

LWVMC – Book Club – The Deepest Well
Report to Board of Directors
April 3, 2020

The League's April 2020 (postponed until September 2020 due to coronavirus epidemic) meeting topic is "Addressing the Effects of Childhood Adversity". In preparation for the presentation by our guest speaker, Gretchen Stewart, we read *The Deepest Well*, by Dr. Nadine Burke Harris. The book discussion was held online, using Zoom, on March 31, 2020 (12:30 – 2:00 PM).

Host/Facilitator: Sherri Dysart

Other Attendees:

Cindy Shotts

Diane McLean

Esther Rowland

Randy Lewis

Amelia Savinova

Pam Lau

Attendees were asked about their desire to read this book. Everyone had compelling stories about the effects of childhood adversity in their own lives and/or lives of those in their family.

Several attendees were teachers and spoke about the difficulties of teaching traumatized children.

There was robust discussion about the importance of the information contained in Dr. Harris' book. We wondered if the issue of "shame" has hindered broad acceptance of these concepts.

All attendees were in favor of continuing the conversation. Amy Davis will contact Amelia Savinova (and perhaps Randy Lewis) about leading future discussions, and possibly forming a study group. Amy also mentioned the survey distributed by Rep. Dan Griffey which included a question about addressing the issue of mental illness; there was great interest expressed in understanding the root causes of this issue in Mason County.

--Sherri Dysart