

TSR Retreat April 13, 2005

1. INTRODUCTIONS: To get to know each other and begin setting the tone for the retreat, participants were asked to say something about who they are professionally, one word that represents their motivation to be an activist and their hopes for the day.
Participants included: MFTs, a paralegal-MFT intern, school psychologist, child psychiatrist, LCSWs, administrator and outreach consultant; who find energy to be activists as savior, sugar plum fairy, sacred clown, poet, writer, mother, environmentalist, loving warrior, with courage, oneness/connection, action and movement.

Hopes for the day included: Finding clarity about what to put energy into, shopping for involvement, is this the group I want to invest my energy in? shopping for help with projects, connection as therapists, finding what unique contribution TSR can make, see TSR flourish, define an action plan so I can do something, clarify role definition, mission, goals, and focus.

2. BRAINSTORM: To get creative energy flowing and to begin defining goals for the coming year the group was asked to recall what TSR has accomplished thus far. Activities were recorded under four categories (*indicates works-in-progress):

Advocacy and Outreach:

Letters to the editor and article for *Tikkum* Magazine
Speaking engagements*, e.g. CSUS and local chapter of the Ca. Society for Clinical Social Work
MoveOn.org
IWPRG dedication
Developed TSR Trifold*

Working with Coalitions: (this includes things like signing on as supporting other groups' efforts or providing volunteers for events such as Eyes Wide Open):

Physicians for Social Responsibility, Grandmothers for Peace, ACLU, Peace Action, CSCSW, TPJ – Bay Area, Firearms Coalition, Psychologists for Social Responsibility, Town Hall Meeting (Unitarian Church), Earth Day Sacramento, WIFPF, We the Media, International Rose Garden, Eyes Wide Open Project

Providing Group Support and Developing TSR Organization:

Monthly meetings have included: group sharing and support including discussion about both political and clinical issues, CEUs, information about activities in the community, great food, opportunity for networking, guest presentations, decision making about group goals and organization, opportunities to work on projects, quiet time for reflection and meditation.

Email list: keeps interested persons informed about TSR and community activities as well as national grassroots efforts, articles and information about issues, provides a

low impact way for people who aren't coming to meetings to stay in contact, serves as a communication tool for steering committee members to make decisions/have input on issues between meetings.

Special Projects:

Patriot Act educational effort with the BBSE* and passing of city council resolution
Health and Welfare leaflet on toys*
Symposium, DVDs and CDs*
List of Recommended Books*

3. EVALUATION AND CLARIFICATION of ideas generated in the brainstorm focused into two categories: group organization and goals for 2005-2006. It was agreed that the ideas generated would be sent to the steering committee and the May monthly meeting for further discussion and approval.

A. Organization: The following questions about organization were discussed.

What is our relationship to Sac-PSR? TSR is an affiliate group of PSR which means that we can operate under the umbrella of their non-profit status, donations are tax-deductible and we must abide by the rules governing non-profits, i.e. our activities must be educational not partisan political advocacy. TSR funds are held in the PSR bank account and managed by their treasurer.

Questions to clarify: Do we want a Memorandum of Understanding (MOU) to formalize this relationship? When a TSR member contributes \$50 (\$25 for TSR, \$25 for PSR) what's the split between PSR national and local? Is this a one time split or yearly? Should TSR have a person designated as treasurer to be the liaison with the PSR treasurer who would make regular reports on funds?

What does TSR organization look like? We conceptualized TSR in two concentric circles. The inner circle represents the active core made up of those who attend monthly meetings, the steering committee and other committees formed to work on specific projects. The outer circle represents everyone on the email list, which is over 100. It was noted that email communication is often a way of creating opportunities for volunteers to move from the outer, less active circle into the active core.

How are decisions made? The difficulty of using the monthly meetings where the participants often change from month to month for decision-making was discussed. More action-oriented agendas might help and the steering committee will continue to make between meeting decisions. It was suggested that the membership of the steering committee be reviewed. An electronic suggestion box was suggested as well as using email for general input from members. Forwarding replies to all of the steering committee members could help spread leadership around.

Roles: Currently defined roles include: Shauna – TSR coordinator, Elizabeth – CEU coordinator, Carolyn – meeting recorder. Other roles that have rotated or could be useful are: meeting facilitator, greeter, food provider, timekeeper, group memory recorder, mood/process monitor, closer, treasurer.

Committees: It was agreed that developing a committee structure would be helpful either as ongoing, e.g. clinical enrichment committee, and/or for special activities, e.g. symposium committees.

Agendas and Meeting Structure: Ideally agendas for monthly meetings will primarily evolve from the previous month's meeting to maintain the thread of decisions that are made from month to month and to keep agendas lean and efficient. This can be done at the end of each meeting, articulating what will be followed up at the next meeting. New ideas can always be added as the group sees fit.

How do we define TSR Membership? As TSR grows it was agreed that having a way to define membership and having funds available for projects would be beneficial. It was suggested that membership be accompanied by a suggested voluntary contribution of \$25. More work needs to be done to clarify benefits of membership, how to keep track of membership renewals, sending acknowledgments and maintaining the database. (another role? Membership Chair)

B. PROJECTS GOALS: the following projects for 2005 – 2006 are recommended by the retreat participants:

Fall Symposium with PSR – Oct. 22, 2005
Continue work of the *Therapists Speak Out* anthology
Develop and distribute informational leaflets
Complete revisions of the TSR trifold
Continue speaking engagements in the community
Review the mission statement
Participate in the IWPRose Garden project
Explore interest for a committee to work on a video short
Implement the organizational refinements discussed above