



**Monroe County Domestic Violence Coalition
Meeting Minutes
November 15, 2019**

Mission: The Monroe County Domestic Violence Coalition is committed to improving our community's response to domestic violence issues through communication and coordination of services.

Attending: Mary B. Balle, Chris Basile, Andrea Bennett, Jean Capler, Mary Goetze, Sharon Groeger, Sam Hammett, Harry Heyer, Lynn Keller, Debra Morrow, Apple Muncy, Amalia Sliffriss, Leslie Sommer, Liz Srauke, Catherine Stafford, Lindsey Stont, Erin Werner, Jennifer Whitaker, Jamie Zoss

City Staff: Michael Shermis (CFRD)

I. Introductions

- A. Middle Way House
- B. Abuse Counseling
- C. KAP
- D. Centerstone/REC
- E. IU Sexual Violence Prevention
- F. Prosecutor's Office
- G. Character Restoration Center
- H. Court

II. NAME of SPEAKER: Dr. Mary B. Balle, Psychiatric and Mental Clinical Nurse Specialist

Understanding Adverse Childhood Experiences (Building Self-Healing

- A. **ACE Study** → Trauma is overwhelmingly linked to behavioral/physical health, some topics (ACES) of the study include:
 - 1. Divorce
 - 2. Witnessing domestic violence
 - 3. Neglect/lack of resources
 - 4. Sexual abuse

5. Someone in the home using drug and alcohol
 6. Family/caregiver death
- B. Study concluded 13% of initial respondents had witness domestic violence in the home**
1. Linked specific instances to higher levels and increased potential for physical health issues and substance abuse
- C. Early exposure toxic stress** → create flight or fight responses, which can cause behavioral issues in youth/children (such as rage in response conflict) → **hardwired physical changes in the body**
1. Exposure to ACEs can cause neuro and brain issues, causing difficulty in learning as well.
 2. Creating ways to engage kids in healthy emotional outlets can help reduce the effects
 3. Generational Trauma → generations of low socio-economic and racial disparities can be passed through genetically
 4. Individuals with disabilities are more vulnerable to ACEs
 5. Healing (brain changes) can effectively happen in toddlers and after birth

III. Staff Update

Stats booklet → distributed 11/15/2019 for July-December 2018 Statistics
MCDVC 2020 Spring Conference

IV. Information Sharing

- Adolescent Boys Program in Evansville → meeting with alternative schools to implement a program in Bloomington
- Jean Capler: Any free training on brain injury → available to do staff/one-one informational
- Middle way house → adopt families in shelters, in need of hats/clothes/gifts for children and coats/underwear for women [check amazon wish list on website]
- Annual giving tree is up at the Recovery Engagement Center → applications are available [Dec 12]
- Back in January! No meeting in December