

Highland Community Collaboration Council
Meeting Minutes
June 10, 2019
9:30am

The Highlands Community Collaboration Council had a meeting on June 10, 2019 at the Smyth County DSS conference room.

Welcome and Introductions

Chris opened the meeting at 9:30 and members introduced themselves. A sign-in sheet was passed around the room. He asked for additions or corrections to the agenda. There were 24 members in attendance today.

Review and approval of Minutes of May 13, 2019 meeting

Matt motioned and Emma seconded the motion. All in favor. The minutes are approved

New Business

None

Guest Speakers:

Carla Mullins: Mount Rogers CSB/Wytheville: Mindfulness. We spent one minute noticing the breath. It brings the heart rate down and lowers anxiety. It makes you more productive. A brochure was distributed. Luke 12:27 was read. To consider the lilies is a mindful approach. To stop and smell the roses is also mindfulness. Calmness is a superpower. We then did a one minute practice of focusing on one of the five senses. Members discussed the sense they focused on as well as the thing they noticed. Mindfulness is an evidence-based practice. Active detox (acupuncture) specifically on the ears is used to detox the body from substances. It was developed in the 80's. It assists with compliance. Cornerstone uses the approach. It is paired with the serenity prayer. When the first needle goes in, you can see the entire body relax. It makes people more open to experiencing new things. It is helpful for those experiencing grief. If anyone would like to schedule a visit with office staff, please contact Carla. She can provide the treatment for up to 20-people at one time.

Nick Brown: Case Manager (Smyth Co Recovery Court): Marion: Due to time constraints, Nick will do his presentation next month.

Craig with VADOC Intelligence Specialist presenting on gangs. He presented a PowerPoint and provided brochures and business cards to members.

July 2019 Council Presentations: Suggestions?

Nick Brown: Case Manager (Smyth Co Recovery Court): Marion: We will then have an organizational meeting.

Sub-Committee Reports

None

Re-entry Updates

None

Local Coalition Updates

Sub-Committee Reports:

Housing Committee/ Service Integration Committee/ Grants/Finance Committee (Matt, Emma, Andy, Felisha, Andy and Linda)

None

Employment Committee: (Jimmy with DARS, Mike with VEC)

None

Mentoring Committee/ Substance Abuse Committee: (Ruth, Teresa, Chris, Chuck)

None

Public Relations Committee: (Kim, Manuel)

None

Executive Committee: (Chris, Kim, Felisha and Chris).

None

Questions/Concerns/Comments/Announcements:

The job fair is still being organized. She has reached out to the Henderson Art Center in Marion. Tentative timeframe is June 14th.

Manuel says the website is still getting over 200 hits per month.

Howard says there is a guy from Ballad Health. Jason Pritchard with Ballad did a presentation for this group recently. There is a meeting on Wednesday. There is an opportunity to seek job openings to include peer recovery positions. Training for offenders and their family members is available.

Next meeting July 8, 2019. We meet the second Monday of each month.

<http://www.highlandsgccc.org>

Please Like and visit us on Facebook at Highlands Community Collaboration Council

The meeting adjourned at 10:50am.

If there is someone you would like for us to invite to a future meeting as either a guest or member, please let one of us know.

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Respectfully submitted,

Chris Austin
Secretary