



MINARY'S DREAM ALLIANCE

Mission: To transform the lives of youth, families and communities through education, resource development and community engagement.

Race based stress and trauma: The impact of racial disparities in systemic injustice

Presentation Title: Infusing trauma sensitive approaches in youth development programs: “Giving the medicine in the ice cream”.

**Presenter: Doncella Wilson, LMSW Co-Executive Director, Minary's Dream Alliance, Inc.
Doncella.Wilson@minarysdreamalliance.org**

Learning Objectives:

Increase participants' knowledge of creative partnerships in rural areas to increase diversity and inclusion

Identify the components of the Adolescent Clubhouse, Club Face Everything & Rise (F.E.A.R) that increase prevention opportunities for youth and families.

Learn ways to infuse behavioral health practices into youth development programs to promote wellness and decrease feelings of anxiety, depression and isolation.

Her-Story

- ▶ Associates Degree, Bachelor, Master's Degree in Social Work
- ▶ Town Councilmember
- ▶ Board member (MSPB, MSBH, HHM, CCAC, Sumner Hall)
- ▶ Appointed-Uninsured Employer's Fund Board, Trauma-informed Care Commission
- ▶ Daughter
- ▶ Sister
- ▶ Mother
- ▶ Grandmother
- ▶ African-American Female

What happens when your organization (staff, board, leadership) experience race-based stress and trauma?



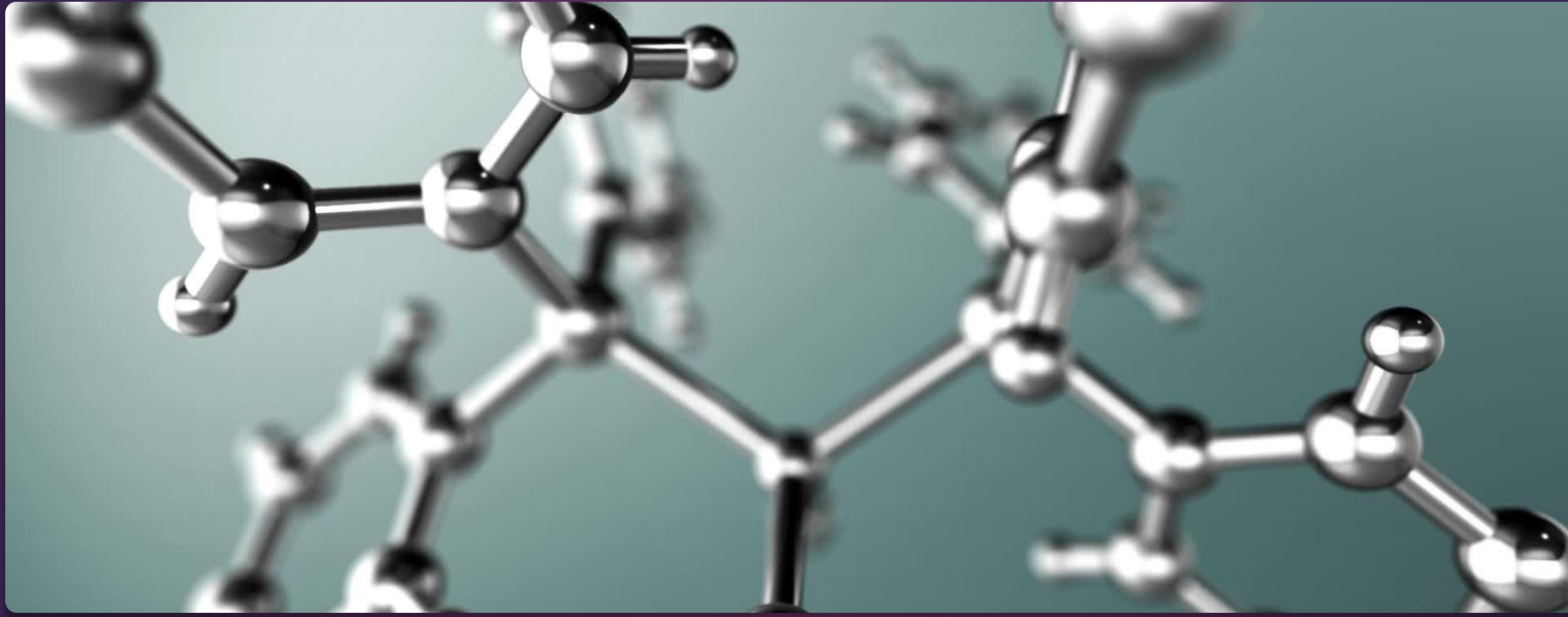
Racism masked as Zoning Concerns

- ▶ “The last two weeks, I've spent two very late evenings sitting in the hallway outside the packed Council Room as the Kent County Planning and Zoning Commission has heard legal testimony and arguments for or against Minary's Dream Alliance buying the American Legion building.
- ▶ The core argument against MDA buying the property is based on zoning. The property is in a residential area by the current county plan but has had an exemption for the American Legion's use since the beginning of zoning in the 1960s. Now, the Legion is selling the property to MDA for similar but not identical use, and the neighborhood is asking the commission to disallow the sale and revert the property back to residential.
- ▶ The lawyers have wandered down paths about traffic, lights, non-profits, developers, access to the waterway, utilities, sewage and septic, property rights, neighborhood rights, counseling, support groups, noise, blood drives, alcohol sales, fundraising, ball fields, addiction treatment, and building and grounds maintenance. I've listened as lawyers have debated the minutiae of the law arguing whether zoning exemptions allow permitted uses of a property to change and evolve over time, or if they are only allowed the events and uses, they were originally granted, in the 1960s mind you.”

Reverend Joel Tolbert: <https://www.joeltolbert.com/post/they-have-a-dream>



Libation



TRAUMA COMPROMISES OUR ABILITY TO ENGAGE WITH OTHERS BY REPLACING PATTERNS OF CONNECTION WITH PATTERNS OF PROTECTION

STEPHEN PORGES

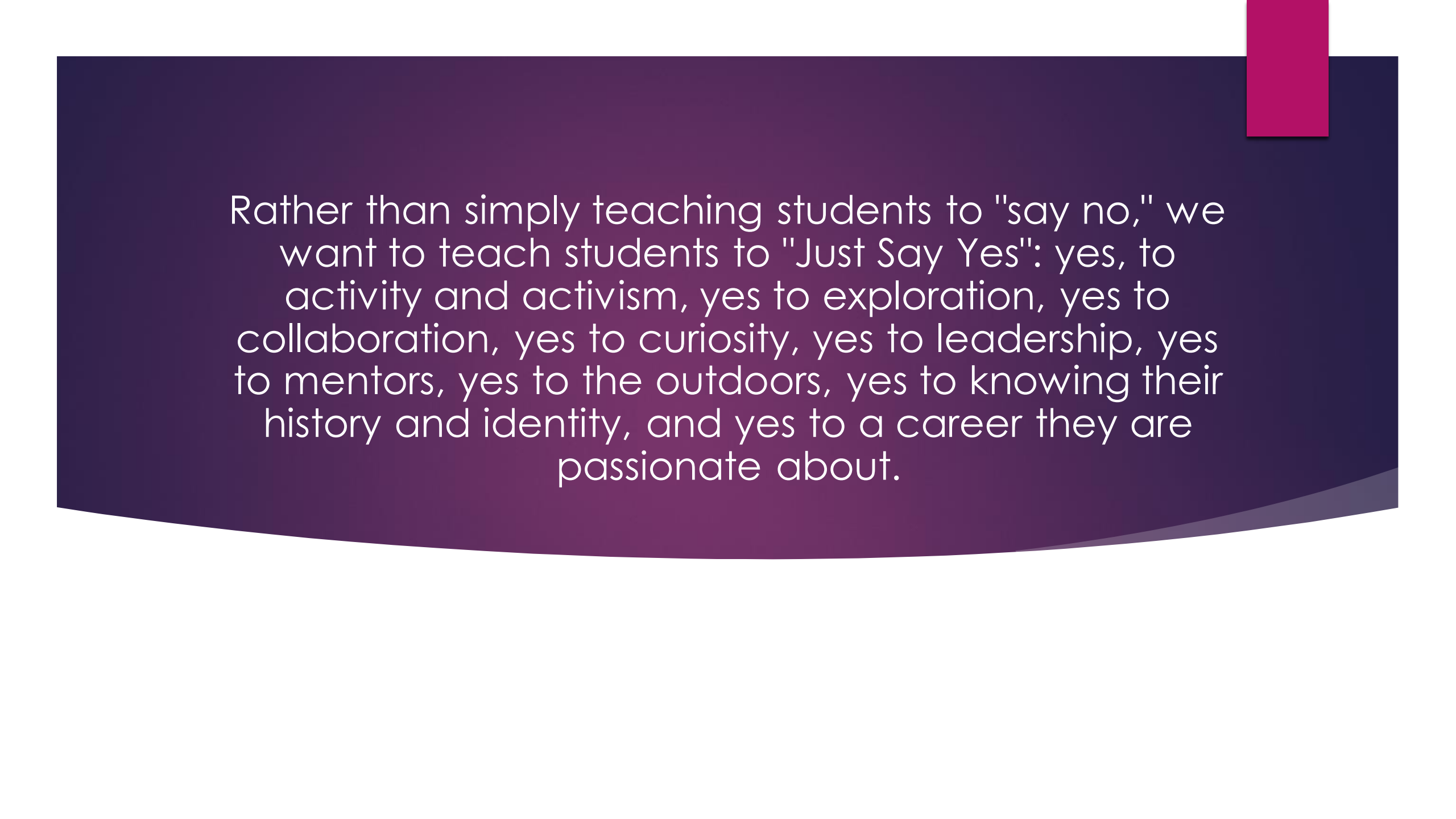
Trauma sensitive approaches

Emotional response to an event

- ▶ Headaches
- ▶ Fatigue
- ▶ Difficulty falling asleep
- ▶ Irritability
- ▶ Nausea
- ▶ Anxiety

Approaches

- ▶ Feeling safe
- ▶ Welcomed
- ▶ Supported
- ▶ Caring and Responsive relationships
- ▶ Social emotional learning strategies
- ▶ Choices



Rather than simply teaching students to "say no," we want to teach students to "Just Say Yes": yes, to activity and activism, yes to exploration, yes to collaboration, yes to curiosity, yes to leadership, yes to mentors, yes to the outdoors, yes to knowing their history and identity, and yes to a career they are passionate about.

CommUNITY



Mentoring Program

Youth who reside in Queen Anne's County, Maryland.

Students in grades 7-12.

Disconnected youth ages 16-24 not in school or working.

Young people struggling with transitions, mental health concerns, school attendance and workload, incarceration of relatives.

Goal is to strengthen and/or reestablish school and community connections.

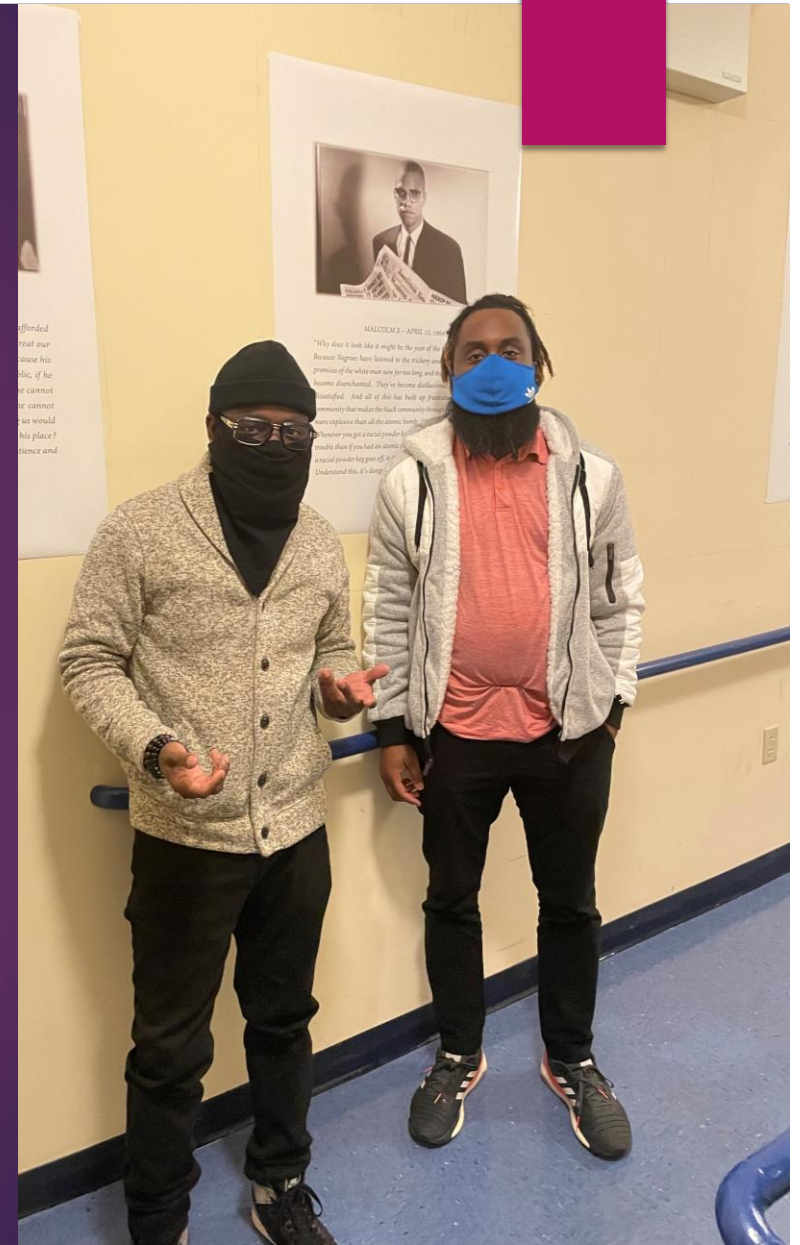
Life skills, 1:1 and Group Mentoring, Behavioral Health Awareness, History Tutoring, Food, Cultural & Recreational Field Trips.



CommUNITY Mentoring Program

- ▶ Grantor: Queen Anne's County Local Management Board
- ▶ Site: Kennard African American Cultural Heritage Center, Centreville, MD
- ▶ Program Coordinator;
Yolanda.acree@minarysdreamalliance.org

Mentors make the difference





Goals:

- Document the community history of Black Kent Narrows residents.
- Increase public awareness and education of Black and women's history on the Eastern Shore.
- Produce an exhibit, presentations, and a published work to educate the public via collaboration with schools, libraries, museums, historical societies, and other educational institutions.

Progress:

- 20 group and individual interviews conducted in 2021
- Themes: Migration, Community, Socio-political climate, Housing, Genealogy
- Current phase: public research

Funding Sources:

- Maryland Humanities
- Stories of the Chesapeake

Adolescent Clubhouse

"The AC model is a service to enhance the availability of recovery-oriented services to better address the needs of youth (12-17) impacted by, affected by, or diagnosed with an opioid use disorder (OUD) as well as their families. These efforts are also aimed to decrease future opioid related deaths in the population.

Services include, SUD education, self-care and social skills development, peer recovery support, age and developmentally appropriate recovery support groups, resource linkage, recovery-related workshops and family engagement events. Services could be provided in multiple sites, hybrid structure, in-person and/or virtual" (MSBH)



CLUB F.E.A.R.
FACE EVERYTHING AND RISE

Club F.E.A.R North (Kent,
Queen Anne's, Caroline,
Talbot Counties)

Club F.E.A.R South
(Dorchester County)

Adolescent Clubhouse Staff

- ▶ Paul Tue, III-Program Director, Club Fear North (QA, Talbot, Caroline, Kent paul.tue@minarysdreamalliance.org)
- ▶ Ty Bolden, Program Director, Club Fear South (Dorchester County) ty.bolden@minarysdreamalliance.org
- ▶ Doncella Wilson, LMSW-Program Administrator, 443-258-3143 doncella.Wilson@minarysdreamalliance.org
- ▶ Three Young Adult Peer Support Staff
- ▶ www.minarysdreamalliance.org

Staff Training

- ▶ Evidence-based
- ▶ ACES's (Adverse Childhood Experiences)
- ▶ Botvin Life Skills
- ▶ Mindfulness
- ▶ Strengthening Families

Offerings

Trainings and Workshops: Trauma Informed Care, Evidence Based Practice, Substance use disorder-prevention methods to include triggers, Opiate overdose, Naloxone Training.

Life Skills Training: budgeting, communication skills, career readiness, basic computer skills,

Podcast Studio: In collaboration with Washington College, youth will be able to tell their stories and interview substance abuse experts, and community members

Experiential Therapy: Infusion of Art, Music and Equine Therapy activities

Support groups: Psycho-educational groups on substance use disorder, LGBTQ

Family Time: Family structured activities such as cooking, camping on site, outings

Partners

Harvesting
Hope, Youth
and Family
Services, Inc.

Caroline
County Family
YMCA

Harvesting
Hope, Youth
and Family
Services, Inc.

Dorchester
Center For The
Arts

Washington
College

Mentoring
Programs

Worthmore
Equestrian
Center

Health
Departments



Behavioral Health practices
Worthmore Equestrian Center-Equine Therapy



Mindful Mornings with MDA

BUILDING UP OUR YOUNG MEN

Affirmations • Empowerment • Encouragement

Monday/Wednesday/Friday
7 a.m. - 7:15 a.m.

Open to young men ages 6-17
Hosted by Paul Tue III and guests

Call: (669) 274-9989



Art Heals.....Brickhouse Art






- Virtual Reality environments create immersive simulations of real-world environments as if it were real, you can take a student to a place without leaving your office, assists with phobias PTSD, anxiety, depression.

Rural Partnerships

- Health Department: Recovery In Motion

Life Skill Sessions
Financial Literacy
Social-Emotional
Substance Use/Opioid Information
Parent Narcan Training
Substance Use bingo

KENT COUNTY OFFICE OF THE LOCAL ADDICTION AUTHORITY
AND
MINARY'S DREAM ALLIANCE
PROUDLY PRESENT



**I AM...
LIMITLESS**


Are you between the ages of 12-17? If so, join us for a free six-session life skills group. Each group will focus on a different real life relevant topic.
Let's talk, get empowered, support each other, and get real!

**TUESDAY & THURSDAYS 6 – 7:30PM
AUGUST 17TH – SEPTEMBER 2ND**

9155 American Legion Rd. Chestertown, MD 21620

For more information or to sign up
Please call/email Jennifer at 410-778-6404 x3402
jennifer.mccready@maryland.gov

**Awards ceremony will be held on September 2nd.
All participants will receive school supplies and other gifts for their participation!*



CLUB F.E.A.R.
FACE EVERYTHING AND RISE
PRESENTS


LGBTQIA YOUTH SUPPORT GROUP

VIRTUAL SESSIONS

BI-WEEKLY
STARTING THURSDAY,
NOVEMBER 18TH
5 pm


YOUTH AGES 14-17

*We embrace a vision that
welcomes and supports
diversity in all forms*



MINARY'S DREAM ALLIANCE
IN PARTNERSHIP WITH

Caroline County
Family YMCA
A BRANCH OF THE
YMCA OF THE
CHESAPEAKE



Organized by youth
assisted by an adult facilitator

Designed to cover 5 core areas,
addressing social issues and helping
participants reach their potential with
dignity and respect.

Requirements:

- YMCA Parent's Consent
Form
- Club F.E.A.R. Registration

**REGISTER TO RECEIVE
THE ZOOM LINK:**
[HTTPS://FORMS.GLE/
YQFJ14LDJOXS5JTT9](https://forms.gle/YQFJ14LDJOXS5JTT9)

*To learn more, visit us
at minarysdreamalliance.org*

Caroline County Family YMCA/Maryland
Coalition of Families

Bi-weekly virtual meetings

Youth guiding the group

Open to any student on the mid-shore 12-17
years of age



Sumner Hall: History



Washington College



Podcast Studio

HIP HOP TIME CAPSULE

PAID INTERNSHIPS FOR HIGH SCHOOLERS
FROM JUNE 28 - JULY 23, 2021

G. Washington
WASHINGTON COLLEGE

DT 770 ST

Chesapeake Heartland: Gardening





Sultana Education Foundation



Trailblazing Women & Girls

