City of Chicago
DISTRICT COUNCIL # 010
COMMUNITY COMMISSION FOR PUBLIC SAFETY AND ACCOUNTABILITY

MEETING MINUTES

MEETING TYPE: ☒ Regular ☐ Special ☐ Closed
MEETING DATE: 4/10/2025
MEETING LOCATION & ADDRESS: Instituto 2520 S. Western
MEETING START TIME: 6:46 pm

Attendance & Quorum
OMA Meeting cannot take place without 2 out of 3 members present in-person.

District Council Member Name	Attendance
Chair: Kiisha Smith	Present: ☒ Remote: ☐ Absent: ☐
Nominating Committted: Elianne Behena	Present: ☐ Remote: ☐ Absent: ☒
Community Engagement: Rosemarie Dominguez	Present: ☒ Remote: ☐ Absent: ☐

Quorum (2 out of 3 Members): Yes: ☒ No: ☐

Public Comment

No public comment.

Approval of Minutes

Minutes are approved by the second regular meeting after they are taken.
Approved minutes are posted online within 10 days after approval.

District Council members tabled meeting minutes until next meeting on 5/9/2025.

District Council Member Updates

No updates.

Discussions

Workshop Purpose
To create an honest, open, and supportive environment for professionals working with children. The goal is to provide practical skills that help children feel safe during challenging family changes, with a strong emphasis on honesty.
Trauma-Informed Communication
Defined as a method that acknowledges the emotional impact of stressful events, prioritizing a safe and supportive environment for individuals.

Core Principles
Honesty Without Harm

Avoid: Lying, hiding information, or sugarcoating the truth.
Approach: Be clear, factual, and age-appropriate.
Example: Instead of saying "Everything's going to be okay," say, "The situation is very challenging, but we're working through it."
Active Listening and Validation

Active Listening: Pay full attention, maintain eye contact, and reflect back what is heard.
Example: "It sounds like you're feeling very lonely right now."
Avoid Minimizing: Refrain from statements like "It could be worse" or "It's not as bad."
Validation: Acknowledge feelings without necessarily agreeing.
Empathy vs. Sympathy:
Empathy: "I can see that you're really missing your dad right now."
Sympathy: "At least you still have your mom."
Self-Care

Importance: Protects both the individual and those they support.
Strategies: Take pauses when feeling triggered, practice deep breathing, and regulate emotions during conversations.
Modeling Behavior: Demonstrates to children the importance of taking moments to collect thoughts.
Communication Strategies
Age-Appropriate Language

Tailor explanations based on the child's developmental stage.
Be clear and honest about expectations and explanations.
If uncertain, it's acceptable to say, "I don't know."
Developmental Considerations

Ages 3 to 7:

Characteristics: Concrete thinkers, may blame themselves, thrive on routine.
Approaches: Use visual aids like drawings and pictures, reassure safety, maintain familiar routines.
Avoid: Abstract explanations and overwhelming details about legal processes.
Techniques: Encourage drawing to express emotions instead of verbal explanations.
Ages 8 and Up:

Characteristics: May be indirectly affected through social media and friendships.
Approaches: Address indirect impacts, facilitate open communication about their experiences and feelings.
General Strategies

Be clear and honest in all communications.
Reassure and validate feelings consistently.
Plan for open communication during crises.
Avoid overloading with too many details at once.

Votes

No votes.

Announcement of Next District Council Meeting

NEXT MEETING DATE: 5/9/2025

NEXT MEETING LOCATION (if available): 3147 W. Douglas

District Council ended the meeting at: 8:00 pm