

GOVERNMENT OF THE DISTRICT OF COLUMBIA



**Interagency Council on Homelessness (ICH)
Strategic Planning Committee Notes**

Tuesday, November 24, 2020
2:30 to 4:00 p.m. by Webex

Kristy	Greenwalt	ICH
Kimberly	Waller	ICH
Kelly	Sweeney McShane	Community of Hope, Co-Chair
Aaron	Ford	ICH
Adam	Rocap	Miriam's Kitchen
Andrea	Scallon	Miriam's Kitchen
Bill	Kuennen	DHS
Cathy	Solomon	N Street Village
Gary	Maring	N Street Village
Jamey	Burden	Community of Hope
Jamy	Drapeza	
Jennifer	McLaughlin	
Johnathon	Davis	DHS
June	Crenshaw	
Karen	Cunningham	Everyone Home DC
Kate	Coventry	DCFPI
Kristine	Thompson	Calvary Women's Services
Kwasi	Apraku-Gyau	
Lexie	Smith	
Lindsay	Curtin	ICH
Melissa	Millar	Community of Hope
Nechama	Masliansky	SOME
Patrice	Guyton	
Reginald	Black	Street sense
Robert	Warren	
Shenandoah	Gale	N Street Village
Tom	Fredericksen	TCP
Wes	Heppler	WLC
Sharlene	Castle	Jaydot
Tiffany		

- Updates to Homeward DC 2.0 – Kristy Greenwalt reviewed the process to date for Homeward DC 2.0 and next steps. There was then a conversation about the vision statement and whether/how to more clearly name racial inequities as well as intersectionality. There were several suggestions and there was agreement, based on a poll, on adding language around “eliminating racial inequities and creating systemic fair treatment of all persons.” Kelly also brought up the question of adding language around specific health needs for people experiencing homelessness in the light of COVID. There were no specific suggestions on action items but there was acknowledgement of the need. There were no further suggested changes. Based on a poll, everyone agreed that it was ready to move to the Executive Committee.
- Metrics that will be pulled for system outcomes – Kristy Greenwalt then reviewed the metrics that we proposed to pull and look at in January to track progress in the plan. Tom then reviewed additional metrics that the Community Partnership will pull. There was some conversation about various metrics and possible ones to add, but everyone agreed this was a good list.
- Updates
 - DHS staffing updates – Bill Kuennen shared that DHS is adding two new staff members – Jonathan Davis as the new Deputy Administrator and Dallas Williams will be staying as a senior policy advisor role. Rachelle Pierre will be joining DHS as the FSA Administrator
 - Co-Chair conversation – Kristy shared that ICH is soliciting Co-Chairs across all of the committees. Kelly shared about the time commitment involved and that she encourages people to express interest in the leadership role and is happy to plan for a transition. There is a google form out if you are interested in serving in a leadership role. It can be found here: <https://forms.gle/4ZB6biKVUQ1yQYUD9>
 - Other announcements – Nechama Masliansky shared an announcement that an informal group of providers has been meeting weekly and they have identified free webinars on self-care. Information is below.

Please share with all staff, a choice of two days and times for free webinars to promote well-being. The webinars will offer tools for coping with COVID as a grief experience.

Title: COVID as a Grief Experience (Homeless Service Providers)

Trainer: Wendt Center on Loss & Healing

Dates/Times:

Tuesday, December 8, 2020, 10:00AM – 11:00AM

Thursday, December 10, 2020, 2:00PM – 3:00PM

Eventbrite Link (both dates/times included in link):

<https://www.eventbrite.com/e/covid-as-a-grief-experience-homeless-service-providers-registration-129081222411>

Description: The impact of the COVID-19 pandemic is being felt throughout our lives. Physical health, emotional well-being, economic security, social connections and spiritual life are all affected. People are having varied reactions and responses including increased anxiety, isolation, anger and sadness as we learn to exist within this new context. The uncertainty of the intensity and duration of this crisis can exacerbate underlying conditions or unhealthy coping techniques. This workshop will frame the pandemic as a grief experience, discuss grief responses, and provide realistic strategies to sustain yourself in the face of grief and trauma exposure.

Please share widely with your staff and with staff of any provider organization in DC.

Workshops devoted to helping staff members maintain physical health. Nechama

Dates and times:

Wednesday, December 9, at 4 pm

Wednesday, December 16, at 4 pm

Via Zoom [link to be announced]

Topic: Maintaining physical health during COVID

Provider: Daniel Soler, PT, DPT, OCS, AIB-VR, CMTPT, FSOAE; Clinic Director, Pivot Physical Therapy

Below is a summary of what will be discussed in the Webinar:

- Movements and Wellness
 - Relation to Mental Health/Energy Levels
 - Appropriate levels of exercise for maintaining good health
 - General Wellness review - nutrition/diet
 - Sleep hygiene
- Principles of Movement
 - Flexibility/Mobility
 - Endurance
 - Strength
 - Balance
 - Posture
- Using modalities like heat, ice, or over the counter remedies to help with general aches
- Ergonomics of Home and Work Set Up

The two webinars are identical, so staff can choose the date that works for them.