

WEBVTT

1

00:00:53.580 --> 00:00:54.030

bcarling02: Oh boy.

2

00:01:39.720 --> 00:01:40.500

Thank goodness

3

00:03:21.030 --> 00:03:21.510

No.

4

00:03:25.140 --> 00:03:25.650

John Anglin: Hello.

5

00:03:27.300 --> 00:03:28.110

bcarling02: Oh john

6

00:03:30.060 --> 00:03:30.600

John Anglin: JOHN Is it

7

00:03:31.320 --> 00:03:32.970

bcarling02: This is Barbara I have

8

00:03:33.930 --> 00:03:34.050

A

9

00:03:35.250 --> 00:03:35.820

bcarling02: Network.

10

00:03:36.630 --> 00:03:37.740

bcarling02: Connection. It says

11

00:03:38.910 --> 00:03:39.330

bcarling02: Oh,

12

00:03:40.800 --> 00:03:42.630

bcarling02: Any ideas. Should I go on my phone.

13

00:03:44.490 --> 00:03:52.290

John Anglin: So that's what I usually do is I'll do the video on my computer and then the audio on my phone. That way, take some of the stress out

14

00:03:55.350 --> 00:03:57.300

bcarling02: Okay, I'm currently looking at

15

00:03:57.840 --> 00:04:00.060

bcarling02: The screen and I, I've done this before, but

16

00:04:00.060 --> 00:04:01.590

bcarling02: I can't seem to find

17

00:04:02.880 --> 00:04:05.040

bcarling02: Oh, there you are. Good morning. JOHN

18

00:04:06.540 --> 00:04:06.900

John Anglin: Hello.

19

00:04:08.580 --> 00:04:12.990

bcarling02: That. Okay, so we're so we're in. Excellent. I just hope everyone else's

20

00:04:12.990 --> 00:04:13.560

John Anglin: Is lucky.

21

00:04:15.120 --> 00:04:18.900

bcarling02: Sex. And again, thank you for putting this together for us so much

22

00:04:20.670 --> 00:04:21.840

bcarling02: Okay. Oh.

23

00:04:21.870 --> 00:04:22.800

For support.

24

00:04:25.500 --> 00:04:26.940

bcarling02: All of the pillow. Now, come on now.

25

00:04:28.890 --> 00:04:29.160
bcarling02: It.

26
00:04:29.400 --> 00:04:30.540
Is my audio. Okay.

27
00:04:32.370 --> 00:04:36.150
bcarling02: Oh, yeah. Yeah, I hear Jeff and I will, I will mess up.

28
00:04:36.180 --> 00:04:37.230
bcarling02: My phone point yet.

29
00:04:39.900 --> 00:04:40.230
Alright.

30
00:04:41.730 --> 00:04:42.180
John Anglin: So far,

31
00:04:46.770 --> 00:04:49.290
bcarling02: Oh, I see. We have people here already great.

32
00:04:49.830 --> 00:04:50.640
John Anglin: Yeah yeah

33
00:04:53.820 --> 00:04:56.130
bcarling02: I'm gonna mute out and I'll wait for kin.

34
00:04:57.510 --> 00:04:58.290
John Anglin: All right. Me too.

35
00:06:26.670 --> 00:06:30.120
bcarling02: John you have a better view any sign of can

36
00:06:40.320 --> 00:06:44.310
JKautzman: Everyone this is Joe with Banner, it appears that can is on

37
00:06:45.090 --> 00:06:45.930
iPad (3)kenkarrels: Accident on

38

00:06:47.010 --> 00:06:47.580

iPad (3)kenkarrels: This is Ken

39

00:06:49.080 --> 00:06:49.770

bcarling02: Thanks, Joe.

40

00:06:51.150 --> 00:06:51.930

bcarling02: Good morning, can

41

00:06:51.990 --> 00:06:53.040

bcarling02: I'll let you take start

42

00:06:53.040 --> 00:06:54.900

iPad (3)kenkarrels: Out. Can you hear me, I

43

00:06:55.410 --> 00:06:56.310

bcarling02: Sure can.

44

00:06:57.840 --> 00:06:58.290

iPad (3)kenkarrels: Okay.

45

00:07:00.540 --> 00:07:04.800

iPad (3)kenkarrels: I'm just running a little bit getting this thing on every done the

46

00:07:05.130 --> 00:07:07.170

bcarling02: Intro nothing

47

00:07:07.230 --> 00:07:08.820

iPad (3)kenkarrels: I just barely just just

48

00:07:09.210 --> 00:07:09.600

bcarling02: Done the

49

00:07:11.550 --> 00:07:11.910

iPad (3)kenkarrels: Sorry.

50

00:07:13.020 --> 00:07:17.550

iPad (3)kenkarrels: Okay. Why don't you just start and go around and see who's on

51

00:07:18.780 --> 00:07:21.840

bcarling02: Okay, if I'm a little confused you want to

52

00:07:21.870 --> 00:07:22.260

iPad (3)kenkarrels: Do you want to

53

00:07:22.290 --> 00:07:24.030

bcarling02: Start it up when want to get going.

54

00:07:24.840 --> 00:07:26.010

bcarling02: Okay. All right.

55

00:07:26.190 --> 00:07:27.120

bcarling02: Good morning everyone.

56

00:07:28.290 --> 00:07:30.690

bcarling02: Barbara here and I'm going to

57

00:07:31.710 --> 00:07:37.890

bcarling02: I guess let's just do a round of hello and let's find out who's here again, Barbara. Vice Chair.

58

00:07:43.950 --> 00:07:44.580

bcarling02: And you want

59

00:07:52.350 --> 00:07:53.100

bcarling02: Anyone out there.

60

00:07:55.080 --> 00:07:56.220

iPad (3)kenkarrels: I feel like Ferris

61

00:08:02.760 --> 00:08:03.510

bcarling02: Please feel

62

00:08:04.410 --> 00:08:08.700

John Anglin: I'm sitting in for Melissa today, and I'll be giving

63

00:08:10.200 --> 00:08:10.830

John Anglin: A presentation.

64

00:08:13.920 --> 00:08:19.080

JKautzman: Hi everyone this is Joe Katzman with the Office of individual and family affairs that banner.

65

00:08:21.750 --> 00:08:22.590

bcarling02: Morning, Jim.

66

00:08:23.700 --> 00:08:25.440

LA: Mary Ellen with a do Asia.

67

00:08:29.220 --> 00:08:30.630

Sharon Faulkner Gillespie: Glass be committee members here.

68

00:08:34.980 --> 00:08:35.760

Committee member

69

00:08:38.940 --> 00:08:41.580

CJ: Good morning. All this is CJ myself from access

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00:08:51.450 --> 00:08:54.030

fsgraham: Hi everyone this is Frederick and ran with that. What else

71

00:08:57.120 --> 00:08:57.540

Either

72

00:08:59.220 --> 00:08:59.910

bcarling02: Morning everyone

73

00:09:01.650 --> 00:09:03.150

bcarling02: Everyone Arizona center for disability law.

74

00:09:07.380 --> 00:09:08.790

Jason Winsky: Jason lynskey committee member

75

00:09:12.330 --> 00:09:12.900

iPad (3)kenkarrels: lead you there.

76

00:09:22.590 --> 00:09:23.340

bcarling02: Oh, that all

77

00:09:33.840 --> 00:09:34.770

bcarling02: We can do

78

00:09:37.980 --> 00:09:38.970

Can you want to start

79

00:09:43.050 --> 00:09:45.330

iPad (3)kenkarrels: Well, yes, let's just get started, everybody.

80

00:09:47.070 --> 00:09:49.020

iPad (3)kenkarrels: Say, I guess we have a quorum as

81

00:09:54.090 --> 00:09:58.470

LA: I'm here. Can you know your corner, six. Six committee members online.

82

00:10:00.330 --> 00:10:00.720

LA: Right.

83

00:10:03.240 --> 00:10:05.670

iPad (3)kenkarrels: I believe so. But I can't swear by

84

00:10:06.870 --> 00:10:07.860

iPad (3)kenkarrels: Yes, so

85

00:10:07.920 --> 00:10:08.460

bcarling02: Can I do

86

00:10:08.490 --> 00:10:09.270

bcarling02: Why don't we have

87

00:10:12.060 --> 00:10:12.900

Yeah, Tyson.

88

00:10:15.210 --> 00:10:15.840

Sharon.

89

00:10:17.760 --> 00:10:18.450

LA: Joanna.

90

00:10:20.130 --> 00:10:20.550

iPad (3)kenkarrels: Can

91

00:10:23.010 --> 00:10:23.580

Barbara

92

00:10:25.470 --> 00:10:27.300

iPad (3)kenkarrels: Joe. Are you there me since key.

93

00:10:29.880 --> 00:10:30.450

iPad (3)kenkarrels: Magellan

94

00:10:31.980 --> 00:10:32.280

iPad (3)kenkarrels: Reaches

95

00:10:35.970 --> 00:10:39.450

iPad (3)kenkarrels: Try to reach to while you go ahead BB and maybe start out with the

96

00:10:41.640 --> 00:10:43.110

iPad (3)kenkarrels: Term Vision Vision.

97

00:10:44.760 --> 00:10:48.900

bcarling02: Yes, I'll get married Mary, please. I'll let you get started.

98

00:10:50.550 --> 00:10:52.230

iPad (3)kenkarrels: Sure, I'm

99

00:10:53.820 --> 00:11:00.000

LA: Barbara at this time I do a I really don't have any updates for the group. It's been fairly quiet on our end

100

00:11:01.320 --> 00:11:02.340

LA: Here this last

101

00:11:02.880 --> 00:11:21.300

LA: Last couple months. So just trying to business as usual. But, I mean, it's been it's been quiet so I don't have any updates that anybody has any questions for me that I can try to answer or get an answer for the group, I'd be happy to take those

102

00:11:25.980 --> 00:11:26.460

bcarling02: Anyone

103

00:11:32.250 --> 00:11:32.760

bcarling02: Guess we'll

104

00:11:33.900 --> 00:11:34.710

bcarling02: Just we have a quick

105

00:11:35.280 --> 00:11:37.620

LA: One. No problem. Thanks.

106

00:11:38.820 --> 00:11:40.500

LA: Hi, Jason, welcome.

107

00:11:41.460 --> 00:11:45.210

bcarling02: Jason, do you have any law enforcement updates, I bet.

108

00:11:46.350 --> 00:11:49.200

bcarling02: You can you help us with any news.

109

00:11:54.060 --> 00:11:55.170

Jason Winsky: Hello everyone, and

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00:11:56.460 --> 00:11:56.970

Jason Winsky: I don't have

111

00:11:58.050 --> 00:12:00.750

Jason Winsky: To too much in way of an update. Other than that.

112

00:12:02.370 --> 00:12:16.590

Jason Winsky: The fire department and the police department and the housing department for the city, we are in an ongoing discussions about what this new Community Safety department for the city of Tucson will

113

00:12:17.040 --> 00:12:17.850

Jason Winsky: Look like

114

00:12:18.900 --> 00:12:29.760

Jason Winsky: I can't discuss too many of the details right now because there's a lot of moving parts, we should have something formulated, I would say by the end of the year, because it's certainly a priority, but

115

00:12:31.530 --> 00:12:32.700

Jason Winsky: I can tell you that

116

00:12:34.020 --> 00:12:38.700

Jason Winsky: One of the big things that we're looking at is, you know, are what can we do

117

00:12:40.560 --> 00:12:56.190

Jason Winsky: You know, and DVDs already you know really gone in this direction, but what can we do upstream, meaning you know to one one or 311 system, whether that's just the city or the state does something and that statewide

118

00:12:57.600 --> 00:13:06.000

Jason Winsky: How do we continue to divert calls away from 911 whenever possible. And whenever safe to do

119

00:13:07.950 --> 00:13:14.910

Jason Winsky: You know what, you know what, whenever safe to do so. And we've already had with Arizona complete health

120

00:13:16.260 --> 00:13:29.220

Jason Winsky: A really good warm line transfer system of diverting crisis calls away from 911 and over to the crisis sign. But I think what people are looking for now is something that

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00:13:31.440 --> 00:13:45.900

Jason Winsky: Is just a larger scale of value of that. So building on what we've done already with easy CH and 17 and really expanding that to divert as many

122

00:13:47.520 --> 00:13:56.070

Jason Winsky: Non criminal justice related calls away from law enforcement as possible. So I think that's going to be what you're going to see in the next coming months.

123

00:13:59.820 --> 00:14:07.980

bcarling02: Thanks, thanks, Jason it. One thing I heard a rumor, or have you heard the rumor about will they be hiring more social workers.

124

00:14:09.120 --> 00:14:10.890

Jason Winsky: Yes, the city has funded

125

00:14:12.090 --> 00:14:17.610

Jason Winsky: Eight. Eight additional social workers, and I believe that hiring is ongoing, as we speak.

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00:14:18.480 --> 00:14:18.900

bcarling02: So that's

127

00:14:19.470 --> 00:14:20.520

Jason Winsky: Really good news.

128

00:14:20.940 --> 00:14:24.330

bcarling02: Here, can I point the girls that my sister's there. Where can I

129

00:14:24.360 --> 00:14:28.770

Sophie Legaspi, UHCCP: 677630 that's not me.

130

00:14:30.060 --> 00:14:30.930

Not me, either.

131

00:14:33.570 --> 00:14:36.690

bcarling02: You have it. Where would they go to apply.

132

00:14:37.440 --> 00:14:40.290

Jason Winsky: I'm finding that for you. I can get that for you.

133

00:14:40.980 --> 00:14:43.260

Jason Winsky: I wanna I'm just making sure I have the

134

00:14:43.290 --> 00:14:44.730

bcarling02: Website. Correct.

135

00:14:45.420 --> 00:14:47.190

Jason Winsky: No worries, you know, okay, so

136

00:14:47.250 --> 00:14:53.220

Jason Winsky: You know, what can I type the web. Is it okay if I type I got a website right here. Can I type it into the chat.

137

00:14:54.690 --> 00:14:56.640

Jason Winsky: And everyone can see it. Sure.

138

00:14:58.950 --> 00:14:59.370

bcarling02: Okay.

139

00:15:02.940 --> 00:15:03.840

Jason Winsky: Okay, it's there.

140

00:15:06.330 --> 00:15:12.450

bcarling02: I see it already. Okay Tucson gov slash jobs, perfect, perfect.

141

00:15:15.540 --> 00:15:16.110

Jason Winsky: There you go.

142

00:15:17.250 --> 00:15:18.450

John Anglin: I have a question for Jason

143

00:15:20.700 --> 00:15:21.090

To

144

00:15:22.320 --> 00:15:28.560

John Anglin: THIS IS THIS IS JOHN at Arizona complete how um I have a friend that a Pearson

145

00:15:31.800 --> 00:15:42.060

John Anglin: And he recently acquired a position as a peer support, where he rides alarm with police officers are there are you

146

00:15:42.090 --> 00:15:43.680

John Anglin: Are you familiar with that program.

147

00:15:47.610 --> 00:15:49.500

Jason Winsky: I am very familiar with that program.

148

00:15:51.390 --> 00:15:56.670

John Anglin: And how many, how many of those those peers are there. I think there's three of them.

149

00:15:56.730 --> 00:16:05.490

Jason Winsky: Now, and they're looking at getting two or three more that specialize in navigation around like housing first

150

00:16:08.730 --> 00:16:10.350

Jason Winsky: So that the area.

151

00:16:10.710 --> 00:16:11.700

Jason Winsky: The arena, I would

152

00:16:12.240 --> 00:16:15.900

Jason Winsky: Basically what I would say is in the next like six to 12 months the

153

00:16:15.900 --> 00:16:18.300

Jason Winsky: Arena around co response.

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00:16:18.720 --> 00:16:19.740

Jason Winsky: Whether it's

155

00:16:20.310 --> 00:16:21.330

Jason Winsky: Clinical

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00:16:21.510 --> 00:16:22.230

iPad (3)kenkarrels: Whether it's

157

00:16:22.260 --> 00:16:27.300

Jason Winsky: Pure navigator, whether it's substance or whether it's housing.

158

00:16:27.750 --> 00:16:31.350

Jason Winsky: I think you're going to see like rapid expansion of those programs at the place

159

00:16:34.020 --> 00:16:35.580

iPad (3)kenkarrels: Excellent. Awesome. Thank you.

160

00:16:38.070 --> 00:16:39.720

bcarling02: Thanks, Jason. Excellent.

161

00:16:41.580 --> 00:16:42.210

bcarling02: Okay.

162

00:16:43.260 --> 00:16:45.540

iPad (3)kenkarrels: I'm going to be back.

163

00:16:46.710 --> 00:16:48.750

bcarling02: Oh, sorry. So

164

00:16:53.760 --> 00:16:54.390

iPad (3)kenkarrels: Go ahead.

165

00:16:55.590 --> 00:16:56.340

bcarling02: Go ahead.

166

00:16:57.570 --> 00:16:58.860

bcarling02: Can you go ahead

167

00:17:05.430 --> 00:17:06.270

bcarling02: Can you had

168

00:17:06.750 --> 00:17:11.400

iPad (3)kenkarrels: Just one piggyback with Jason's as far as other cities that have been the newspaper.

169

00:17:14.190 --> 00:17:23.970

iPad (3)kenkarrels: And then maybe reference that dissipate spires. This has been going on an office. First, the connectivity. Can you comment on that as far as research on that with other

170

00:17:25.440 --> 00:17:26.310

iPad (3)kenkarrels: Locales because

171

00:17:28.470 --> 00:17:29.220

iPad (3)kenkarrels: The version.

172

00:17:32.520 --> 00:17:39.180

Jason Winsky: Sorry, can there was either some background noise or you you broke up there but you asking about like our diversion and deflection programs.

173

00:17:41.460 --> 00:17:44.760

iPad (3)kenkarrels: Correct just yeah I'm having a problem with my

174

00:17:45.780 --> 00:17:49.890

iPad (3)kenkarrels: Machine here. But bottom line is other cities that have used it as models.

175

00:17:50.130 --> 00:17:50.430

Yeah.

176

00:17:52.530 --> 00:17:54.450

Jason Winsky: So our deflection program is

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00:17:56.040 --> 00:18:02.460

Jason Winsky: I think actually over two years old now and we have we've deflected over 2000 people

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00:18:04.140 --> 00:18:07.020

Jason Winsky: Who were in possession of narcotics or other drugs.

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00:18:08.040 --> 00:18:17.370

Jason Winsky: Away from the jail and into on demand treatment with Kodak and that's a, that's a program that's a partnership between the police department. Do you have a

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00:18:18.210 --> 00:18:26.370

Jason Winsky: Arizona complete health and Kodak um, AND SO WE THE THE TUCSON police department is the only police department in Pima County.

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00:18:26.940 --> 00:18:43.440

Jason Winsky: There's about 12 law enforcement agencies and Pima County only ones doing deflection and that's us. And so far we've diverted about two things well over 2000 people away from felony bookings per her drugs now.

182

00:18:44.610 --> 00:18:51.480

Jason Winsky: If you look at. So we are. I mean, we have a very active and robust deflection program now.

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00:18:52.890 --> 00:18:54.570

Jason Winsky: If you look at the totality.

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00:18:55.740 --> 00:19:01.350

Jason Winsky: Of people okay that are being booked in Pima County for drugs 2000 deflections

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00:19:02.910 --> 00:19:08.370

Jason Winsky: While that's the direction we want to go. And that's a very awesome number to have for our police department.

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00:19:08.970 --> 00:19:21.330

Jason Winsky: You know it barely touches the totality of who's being booked in into our Pima County Jail every year for drugs, not just by us but by the sheriff's department, you know, Oro Valley Marina Sarita

187

00:19:22.230 --> 00:19:41.790

Jason Winsky: Even airport police Pima college, you have a, you know, on and on and on. And I can tell you that the the new county attorney and the county attorney that we have previously, the one that we have now, Barbara. Well, um, they're looking at three indictment deflection program.

188

00:19:43.020 --> 00:19:52.920

Jason Winsky: To be launched very early next year where people that would be booked into the jail for drug possession would actually never show an indictment.

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00:19:53.580 --> 00:20:04.680

Jason Winsky: And that's something that the courts, the Pima County criminal justice reform unit and the police department ARE ALL IN THE COUNTY ATTORNEY'S OFFICE are all working on together because

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00:20:05.850 --> 00:20:13.500

Jason Winsky: At the end of the day, you know, we can try and have 11 or 12 police departments all agreeing to do deflection this county

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00:20:14.430 --> 00:20:33.030

Jason Winsky: You know that's 11 or 12 different police chiefs, that's a county sheriff's that's a lot of moving parts to get that done. And even when you have a robust deflection program like you see in Seattle or here or anywhere else that doesn't capture 100

192

00:20:34.080 --> 00:20:41.970

Jason Winsky: None of those programs capture 100% of the people that are caught in possession with drugs, right, because there's always going to be

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00:20:41.970 --> 00:20:54.030

Jason Winsky: exclusionary creature or or other factors. You know, one thing that we run into is the person is in possession of drugs. Perfect example, the person is in possession of drugs, but then they have

194

00:20:54.570 --> 00:21:03.870

Jason Winsky: A warrant for domestic violence. Well, you know, state law requires us to serve that warrant right currently anyway.

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00:21:05.340 --> 00:21:14.850

Jason Winsky: So guess what I mean, no matter what diversion or deflection program we have that person still going to be booked. So that's why the county attorney in the courts gotta step in

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00:21:15.630 --> 00:21:23.790

Jason Winsky: Deal with the domestic violence. However, they got to deal with that but figure out a pre indictment solution for

197

00:21:24.900 --> 00:21:33.150

Jason Winsky: The person that's that that you know okay so they had to get booked to the domestic violence work. Well guess what, now the drugs are, you know, just caught in the mix of that.

198

00:21:33.930 --> 00:21:42.360

Jason Winsky: Well, the pre indictment deflection for the drugs is really important because basically that person can move on with their life.

199

00:21:43.200 --> 00:21:45.210

Jason Winsky: Um, yeah, they're still going to have to deal with the

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00:21:45.210 --> 00:21:55.500

Jason Winsky: Domestic violence, but they're never going to have to, they will never show on a criminal background check and indictment for possession of narcotics.

201

00:21:56.160 --> 00:22:07.890

Jason Winsky: And so, you know, I think, I think again in the next six to 12 months, especially with the new county attorney coming in, you're going to see leaps and bounds in what the courts and the county attorney are doing

202

00:22:08.400 --> 00:22:14.460

Jason Winsky: For people that can't be caught with the deflection that and are still getting booked into the jail.

203

00:22:24.750 --> 00:22:27.090

iPad (3)kenkarrels: Thank you for that update screen.

204

00:22:28.440 --> 00:22:28.920

Sure. Thanks.

205

00:22:34.080 --> 00:22:35.430

bcarling02: Exciting is

206

00:22:37.350 --> 00:22:38.490

bcarling02: Can, would you like to take it.

207

00:22:41.490 --> 00:22:48.480

iPad (3)kenkarrels: Well member recruitment anything new coming up. You want anyone to be nominated or for us.

208

00:22:49.980 --> 00:22:56.220

iPad (3)kenkarrels: voted on, I think we're pretty much caught up here with think Tyson was the last person to be added.

209

00:22:58.500 --> 00:23:01.020

iPad (3)kenkarrels: Goes so we're sort of one

210

00:23:02.100 --> 00:23:06.840

iPad (3)kenkarrels: In in the queue as far as Larry's in the butt.

211

00:23:08.580 --> 00:23:09.780

Larry's a correct

212

00:23:12.960 --> 00:23:13.860

LA: What was the question.

213

00:23:17.280 --> 00:23:28.410

iPad (3)kenkarrels: So far as anyone that's in the queue as far as being certified in terms of potential members. I think we had Tyson was the last individual and then the fellas grant

214

00:23:30.690 --> 00:23:32.100

iPad (3)kenkarrels: Yes, sir. That is correct.

215

00:23:32.520 --> 00:23:45.570

LA: That your understanding, and then I didn't make the adjustments on Susan Marino's she is a non she's still on the committee as a non voting number and then I removed the other team members. Okay, so, so

216

00:23:46.290 --> 00:23:47.190

LA: Right, so when

217

00:23:47.550 --> 00:23:54.870

iPad (3)kenkarrels: We've kind of you saw the abbreviated or current roster than Barbara prepared. So thank you.

218

00:23:55.350 --> 00:23:56.430

iPad (3)kenkarrels: So we're good on that shirt.

219

00:23:56.880 --> 00:23:58.320

iPad (3)kenkarrels: And we'll keep doing it. And again,

220

00:23:58.710 --> 00:24:04.860

iPad (3)kenkarrels: Appreciate your reach there and Gideon on the websites are still looking will never be finished. Okay.

221

00:24:06.840 --> 00:24:11.970

LA: No problem. Yeah. The, the website has been updated so it does reflect a the

222

00:24:13.140 --> 00:24:17.190

LA: Proper committee members. So you're all set. Good, good.

223

00:24:17.820 --> 00:24:19.530

iPad (3)kenkarrels: Thank you for that update on the

224

00:24:21.900 --> 00:24:22.860

LA: barbell just going to

225

00:24:23.790 --> 00:24:29.790

iPad (3)kenkarrels: Take you as far as anything I'm deaths and incidents, who's handling that

226

00:24:30.840 --> 00:24:32.190

iPad (3)kenkarrels: I'd like to check, buddy.

227

00:24:32.700 --> 00:24:33.480

Has anybody

228

00:24:34.710 --> 00:24:37.770

bcarling02: Been able to look into the reports.

229

00:24:39.360 --> 00:24:51.210

bcarling02: How's that project going I'm sharing or I sent or Joanna and hope is your anyone I have into the system and taking a look

230

00:24:53.490 --> 00:24:57.630

bcarling02: At that that's not my committee. So I'm just curious. Did anyone take that on.

231

00:24:58.590 --> 00:25:04.710

TysonG: Our bride. This Tyson I renewed my access account for

232

00:25:05.940 --> 00:25:14.880

TysonG: The clinical work I do here and forgot to renew the access for the committee. I'm just going to look at some yesterday, so I have to

233

00:25:15.480 --> 00:25:25.680

TysonG: Renew because it expires, what every 60 or 90 days I'll just have to. It's not a that account I don't monitor all the time that email accounts I missed the notification.

234

00:25:27.180 --> 00:25:29.880

TysonG: I will use our prior to the next.

235

00:25:33.330 --> 00:25:35.730

bcarling02: Thanks, Tyson, I can get the

236

00:25:37.170 --> 00:25:40.620

bcarling02: Information on how to, you know, get on that server.

237

00:25:41.850 --> 00:25:44.520

bcarling02: Just let me know if you need any help on that.

238

00:25:45.660 --> 00:25:52.920

Joanna Key1: I haven't had a chance to but it's been on my mind and I plan to well in time for the next feeding.

239

00:25:54.360 --> 00:25:55.110

bcarling02: Understood.

240

00:25:56.190 --> 00:25:56.550

bcarling02: You know,

241

00:25:57.600 --> 00:25:59.400

bcarling02: And the same can goes with

242

00:26:03.030 --> 00:26:10.230

bcarling02: Yes seclusion and restraint same it's it's just on on the docket but not being worked on.

243

00:26:12.390 --> 00:26:15.090

iPad (3)kenkarrels: Okay, oh, question, then the school.

244

00:26:16.110 --> 00:26:17.670

iPad (3)kenkarrels: Board and care as far as

245

00:26:19.050 --> 00:26:21.960

iPad (3)kenkarrels: In terms of Larry Are there any of the other

246

00:26:24.240 --> 00:26:27.930

iPad (3)kenkarrels: Either North Central going out and doing any board and care.

247

00:26:29.310 --> 00:26:31.470

iPad (3)kenkarrels: Reviews site visits.

248

00:26:32.430 --> 00:26:39.780

LA: No. Not at this time. They're not in strict now they're just review. Yeah, they're just review on the incident reports.

249

00:26:41.760 --> 00:26:42.090

LA: Okay.

250

00:26:42.840 --> 00:26:47.610

LA: I'm not aware of any site visits. I know they're so

251

00:26:47.910 --> 00:26:52.530

LA: They're looking into maybe trying to do some virtual stuff, but it's a very

252

00:26:52.650 --> 00:27:01.440

LA: fluid situation and your each vendor and provider is different and what they can do so.

253

00:27:02.880 --> 00:27:05.520

LA: It's a, it's a, it's definitely a

254

00:27:06.570 --> 00:27:08.310

LA: Different climate, we're at now so

255

00:27:10.890 --> 00:27:11.130

LA: Yeah.

256

00:27:12.240 --> 00:27:14.070

iPad (3)kenkarrels: Jason, a lot of moving parts.

257

00:27:16.410 --> 00:27:16.680

iPad (3)kenkarrels: You don't

258

00:27:17.460 --> 00:27:18.720

LA: Get a handle, and of course site.

259

00:27:19.500 --> 00:27:20.460

iPad (3)kenkarrels: Visits you and you have

260

00:27:21.660 --> 00:27:32.340

iPad (3)kenkarrels: The name implies, his site in terms of seeing see what's going on there. So we'll come back to that eventually, hopefully 2021 will be more encouraging to, you know,

261

00:27:34.500 --> 00:27:35.400

iPad (3)kenkarrels: Hopefully, so

262

00:27:35.610 --> 00:27:35.970

LA: Um,

263

00:27:36.000 --> 00:27:37.110

LA: I don't anticipate

264

00:27:37.110 --> 00:27:38.850

LA: That happening till maybe summer.

265

00:27:40.110 --> 00:27:40.740

LA: Next summer.

266

00:27:41.610 --> 00:27:51.120

LA: But we'll have to see how it all, everything unfolds here in the next few months, hopefully we can get back to normal somewhat normal routine.

267

00:27:58.380 --> 00:28:01.290

iPad (3)kenkarrels: Turn it back to you, Barbara first and then

268

00:28:02.580 --> 00:28:15.480

bcarling02: Phyllis is with this. So we don't have special populations and and as far as administrative miscellaneous I am so proud of myself and us we're now using zoom

269

00:28:17.610 --> 00:28:19.890

bcarling02: Learning new technology every day.

270

00:28:21.180 --> 00:28:28.380

bcarling02: Now, so that's basically it. As far as Reba quieter updates we have any updates from our community.

271

00:28:33.540 --> 00:28:34.830

phyllis grant: Fellas, can you guys hear me.

272

00:28:36.090 --> 00:28:36.570

John Anglin: Excellent.

273

00:28:38.220 --> 00:28:38.520

bcarling02: Yes.

274

00:28:44.820 --> 00:28:47.730

phyllis grant: So are you. Is it my time to report.

275

00:28:48.600 --> 00:28:50.970

bcarling02: Yes, ma'am. Yes, yes.

276

00:28:52.170 --> 00:28:54.780

phyllis grant: I'm on a dirt road now so you might hear noise.

277

00:28:55.800 --> 00:29:02.910

phyllis grant: OF THE ONLY THING I WAS REALLY GOING TO SAY, WAS THAT LIKE, SHARE last month about that.

278

00:29:04.200 --> 00:29:25.350

phyllis grant: I think it was a dissuading Sharon that some of the agencies are going to start providing more of the face to face services in October and I have. I'm the families. I'm working with. They are starting to get calls with is going to be in person therapy, but it's still pretty slow and

279

00:29:27.630 --> 00:29:36.120

phyllis grant: I've been getting a lot. Please been advocating for them to step up and just a little bit because

280

00:29:37.170 --> 00:29:42.150

phyllis grant: So cases I'm working on are really high needs and it will stress in the home.

281

00:29:45.150 --> 00:29:56.400

phyllis grant: So that's, you know, that's starting to happen, but it's really slow process. I'm concerns and the wanting to be make sure everybody's safe.

282

00:29:57.480 --> 00:30:09.120

phyllis grant: So I'm hoping that it won't take you know till Christmas for kids to get the in home you know the face to face occupational therapy that they need and the

283

00:30:10.650 --> 00:30:14.040

phyllis grant: Counseling that they need and the families, the

284

00:30:15.810 --> 00:30:16.800

phyllis grant: So there's that.

285

00:30:18.570 --> 00:30:21.630

phyllis grant: I know all the court hearings are still telephonic

286

00:30:24.270 --> 00:30:36.480

phyllis grant: I think I'm getting more calls are companies getting more calls on the Crisis Counseling Program line families, you know, I'm sure you've all seen it. I'm sure people are exhausted.

287

00:30:37.560 --> 00:30:47.340

phyllis grant: People are, you know, I'm meeting with families and they look like they're all about done, you know, stick a fork in and I'm done kind of saying like they can't

288

00:30:47.850 --> 00:30:56.790

phyllis grant: Use home schooling at home, you know, I have an employee who's really struggling with three kids trying to get them online with the, you know,

289

00:30:57.900 --> 00:30:58.170

phyllis grant: All

290

00:30:59.220 --> 00:31:00.570

phyllis grant: That that happens.

291

00:31:01.980 --> 00:31:13.080

phyllis grant: But for hanging in there. And I think as long as what's really needed. And this is what I'm hearing from families is support they they thought of themselves on their own.

292

00:31:13.680 --> 00:31:23.670

phyllis grant: And when I come into the home. I have one family when she said you're the first person who showed up in three months. And it was like it was

293

00:31:25.980 --> 00:31:31.470

phyllis grant: Really important to them. They felt that they hadn't been forgotten. So, a lot of them feel like they've been

294

00:31:32.730 --> 00:31:43.560

phyllis grant: Trying to encourage communication them content providers writers calling them not forgotten and keeping in touch. Monday.

295

00:31:44.580 --> 00:31:51.180

phyllis grant: Attacked and I feel like every month. I'm saying the same thing, but we're all doing the same thing and it's

296

00:31:52.680 --> 00:31:59.250

phyllis grant: It's a new way of life, as we all know, and be with us forever. Some of these remnants of this will be with us forever.

297

00:32:00.420 --> 00:32:01.350

phyllis grant: We get better plaque.

298

00:32:04.800 --> 00:32:05.670

Sharon Faulkner Gillespie: Yes, I do.

299

00:32:06.930 --> 00:32:15.330

Sharon Faulkner Gillespie: I'm just a second. What Phil said we did. We had a meeting on Friday with Arizona complete health with Jennifer can who does the FOSS about forums.

300

00:32:16.050 --> 00:32:28.650

Sharon Faulkner Gillespie: With us and we did talk about that DCS has given foster care agencies and behavioral health agencies, the go ahead to start doing in person. Again, which should start on 10 one. So it is going to be a slow transition

301

00:32:29.250 --> 00:32:38.340

Sharon Faulkner Gillespie: For the foster care agency is just because there are some families that still are not comfortable with having people in their home because of CO, but it's like that what that looks like and how we can do that.

302

00:32:39.000 --> 00:32:50.250

Sharon Faulkner Gillespie: DCS has been doing in person stuff since May but respecting that families that if they do have household members that have low immune systems and I know really worried about coven

303

00:32:50.940 --> 00:33:00.240

Sharon Faulkner Gillespie: Respecting that one looks like and how we can alter do alternate delivery stuff for these families but 10 one foster agencies are going back to in person.

304

00:33:00.780 --> 00:33:14.430

Sharon Faulkner Gillespie: Home visits trainings and everything. We're going to keep an eye on the numbers and just follow any recommendations, of course, the CDC has regards to face masks handwashing like that. I think most of us are carrying sanitizer with us when we go into homes and stuff.

305

00:33:16.440 --> 00:33:22.710

Sharon Faulkner Gillespie: And then we are. We've already started the conversation with Arizona complete health and how they can help us because we know

306

00:33:23.400 --> 00:33:32.370

Sharon Faulkner Gillespie: At the, this is not going to end and the increased number of anxiety and in our kids and our families. And what that's going to look like. I know for the veil school district.

307

00:33:33.030 --> 00:33:44.160

Sharon Faulkner Gillespie: They started back in person. I think 74% of kids started back in person. This week I'm 26 or 24% on like that decided to continue to do the online.

308

00:33:45.030 --> 00:33:56.880

Sharon Faulkner Gillespie: Hybrid version. So that's gonna we're watching those numbers to see if we're going to end up going back in person or full time or if we're going to be dialing it back to more remote learning again so

309

00:33:57.450 --> 00:34:07.830

Sharon Faulkner Gillespie: I know to USC. I think after Fall break is going to be going into in person and for DCS kiddos that has not changed. They're still going to school, unless they get special permission from DCS

310

00:34:08.760 --> 00:34:21.690

Sharon Faulkner Gillespie: So we're watching that and our children are watching the community and just kind of trying to keep our hands on the pulse as far as Kovac goes and then see how we can help our, our foster parents transition back to this in person model.

311

00:34:23.640 --> 00:34:38.250

phyllis grant: I think it's, it's hard because you want to respect the family's concerns. It's is it you know it's new territory. I go, I wear a mask. I have a family say who don't wear masks. They don't want me to wear a mask and

312

00:34:39.090 --> 00:34:47.400

phyllis grant: You know, and I just make sure I'm six feet away and have my sanitizer, but it is hard. You know, we're all trying to navigate this

313

00:34:48.030 --> 00:35:02.670

phyllis grant: As as carefully as we can. And I think parents. And once I've talked to are encouraged that things are going to happen more in the home there. But you're right. There are others who don't who are not ready for that.

314

00:35:03.930 --> 00:35:12.630

phyllis grant: Face to face contact for whatever reason they have some concerns. I'm also finding people whose parents who have their own mental health.

315

00:35:13.710 --> 00:35:16.830

phyllis grant: Challenges, especially those who have anxiety disorders.

316

00:35:17.910 --> 00:35:22.770

phyllis grant: Are less reliant less willing to have people in the home.

317

00:35:23.970 --> 00:35:41.220

phyllis grant: And have have that face to face contact. So I'm surprised that veil. I know my my grandson goes avail and he opted to stay online, not because he's scared of the best to school, but because he likes rolling out of bed and getting on the computer.

318

00:35:42.450 --> 00:35:43.530

He's lazy.

319

00:35:45.900 --> 00:36:01.140

phyllis grant: But I'm encouraged to hear. I knew that DCS was going back because I work on a couple of their programs. So I'm encouraged that things and I'm trying to keep the parents encouraged when I talked to them it's it's going to get better, but it's a fine line. We all walk

320

00:36:02.190 --> 00:36:03.060

phyllis grant: Absolutely.

321

00:36:03.750 --> 00:36:06.210

iPad (3)kenkarrels: You know, an understatement. Yeah.

322

00:36:09.150 --> 00:36:09.660

phyllis grant: Keep it up.

323

00:36:10.230 --> 00:36:24.690

iPad (3)kenkarrels: Again I call a welfare check just calling even friends, neighbors, just say hello let people know that you know they're not alone. I realized, two different this the more complex issue. But the idea. We don't have access to, once

324

00:36:26.160 --> 00:36:26.910

iPad (3)kenkarrels: Again,

325

00:36:28.110 --> 00:36:32.160

iPad (3)kenkarrels: The more we can reach out and help each other to get through this.

326

00:36:34.620 --> 00:36:37.320

iPad (3)kenkarrels: no easy answer, like I said, a lot of moving parts.

327

00:36:38.340 --> 00:36:38.880

iPad (3)kenkarrels: Thank you.

328

00:36:48.000 --> 00:36:48.420

iPad (3)kenkarrels: I'm sorry.

329

00:36:49.590 --> 00:36:50.970

bcarling02: Was that

330

00:36:52.980 --> 00:36:53.220

We

331

00:36:54.840 --> 00:37:09.090

bcarling02: We have it john doing the presentation again. But I don't want to miss anyone. Does anyone else have anything. They just had something to add or and then we'll move on with our training anyone else.

332

00:37:09.240 --> 00:37:16.860

John Anglin: What is john and I would just add that we are we are doing a drive in movie screening

333

00:37:17.910 --> 00:37:26.310

John Anglin: Some of the. I know some of the council members here were sent I put the link in the chat box and it takes place on the 29th.

334

00:37:28.950 --> 00:37:37.560

John Anglin: And I think it's, it's, um, I don't know all the details, but I have the link there if you want to sign up. I think there's like 70 spots left. It's entirely free

335

00:37:39.390 --> 00:37:53.280

John Anglin: Apparently, does it drive in a year. So wearing down. I know. There used to be one that left. I didn't know there was a new one. So it's going to be there on the on the evening of the 29th and the movie again. It's called medicating normal. So really,

336

00:37:55.020 --> 00:38:00.000

John Anglin: I watched it about a month ago. So really good movie but. So, the link is in the chat box.

337

00:38:02.370 --> 00:38:02.640

John Anglin: I'm

338

00:38:05.100 --> 00:38:05.370

John Anglin: Sorry.

339

00:38:07.170 --> 00:38:07.800

bcarling02: Melissa.

340

00:38:07.980 --> 00:38:09.270

John Anglin: Brown sent me the

341

00:38:09.690 --> 00:38:12.090

bcarling02: Information on that john. Thank you for reminding me.

342

00:38:12.330 --> 00:38:23.970

bcarling02: I'm going to email that to all our committee members and our many guests. I mean, our meeting guests. So thanks for all that information out. She just sent it to me this morning and thank you john for bringing

343

00:38:23.970 --> 00:38:30.810

John Anglin: That up. It looks really interesting. Good thank. Of course, of course. Yeah, right.

344

00:38:35.010 --> 00:38:37.410

bcarling02: So john do you would you like to

345

00:38:38.760 --> 00:38:39.570

bcarling02: Take it from here.

346

00:38:41.640 --> 00:38:44.430

John Anglin: Sure. Might as well. Thank you.

347

00:38:46.680 --> 00:38:47.790

John Anglin: I see you were down looking

348

00:38:48.870 --> 00:38:50.100

John Anglin: I'm good.

349

00:38:51.270 --> 00:38:55.560

John Anglin: Good. Well, it's kind of strange because, for me, it's a little intimidating. Well, it's not

350

00:38:55.620 --> 00:38:57.960

John Anglin: What we're down 14 participants. Now, which is

351

00:38:58.290 --> 00:39:03.810

John Anglin: Which is below my 15 person anxiety threshold. So that's good. But, um,

352

00:39:05.400 --> 00:39:10.830

John Anglin: When we talk about trauma informed care to the independent oversight committee, I feel like I'm preaching to the choir.

353

00:39:12.120 --> 00:39:13.620

John Anglin: But we're going to go through this anyway.

354

00:39:15.360 --> 00:39:19.770

John Anglin: I am going to attempt to share my screen with everybody.

355

00:39:21.300 --> 00:39:23.850

John Anglin: I, I went through that I moved into

356

00:39:25.620 --> 00:39:28.470

John Anglin: This infrastructure behind me. This is actually the cat room.

357

00:39:29.490 --> 00:39:32.610

John Anglin: In my house, this, this used to be my office.

358

00:39:35.640 --> 00:39:40.710

John Anglin: And and and I needed my my cat needed a place to get away from the four dogs.

359

00:39:40.740 --> 00:39:43.020

John Anglin: So that this is now their room slash office.

360

00:39:45.330 --> 00:39:50.100

John Anglin: I'm bringing that up because I thought, Joanna cat. Wow. Wow. Well,

361

00:39:51.780 --> 00:39:52.620

John Anglin: That's Alice

362

00:39:54.180 --> 00:40:05.460

John Anglin: Yeah. Nice. Nice. This is Miss peacocks room and she's not here now, though, there's actually a little, a little access and the window where she can get their Academy. So trauma informed care.

363

00:40:07.380 --> 00:40:18.810

John Anglin: And again, my name is john England. I'm with Arizona complete health, hopefully this will go off without a hitch. I actually plugged into my ethernet cable here in the in the cat room. Awesome.

364

00:40:24.120 --> 00:40:24.540

John Anglin: Okay.

365

00:40:25.890 --> 00:40:28.140

bcarling02: It looks terrific. I'm getting a beautiful

366

00:40:28.500 --> 00:40:29.850

bcarling02: View of it. Thanks. JOHN

367

00:40:30.060 --> 00:40:30.900

bcarling02: Good, good.

368

00:40:31.470 --> 00:40:32.490

John Anglin: So far, so good.

369

00:40:32.790 --> 00:40:37.410

John Anglin: So, so first of all this. I mean, we have less than an hour talk about this.

370

00:40:38.940 --> 00:40:42.240

John Anglin: It's really we're really talking about prioritization.

371

00:40:43.200 --> 00:40:44.340

John Anglin: It's impossible.

372

00:40:44.370 --> 00:40:52.680

John Anglin: To really dive into trauma informed care in that hour, but I have a couple key points that I want to touch on that I feel I'm

373

00:40:53.490 --> 00:41:06.810

John Anglin: aren't always emphasized in the trauma informed care training so that I've taken in the past. Anyway, so this first slide, let me just say that this and this is a mean I, I've seen this, this picture on social media.

374

00:41:07.830 --> 00:41:11.370

John Anglin: I'm often on it really encapsulates the

375

00:41:12.780 --> 00:41:18.690

John Anglin: Of trauma informed care. Be kind. For everyone you meet is fighting a battle you know nothing about.

376

00:41:19.560 --> 00:41:21.390

You know, it really encapsulates

377

00:41:22.650 --> 00:41:28.200

John Anglin: The nature of trauma informed care of them. So that one little mean well one of the

378

00:41:31.080 --> 00:41:32.790

John Anglin: One of the, one of the things I want to mention is

379

00:41:32.790 --> 00:41:48.420

John Anglin: The one of the reasons this was created is because of the deficiencies and the trauma informed care trainings that I had taken in the past and i don't i

didn't never really felt like they did enough to solidify the impact of trauma on people.

380

00:41:50.490 --> 00:42:05.310

John Anglin: And when we talk about trauma informed care, actually, when I go into any training. I look for. I look for my takeaways I look for the skills that I can practice as as I go through my through my journey and I'm

381

00:42:07.260 --> 00:42:18.330

John Anglin: I'm the new the new knowledge that I'm going to have right trauma informed care is really tough because what we're talking about. It's just, just changing our perception.

382

00:42:19.110 --> 00:42:22.710

John Anglin: Of the people that we're dealing with. So there's not a whole

383

00:42:22.710 --> 00:42:24.570

John Anglin: Lot of hard skill.

384

00:42:25.050 --> 00:42:42.630

John Anglin: Of hard practices that go with it. You know, it's really about informing ourselves and understanding the behavior that we're seeing. But, but hopefully if we talk about where that behavior comes from that will help us be more trauma informed in our care and our responses with people.

385

00:42:43.020 --> 00:42:48.480

John Anglin: Right. The goal is always to do no harm. I don't know if this is going to work. Let's see.

386

00:44:29.640 --> 00:44:31.110

iPad (3)kenkarrels: Does that come across. Okay. On

387

00:44:31.110 --> 00:44:31.200

It.

388

00:44:34.260 --> 00:44:35.040

bcarling02: Yeah yeah

389

00:44:37.740 --> 00:44:40.260

John Anglin: I don't know how that happens without it. Yes, that's great.

390

00:44:43.980 --> 00:44:44.190

iPad (3)kenkarrels: Again,

391

00:44:44.220 --> 00:44:46.200

John Anglin: That's just us to emphasize, you know,

392

00:44:46.590 --> 00:44:47.940

John Anglin: We are such a

393

00:44:49.260 --> 00:44:51.900

John Anglin: Society. We are we

394

00:44:54.450 --> 00:45:11.700

John Anglin: We are we are a big social media society and the problem with that is that, you know, we all know. So social media is just really so superficial the things we see out on social media, typically in the surface, you know, but but what it does is it

395

00:45:13.170 --> 00:45:19.440

John Anglin: Not just social media, it's just our high paced lifestyle. I want as much information as I can get as

396

00:45:20.490 --> 00:45:24.330

John Anglin: Full and I need to. I need to form my perception.

397

00:45:24.750 --> 00:45:33.120

John Anglin: As quickly as possible so that I can move on and I don't think there's there's anybody here that isn't guilty of making that

398

00:45:33.900 --> 00:45:39.750

John Anglin: That instant judgment about the behavior we see in front of us without really knowing what's behind it.

399

00:45:40.200 --> 00:45:55.470

John Anglin: You know, and that's the nature of trauma informed care, again, is to is to really learn to resist that initial judgment and really question, what is the need that the person is trying to get met behind what's the purpose of this behavior, right. Every behavior has a purpose.

400

00:45:56.670 --> 00:45:59.130

John Anglin: So what is trauma informed care.

401

00:46:00.720 --> 00:46:20.610

John Anglin: I mean, it's really in the name. It's about understanding recognizing and responding. That's the informs piece right through the effects of all types of trauma understanding recognizing and respond. I'm emphasizing this physical, psychological and emotional safety. So, so

402

00:46:20.610 --> 00:46:22.530

John Anglin: These are the steps that we can take

403

00:46:23.190 --> 00:46:32.760

John Anglin: In trauma informed care, we can ensure that there is a physically safe environment psychologically safe and emotionally safe for for the people that we interact with

404

00:46:33.840 --> 00:46:36.000

John Anglin: And trauma informed care environment.

405

00:46:36.030 --> 00:46:50.610

John Anglin: How survivors rebuild a sense of control and empowerment. We know we know a huge piece of people's trauma responses and trauma reactions are because in that moment they felt an absolute loss of control in this situation.

406

00:46:51.690 --> 00:47:01.950

John Anglin: Right, we, we had a near death experience. Maybe and and it reminded us of our mortality and how much of this entire process, we really don't have control them.

407

00:47:02.730 --> 00:47:08.580

John Anglin: You know so trauma informed care recognizes these things in the people that we interact with, um,

408

00:47:13.980 --> 00:47:14.340

John Anglin: So,

409

00:47:16.890 --> 00:47:22.560

John Anglin: When we talk about trauma itself trauma I relate to stress in that

410

00:47:23.070 --> 00:47:24.180

John Anglin: It's not an event.

411

00:47:25.620 --> 00:47:25.860

John Anglin: This

412

00:47:25.980 --> 00:47:27.090

iPad (3)kenkarrels: thing that happened.

413

00:47:27.420 --> 00:47:33.120

John Anglin: Is not trauma. Right. The, the twin towers on 911

414

00:47:34.860 --> 00:47:35.520

John Anglin: Was

415

00:47:36.870 --> 00:47:37.830

iPad (3)kenkarrels: For some people,

416

00:47:37.980 --> 00:47:40.890

John Anglin: More traumatic than others. For some people,

417

00:47:42.780 --> 00:47:44.670

John Anglin: It was something that they processed and moved

418

00:47:44.670 --> 00:47:48.810

John Anglin: On from that it didn't really carry with them the event itself is not the

419

00:47:48.810 --> 00:47:52.350

John Anglin: Trauma right it's our response to it.

420

00:47:53.430 --> 00:48:02.640

John Anglin: Did my does my brain perceives threat not only does my does my brain perceive a threat, but doesn't perceive an ongoing threat.

421

00:48:07.440 --> 00:48:08.010

John Anglin: Of course to

422

00:48:08.070 --> 00:48:22.530

John Anglin: Again to the physical, emotional or mental well being. This can be a single incident, a giant, you know, an explosion something very traumatic or this can be something that takes place. This can be

423

00:48:22.530 --> 00:48:24.960

John Anglin: Household a piece that takes place over years.

424

00:48:26.070 --> 00:48:34.920

John Anglin: That cements itself into the person's brain it overwhelms the ability to effectively regulate emotions. This is very important to understand

425

00:48:35.940 --> 00:48:44.610

John Anglin: This is very important. It overwhelmed and it overrides their ability to effectively regulate emotions. I'm going to talk about this in a

426

00:48:44.610 --> 00:48:52.770

John Anglin: Second one of the most important pieces to remember about trauma informed care is where that trauma live in side our brain.

427

00:48:53.460 --> 00:49:04.800

John Anglin: And what happens when it's activated. That's the key piece for me to understand here right helps us to understand this, this lives deep inside an unconscious part of a person's

428

00:49:04.800 --> 00:49:07.740

John Anglin: Brain to be activated at a time.

429

00:49:09.060 --> 00:49:09.810

iPad (3)kenkarrels: Who knows when

430

00:49:09.840 --> 00:49:11.430

John Anglin: They may may not understand.

431

00:49:11.820 --> 00:49:14.520

John Anglin: You know, and this will take over the the person's brain.

432

00:49:14.820 --> 00:49:18.630

John Anglin: And this negatively affects the person's ability to cope responses.

433

00:49:19.740 --> 00:49:20.280

iPad (3)kenkarrels: I'm

434

00:49:23.220 --> 00:49:25.890

John Anglin: Kinda can override a person fight or flight response.

435

00:49:27.480 --> 00:49:27.870

iPad (3)kenkarrels: So,

436

00:49:27.900 --> 00:49:38.730

John Anglin: So that's what Tom is again, it's really important to remember that we can all right now, somebody could, could there could be a physical altercation right here on camera.

437

00:49:38.730 --> 00:49:44.040

John Anglin: With somebody. Some of us may be traumatized by some of us may not, it's not the event. It's our

438

00:49:44.070 --> 00:49:46.110

John Anglin: It's a person's response to that event.

439

00:49:49.860 --> 00:49:51.840

John Anglin: So who is affected by trauma.

440

00:49:54.150 --> 00:49:55.500

iPad (3)kenkarrels: The big thing too important.

441

00:49:55.560 --> 00:49:56.820

John Anglin: To to remember here.

442

00:49:57.150 --> 00:49:58.980

John Anglin: Really is just about everybody.

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00:50:00.150 --> 00:50:01.920

iPad (3)kenkarrels: Just about everybody. And I'll

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00:50:01.920 --> 00:50:02.550

John Anglin: Go through

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00:50:02.580 --> 00:50:05.550

John Anglin: Really quickly, um, I think most of us are

446

00:50:06.300 --> 00:50:07.590

John Anglin: All that I'm getting a little glitchy

447

00:50:09.150 --> 00:50:10.140

iPad (3)kenkarrels: Most of us.

448

00:50:11.640 --> 00:50:12.000

John Anglin: Are

449

00:50:16.380 --> 00:50:17.430

John Anglin: There we go ahead and reset.

450

00:50:18.810 --> 00:50:20.130

iPad (3)kenkarrels: So most of us are familiar with.

451

00:50:20.160 --> 00:50:26.790

John Anglin: aces studies adverse childhood experiences right this is again in 1995 to 97

452

00:50:26.790 --> 00:50:38.670

John Anglin: So the study came out in 9798 and they looked at 17,000 different people and they they they surveyed them on 10 different categories relating to

453

00:50:40.290 --> 00:50:41.640

John Anglin: Trauma and it could be

454

00:50:41.730 --> 00:50:44.730

John Anglin: Did you live in a single parent household was there.

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00:50:44.760 --> 00:50:46.080

John Anglin: Well, down here, I'm

456

00:50:46.410 --> 00:50:50.760

John Anglin: Emotional abuse, physical abuse, sexual abuse, domestic violence it were their

457

00:50:50.760 --> 00:51:01.290

John Anglin: Substance use in the household. Was there a parent incarcerated. These are that the so they looked at 10 different categories and what they what they found was

458

00:51:03.780 --> 00:51:04.110

iPad (3)kenkarrels: That

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00:51:05.160 --> 00:51:17.130

John Anglin: Two thirds of them two thirds of the people reported experiencing at least one adverse childhood experience and of those two thirds 87% reported multiple

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00:51:17.550 --> 00:51:26.490

John Anglin: adverse childhood experience. Why is that important, because we know that there are direct links between adverse childhood experiences.

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00:51:27.810 --> 00:51:29.490

iPad (3)kenkarrels: And adult with challenges.

462

00:51:29.880 --> 00:51:32.160

John Anglin: Such as chronic disease.

463

00:51:33.480 --> 00:51:35.640

John Anglin: Substance Use suicide.

464

00:51:36.300 --> 00:51:37.680

John Anglin: perpetration of violence.

465

00:51:38.460 --> 00:51:39.720

John Anglin: Survivors of violence.

466

00:51:41.970 --> 00:51:55.590

John Anglin: All all manner of health issues early death, all of these things can be directly linked to adverse childhood experiences. This is why this is so important. We'll talk we'll talk about the differences between like this.

467

00:51:55.890 --> 00:51:58.680

John Anglin: A little bit between childhood and adulthood trauma.

468

00:52:01.170 --> 00:52:01.470

iPad (3)kenkarrels: But

469

00:52:01.530 --> 00:52:02.880

Even Sansa

470

00:52:06.120 --> 00:52:09.870

John Anglin: And this is what people report right I'm

471

00:52:09.990 --> 00:52:13.230

John Anglin: 61% of men and 51% of women.

472

00:52:14.490 --> 00:52:17.010

John Anglin: Report export it to at least one traumatic event.

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00:52:18.630 --> 00:52:25.140

John Anglin: And if we look at people who receive services in the public behavioral health system 90% of them report.

474

00:52:26.370 --> 00:52:26.940

John Anglin: I'm

475

00:52:30.210 --> 00:52:32.430

John Anglin: Already having at least one adverse childhood experience.

476

00:52:33.660 --> 00:52:35.580

John Anglin: Right and

477

00:52:36.780 --> 00:52:37.110

John Anglin: Oh,

478

00:52:39.600 --> 00:52:40.050

iPad (3)kenkarrels: TBI.

479

00:52:40.080 --> 00:52:42.510

John Anglin: So, so we can't, we can't really talk about

480

00:52:42.540 --> 00:52:44.730

John Anglin: About promo that talking about traumatic.

481

00:52:44.730 --> 00:52:49.980

John Anglin: brain injuries. We know from brain scan the actually emotional trauma.

482

00:52:51.900 --> 00:52:53.760

John Anglin: Non brain physical trauma.

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00:52:54.060 --> 00:53:06.300

John Anglin: Can have the same effect on the brain as a traumatic brain injury, and we know that up to 87% of the people incarcerated in this country live with a traumatic brain injury.

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00:53:09.450 --> 00:53:11.970

John Anglin: It just, it's, it's fascinating to me.

485

00:53:12.480 --> 00:53:16.080

John Anglin: Um, it's hard to look at these numbers without without

486

00:53:16.320 --> 00:53:22.380

John Anglin: Looking at our system and think that you know how we treat people, and it really appreciating some of the things that Jason shared earlier.

487

00:53:22.560 --> 00:53:25.710

John Anglin: And how we address that, you know, and how we're trying to move away.

488

00:53:25.920 --> 00:53:29.460

John Anglin: From incarcerating people for their traumas or for their

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00:53:31.980 --> 00:53:44.490

John Anglin: For the expression of their trauma, right. This is just a quick is that example of how that trauma cycle can see through life. So if, if this topic trauma is one of those adverse

490

00:53:44.490 --> 00:53:58.590

John Anglin: Childhood experiences that leads to maybe some substance use to some

self medicating to try to cope, which we all know that a lifestyle that of all substance use puts you a higher risk more strong

491

00:53:59.820 --> 00:54:05.820

John Anglin: Right, which could feed the substance use, which which just means the cycle. And I can tell you as a person.

492

00:54:06.870 --> 00:54:08.370

John Anglin: With a history of substance use.

493

00:54:08.430 --> 00:54:18.270

John Anglin: And incarceration, but this this this is how I often would would describe my experience, the people in that it was like a constant Whirlpool

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00:54:18.780 --> 00:54:25.710

John Anglin: Or like, well, we're in Arizona. So, so it's inevitable during our monsoon season. The washes start flowing and people

495

00:54:26.250 --> 00:54:39.300

John Anglin: People get washed away in the wash. And that's how I tried to describe it to people is, I feel like I'm Wait, I don't want to be there. I went out, but I can't grab anything to get out, you know, and you just keep getting sucked into this cycle.

496

00:54:41.760 --> 00:54:43.110

iPad (3)kenkarrels: And the more trauma, you deal with

497

00:54:43.920 --> 00:54:51.540

John Anglin: The harder, the harder it is to, to, to be sober to do with that without the assistance of the substance.

498

00:54:53.160 --> 00:54:57.600

John Anglin: So it can really be a life and and I think we all know people who who

499

00:54:58.740 --> 00:55:03.690

John Anglin: Maybe people are coming to mind now that that may be are experiencing the cycle or have experienced it.

500

00:55:04.380 --> 00:55:05.310

It's pretty common.

501

00:55:07.560 --> 00:55:10.080

John Anglin: The trial period pyramid. So

502

00:55:11.130 --> 00:55:15.120

John Anglin: What it can look like. And again, this you know this is a generalization.

503

00:55:16.230 --> 00:55:20.190

John Anglin: So you look at adverse childhood experience experiences childhood trauma.

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00:55:21.960 --> 00:55:22.560

John Anglin: We

505

00:55:23.130 --> 00:55:28.350

John Anglin: With which can lead to disrupted neural development. Remember that the arm.

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00:55:29.760 --> 00:55:29.970

John Anglin: Our

507

00:55:30.000 --> 00:55:31.350

iPad (3)kenkarrels: Our, our brain development.

508

00:55:32.160 --> 00:55:35.400

John Anglin: Is taking place up into up into early adulthood.

509

00:55:37.140 --> 00:55:38.730

John Anglin: You know, and a large

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00:55:38.760 --> 00:55:42.180

John Anglin: Portion of that development takes place by the time we're eight years old.

511

00:55:43.770 --> 00:55:59.310

John Anglin: And if you experienced trauma, especially the helpless ongoing kind of trauma that that can, it can be inflicted on on children in the household with nowhere to go. You're talking about the serious disrupted neural development.

512

00:56:01.080 --> 00:56:09.300

John Anglin: Which can lead to social, emotional, cognitive impairment high risk behaviors substance use high risk sexual behaviors.

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00:56:11.430 --> 00:56:13.050

John Anglin: All manner of

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00:56:13.560 --> 00:56:20.160

John Anglin: aggressive behaviors violence which can lead to overwork can lead to eating disorders.

515

00:56:21.780 --> 00:56:23.220

John Anglin: Especially if we're talking about

516

00:56:23.730 --> 00:56:35.730

John Anglin: sexual trauma and things of that nature, right, which can lead to this disease. This ability and early death. So this is kind of the, the progression that takes place and we can look at

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00:56:38.280 --> 00:56:41.670

John Anglin: Like different examples. And if you look at something like

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00:56:43.230 --> 00:56:46.470

John Anglin: Oh, I had, I had so so sexual assault. Right.

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00:56:47.730 --> 00:56:54.210

John Anglin: Um, which can lead to disruptive no other phone which can lead to the hyper vigilant and anxiety.

520

00:56:54.540 --> 00:57:02.310

John Anglin: Right, this is the person that every time you walk up behind them. Maybe they say, you know, what do you do, and you're like, I don't understand what's going on.

521

00:57:02.490 --> 00:57:06.150

John Anglin: No, you don't. But something is going on right it's the hyper vigilant.

522

00:57:06.480 --> 00:57:08.370

John Anglin: hyper vigilance and anxiety.

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00:57:09.450 --> 00:57:13.140

John Anglin: Which can lead to depression which can lead to overeating.

524

00:57:14.280 --> 00:57:28.890

John Anglin: Diabetes and early debt. And this is, again, it's this is this is what one potential path that person can take. Um, but there are many there are many responses that we can have. There are many paths we can take their many ways that we can try to cope with it.

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00:57:30.150 --> 00:57:40.860

John Anglin: Um, but then again, this person may have gone to treatment may have learned how to process it and maybe doing fine. Now, you know, but but but these are very common.

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00:57:48.120 --> 00:57:48.480

John Anglin: And so

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00:58:11.040 --> 00:58:12.960

John Anglin: I'm going to reset my video again really quickly.

528

00:58:14.370 --> 00:58:15.000

iPad (3)kenkarrels: So I also want

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00:58:15.060 --> 00:58:21.300

John Anglin: To say I had another statistic and spending that time and I forgot to put it in here but I'm

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00:58:22.380 --> 00:58:28.320

John Anglin: 97. Listen to this. Listen to this 97%

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00:58:29.550 --> 00:58:46.650

John Anglin: Of homeless women that live with a serious mental illness. Okay. So if we're talking about homeless women that live with a serious mental illness 97% of them report being both physically and sexually abused.

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00:58:48.240 --> 00:58:50.190

John Anglin: 97%

533

00:58:51.450 --> 00:58:55.290

John Anglin: That's. I mean, that's as close to 100% what we're looking at reporting.

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00:58:56.430 --> 00:58:57.240

John Anglin: That you can get

535

00:58:58.410 --> 00:58:58.890

John Anglin: You know,

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00:59:00.030 --> 00:59:06.420

John Anglin: 87% of them report this abuse happening in both childhood and adulthood.

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00:59:07.980 --> 00:59:09.030

John Anglin: So the point is

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00:59:10.500 --> 00:59:13.920

John Anglin: If you have somebody who's sitting in front of you and this is

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00:59:15.270 --> 00:59:20.370

John Anglin: A woman with a serious mental illness, who he has been homeless.

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00:59:21.720 --> 00:59:26.520

John Anglin: You have almost 100% chance that this person that is living with that kind of trauma.

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00:59:27.810 --> 00:59:36.060

John Anglin: I just need to know that that needs to inform every interaction. I have with this person, you know, it just

542

00:59:36.930 --> 00:59:46.560

John Anglin: Why, because they may behave in ways that I don't understand. And if I understand that that there may be something behind this, then it's going to, it's going to help me.

543

00:59:46.980 --> 00:59:52.920

John Anglin: And how I how I serve this person. Right. Um, so, Tom in adults can

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00:59:53.700 --> 01:00:00.240

John Anglin: Doesn't always look look differently than the trauma children Trauma and Adults. We typically look at, you know, the series accidents.

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01:00:00.630 --> 01:00:13.260

John Anglin: Fire explosion those things that really bring us face to face with our mortality sometimes natural disasters, physical and sexual assault, which can really take us make us feel helpless right and

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01:00:14.160 --> 01:00:25.800

John Anglin: A lot of all control imprisonment torture military combat right I'm a serious diagnosis or threat of building. I started to

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01:00:27.570 --> 01:00:32.640

John Anglin: arthritis in my head, and I was uncontrollable for a week. It's terrible.

548

01:00:34.020 --> 01:00:40.110

John Anglin: And I do a lot with my head and the just freaking out anyway um

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01:00:43.980 --> 01:00:46.590

John Anglin: For some reason, I think the the

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01:00:48.810 --> 01:00:57.270

John Anglin: The Children's impact is for the down. So anyway, these are the kinds of the kinds of things that we looked at and trauma again can be

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01:00:58.740 --> 01:01:10.440

John Anglin: The event doesn't have to be on this list, it can be an ongoing theme that takes place over person's life that just teaches them that this is a dangerous situation or you don't have any control here.

552

01:01:11.730 --> 01:01:16.980

John Anglin: Right, so that's important to understand. All right. Now, this didn't just sprint us to kind of just a minute here.

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01:01:18.450 --> 01:01:23.610

John Anglin: So we know that brain development begins in the womb. We talked about this a little bit. Um,

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01:01:24.960 --> 01:01:31.860

John Anglin: Many issues with health and well being are rooted in early childhood right in even, even if we eliminate the the

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01:01:32.280 --> 01:01:43.260

John Anglin: Adverse Childhood Experiences, though the trauma piece we can look at just unhealthy habits that have been taught as kids, um, which can which can create issues in adulthood. Right. Um,

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01:01:44.700 --> 01:01:46.890

John Anglin: We all end and immune systems.

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01:01:48.090 --> 01:01:50.190

John Anglin: Right childhood stressors. This

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01:01:51.570 --> 01:01:58.890

John Anglin: I can't emphasize enough, the impact the actual physical cellular impact that stress has on our bodies.

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01:02:00.810 --> 01:02:16.500

John Anglin: You don't want, I think that's an important piece of this, too, is that this is the stress trauma that this isn't just or, you know, I get worried. I feel anxiety. I mean, we're talking about. We're talking about it changes the way you store fat. It changes the way you fight diseases.

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01:02:18.090 --> 01:02:28.020

John Anglin: Like it, it affects your immune system. It affects your, your, your thought process or confusion of such a heart rate your pulse your blood. I mean, so

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01:02:29.400 --> 01:02:40.650

John Anglin: Our bodies are affected by this stress you know in in very real ways. And can you imagine if that stress, like a lot of Americans is ongoing over a period of time.

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01:02:42.090 --> 01:02:53.430

John Anglin: That's going to that. Could that could do some serious damage if your immune system is weakened because of this trauma, because of this stress and this goes on, off and on for a period of two years that

563

01:02:54.270 --> 01:03:07.590

John Anglin: That can cause some actual physical serious damage that a person living without that kind of stress might not do with would never have developed, you know, um,

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01:03:10.170 --> 01:03:16.080

John Anglin: We know that trauma recorded in early childhood can be triggered throughout the lifespan. We're going to talk about that in a second.

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01:03:21.030 --> 01:03:35.340

John Anglin: Um, we know that the brain, the brain the brain cannot differentiate between the past danger and the current situation when the trauma events is triggered.

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01:03:36.510 --> 01:03:49.740

John Anglin: Right. And we also know that proper support and a trauma trauma informed environment can help minimize that response can prevent from doing more harm and can maybe even help the person to heal and learn how to process this their triggers.

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01:03:53.250 --> 01:03:58.440

John Anglin: So we look at three three parts of the brain right now. Right. You have your brainstem.

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01:04:00.570 --> 01:04:02.340

John Anglin: This is the most primitive part of the brain.

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01:04:03.450 --> 01:04:14.910

John Anglin: Right, that's controls the involuntary stuff and I may have that listed out here this console. Is it like that really involuntary stuff you're breathing. Your heart rate blinking, those kinds of things that you don't have to think about

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01:04:15.960 --> 01:04:23.580

John Anglin: This is the first part of the brain, the default. Then you have the limbic system, the amygdala right this and and again these generalizations that

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01:04:24.210 --> 01:04:31.440

John Anglin: They there's a lot of overlap of these parts of the brain, of course, but the limbic system barzee control this your emotional center of your brain.

572

01:04:32.850 --> 01:04:37.740

John Anglin: Right, this is a different way to fight or flight stuff is stored

there. It's a

573

01:04:40.650 --> 01:04:43.230

John Anglin: It's the this is the mouth mammalian

574

01:04:45.450 --> 01:04:53.250

John Anglin: So, so the brainstem is considered like the reptilian part of the brain, right, the limbic system that mammalian part of the brain where we gain our emotions.

575

01:04:54.270 --> 01:05:04.110

John Anglin: And the last the all the gray matter there around it. That's the cerebral cortex. That is our analytical our creative are thoughtful part of the brain.

576

01:05:04.590 --> 01:05:11.550

John Anglin: Right, this is, this is where all of our creative thought, well, most of our creative side takes place a rationalization.

577

01:05:12.300 --> 01:05:24.240

John Anglin: Right, this is, this is where I'm able to to analyze the situation and actually proceed. Well, yes, yes, this is dangerous. Now, but once I get out of here. I'll be fine. It's not, you know, that's where this take place.

578

01:05:25.620 --> 01:05:26.460

John Anglin: The problem is

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01:05:27.720 --> 01:05:28.800

John Anglin: Trauma doesn't live there.

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01:05:29.820 --> 01:05:30.660

John Anglin: Some of those here.

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01:05:31.710 --> 01:05:34.680

John Anglin: Right, so a little exercise.

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01:05:36.120 --> 01:05:47.580

John Anglin: This, this is just a visual representation, actually, a friend of a friend of mine that Arizona complete I'll Shauna who works, who works on a lot of traumatic brain injury stuff top

583

01:05:48.750 --> 01:06:04.590

John Anglin: So this is the hand brain model and I showed this to some family supports and peer support recently. And this is something that you can actually show to people and help them understand what they're dealing with when they're dealing with these kinds of traumas.

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01:06:05.700 --> 01:06:06.240

John Anglin: So,

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01:06:07.680 --> 01:06:10.920

John Anglin: We hold her hand up in the air. What we're going to do is model.

586

01:06:12.180 --> 01:06:29.010

John Anglin: We're going to make a hand model of the brain. All right, so if you hold now in the picture. The film is in, but it's because I couldn't find a picture with a thumb, just like this. For some reason, but this. So, this is your brainstem. All right, and this

587

01:06:32.430 --> 01:06:36.930

John Anglin: This is your reptilian brain right controls your breathing. Your heart rate, all of those things that we talked about.

588

01:06:38.730 --> 01:06:39.660

Here's a little reptile.

589

01:06:40.890 --> 01:06:54.810

John Anglin: Now the limit if you drop your thumb down, we're going to consider this your limbic system. This is your amygdala, right. This is responsible for your emotion, your survival instinct and a big storage of memory.

590

01:06:56.310 --> 01:07:09.270

John Anglin: Imagine that emotions and memories. Same spot right there's a mammalian brain. That's all right. Now if you close your fingers around it. Make a fifth, which is not a real says don't

591

01:07:10.470 --> 01:07:25.230

John Anglin: Don't punch anybody that way drinking. So this is your cerebral cortex. All right, this is that an analytical part. So if we look at this as the model of the brain, right, what happens is, oh yeah, there's our thinking caps.

592

01:07:28.170 --> 01:07:29.940

John Anglin: If this is your brain right

593

01:07:31.560 --> 01:07:32.910

John Anglin: This is your brain on trauma.

594

01:07:34.140 --> 01:07:45.960

John Anglin: And we call it slipping your lip. And what happens is that that trauma that's been stored in there for however long that you were 235 1647

595

01:07:47.130 --> 01:07:52.650

John Anglin: When that gets triggered and those emotions flare up we lose access

596

01:07:53.760 --> 01:07:55.290

John Anglin: To this cerebral cortex.

597

01:07:56.610 --> 01:07:56.940

Find

598

01:07:59.550 --> 01:08:10.020

John Anglin: Anybody in this is anybody that's been navigating the world in a community of other people knows what it's like to deal with somebody who's in an emotional crisis.

599

01:08:10.470 --> 01:08:17.580

John Anglin: Who's inconsolable, right. It's not a conscious decision a person doesn't stay

600

01:08:18.510 --> 01:08:28.650

John Anglin: Tuned Boy, there's another car accident, I had this look dangerous. Yeah, I guess it is. Let me go ahead and trigger that. No, no, I have no say in the matter.

601

01:08:29.460 --> 01:08:43.530

John Anglin: I have no say in the matter. So somehow that gets from here, from my from my end sensory input into my amygdala and my amygdala says, you're in danger, bro. And there's nothing I can do about it.

602

01:08:45.570 --> 01:08:55.770

John Anglin: You need. You're not saying you need to and and and I I become an emotional wreck. Right. I don't have any control over that.

603

01:08:56.880 --> 01:09:15.450

John Anglin: This is done without my knowledge without my consent right my job here now is to somehow gain control of my. Try it, try to re engage the cerebral cortex, right, which is where other people can come in, but it's really not fair to expect the same behavior.

604

01:09:17.040 --> 01:09:22.860

John Anglin: From somebody that's controlled by their amygdala, as somebody that has access to the cerebral cortex.

605

01:09:24.600 --> 01:09:25.740

John Anglin: So that any questions.

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01:09:27.570 --> 01:09:34.770

John Anglin: I want to keep saying that makes sense. But I feel like that's not a it's kind of hard question. Are they are they any questions about that.

607

01:09:36.870 --> 01:09:37.350

Um,

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01:09:38.460 --> 01:09:39.360

John Anglin: I think this is

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01:09:42.990 --> 01:09:44.220

John Anglin: This is probably

610

01:09:46.590 --> 01:09:57.750

John Anglin: One of the most important things that I really want people to remember is the nature of this process and who has control over this process and I and

611

01:09:58.560 --> 01:10:10.590

John Anglin: This is not to make excuses for people's behavior. This is, this is not so that you can let people do what they want, because they've been traumatized. This is to help us understand their behavior.

612

01:10:11.430 --> 01:10:22.380

John Anglin: So that we can respond better without doing any harm any further harm.

Right. Obviously there's already been because we're here and when they're in this state.

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01:10:23.700 --> 01:10:28.590

John Anglin: They're producing adrenaline heart rate is increased. I'm going to say we say they but

614

01:10:30.330 --> 01:10:43.170

John Anglin: Because I get here increase respiration. Cortisol is produced. That's that stress hormone right that causes you to store fat and not the good fat. Is there good yeah I guess it's good that

615

01:10:44.490 --> 01:10:50.010

John Anglin: We're talking about that internal fat and i i felt like a Boy Scout. I'm going to put my hand down but it's it's that

616

01:10:51.570 --> 01:11:00.900

John Anglin: It's the brown fat or the white fat. It's the internal sense. It sounds lovely fat that that's really hard that you can't hardly feel because it's inside surrounding your organs.

617

01:11:01.980 --> 01:11:17.610

John Anglin: And we all know there's plenty of room for fat around your organs. Right. No, it's extremely unhealthy fat and it's extremely hard to get rid of your lowered immune system to press digestive system. You don't digest right and this doesn't even touch on things like the confusion.

618

01:11:18.960 --> 01:11:30.060

John Anglin: That can take place that you know so remember this, this isn't there's a lot that happens here, right, the entire body is fired up.

619

01:11:31.230 --> 01:11:32.940

John Anglin: trying trying to either

620

01:11:34.200 --> 01:11:38.790

John Anglin: Get ready to survive or get ready to die. I mean, that this is this is what

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01:11:41.070 --> 01:11:51.090

John Anglin: I'm that's so that's that's the Personal. Personal effects that can take place in this spot right the social and emotional effects of trauma.

622

01:11:51.690 --> 01:12:02.190

John Anglin: Okay Can oh my gosh that I mean from from hypervigilance that the unsafe worldview. We don't have to go through all of these, but it can look like defiance.

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01:12:03.270 --> 01:12:07.440

John Anglin: So that's, that's, that's a big one to touch on, and especially I'm

624

01:12:08.760 --> 01:12:09.840

Working in the field.

625

01:12:11.280 --> 01:12:27.330

John Anglin: And trying to trying to promote certain behaviors or certain lifestyles are trying to encourage people to accept certain behaviors, a certain lifestyle and feeling like they're they're being defiant or resistant to that and not really understanding why

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01:12:28.350 --> 01:12:36.570

John Anglin: You know, not really looking into. Is this the best route or is there some kind of connection that I'm trying to push them into, you know,

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01:12:38.580 --> 01:12:42.510

John Anglin: an unhealthy connection poor sense of self worth.

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01:12:44.370 --> 01:12:48.630

John Anglin: Which again, can, can, can lead to any number of of

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01:12:50.280 --> 01:12:51.990

John Anglin: unhealthy behaviors. So

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01:12:54.600 --> 01:12:57.660

John Anglin: Trying to fit in time trying to be accepted.

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01:12:59.760 --> 01:13:08.550

John Anglin: Very poor relate. So, so, of course, sense of self worth, can lead to a lifetime of poor relationship behaviors.

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01:13:09.180 --> 01:13:21.720

John Anglin: Right unhealthy relationships because you're always trying to fulfill that sense of work through partnership, potentially, right. These are all there's so many inter woven areas to this.

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01:13:23.040 --> 01:13:27.660

John Anglin: Fear social situations which is going to lead to isolation. Right.

634

01:13:35.460 --> 01:13:38.160

John Anglin: This is a big one for me. So the first one.

635

01:13:39.690 --> 01:13:55.020

John Anglin: And remember, if we think about that sense of loss to control the sense of helplessness, the sense of impending mortality that that can come with a traumatic event.

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01:13:57.630 --> 01:14:02.520

John Anglin: People who have experienced trauma or 15 times more likely to attempt suicide.

637

01:14:04.740 --> 01:14:09.600

John Anglin: 15 times more likely. So, so, loss of control unsafe worldview.

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01:14:12.240 --> 01:14:17.730

John Anglin: Especially, think about that ongoing trauma that we're talking about.

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01:14:19.260 --> 01:14:29.670

John Anglin: That trauma that takes place for years, the abuse and neglect the, the manipulation that can take place for for a person for a child over years.

640

01:14:30.780 --> 01:14:35.190

John Anglin: Right, who has taught them that they're just there is no safe place.

641

01:14:36.240 --> 01:14:44.220

John Anglin: The my safety, the people and the place. Oh, I'm supposed to be the safest does not say if I'm not safe here. Where am I safe right

642

01:14:47.910 --> 01:14:49.860

John Anglin: Those kind of our ongoing

643

01:14:51.270 --> 01:14:54.660

John Anglin: Traumatic risk responses have have deadly impact.

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01:14:56.970 --> 01:15:09.360

John Anglin: I'm four times more likely to become addicted to alcohol experienced depression should have more times likely to smoke. So we know much more likely to participate in high risk active

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01:15:16.020 --> 01:15:16.470

John Anglin: So,

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01:15:19.410 --> 01:15:22.470

John Anglin: Again, there's, there's not a whole lot of

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01:15:24.720 --> 01:15:36.690

John Anglin: Solid about the hard skills associated with trauma informed care. Again, it's really about keeping things in mind. It's really about understanding that every behavior serves a purpose.

648

01:15:37.410 --> 01:15:47.850

John Anglin: The person sitting across from you, that's blowing up that's being aggressive that's being abrasive that's overreacting to request that you made.

649

01:15:49.560 --> 01:15:51.150

John Anglin: That behavior serves a purpose.

650

01:15:52.230 --> 01:15:59.220

John Anglin: Think about a child growing up in a, let's say verbally abusive home.

651

01:16:00.510 --> 01:16:01.770

Where any

652

01:16:02.880 --> 01:16:07.770

John Anglin: Live you're met with with very loud very overbearing

653

01:16:08.850 --> 01:16:16.140

John Anglin: Correction, let's say, right, you were taught that this is how you deal with this situation.

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01:16:18.210 --> 01:16:18.690

John Anglin: So,

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01:16:20.070 --> 01:16:24.510

John Anglin: When this comes up in front of us, when somebody with somebody

656

01:16:25.830 --> 01:16:33.720

John Anglin: overreact or when when somebody is being aggressive. It's really important to stop and take a second and really question.

657

01:16:34.740 --> 01:16:35.430

John Anglin: First of all,

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01:16:36.510 --> 01:16:48.990

John Anglin: override your instinct. I have to override my instincts because my response, my, my gut response is to defend myself dig in my heels and during the battle. Right.

659

01:16:53.130 --> 01:17:11.820

John Anglin: That tells you a lot about my childhood, but I have to override that and remind myself that this person is trying to get a need met my job. My job as a helper is to understand what that need is or try to understand what that needed

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01:17:13.860 --> 01:17:15.060

John Anglin: Right. Um,

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01:17:16.200 --> 01:17:17.340

John Anglin: We are. We're taught

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01:17:19.470 --> 01:17:25.470

John Anglin: We're taught all manner of unhealthy ways to get our needs met as children as teens and as adults.

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01:17:26.790 --> 01:17:34.020

John Anglin: And it shouldn't surprise anybody when we're met with this kind of behavior, you know, um,

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01:17:35.070 --> 01:17:41.610

John Anglin: It's important to keep in mind. So when you realize why to expect have wide spread impact of trauma.

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01:17:42.630 --> 01:17:44.850

John Anglin: And understand that participates in recovery.

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01:17:46.200 --> 01:17:46.800

John Anglin: It's

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01:17:49.170 --> 01:17:50.490

John Anglin: It's really important to

668

01:17:55.020 --> 01:17:56.700

John Anglin: It's really important to know that.

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01:17:57.930 --> 01:18:01.380

John Anglin: Again, remember the person. This isn't a conscious choice.

670

01:18:03.150 --> 01:18:07.740

John Anglin: Right, a switch goes off. This is that situation where this

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01:18:09.180 --> 01:18:15.870

John Anglin: This dangerous president or this dangerous president and it just override the brain and I don't have to know that.

672

01:18:16.320 --> 01:18:30.690

John Anglin: I don't have to say, well, what's your you never shared a trauma with me. I wonder what the Trump. It doesn't matter. Right. I can deal with the behavior front of me, understanding that there's underlying trauma, that's the, that's the, that's the key piece here, right.

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01:18:32.010 --> 01:18:39.600

John Anglin: We want to recognize the signs and symptoms of trauma, which again can just look like defiance resistant aggression.

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01:18:41.880 --> 01:18:43.260

John Anglin: And respond

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01:18:44.400 --> 01:18:47.970

John Anglin: In a way that does no harm.

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01:18:49.200 --> 01:18:52.890

John Anglin: And hopefully absolutely helps right resist re traumatized.

677

01:18:54.450 --> 01:18:58.590

John Anglin: Skills to practice. I'm going to flip these around pursue education.

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01:18:59.700 --> 01:19:05.430

John Anglin: By all means do not let this be the last piece on trauma informed care.

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01:19:07.200 --> 01:19:15.660

John Anglin: That you take this is this is nowhere near comprehensive enough to develop have a full understanding of this

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01:19:16.110 --> 01:19:28.230

John Anglin: So please, please continue to educate, educate yourself what what does trauma look like, how does it impact people were and we keep learning and stuff to, you know, take a when the articles come out.

681

01:19:29.130 --> 01:19:37.920

John Anglin: Read, read the whole thing get get past the headline. Um, so, so continue the education right practice tolerance.

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01:19:39.240 --> 01:19:45.690

John Anglin: Practice tolerance. This is the main. This is the main thing you know I

683

01:19:47.550 --> 01:19:48.930

John Anglin: I, I was raised.

684

01:19:50.280 --> 01:20:03.360

John Anglin: To with with many deficiencies. As I was raised with I was raised with a really strong ego, though, and I was taught to protect this ego right and you don't you don't, um,

685

01:20:04.650 --> 01:20:15.570

John Anglin: One time somebody, somebody followed me home from school. I think I was in third grade because I did done something to make them angry. They wanted to fight me. And so I ran in the house right

686

01:20:17.220 --> 01:20:19.050

John Anglin: So he's coming to beat yeah I ran in the house.

687

01:20:21.660 --> 01:20:29.100

John Anglin: And my dad says, What are you doing, and that's another thing I just got home from school. He looks out and he says, Why does kid in my yard.

688

01:20:30.810 --> 01:20:33.180

John Anglin: And I said, because he wants to fight me

689

01:20:34.290 --> 01:20:36.420

John Anglin: And he said, What are you doing here.

690

01:20:38.520 --> 01:20:41.730

John Anglin: It's about out there and handle that. So,

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01:20:43.320 --> 01:20:47.430

John Anglin: You know, three or four minutes later I come back in house freshly beaten and

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01:20:48.690 --> 01:20:55.110

John Anglin: I under what I was made to understand is that it is more important that you looked up, then you actually

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01:20:56.340 --> 01:21:05.880

John Anglin: are safe for, you know, so, um, sometimes we're taught the these things. Um, and it's really important to

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01:21:07.110 --> 01:21:17.400

John Anglin: To question these things right, I guess, I guess this goes along with that, that pursue education. One of the greatest gifts that I was given in my recovery is the ability to question myself.

695

01:21:19.170 --> 01:21:30.210

John Anglin: And the question my beliefs. Once I started understanding what up, what a flat world. I grew up in and how challenged. My parents were navigating this world and

696

01:21:31.560 --> 01:21:42.450

John Anglin: doing their best. They taught me someone helping seeing. So it's really taught me to question myself. I don't dig in my heels as much because I recognize

that I, you know,

697

01:21:44.310 --> 01:21:54.300

John Anglin: I developed this belief system through a series of traumatic events also know so so I have to. It gives me a greater deal of tolerance also

698

01:21:54.990 --> 01:22:11.820

John Anglin: You know, and another thing I gotta tell you another benefit of talking about trauma informed care is that it has not only does it give me an understanding of the people that that I work with, or excuse me, or I interact with. It's given given me a greater understanding of myself.

699

01:22:13.110 --> 01:22:23.340

John Anglin: And my own behaviors and I still get into situations where I get upset and have a really hard time de escalating myself once I get on the other side of that.

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01:22:23.880 --> 01:22:35.460

John Anglin: I'm often able to look back and see what happened there. But what's that person. Where did that come from, I can always figure it out. But sometimes I can. Most of the time I have to go back and apologize.

701

01:22:37.080 --> 01:22:39.690

John Anglin: Because I was defending a belief in and

702

01:22:41.070 --> 01:22:45.570

John Anglin: an erroneous belief system and very slot belief system. So anyway,

703

01:22:46.860 --> 01:22:59.910

John Anglin: I'm look for the cause of the behavior. And what I mean by that is, again, looking for the need that the person is trying to get met don't look at the nature of the message.

704

01:23:01.590 --> 01:23:08.070

John Anglin: Look for the messages the angry or the person is the more afraid they are generally

705

01:23:09.960 --> 01:23:11.520

John Anglin: That they're not going to get their needs met.

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01:23:12.930 --> 01:23:22.980

John Anglin: There's a need there, even though it feels like well their goal right now is to attack me and to let me know what a terrible person I am probably not. There's another need there.

707

01:23:24.570 --> 01:23:32.220

John Anglin: That's that's built on it or that that I guess covered under, under fear and aggression. That makes sense.

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01:23:34.500 --> 01:23:37.350

John Anglin: I'm trying not to take things personally again.

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01:23:39.480 --> 01:23:49.080

John Anglin: I can't emphasize this enough. This is another one of those pieces that some of us were raised with you. Don't let people disrespect you you don't, you know what I mean.

710

01:23:51.240 --> 01:24:07.320

John Anglin: Defend that ego. Basically, the problem is you're taking things personally, you're going to only make the problem worse. And oftentimes really traumatized and already traumatized person right

711

01:24:09.990 --> 01:24:16.770

John Anglin: Recognize your internal reaction I get challenged by this when somebody

712

01:24:18.420 --> 01:24:23.310

John Anglin: With somebody upsets me or insults me to a degree, I, I start feeling it.

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01:24:24.270 --> 01:24:41.850

John Anglin: And I feel myself getting upset and I don't know how to explain it, but I can feel like a like a floating in my chest and some time like my face will get flushed, um, which I'm like a mood ring. Most of the time, right, if I if I feel it. I usually show it various shades of pink and red.

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01:24:43.050 --> 01:24:52.710

John Anglin: Sometimes purple, I guess, but but it starts to show and I start to feel it and I really have to develop ways I have developed ways and continue to develop ways

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01:24:53.220 --> 01:25:02.400

John Anglin: To to recognize that and and go around it. You know, it's almost like I'm walking up to this is mud puddle, and I have to learn. Oh man, I don't have to jump in there.

716

01:25:03.660 --> 01:25:09.750

John Anglin: You know, so, so to recognize my own reactions. And it's not just like that aggressive stuff. It's the judgment side for

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01:25:10.860 --> 01:25:14.760

John Anglin: You know with somebody sitting in front of me and I'm

718

01:25:16.770 --> 01:25:26.070

John Anglin: overreacting to a situation or they're not responding. The way I think they should or whatever the cases and I start to form judgments or I start or I start to

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01:25:28.440 --> 01:25:37.620

John Anglin: Start to like leave in the stigmas or whatever that that I'm seeing him suddenly right, I have to be able to recognize that and redirect myself.

720

01:25:37.980 --> 01:25:49.500

John Anglin: You know, I'm a human being. Again, we're all raised in a community, there are a lot of stakeholders that have contributed to our belief systems, you know, so I'm

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01:25:50.880 --> 01:25:55.860

John Anglin: I am constantly trying to reflect that we're all going to make these kinds of judgments.

722

01:25:56.910 --> 01:26:02.940

John Anglin: You know what's important is that we're able to redirect ourselves and respond in a manner that's not hurtful.

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01:26:04.200 --> 01:26:05.700

John Anglin: Does anybody have any question.

724

01:26:07.230 --> 01:26:08.760

John Anglin: It's 1151

725

01:26:10.260 --> 01:26:18.750

John Anglin: This, I mean this is a good a time as any to wrap it up. I wanted to see if anybody had any questions or if there was a point that that somebody

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01:26:19.920 --> 01:26:22.470

John Anglin: Felt did not get emphasized or

727

01:26:24.570 --> 01:26:30.000

John Anglin: Anything of that nature. I saw that there were a few chat, but for some reason I'm not able to open it right now.

728

01:26:31.200 --> 01:26:34.020

John Anglin: So if there was anything pertinent there for me, please let me know.

729

01:26:40.470 --> 01:26:41.820

John Anglin: Everybody so quiet.

730

01:26:43.050 --> 01:26:44.280

John Anglin: Why are you guys so quiet.

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01:26:45.420 --> 01:26:47.220

John Anglin: Well on mute. JOHN, sorry.

732

01:26:47.490 --> 01:26:49.050

bcarling02: By the way, this has been really

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01:26:49.500 --> 01:26:52.230

bcarling02: Helpful. Thank you. Thank you. Thank you. And that, yeah.

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01:26:52.530 --> 01:26:57.510

bcarling02: I put a few things on chat, but I do appreciate you can't give a presentation and read

735

01:26:57.510 --> 01:26:58.410

John Anglin: At the same time,

736

01:26:59.850 --> 01:27:00.720

bcarling02: I did pass

737

01:27:00.750 --> 01:27:01.470

bcarling02: Out this

738

01:27:01.860 --> 01:27:04.140

bcarling02: You know the slides. I did.

739

01:27:04.170 --> 01:27:10.710

bcarling02: email them to everyone. And if anybody would like another copy, please let me know and john again. Thank you. Thank you.

740

01:27:10.710 --> 01:27:15.240

bcarling02: This I wish they would laminate some of your slides and put them up in the agencies.

741

01:27:15.600 --> 01:27:16.950

bcarling02: That I visited

742

01:27:17.100 --> 01:27:18.240

bcarling02: Back in the day.

743

01:27:18.300 --> 01:27:21.030

bcarling02: When I was going to agencies as a social worker.

744

01:27:22.230 --> 01:27:22.680

bcarling02: And

745

01:27:22.830 --> 01:27:23.100

bcarling02: Yeah.

746

01:27:24.000 --> 01:27:26.550

bcarling02: Because I just the general reminder

747

01:27:26.790 --> 01:27:27.870

bcarling02: To remember that.

748

01:27:27.900 --> 01:27:30.480

bcarling02: You know that the history of where people are coming from. That's all.

749

01:27:31.860 --> 01:27:33.660
bcarling02: You know, so anyway, I'm done.

750
01:27:34.350 --> 01:27:35.190
bcarling02: THANK YOU, JOHN

751
01:27:35.220 --> 01:27:36.480
bcarling02: Thank you. Thank you for this.

752
01:27:37.500 --> 01:27:37.740
Oh,

753
01:27:39.870 --> 01:27:40.140
John Anglin: Yeah.

754
01:27:40.320 --> 01:27:41.130
John Anglin: Audience where

755
01:27:41.310 --> 01:27:44.940
bcarling02: Will you be taking this. That's my question. Where's the, what's the audience.

756
01:27:47.070 --> 01:27:47.490
bcarling02: Where we're

757
01:27:49.650 --> 01:27:50.160
Taking this

758
01:27:53.010 --> 01:27:55.770
John Anglin: Is the audience is anybody that wants to listen.

759
01:27:56.940 --> 01:27:57.330
John Anglin: So,

760
01:27:57.360 --> 01:27:58.170
bcarling02: This is actually

761
01:27:58.710 --> 01:28:07.800

John Anglin: Um, I have no is actually it's designed to be to be both community based and provider base and it can be tweaked slightly

762

01:28:08.370 --> 01:28:16.560

John Anglin: Depending on the on the audience, but this can I use this, like I said, a couple weeks ago I taught this to some family support partners.

763

01:28:17.070 --> 01:28:27.480

John Anglin: So that when they go into the families homes like Phyllis was talking about earlier, there they are. Armed with this information. And I actually gave them a crisis.

764

01:28:28.650 --> 01:28:32.850

John Anglin: Crisis planning handout that they can use, which is a great

765

01:28:35.760 --> 01:28:52.290

John Anglin: Supplemental tool that that can be used, whereas you sit down with families and you sit down with children who often don't have a say in these kinds of things and you allow them to say here's what it looks like when I start not doing well.

766

01:28:53.340 --> 01:28:57.960

John Anglin: Here's what you can do to help me know situation tears and to even to give a child.

767

01:28:58.890 --> 01:29:12.630

John Anglin: A say in that to say something like, well, when I'm freaking out. I want to go into my room and I want to be able to listen to music. I want to be able to go in my blanket for I want to be able to go on my tree, you know, to give them a say so. So, um,

768

01:29:13.950 --> 01:29:15.000

John Anglin: So, it

769

01:29:15.330 --> 01:29:24.030

John Anglin: I feel that too. Effective it's appropriate for families to learn what they're dealing with with their own children and family members. It's good for providers.

770

01:29:25.680 --> 01:29:27.150

John Anglin: You know, community members.

771

01:29:28.680 --> 01:29:29.190

John Anglin: You name it.

772

01:29:36.570 --> 01:29:38.340

bcarling02: We find that a planning tool.

773

01:29:38.820 --> 01:29:40.620

bcarling02: Is that on the website or

774

01:29:40.950 --> 01:29:42.570

Something that so it can be distributed

775

01:29:43.620 --> 01:29:44.970

John Anglin: It actually came

776

01:29:46.290 --> 01:29:54.180

John Anglin: It came from the crisis prevention Institute. Okay. And I will, I will email you the actual

777

01:29:55.200 --> 01:29:58.650

John Anglin: electronic copy of it and you can distribute it just the black bar.

778

01:29:59.820 --> 01:30:02.850

bcarling02: Yes, I would think that's perfect. Thanks. JOHN

779

01:30:04.020 --> 01:30:07.140

John Anglin: Of course I'll do it in five minutes. As soon as we're done.

780

01:30:10.680 --> 01:30:11.160

Sounds good.

781

01:30:12.840 --> 01:30:13.260

bcarling02: All right.

782

01:30:14.010 --> 01:30:15.870

John Anglin: Well, that's all I have is if

783

01:30:17.430 --> 01:30:32.880

John Anglin: It's just, this is the thing on the end, but we don't really have time and it's kind of a reframing the way that we look at team manipulative, for instance, especially people in early recovery, who have just been surviving on the streets, maybe

784

01:30:33.930 --> 01:30:36.720

John Anglin: I'm may seem manipulative

785

01:30:37.920 --> 01:30:54.990

John Anglin: When they're actually really skilled at getting their needs met. And it's our job to teach them healthy ways of doing that. So, so, you know, laziness. I'm being overwhelmed can often look like being lazy, things of that nature. You know, being indecisive

786

01:30:56.070 --> 01:31:01.470

John Anglin: Feeling. Feeling unworthy can lead person to looking lazy, all kinds of things. So

787

01:31:03.240 --> 01:31:07.170

John Anglin: But anyway, I will email you the other resources for that that

788

01:31:08.460 --> 01:31:09.420

John Anglin: The crisis planner.

789

01:31:10.980 --> 01:31:12.570

bcarling02: Person and I'll thank you for

790

01:31:13.170 --> 01:31:14.580

John Anglin: Trauma. You got it. Of course.

791

01:31:16.890 --> 01:31:17.820

John Anglin: I'm gonna mute out now.

792

01:31:19.590 --> 01:31:31.770

bcarling02: Okay, thank you so much. JOHN. Does anyone have any comments or any more anything else to say. And we'll. If not, we'll move out but Larry any, any last minute.

793

01:31:33.420 --> 01:31:34.110

Anything to say

794

01:31:39.780 --> 01:31:43.800

bcarling02: Okay, I just, I'll say it, but I'll be emailing it to that our next

795

01:31:45.000 --> 01:31:45.750

bcarling02: Meeting is

796

01:31:46.920 --> 01:31:50.070

bcarling02: We're 27th and we'll be back on.

797

01:31:51.450 --> 01:31:52.110

bcarling02: Google meets

798

01:31:58.410 --> 01:31:58.830

bcarling02: Larry

799

01:31:59.940 --> 01:32:03.600

bcarling02: Forgive me, Larry will be back on Google meets next month. Right.

800

01:32:08.790 --> 01:32:10.410

fsgraham: This is fredricka yes

801

01:32:11.880 --> 01:32:13.830

bcarling02: We will. Oh, thank you, Fredrik

802

01:32:14.280 --> 01:32:14.610

Thank you.

803

01:32:15.630 --> 01:32:17.220

bcarling02: I want to thank everybody or board.

804

01:32:17.250 --> 01:32:17.580

Yeah.

805

01:32:20.610 --> 01:32:26.340

bcarling02: Gotcha. Thank you. It's probably my network probably slow transfer

806

01:32:28.620 --> 01:32:28.980

bcarling02: Okay.

807

01:32:30.030 --> 01:32:36.630

bcarling02: I'm gonna have to go now. I don't know if you can hear in the background, but I have a baby birds screaming at me to be fed and with Joanna your cat would love it.

808

01:32:38.760 --> 01:32:45.840

bcarling02: Just a minute, babies. Just a minute. Okay. I want to thank everybody be safe and I look forward to seeing you in a month.

809

01:32:47.370 --> 01:32:48.000

bcarling02: Thank you.

810

01:32:49.050 --> 01:32:49.740

fsgraham: Thank you, bar.

811

01:32:53.940 --> 01:32:54.570

Okay, okay.