



Resilient Georgia Regional Grantee Athens Coalition Annual Report - Fall 2020

Table of Contents

<i>About the Resilient Georgia and Pittulloch Foundation Grants</i>	
<i>Coalition Mission</i>	
<i>Summary</i>	
<i>Leadership Team and Contributors</i>	
<i>Coalition Partners</i>	
<i>A Message from the Principal Investigator</i>	
<i>Key Impacts/Accomplishments</i>	
<i>Description of Trauma-Informed Care (TIC) and Adverse Childhood Experiences (ACES)- Related Efforts</i>	
<i>Prevention/Intervention</i>	
<i>Advocacy and Policy</i>	
<i>Research</i>	
<i>Training</i>	
<i>Other Efforts</i>	
<i>Innovative Partnerships</i>	
<i>Spotlight</i>	
<i>Inspired Action</i>	
<i>Income and Expenses/Financials</i>	



About the Resilient Georgia Regional Grants

In the fall of 2019, the Pittulloch Foundation and Resilient Georgia awarded two-year grants to four cities and the surrounding counties to provide a regional emphasis on trauma informed awareness, Adverse Childhood Experiences (ACEs) and child sexual abuse prevention training as a basis to transform systems and procedures crossing both public and private sectors.

Resilient Georgia is a not-for-profit established to work with public and private partners to design a unified vision and to create an integrated statewide birth through 26-year-old behavioral health system of care. Resilient Georgia serves as a supportive and guiding resource throughout each Region's planning and implementation process.

Coalition Mission

A trauma-informed behavioral health continuum of care is among the most urgent and important priorities for Athens-Clarke County and for the Northeast Georgia region. Four cornerstones of institutional support will ensure the stewardship and success of this funding to improve birth to 26 trauma-informed practices in the Northeast Georgia region: the Athens Area Community Foundation, Athens Wellbeing Project, Envision Athens, and the University of Georgia. These partners have adopted five main aims and multiple targeted populations, formulated to both align with both the priorities of Resilient Georgia and the unique needs of the area.



Summary

The Athens coalition focuses its evidence-based efforts on urban, suburban, and rural areas in the Northeast Georgia region, with five main aims:

Aim 1: Provide service providers with evidence-based training that builds capacity for youth aging out of juvenile justice services.

Aim 2: Incorporate trauma-informed care into the supportive services for people living in recovery and foster care families.

Aim 3: Provide trauma-informed training and capacity building to two-generation partners providing services to homeless and transitional youth.

Aim 4: Offer Screening Brief Intervention (federal, evidence-based training), and Referral to Treatment (SBIRT) and other related trainings to Emergency Departments, local indigent care clinics, and pediatric practices in Athens-Clarke and contiguous counties.

Aim 5: Engage in a community behavioral health needs assessment and utilize data to address critical gaps for Athens and the five contiguous counties with a focus on birth to 26 years of age.

The coalition, among several efforts, has conducted multiple trainings on trauma and secondary trauma, has begun to evaluate behavioral health utilization, outcomes, and needs in the Northeast Georgia region, and has supported training related to motivational interviewing approaches for patients with risky or dangerous patterns of substance use.



Leadership Team and Contributors

Sarah McKinney

President and CEO, Athens Area Community Foundation

Dr. Grace Bagwell Adams

UGA College of Public Health and Principal Investigator, Athens Wellbeing Project

Erin Barger

Project Manager, Envision Athens





Coalition Partners

- **Academic**

Dr. Amanda Abraham, UGA School of Public and International Affairs

Dr. Brian Bride, GSU Andrew Young School of Policy Studies

Dr. Diane Bales, UGA Family and Consumer Sciences Department

Dr. Justin Lavner, UGA Department of Psychology

Megan Bramlett, UGA College of Public Health

- **Community organizations**

Jacob Lambeck, Athens Area Community Foundation

John Morris, Envision Athens

Angela Higginson, Envision Athens

- **Public**

Jay Johnson, Athens-Clarke County Probation Services

- **Private**

Dr. Denice Crowe Clark, Sole to Soul Therapy & Consulting

- **Non-profit**

Thea Parlagreco, Goodwill of North Georgia

Heather Morrison, Goodwill of North Georgia

Alicia Battle, Goodwill of North Georgia

Anna Bearden, Chosen for Life Ministries

- **Other partners**

The hundreds of participants of our training events, representing all forms of organizations across the Northeast Georgia region and well beyond



A Message from the Principal Investigator

The work on this grant has been a game changer for our organization. The root of a community foundation should truly be our leadership throughout the communities we serve. Recognizing that much of what we fund is often the result of trauma in one's lifetime, often as a child, this grant has been a key way for us to step up, convene, and deploy what is needed to create a more trauma informed northeast Georgia. Also, testimony to this work, were the partnerships already in play here in Athens. As the key partner of the Athens Wellbeing Project, ready to serve this work was the University of Georgia and specifically Dr. Grace Bagwell Adams from the College of Public Health. Also, in place as a key community partner to design and implement the aims of this grant is our 20 year Envision Athens program and project manager, Erin Barger.

Using data from our Athens Wellbeing Project, we were able to quickly identify our (5) key aims for this original grant. Building on the key relationships of our Community Foundation and our partner Envision Athens, we were able to quickly help people understand why and participate in, a variety of activities related to this grant. Moving unexpectedly into the pandemic, we were then able to adjust staff resources to stay the course. In fact, I think we have done far more than we even expected.

We are so very thankful for the opportunity to steward this work, to learn more ourselves, and to connect others to the importance of being trauma informed. Thank you!

Let's see what is next!

Sarah McKinney
President & CEO
Athens Area Community Foundation



Key Impacts/Accomplishments

Trauma 101 and Secondary Stress Training – May 28, 2020

- Target Audience: Nonprofits and Community at Large
- Over 470 attendees

Trauma 101 and Secondary Stress Training Q&A Follow up – June 12, 2020

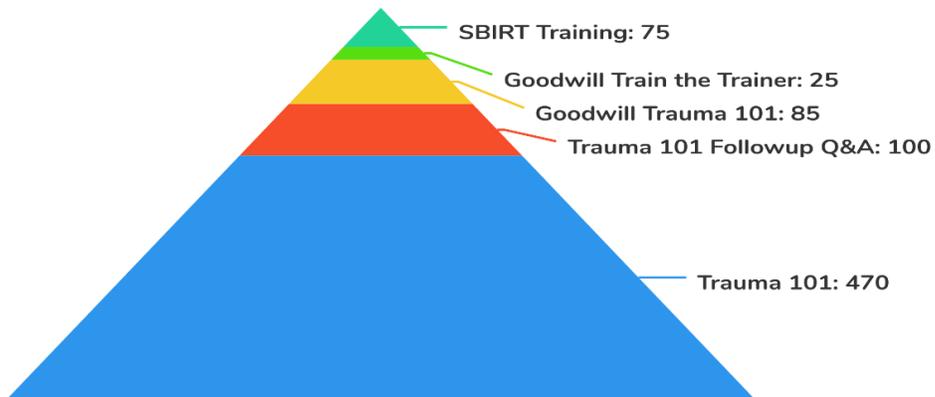
- Target Audience: Nonprofits and Community at Large

SBIRT Training Sessions – September 25, 2020

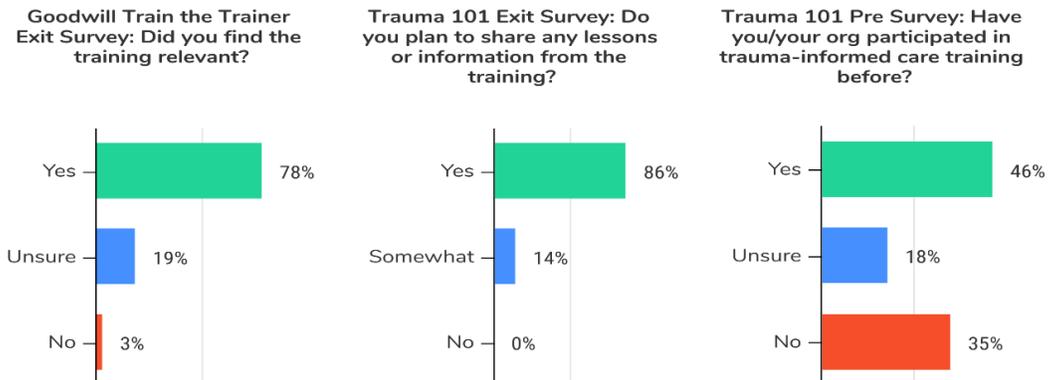
- Target Audience: RCO’s, Probation Officers, ER Hospital Staff, Social Workers, etc.
- Offered a duplicate, second session because of demand
- Over 75 trained between the two sessions



Training Event Attendees



A Snapshot of Trainee Feedback





Description of Trauma-Informed Care (TIC) and Adverse Childhood Experiences (ACES)- Related Efforts

The Athens Coalition, in reacting to the changes brought about by the COVID-19 pandemic, has focused much of its efforts over the past year on online events and offerings that play to its strengths. Leveraging its close connections with the University of Georgia and the strong research background of the Athens Wellbeing Project, the Athens Coalition has been able to make an effective and strong pivot in the face of unprecedented change. Athens has a plethora of nonprofit entities, and many of these entities regularly search for free or cost-effective training opportunities for their service provision and staff skills. The Coalition looks forward to focusing upon the aims that were less at the forefront of this year's work and, in doing so, building new partnerships and forging new opportunities for the growth and proliferation of trauma awareness and trauma-informed care.

Training

The Athens Coalition has offered a multitude of well-attended and highly lauded training opportunities in the past year.

Trauma 101 and Secondary Stress Training – May 28, 2020

- Target Audience: Nonprofits and Community at Large
- Over 470 attendees
- Pre/Post survey data collected

Trauma 101 and Secondary Stress Training Q&A Followup – June 12, 2020

- Target Audience: Nonprofits and Community at Large

Goodwill of North Georgia Trauma 101 Training – August 3, 2020

- Target Audience: Career Services Division
- Pre/post survey data collected

Goodwill of North Georgia Secondary Stress Training (Train the Trainer) – August 19, 2020

- Target Audience: Goodwill Case Managers
- Pre/Post survey data collected



Prevention/Intervention

SBIRT - Screening, Brief Intervention and Referral to Treatment (SBIRT), is a comprehensive, integrated, public health approach that leverages motivational interviewing techniques for the early identification of and intervention with patients whose patterns of alcohol and/or drug use put their health at risk. The Athens Coalition hosted two virtual SBIRT training sessions in collaboration with Dr. Denice Crowe Clark, owner of Sole to Soul Therapy & Consulting and Dr. Amanda Abraham and Dr. Justin Lavner from UGA. The training sessions were led by Dr. Denice Crowe Clarke is a licensed marriage & family therapist and member of the Motivational Interviewing Network of Trainers. These sessions were offered in combination with a free 3.5 CEU course through the University of Georgia.

SBIRT Training Morning Session – September 25, 2020

- Target Audience: RCO's, Probation Officers, ER Hospital Staff, Social Workers

SBIRT Training Afternoon Session – September 25, 2020

- Offered a duplicate, second session because of demand
- Over 75 trained between the two sessions
- Pre and Post survey data collected

A graphic with a teal background. On the left is a purple square with the word "SBIRT" in white. To the right, the text reads: "What is SBIRT? An evidence-based screening process that uses motivational interviewing to identify and intervene in dangerous or disordered drug and alcohol use".

SBIRT

What is SBIRT?
An evidence-based screening process that uses motivational interviewing to identify and intervene in dangerous or disordered drug and alcohol use

- ✓ **Screening**
- ✓ **Brief**
- ✓ **Intervention**
- ✓ **Referral to**
- ✓ **Treatment**





Advocacy and Policy

The Athens Coalition is not currently and directly engaged in policy strengthening or advocacy activities but is always considering new opportunities to forward its aims and forge partnerships.

Research

The Athens Coalition is using behavioral health indicator data from the Athens Wellbeing Project and secondary data indicators from all counties in the region in combination with a Community Behavioral Health Needs Assessment to better understand behavioral health utilization and outcomes, as well as the impact that COVID-19 has had upon the supply of behavioral health services. Dr. Grace Bagwell Adams, a UGA professor and lead investigator of the Athens Wellbeing Project, has headed this work.

Much of the work to understand demand-side (patient) behavioral health needs was carried out in 2018 and 2019 as part of the Athens Wellbeing Project data collection as well as the annual needs assessments conducted by both Athens area hospitals: Saint Mary's Hospital and Piedmont Athens Regional Medical Center. Dr. Bagwell Adams and her students were closely involved in the data collection efforts of both hospitals.

A needs assessment typically focuses on demand-side factors, but this Community Behavioral Health Needs Assessment will help to capture the supply-side needs of the community from the viewpoint of service providers. Funding and support for service providers is often gauged upon proven need, and it is suspected that COVID-19 has greatly impacted the ability of service providers to offer their services.

Pre and post survey data has also been collected from many of the Athens Coalition's training opportunities to better inform us of participant demographics, learning outcomes, what went well, and what did not.



Other Efforts

TBRI Training at Restoration Rome – October 2020

- Provided funding for two staff from Chosen for Life Ministries to attend and be trained in Trust-Based Relational Intervention.
- Chosen for Life is a faith-based nonprofit that provides training and support for adopted and foster care children and their families.
- This opportunity will provide a great deal of future train the trainer potential as both staff members will return both capable of and willing to being conducting their own TBRI training sessions.

Innovative Partnerships

Following the Trauma 101 training in March 2020, the Athens Area Community Foundation was approached by several representatives from Goodwill of North Georgia who has attended the training; they hoped to offer a similar training opportunity to some of their staff.

On August 3rd, the Athens Coalition convened a second, simplified Trauma 101 training for roughly 85 members of the workforce development staff of Goodwill of Northeast Georgia. This training was planned as the first of a two-part series. The training was again presented by Dr. Brian Bride, director of the School of Social Work at Georgia State University. It provided a ground-level introduction to trauma, its sources and effects, and some tips on how to implement this newfound trauma awareness in the workplace.

On August 19th a second training was offered to a cohort of 25 Goodwill Case Managers and other managerial staff which focused more heavily on secondary stress, identifying and managing the effects of secondary stress, working with traumatized individuals, and resilience. This session was intended to be a train the trainer opportunity, and the staff in attendance were expected to enact and disseminate what they learned at this training session with their clients, peers, and direct reports.



Opportunities and Future Goals

On February 18th, the Athens Coalition will be hosting the first of two planned Youth Mental Health First Aid training sessions in collaboration with Dr. Diane Bales and Dr. Courtney Brown with UGA. These trainings will be offered to 20 individuals in roles such as teachers, school counselors, and health and human service workers who interact with adolescents (age 12-18) who could be in crisis or are experiencing a mental health or substance use challenges. This opportunity will also include the opportunity to earn free CEU credit.

The Community Behavioral Health Needs Assessment will run until December 15th. We will begin analyzing results in January and hope to have a completed report on our findings by February. These metrics will prove invaluable informing out future action, but our hope is that the results can also be leveraged by area service providers to gain grant and funding support and by local governments to focus their own behavioral health support efforts.

The Athens Coalition is also exploring multiple future opportunities including:

- Offering free Crisis Resiliency Model (CRM) training in collaboration with the Georgia Nurses Association.
- Funding the purchase of Naloxone (Narcan) kits to be provided to area RCO's and other trained individuals. Narcan training in the area is abundant, but the supply of kits that can be provided in conjunction with these trainings is not always in pace with the amount of those who can be trained. These kits can and do save lives when deployed.
- Offering a series of TBRI trainings through the two members of Chosen for Life who were trained at Restoration Rome. This would allow our coalition to place greater focus upon our aims related to transitional youth, youth aging out of juvenile justice services, and youth in foster care.
- Building a website or landing page dedicated to educating the public about trauma, trauma-informed care, and the work that is being carried out through this grant. A site outline has already been developed.



- Creating of a 10-minute video in lieu of or to accompany this website. This video would be informational and focus upon the often unknown or unheard-of topics this grant hopes to address such as trauma, trauma-informed care, and community resilience. This video would be usable by all other grant partners and would be readily accessible to nonprofits, etc. as well.

Partnerships that we would like to begin or continue to develop include those with the Clarke County School District and area homeless service providers such as the Athens Area Homeless Shelter, Bigger Vision of Athens, and the Sparrow's Nest.



Spotlight

Originally envisioned as an in-person event, in response to the burgeoning Coronavirus pandemic, the event was moved into an online format out of concern for the safety of participants. On May 28, 2020, The Athens Area Community Foundation, in partnership with Envision Athens and the Athens Wellbeing Project, hosted a free three-hour online training on trauma-informed care called “Trauma 101: Providing Care to Yourself and Others from a Trauma-Informed Perspective.” The unforeseen transition to an online format allowed for significantly increased attendance and participation at a significantly reduced cost. 960 tickets were offered for the event which completely sold out. Roughly 470 individuals attended the event from across the region and far beyond. While participants largely came from the Northeast Georgia region, there was at least one participant from every continent except Antarctica!

The training was presented by Dr. Brian Bride, director of the School of Social Work at Georgia State University. It provided a ground-level introduction to trauma, its sources and effects, some basics of self-care, and delved deeply into the topic of secondary trauma. A recording of the entire training session can be found here:

<https://www.youtube.com/watch?v=acoSREdMdUU>

The training session was so popular that a coffee and conversation follow-up Q&A session was offered; approximately 100 were in attendance.





Inspired Action

The Athens Coalition is currently conducting a Community Behavioral Health Needs Assessment that will run until December 15th. **Any organizations and/or individuals that provide behavioral health services to patients in Northeast Georgia are invited to participate.** This survey is part of a supply-side needs assessment targeted at understanding the landscape of service providers, healthcare options, and treatment options for behavioral health in the Northeast Georgia region. Much of the work to understand demand-side (patient needs) was carried out in 2018 and 2019. This survey completely focuses on providers and their capacity for addressing the patient-level needs in our communities. You can access the survey by going to:

https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_cTLgUifXAIfsmqN

For further information please see **Appendix 1 Community Behavioral Health Needs Assessment.**

Income and Expenses/Financials

Please list all income and expenses. Do you receive funding from additional sources: Federal, State, Corporate, alternate Private Foundation, Other? If so, include that, along with any in-kind services pertaining to your match.

We encourage you to use charts, graphs or visuals to display your income and expenses in the main body of your report. Email Emily Anne Vall with any questions.

For detailed information please see **Appendix 2 2019-2020 Behavioral Health Grant Budget and Fund Statement.**

If there are indeed any remaining dollars in this calendar year from the 2019-2020 Behavioral Health Grant, we will grant leftovers to Chosen for Life for the follow up related to the potential opportunities created by way of the Restoration Rome TBRI train the trainer, as both staff members have returned capable of and willing to be conducting their own TBRI training sessions