

BLOOMSBURG HUMAN RELATIONS COMMISSION MEETING

Thursday, December 2, 2021, 5:30 p.m.- 6:30 p.m.

via Zoom

PUBLIC CAN JOIN: DIAL: +1 646 558 8656 US & INCLUDE THE MEETING ID: 456-920-3798 & PRESS #.

JOIN ONLINE AT: <https://us02web.zoom.us/j/4569203798>.

Members: John Grabusky (Chair), Tara Moore (Vice-Chair/ Secretary), Joan Mosier, Betts Cassidy and Dave Galliguez.

- 1.) Approval of the minutes from the November 4, 2021 meeting.
- 2.) Review of meeting times and dates for 2022.
Bloomsburg Human Relations at 6 p.m.: Jan. 6, Feb. 3., March 3, April 7, May 5, June 2, July 7, August 4, Sept. 1, Oct. 6, Nov. 3 and Dec. 1.
- 3.) Update on training.
 - United Way- Training
 - December 2, 2021 at 7 p.m.- Discussion to advertise to cancel the meeting.
 - The October training was not recorded per Adrienne Mael on 11/11/2021 via e-mail.

Next Steps:

- Complaint form (Spanish).
- Workflow -cheat sheet.
- Town website.
- Templated communication.
- Additional training.
- Volunteers.
- Pennsylvania Human Relations Commission.
- Carl S. to revisit with the Commission.
- List of Resources – Mediators, HUD & EEOC.
- Workshop with Council.
- Meeting with the Coalition of Social Equity to see what is already in existence.
- Educating the public.
- Minor discussion.
- Tina Welch- Mediator training and PHRC training in February/ March for 1-2 hours. Not aware how local employers, homeowners, have a claim against them, how aware they are of the Commission, requirements and process. Housing owner that operates in the Town of Bloomsburg. Culture to establish. Evaluating our own biases.

Old Business:

- By-laws- Town solicitor is reviewing.
- Brochure.

Next meeting: January 6, 2022- Susan Jordan, Executive Director of Susquehanna Valley Mediation

Bloomsburg Human Relations Commission Minutes
Thursday, November 4, 2021, 6:00 p.m.
via Zoom

John Grabusky started the meeting at 6:00 p.m., present were Joan Mosier, Tara Moore, Dave Galliguez and Betts Cassady. Other members present were Steve Hummel, Stephanie Reitmeyer, Cymantha Santiago-Nunez, Rona Anderson and Lisa Dooley, Town Manager/ Secretary/ Treasurer.

John Grabusky provided an update from Outfest that there were 500 people in attendance and raised around \$400. J. Grabusky mentioned that Outfest will be held on Saturday, October 15th for 2022.

Stephanie Reitmeyer is the Senor Director of Education/ Greater Susquehanna Valley United Way. Stephanie presented a PowerPoint regarding trauma. She started off with internal and external personal safety plan. S. Reitmeyer discussed outward behavior regarding emotional health and relational health. Sometimes there is a misfire in a relational health and impacts emotional health. Adverse Childhood Experience (ACES) relates to abuse, neglect and household dysfunction. The abuse category includes physical, emotional and sexual. The neglect category includes physical and emotional. The household dysfunction includes mental illness, incarcerated relative, family member treated violently, substance abuse and divorce. Overall, the population of 12.5% adults experience four or more categories for ACES. When you are in this category the population experiences health issues. S. Reitmeyer works with Children and Youth and other organizations to help overcome childhood behavior.

J. Mosier mentioned that one of the places for data the annual childhood report and Columbia County Children and Youth. The biggest concern with the neglect cases is the caregiver substance abuse.

S. Reitmeyer mentioned that 90% of the brain is developed by the age of five. By the age of 27, the brain is fully developed. A healthy brain has more activity and growth.

Signs of trauma for preschool children might have nightmares, have changes in their behavior and ask questions about death. Signs of trauma for elementary school age children include becoming easily startled, become anxious and fearful. Signs of trauma for middle/ high school children include taking too many risks and feel depressed and alone. There are several other factors that might have experienced some sort of trauma at an earlier age.

To prevent ACE's you can strengthen economic supports to families, change social normal to support parents and positive parenting, provide quality care and education early in life, enhance parenting skills to promote healthy child development and intervene to lessen harms and prevent future risk.

Greater Susquehanna United Way has built internal trauma team. They care about onboarding by updating policies and procedures to help aid employees and creating a culture of care. Foundations to thrive include neighborhood climate and community norms, basic needs, quality child care and school readiness, pediatric well checks, parenting programs and wellness along with prenatal and birth programs.

Trauma can be taken home even for those social workers aiding a situation. S. Reitmeyer mentioned there are five goals that Susquehanna Valley United Way is striving towards. Goal one: expand access to community-based mental health providers and treatment, goal two: increase support for and stabilize school-based social/ emotional learning and mental health resources, goal three: ensure all child-and family-serving agencies are providing outcomes- based and trauma-informed programming, goal four: eliminate stigma surrounding mental health treatment and goal five: create a commitment wide whole wellness approach.

The Committee discussed 2022 meeting dates and times. The Commission would like to keep the meetings monthly, first Thursday of every month and at 6 p.m.

It was discussed that the training with Susan Jordan should be proposed for the time of January 3rd- January 7th after 5 p.m.

It was discussed that the United Way should be contacted to see if the training from October is available as a recording. The training with Tina Welch should be targeted for February/ March.

It was discussed that the bylaws are still with the Town's solicitor.

It was discussed that the brochure is with Tim Pelton for a graphic designer to review and have a draft brochure back to the Commission.

J. Grabusky made a motion to adjourn the meeting, seconded by J. Mosier, the meeting ended at 7:11 p.m.

Notes taken by L. Dooley.