



**DRAFT**

**Flint ReCAST Community Advisory Board**  
**Wednesday, August 19, 2020**  
**10:00 a.m. – 11:30 a.m.**  
**Zoom Meeting**

**MINUTES**

**Board of Directors**

Jim Ananich – Chair  
*Michigan State Senator*

Kirk Smith – President & CEO  
*Greater Flint Health Coalition*

Executive Committee  
Thomas Svitkovich, Ed.D. – Vice Chair  
*At-Large Director*

Peter Levine – Secretary  
*Genesee County Medical Society*

Chad Grant – Treasurer  
*McLaren Flint*

Jamie Gaskin  
*United Way of Genesee County*

Michael Genord, M.D.  
*Health Alliance Plan*

Directors  
Deborah Cherry  
*Genesee County Treasurer*

Brenda Clack  
*Genesee County Board of Commissioners*

Debasish Dutta, Ph.D.  
*University of Michigan-Flint*

Joy Finkenbiner  
*Ascension Genesys Hospital*

Chris Flores  
*At-Large Director*

Melany Gavulic  
*Hurley Medical Center*

Lisa Hagel, Ed.D.  
*Genesee Intermediate School District*

Scott Henry  
*UAW Region 1-D*

Kristina Johnston  
*Flint & Genesee Chamber of Commerce*

Terry Katzur  
*ELGA Credit Union*

John McKellar  
*Genesee County Health Department*

Robert McMahan, Jr., Ph.D.  
*Kettering University*

Sandi Mose  
*Department of Health and Human Services*

Sam Muma  
*AFL-CIO*

DuVarl Murdock  
*City of Flint*

Clarence Pierce  
*Hamilton Community Health Network*

Lawrence Reynolds, M.D.  
*At-Large Director*

Danis Russell  
*Genesee Health System*

Lori Shannon  
*Blue Cross Blue Shield of Michigan*

Steven Shapiro, D.O.  
*Genesee County Osteopathic Society*

Tim Sneller  
*Michigan State Representative*

Aron Sousa, M.D.  
*Michigan State University*

Christine Surdock  
*Molina Healthcare*

Beverly Walker-Griffea, Ph.D.  
*Mott Community College*

John Waters, M.D.  
*Genesee County Medical Society*

Todd Wiseley  
*Mott Children's Health Center*

Community Advisory Board

Members Attending: 14/19 (74%)

James Avery  
Flint and Genesee Chamber of Commerce

Shardae Davis  
Genesee County Community Action Resource  
Department

Kenyetta Dotson  
Michigan State University

Lottie Ferguson (Chair)  
City of Flint

Debra Furr-Holden, Ph.D.  
Healthy Flint Research Coordinating Center

Lauren Holaly-Zembo  
Crim Fitness Foundation

Sandra Johnson  
Hamilton Community Health Network

Sandra Jones  
Greater Holy Temple

Keiona Murphy  
Flint Community Schools

Jalen Nunn  
YMCA of Greater Flint

Dan Russell  
Genesee Health System

Kirk Smith  
Greater Flint Health Coalition

Verona Terry  
Flint and Genesee Job Corps Center

Jamie-Lee Venable  
United Way of Genesee County

Community Advisory Board

Members Not Attending: 5/19 (26%)

Steven Kramer  
Michigan State Police

Promice Mosley  
Neighborhood Engagement Hub

Tauzzari Robinson  
Boys and Girls Club of Flint

Rafael Turner  
Ruth Mott Foundation

**Asa Zuccaro**

Latinx Technology and Community Center

**Guests: (3)**

**Katie Baxter**

Genesee Health System

**Shawn Edwards**

Genesee Health System

**Brian Larkin**

City of Flint

**Staff: (3)**

**Jonathon Mateen**

Greater Flint Health Coalition

**Afton Shavers**

Greater Flint Health Coalition

**Nichole Smith-Anderson**

Greater Flint Health Coalition

## **WELCOME/CALL TO ORDER**

Lottie Ferguson, City of Flint, called the meeting to order at 10:02 a.m.

## **APPROVAL OF MINUTES OF JULY 15, 2020**

Ms. Ferguson requested a motion approving the minutes of the July 15, 2020 meeting as distributed.

### **On a motion duly made and seconded, it was**

**VOTED** to approve the minutes of the July 15, 2020 Flint ReCAST Community Advisory Board meeting as distributed.

## **BUSINESS ARISING FROM A PREVIOUS MEETING**

### **Action Items Update**

Ms. Ferguson shared an update on action items discussed at previous meetings. Ms. Ferguson shared that a Board member submitted an application to be a representative on the City of Flint's community and policing taskforce. The application is currently being reviewed. Debra Furr-Holden, Ph.D., Healthy Flint Research Coordinating Center (HFRCC), shared that a formal selection for the council will be provided by Friday. Additionally, Dr. Furr-Holden shared that a formal name for the council will be ratified once the committee is finalized. Updates will be provided in a future meeting.

### **Identified Priority Area Update**

Afton Shavers, Greater Flint Health Coalition (GFHC), engaged members in a discussion about responding to the recent surge in violence while focusing Flint ReCAST priority efforts on violence or continuing to map other identified priority areas. Discussion ensued and members shared that Flint ReCAST should continue to focus on all previously identified priority areas, which are:

- Housing
- Food insecurity
- Poverty
- Violence
- Police Brutality
- Technology Gaps
- COVID-19

## **NEW BUSINESS**

### **Presentation: The Community Resiliency Model Training**

Shawn Edwards and Katie Baxter, Genesee Health System (GHS), provided a training of the Community Resiliency Model (CRM). The CRM trains community members to not only help themselves but to help others within their wider social network. Community resilience is the sustained ability of communities to withstand, adapt to, and recover from

adversity. The training covered topics such as common trauma and stress reactions, the Resilient Zone, CRM as a biological model, and the six wellness skills of CRM. The key stress resilience skills are self-awareness, attention, letting go, and having ongoing access to sustain positive emotions. Ms. Edwards shared that the goals of CRM are: to widen the Resilient Zone so one is better able to handle life stressors; to reset the nervous system to bring it back into balance after stressful/traumatic events; to intercept the hijacking of the nervous system by learning skills for self-care; and, to integrate the CRM skills into the activities of daily living. Common trauma and stress reactions include thinking, physical, emotion, behavior, relational, and spiritual.

CRM teaches 6 wellness skills, which are tracking, resourcing, help now, shift and stay, gesturing, and grounding. The training provided to the Flint ReCAST board was focused on grounding. This method involves a person making direct contact of the body or part of the body with something that provides support in the present moment. Members participated in a grounding exercise.

Ms. Baxter shared that the importance of using a biological model is to enable individuals to understand how their body responds to trauma. The perspective of biology provides a portal to healing. Additionally, Ms. Baxter shared methods from tracking the autonomic nervous system.

Discussion ensued about the effectiveness of CRM in communities similar to Flint. Ms. Baxter shared that CRM is focused on communities that have widespread trauma. While other communities that have utilized CRM have seen improvements in resiliency, more data is needed and will be shared at a future meeting. Additionally, members recommended using a different acronym pronunciation for CRM to prevent confusion with the Crim Fitness Foundation.

### **Mini Grants: Year 4 Update**

Ms. Shavers gave a brief update on the status of the year four mini grants sharing that some of the projects have requested modifications due to COVID-19 restrictions. She shared that the end of grant reports will be submitted by grantees in October, and a summary report detailing each project's impact will be shared with members at the November meeting.

### **Year 5 Request for Proposals**

Ms. Shavers provided an overview of the submission requirements for the upcoming year five mini grant request for proposals (RFPs). She detailed the review process structure and shared that a small grant review subcommittee will be formed. Members interested in serving on the grant review subcommittee should email Ms. Shavers.

### **NEXT MEETING:**

Wednesday, September 16, 2020

10:00 a.m. – 11:30 a.m.

**ADJOURNMENT**

The meeting was adjourned at 11:27 a.m.

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