

IAFN Minnesota chapter meeting January 19th, 2015

We started our meeting with **Kristi Jarvis** president reviewing the last year 2014.

Expansion of individual SANE's furthering their education **Paula Johns** is now a death investigator. **Chip Zakroczymski** has expanded into seeing victims of domestic abuse and children of abuse.

Ellen Johnson received the A.W.A.R.E. award. **Linda Walther** was nominated and won a service award.

A 90 minute presentation was taught on how to stay "sane" your first year as a S.A.N.E.

Linda Walther has also taken on the role with MNCASA to assure that there are forensic exams available to all persons across the state of Minnesota.

With the IAFN, we have **Carolyn Garcia** who represented us at the state level.

Kristi Jarvis has taken on a special role with the IAFN and that project will continue through the next two years.

There is a SAFE HARBOR program that is being put together in order to develop a state wide protocol for the state of Minnesota.

Ellen Johnson and **Chip Zakroczymski** just finished teaching the SANE course.

In 2014 there were roughly 20 pediatric patients and Ellen and Chip's programs both had 272 patients and included 2 suspect exams.

Chip Zakroczymski stated that 53 of their exams were domestic abuse and they did have a couple of elder abuse cases which dealt more with financial abuse than physical abuse. Chip states that elder abuse is tough to recognize.

Kristi Jarvis stated Forensic Nursing in Minnesota finally made the news. An interview has been turned into a story in the Pioneer Press. It also turned up with the forensic magazine and another magazine as well.

Chip Zakroczymski stated that the "Turning Boys into Men" initiative has also started across the state of Minnesota. An education program has started for mentoring boys. It has been mandated that all coaches have to take this education. It is being looked at to be taken into other states as well. This project has been 7 years to come to fruition.

Paula Johns had each member introduce him or herself. Bec Boroud has been with HCMC SARS program. Bec is serving on the Wright county SMART team. Bec thinks there are many ways to connect with the ER nursing peers and a lot of growth that can occur there.

Linda Walther is excited to mesh the SANE job with the MNCASA job. Linda has been with SANE for 8 years and recently has started with the Regions team. Linda would like to see how we can get more unified as a state.

Kristi Jarvis has been with Regions for 4 years and with HCMC for 1 year. Kristi just started as a consultant for IAFN and for the

Ellen Johnson has recently taken on the SANE role full time. Prior to that Ellen has been an ER nurse for many years. Ellen has also received the nurse of the year award with the March of Dimes.

Chip Zakroczymski has 30 years of ER experience and started forensics in 1998. In 2000, Chip started with Allina and Mercy hospitals. Chip was involved with MN CASA for many years but thought that someone needed to look out for the medical rights of patients as well as nurse examiners. That is why she decided to get involved in legislature.

Paula Johns in August of this year marks her 15th year as a forensic nurse. She started with SARS with HCMC and then came over to Regions. After leaving HCMC Paula worked for Chip's program. Paula has been working as a death investigator since June of last year.

Paula Johns touches on the perspectives as a SANE.

1. We need to be non-bias.
2. We need to be caring and compassionate as a nurse.

Empathy is the ability to experience the feelings of another person. It goes beyond sympathy which is the caring and consideration of others. They differ subtly in their emotional meaning. You can Google empathy vs. sympathy. This video is by Rena Brown on you tube.

Empathy is perspective taking, ability to stay without judgment, and the ability to connect with someone on a deeper level. Sympathy is when someone has shared something painful and vulnerable with us and we try to put a silver lining around it.

Suggested reading- "The Gift of Imperfection" by Rena Brown

Group exercise- talking about one of your personal highs and one of your lows.

Paula Johns met with individual members and we want to increase the attendance at our meetings.

February 26th we are going to be meeting with MCRC to discuss human vulnerability and human trafficking with teens. Laurel considers pediatrics to be anyone that is under 18. February 20th and 21st, there will be a clinical lab with Regions. April 24th the Minnesota chapter will be

holding a conference with the BCA from 8 a.m. until 5 p.m. On June 25th, we have plans to go to the Minneapolis Police department evidence room. In September, we are making plans for our MN chapter to work with the Wisconsin chapter and doing a conference in Au Claire.

Paula will be putting out a newsletter every other month. Paula did a book review and highlighter a different aspect of forensic nursing. Our title is the MN forensic chapter. We need to expand our horizons and make sure all feel included. Chip is part of the Anoka team and there is a conference being held in Anoka County.

It was decided at our December meeting that we are going to pay IAFN to maintain our website.

Doing more outreach in the community. Angela and Linda would like to go out to venues and speak. Chip and Ellen just had their course and some of us were able to help out with that training. Also, being able to partner us with other groups and reach out to those in the suburbs.

We are going to have meetings every other month this year. We want to be respectful of other and try to include as many as we can to be involved with our chapter.

Ellen introduced Carrie to us who came tonight to share her story.

Carrie shared her story about her brutal sexual assault by a stranger that occurred in June of 2005. Out of Carrie's trauma, she has found that her passion is nursing. She was an ER nurse in Philadelphia and became a SANE nurse there. She moved back to Minnesota and started in the ER at HCMC. She continued to have flash-backs after starting at HCMC. She had a flashback while in the trauma room and had to walk out. Some memories started coming and because of her EMDR training, she was able to control the memories.

Carrie states that she didn't tell anyone that she worked with what had happened to her. She only had a few friends who knew. Carrie had requested her medical chart to try to piece together what happened to her that night. Carrie states that her coping mechanisms are physical exercise and de-briefing with co-workers.

Carrie believes that being able to teach victims how to get control of their flash backs is key to their healing.

Kristi Jarvis discussed that there is a TV Show on TNT called Cold Case Sex Crimes that checks in monthly to see if there are any updates on Carrie's case. They will do so until their grant runs out.

The meeting adjourned with questions for Carrie about her experience.