**October 20, 2017**

**CT AHEAD Meeting Minutes**

**15 members in attendance**

Terry called meeting to order at 9:11am.

Terry introduced all board members:

Laura Patey, Sam Kusiak, Elisabeth Morel

Introduced Lauri DiGalbo as the speaker for the day.

Presentation by Lauri DiGalbo discussed self-care and fatigue in the field of disability services.

Compassion Fatigue-

* Providers are extremely busy.
* How do you maintain a hopeful status and how to do we give that to our students?
* Hopefulness – What generates a hopeful attitude?
* How do we deal with compassion fatigue?
* Hope
  + Outcome driven hope:
  + Process Driven Hope:
* Administrators wanted to be involved in work that is rewording.
* Student’s prior experiences impacts their level of hopefulness. Our own helpfulness is reflected towards students and their hopefulness comes back to us.
* Vicarious Trauma- traumatized by what we hear when meeting with students
  + The more students you see back-to-back without a break, the less time you have to recover from hearing their trauma
* Hope is reciprocal
* Growth Mindset – believe in the untapped knowledge
* World view is genetic. It also reflects our hopefulness. If you are half empty your helpfulness goes away quickly. Half full you can tolerate more.
* Need to take care of ourselves:
  + Externally mediated: Nutrition, sleep and exercise.
  + To take care of yourself, you need to have self-knowledgeable. What makes you happy?
* What we think makes us happy: Money, climate, life events, marriage, and children.
* What makes us happy: Experiences, behavior, spiritual sense, age, nature, world view
* Three components of happiness:
  + Meaning, engagement/anticipation and pleasure

Round Table:

* Anxiety in New York Times
  + Sitting with someone’s else anxiety
  + Anxiety we are seeing is not disability related but rather poor coping skills
  + K-12 is writing IEP/504 for school anxiety, but does not qualify for support in college.
* Jobs and need ESA’s
  + BRS seeing increase in students requesting ESAs on the job. Discussed ESA vs. Service Animals. ESAs are for housing.
  + Discussion around American Psychological Association not endorsing licensed providers writing documentation about the need of ESAs. They are indicating possible ethics violation.
* Exams:
  + Examsoft – Allows users to lock down the computer and have access to only allowed technologies.
  + Exam Scheduling – Discussion around how offices are managing increase in exam proctoring demands.

Meeting adjourned: 11:40am

Respectfully Submitted,

Elisabeth Werling Morel

CT AHEAD Secretary