

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 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