



**COMMUNITY DEVELOPMENT ADVISORY
COMMITTEE
March 12, 2019
MINUTES**

Members Present

Dan Witcher, Chairman
Ron Crockett
Todd Dolehanty
Spence Flagg
Ella Kane
Chase Mitchell
Vernon Perry
Marjorie Tester
Steve Willinger

Members Absent

None

Others Present

Mayor Feierabend, Guest Speaker
Lindsey Muller, AmeriCorps / ARCH
Christina Blevins, Staff

I. Call to Order & Roll Call:

The Community Development Advisory Committee (CDAC) meeting was called to order on March 12, 2019, at 5:30 p.m. at the City Hall Annex by Chairman Dan Witcher. Dan noted that we did have a quorum for tonight's meeting.

Christina Blevins noted the members present/absent above.

II. Approval of Minutes, February 12, 2019 Meeting:

Dan Witcher asked for any changes or corrections to the minutes. Ella Kane made a motion to approve the February 12, 2019 meeting minutes as written, Steve Willinger seconded the motion, and all present were in favor.

III. Guest Speaker – Mayor Margaret Feierabend, Trauma Informed Care

Dan welcomed Mayor Feierabend as presenter. Mayor Feierabend said she was thrilled to be with the committee and praised the committee for the work they do for Bristol.

Mayor Feierabend mentioned to the committee that the PowerPoint she was using was made from multiple trainings and a six hour workshop, the committee is getting a small amount of the information on Trauma Informed Care (TIC) and Adverse Childhood Experiences (ACE). She then asked the committee how many knew about TIC and ACE's, about half the committee raised their hands. Mayor said she hadn't heard about them until four years ago and then she

started hearing about TIC and ACE's all the time. Mayor noted that she hoped the committee was able to view the video that was shared from TED Talk, the video is Dr. Nadine Burke Harris discussing a Kaiser Permanente study from the late 90's with over 17,000 participants. Dr. Harris heard about the study around 2008 and now, 20 years later, we're discussing and responding to it. The study focuses on Adverse Childhood Experience, and the brain science information around how the brain develops. Neurons form to change the wiring in brains which is called disrupted neuro-development the Mayor noted. Traumatic experience including abuse or neglect, homelessness and extreme poverty all can lead to higher chances of cancer, heart disease on top of behavioral disorders such as alcoholism, addiction, substance abuse, and so much more. Mayor Feierabend stated that the study clearly shows that the more adverse experience a participant had, the more likely they were to be effected later in life. She noted that a majority of participants in the study were white, college-educated folks showing that this is not just a poverty thing, this study relates that everyone, no matter you color or education, can be affected.

Mayor then discussed the ACE score sheet, a resiliency score, and how most people who have high ACE score have a low resiliency score. She also discussed the different types of stress (positive, tolerable and toxic). ACE's are toxic stress, particularly in youth, sometimes even before children have memories, adding that stress earlier in development is harder to recover from. If children are living in a home subject to ongoing, toxic stress, we can mitigate the effects of these ACEs by having a trauma-responsive community. The Mayor continued by discussing empathy and understanding what makes people who they are. We all need to work to create a community environment where we understand ACE's and TIC and how to reduce the dose of adversity and create a more peaceful, less stressful environment.. Mayor Feierabend reviewed treatment options and applauded Johnson City, TN as becoming a Trauma-Informed community and talked about Becky Haas and her role with the Johnson City Police Department, now Becky is with Ballard Health promoting TIC in the region and beyond. Mayor added that the Bristol, TN Police Department has gone through trainings on TIC. The Mayor also shared with the group two movies to continue their understanding; "Paper Tigers" and "Healing Neen." Lastly, she finished her presentation with thoughts on Empathy and not sympathy and that healing does happen with help.

The committee discussed the struggles with ACE's in adults, lack of funding for mental health care in our community and forming relationships to help those who need them.

Dan thanked the Mayor for her time and presentation to the committee.

IV. Old Business:

CDBG & HOME Consortium Project Update - Christina presented the February 2019 monthly report for both CDBG and HOME projects. She pointed out highlights from the report including reviewing the list of new prospects for emergency repairs. Christina noted that a bid was awarded for an emergency roof project at 1408 Broad Street. She continues to work to rectify a 2015 Administrative issue with HUD and plans to have the issue resolved this month. Christina added that she started working on the Environmental Review of a three- year planned sidewalk improvement project. The project will include approximately 15,000 feet of new and reconstructed sidewalks and the addition of new ADA curb ramps and five foot sidewalks for ADA compliance. The Census Tract is 428.02/Block Group 4 – it incorporates Pennsylvania Avenue and the surrounding area.

CDAC asked how the sidewalk project was selected for that particular area. Christina stated that

the funds have to be used in low-income census tracts within the City and that this section of town has needed new sidewalks for some time now. This is an area that was identified early on in the sidewalk project discussion. She also added the Environmental Review is for this Census Tract, not every low-income Census Tract in the City. Mayor Feierabend added that the City also received several Safe Routes to Schools grants, funding sidewalks around schools and the City has been focusing around the Fairmont Area. This sidewalks project will tie in with the Safe Routes to Schools project and have a larger impact on the area. She also added that the City is trying to complete sidewalks in areas before moving to another section. Mayor Feierabend also noted that Council has approved grant funding for new sidewalks on Cedar Avenue to Virginia Avenue. Lea Powers and Mayor Feierabend also pushed for Lavender Lane on Bluff City Highway down to Tennessee High. Mayor Feierabend also discussed that the City is getting ready to be assessed for ADA compliance.

2019 HUD Draft Action Plan / FY 20 City Budget – Christina presented an early draft of the 2019 Action Plan and her budget projects for FY 19 and FY 20 for the committee to review. She noted that the numbers presented are based on the 2018 HUD grant award. The draft Action Plan projects for CDBG include Rehab/Reconstruction, Demolition and Clearance, YWCA (Public Service), Sidewalks and Administration. The HOME Consortium will use funding for Rehab/Reconstruction and Home Ownership projects. Christina said that the numbers do fluctuate daily. She also discussed the Timeliness Test with HUD, it applies to the CDBG grant but not to the HOME grant.

Christina invited the group to the City Council meeting on April 2, 2019, 7:00 p.m., as she will be giving a brief presentation to Council and will have a public hearing for the Draft one-year Action Plan. Christina added that April is National Fair Housing Month and April 22-26, 2019 is National Community Development Week. She is also working towards getting Mayoral Proclamations from Council.

CDAC Terms & Recruitment – Christina wishes to make Dan, Ella, Steve and Marjorie aware that their CDAC term ends on April 30, 2019. She noted that if they would like to continue to serve, they will need to reapply and be appointed again by Council in May. Mayor Feierabend also added that the deadline to apply is the end of April. Dan stated that if members don't wish to serve again to please help the committee find good replacements.

Mayor Feierabend showed her appreciation for the committee and the approval process of the Neighborhood Grant program with the City (Haynesfield Community Garden).

V. New Business:

None

VI. Other Matters:

None

VII. Announcements & Adjournment:

Christina mentioned the upcoming Poverty Simulation and asked the group to sign up ASAP if they wished to participate.

Mayor Feierabend discussed some community issues including storm water drains and Forrest Hills recent issue with a homeless person.

Christina reminded the group that the next meeting is a field trip to hear some inspiring stories from some of the past grant recipients.

There being no further business, the meeting was adjourned at 6:30 p.m.

The next meeting is scheduled for April 9, 2019.

APPROVED:



Dan Witcher, Chair

Christina Blevins
Christina Blevins, Recorder