ORGANIZATIONS, IN WHAT WAYS ARE THEY BEING SUPPORTED? IN WHAT WAYS, IF ANY, ARE THEY BEING RE-TRAUMATIZED?</li> <li>○ WHAT HAVE YOU SEEN THAT HELPS SENIORS TO RECOVER FROM TRAUMA? IS IT AVAILABLE/ACCESSIBLE?</li> <li>○ HOW CAN A COMMUNITY COALITION HELP?</li> </ul> </li> </ul>
Corrections/Additions to the Synopsis	<ul style="list-style-type: none"> <li>• SYNOPSIS ACCEPTED WITH NOTED CORRECTIONS.</li> </ul>
Action Items	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
Committee Updates as Needed	LOCAL MPA ADVISORY COMMITTEE <ul style="list-style-type: none"> <li>• Health Management Associates has been brought onboard as consultants. There has been an initial meeting and will be further meetings.</li> </ul>
	HEALTHY BRAIN INITIATIVE <ul style="list-style-type: none"> <li>• 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.</li> </ul>

**The next meeting is: April 5<sup>th</sup>, 2024**

**Time: 9:00 AM**

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