

Meeting Minutes

Meeting: PTSD Awareness Meeting

Date: February 15, 2023

Time: 6:00 PM CST

Location: Virtual

Agenda:

Introductions

Presentation on Post-Traumatic Stress Disorder (PTSD)

Personal Testimony from Individual with PTSD

Expert Presentation on Diagnosis and Support

Discussion and Q&A

Next Steps and Action Items

Adjournment

Minutes:

Introductions:

The meeting began with a warm welcome to all participants.

Presentation on Post-Traumatic Stress Disorder (PTSD):

A presentation was given to provide an understanding of PTSD, its causes, and symptoms. The presentation aimed to raise awareness, reduce stigma, and promote understanding of the challenges faced by individuals with PTSD.

Personal Testimony from Individual with PTSD:

An individual with PTSD shared their personal experiences, offering valuable insights into their journey of coping with trauma. They discussed the impact of PTSD on their daily life, triggers, and the importance of support from others.

Expert Presentation on Diagnosis and Support:

An expert specializing in the diagnosis and support of individuals with PTSD delivered a comprehensive presentation. They discussed the diagnostic criteria, assessment methods, and various evidence-based treatments available for

managing PTSD symptoms. The emphasis was on creating a safe and supportive environment for individuals with PTSD.

Discussion and Q&A:

Participants engaged in an open discussion, sharing their thoughts, concerns, and asking questions related to PTSD. The conversation covered topics such as trauma-informed care, self-care strategies, and ways to promote resilience and healing. Participants also discussed the importance of destigmatizing PTSD and creating accessible mental health resources.

Next Steps and Action Items:

- It was decided to organize an awareness campaign to educate the community about PTSD and promote empathy and support for affected individuals.
- Participants volunteered to collaborate on creating educational materials and resources to be distributed in schools, healthcare settings, and community centers.
- Exploring partnerships with local mental health organizations and support groups to provide workshops and peer support for individuals with PTSD.
- Planning community events and fundraisers to raise funds for mental health services and programs.

Adjournment:

The meeting adjourned at 8:15 PM, with appreciation expressed to all attendees for their active engagement and commitment to raising awareness about PTSD.

Minutes recorded by Arnav Ghosh.