



# The Attachment Network

OF NORTH CAROLINA

11/17/2023

# AGENDA 11/17/2023

<b>Welcome &amp; Grounding</b>	Susanne Walker Wilson	10 mins
<b>Group Check-In</b>	Carine Kelleher	35 mins
<b>Dispatch from October Retreat</b>	Karen Burns, Evette Horton	30 mins
<b>Announcements</b>		10 min

# GLIMMERS

- The concept of *glimmers* was coined by Deb Dana, a psychotherapist specializing in complex trauma.
- ***Glimmers*** are the micro moments, situations or feelings in your day that spark a sense of joy, happiness, positively and wellbeing, even if momentarily.
- ***Glimmers*** are the opposite of triggers.
- ***Glimmers*** tell your nervous system that you are safe and well in the world.
- [Gimmer Slide Show Linked Here](#)

## IN BREAKOUT ROOMS

- What is lifting you up these days?
- What is weighing you down?
- How do you want to be nurtured or supported by this group specifically?

PLEASE  
THE W...  
CLEAN AFTER EACH USE  
with wet wipes

- Be intentional about naming it  
- One of us in each breakout room  
"coming back home to each other"  
predictability of some BOGS & some  
facilitators.

# ATTACHMENT

people could submit cases & challenges ahead of time.

Network of NC  
- Share a case - what could we do to  
- PUTTING KNOWLEDGE INTO ACTION

Professional Development  
↑ Knowledge  
data blitz  
- modeling vulnerability  
- active/interactive learning

collecting data for advocacy.

Advocacy & Systems Change  
Resistance/Shift

Strong stories are also "data" reports need them

offer challenge stories (deidentified)

## KNOWING & LEARNING

← can we <sup>at</sup> BRIDGE supervision & holding inside Network calls/spaces (not necessarily clinical)

To Do: cultivating & curating success stories of attachment, prevention, repair

- just being a model + reminder of an alternative to "behavioral" models.

- invitation to reimagine the systems (challenging the current healthcare models)  
WHOLE FAMILY WORK

→ challenges attachment-informed ways

\* we need a medical record for the relationship

Space for Healing of Attachment Wounds  
□ Reflection on REPAIR in our circles.

CREATE A POLICY INSTRUCTION #/one-pager for bureaucrats who just don't know(yet) put \$\$\$ for this

BE MORE EXPERIENTIAL in our meetings

Attachment-informed "Audit" ← (collaborate w/ other Attachment networks on this)

## brainstorming topics

→ cosponsor events (ex: # first support community change).

## Partnerships in the greater landscape

## COLLABORATING

- NCIMHA (birth to 5)
- NC PALS (pediatric, behavioral, algorithmic)
- NC Matters (perinatal/parent focused)
- Circle Together
- NC Child- Early Well Initiative

Coastal Horizons Center for Child & Family Health

We are not just 0-5

Horizon - proof of concept

focus on the caregiver

Perinatal Health Equity Collective

low bar for engagement ALL are welcome (when you choose)

Institute of Medicine (Early Relationships)

focus on the (any) dyad  
RELATIONSHIP FOCUS

breaking down silos

## Nurture & Inspiration (connecting providers + leaders) BEING

Reflective Supervision + Consultation addressing/responding to loneliness/silos

- Support providers of any kind in NC to meet their clients + systems in (& leaders)
- Be the 'hands' for clinicians across the state.

To Do: use breakout rooms to experience RSC

## Being

- Connect and support providers who use an attachment lens, especially for those who are siloed

## Knowing & Growing

- Collecting, curating, and sharing compelling stories of attachment successes and challenges

## Advocacy

- Coming in front and behind as a reminder that programs based in secure attachment instead of defaulting to behaviorism

# WHAT WE KNOW

Our scope is beyond  
early childhood

We support caregivers  
AND children

Low bar + big table

By existing, we're  
resisting – we  
challenge models of  
care that don't serve  
the dyad

We value experiential  
learning

We want to build  
bridges

We need space to  
name how current  
systems aren't working

## Being

- Be more mindfully nurturing
- More experiential, thoughtful time together in small groups

## Knowing & Growing

- Case discussion and collaboration
- Continue to host speakers
- Continue data blitz

## Advocacy

- Consider opportunities for collective impact (policy, auditing, outreach?)



# ANNOUNCEMENTS



## SAVE THE DATE

**Next meeting:**

**Friday, January 19, 2023 @ 1pm**

[attachmentnetworknc.org/](http://attachmentnetworknc.org/)