Welcome to the Resilient Georgia General Meeting Regional Showcase

Building Resilient Futures: Youth Mental Health in Action

We will begin at 11:00am

Housekeeping:

- Please mute your microphone
- Contact athomas@resilientga.org if you experience technical issues
- Recording and slides will be available on the Resilient Georgia website
- We will be using Menti as an interactive tool. Scan the QR code with your phone and you will see the slides until it is time for an interactive activity

Instructions

Go to

www.menti.com

Enter the code

7774 2971

Or use QR code

Mentimeter

4

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Audrey Idaikkadar

Regional Program Director

Resilient Georgia

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Who We Are

We are building a collaborative Georgia.

Resilient Georgia is a statewide coalition of more than 900 public-private partners and stakeholders committed to building a more resilient, trauma-informed Georgia by preventing Adverse Childhood Experiences (ACEs) and promoting resilience.

Resilient GEORGIA

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How We Work

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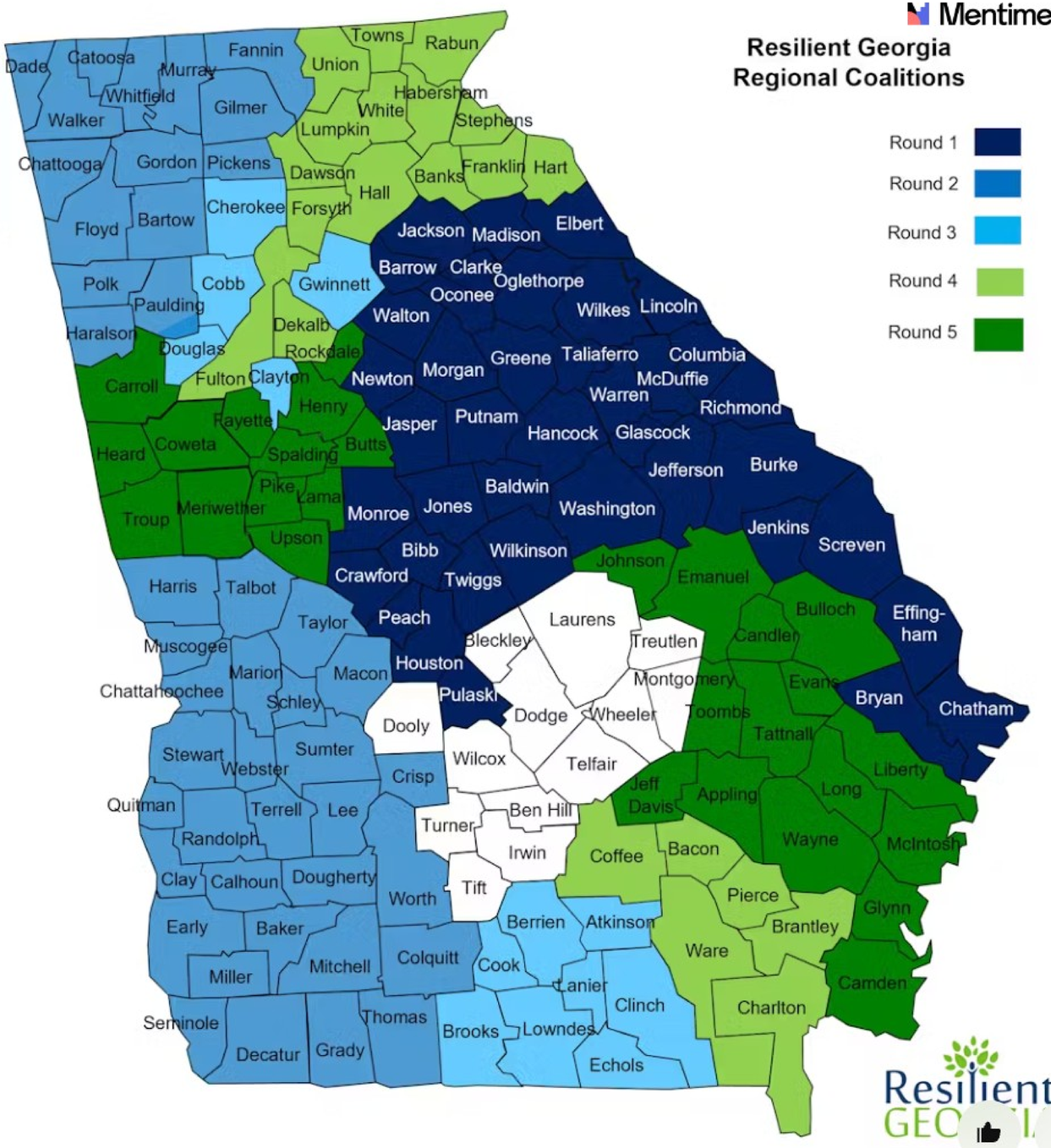
Nikki Warner

Regional Program Manager

Resilient Georgia

Regional Coalitions

- **19** coalitions
- **900+** community partners
- **146** out of Georgia's 159 counties
- **90%** of the state
- **2024 Regional Coalition Summary**:



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Alex English

Regional Senior Program Coordinator

Resilient Georgia

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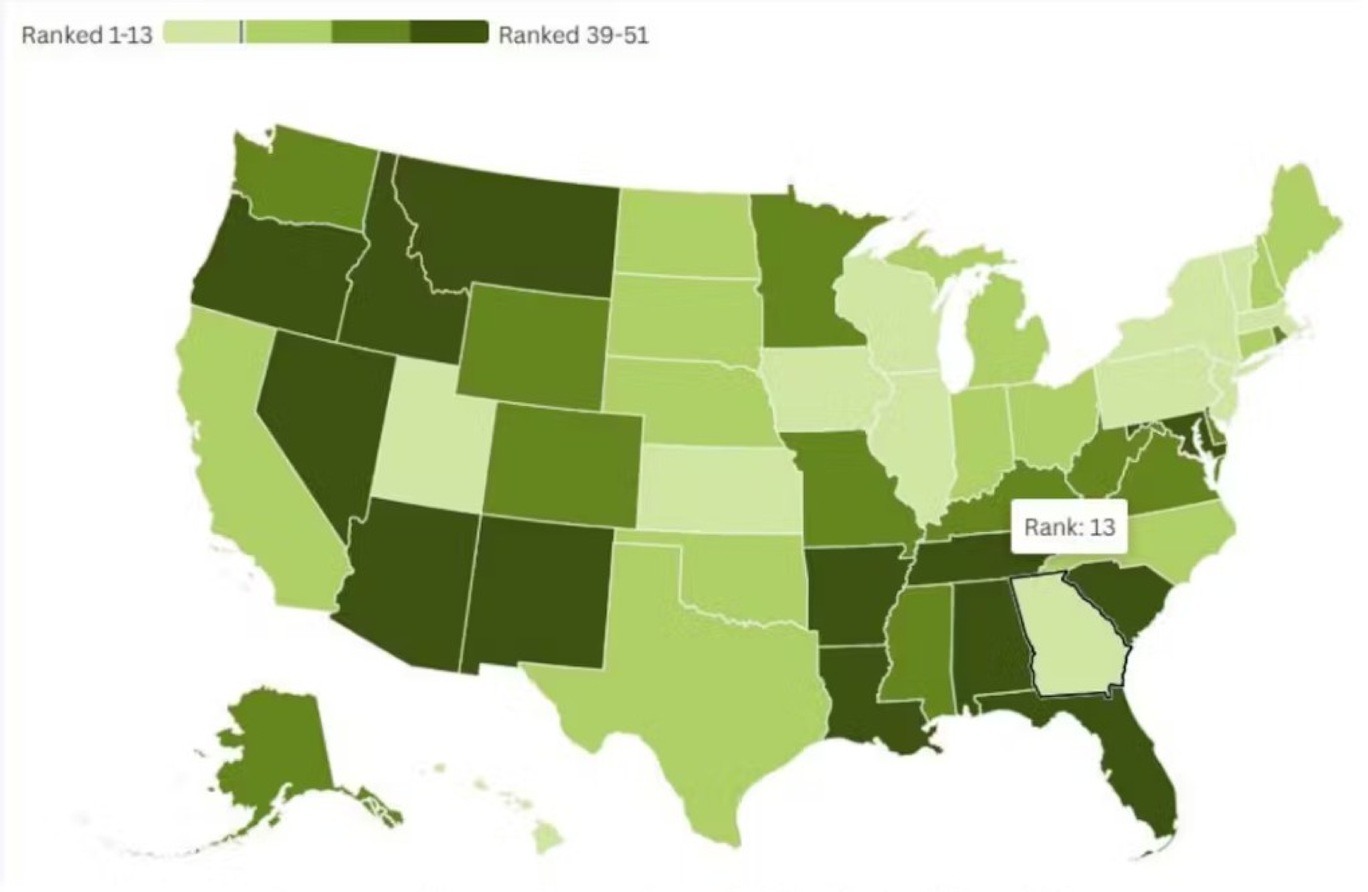
The State of Youth Mental Health in Georgia



Sources: Mental Health America Youth Ranking | U.S. Census 2021 Boundaries | summitpost.org

Access and Outcomes in Georgia Youth Mental Health

- 47% of youth ages 3 to 17 had difficulty getting the mental health treatment or counseling they needed in Georgia (Voices for Georgia's Children, 2025).
- 159,000 Georgia adolescents experience a major depressive episode each year (NAMI GA, 2025).
- 63% of children with identified mental health needs receive no treatment (Emory University, 2025).
- Suicide is the 2nd leading cause of death for Georgians ages 10–24, with a 35% increase over 5 years (DBHDD, 2024).

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REGIONAL COALITION SHOWCASE

Building Resilient Futures: Youth Mental Health in Action

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Stephanie Mann
Vice President, Strategy & Operations
Athens Area Community Foundation

Sherry Deakin
Coordinator
Madison County Family Connection

Anna Kate Robinson
Fall Fellow
Athens Area Community Foundation

Barrow, Clarke, Elbert, Greene, Jackson, Jasper, Madison, Morgan, Newton, Oconee, Oglethorpe, and Walton Counties

ATHENS AREA Community Foundation · GEORGIA family connection PARTNERSHIP · ATHENS WELLBEING PROJECT · RESILIENT NORTHEAST GEORGIA · Resilient GEORGIA

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Resilient Northeast Georgia Coalition

Sonya Hope
Georgia Family Connection
Region Five Manager

DR. GRACE BAGWELL ADAMS
Principal Investigator
Athens Wellbeing Project

SARAH MCKINNEY
President | CEO
Athens Area
Community Foundation

AWP 4.0 Report

This report presents findings from the Athens Wellbeing Project 4.0 across the five core domains of community life: Health, Housing, Education, Community Safety, and Civic Vitality. Each domain provides a window into the daily realities of Athens-Clarke County households, highlighting both the assets that strengthen our community and the challenges that persist across populations. By examining these domains together, we gain a fuller understanding of how structural conditions, access to resources, and lived experiences shape wellbeing.

VIEW FULL REPORT

GEORGIA family connection PARTNERSHIP

ATHENS WELLBEING PROJECT

ATHENS AREA Community Foundation

Partners & Initiatives

- Georgia Family Connection Partnership
  - Supporting collaborative efforts to increase awareness of ACEs and trauma birth to 26.
  - Looks different for every county!
- Regional and Statewide Partnerships
  - QPR on college campuses and Greek Life
- Trauma-Informed Communities Grant
  - Meeting critical community needs

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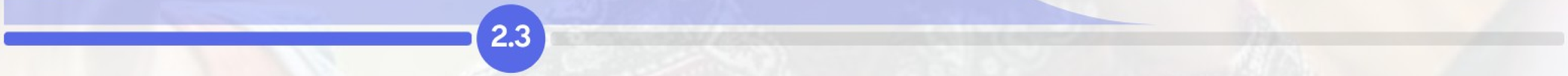
On a scale from 1-5...

How equipped do you feel your community is to currently support youth mental health?



Not Well Equipped

Well Equipped

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Madison County, GA: Hope Givers Live

Brought Hope Givers Live to the Teen Rock Block!

- 180 students attended
- 15 resource tables
- 15 prizes
- 100% plan to utilize a resource

HOPE GIVERS LIVE
MAY 3RD

Intro Song	Hey Ya by Outkast
Babacar asks to cut the lights and tells students to pull out their flashlights	Swag Surfin' by F.L.Y.
LT & Jordan Take The Stage • Light banter, Introduce Russell	Video: 'Floss Video'
Confidence, Self-Care and Positive Affirmations	Video: 'Confidence at Prom'
What is a trusted adult? • Highlight local resources	
External Mental Health Resources	Photo: 988 Crisis Line
Dance Contest • Gift Card Giveaway	Song: Crank Dat by Soulja Boy
Google Form + Pictures Throughout Event • Talent will hang out at Hope Givers booth through the resource fair	Photo: QR Code to Google Form

IMPORTANT: Runtime: 14m30s

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Youth Philanthropy & Fellowships

- Engaging Youth Leadership Programs throughout the region
  - Youth-driven decisions
  - Exposure to local resources
  - Encouragement to give back

- Community Foundation Fellowship
  - Trauma 101
  - Rabbit Book Club
  - Partner Engagement

Athens Area Community Foundation

YOUTH PHILANTHROPY

Presentation

Understanding philanthropy, what we have to give, and the power of community.

World Cafe

Listening to presentations by 3 local nonprofits to learn about their mission.

Student Generosity

Activity to individually, and collectively, decide which nonprofit they want to share their dollars with.

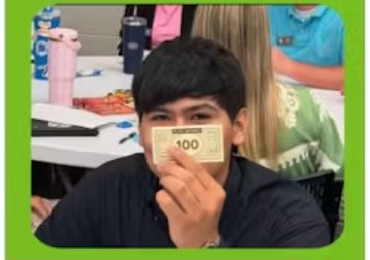
Real Impact

Funded by a donor with the Athens Area Community Foundation, real grants match the funding decisions made by students.

In Partnership

Developed in partnership with UGA's Leadership Dawgs program. Alumni from UGA, early in their career journeys, came together to design the presentation to engage the next generation in great generosity - with their time, talent, and treasure!

ATHENS AREA Community Foundation



"[I loved] earning about real non-profits in our community and how these organizations are making a difference. Actually making a contribution was icing on the cake!"
Student Leader from JCSS

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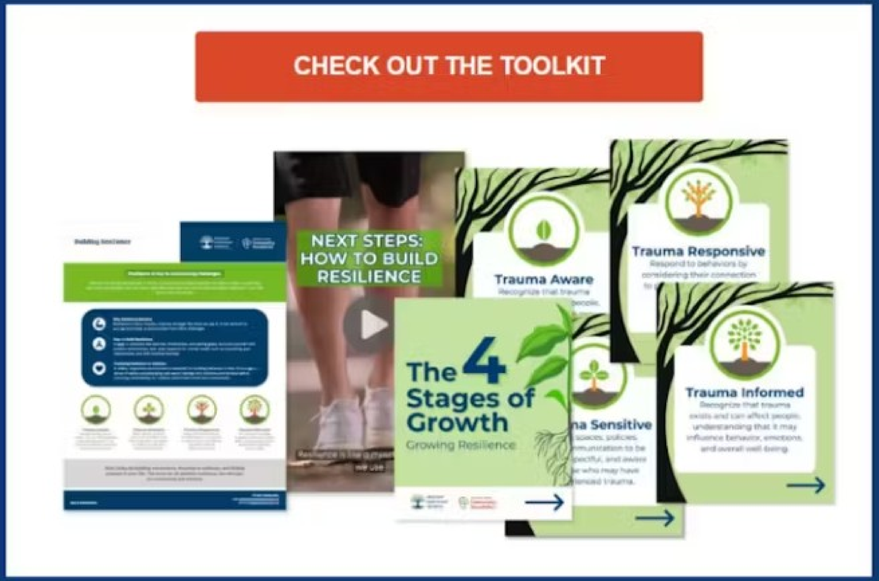
Stay Connected!

Learn more about our coalition

RNEGA Video

View Toolkit



Email us: info@athensareacf.org

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Christina Lennon
Chief Strategy & Innovation Officer
Wellroot Family Services

Jill Alexander
Reaching Teens Manager
Wellroot Family Services

Banks, Dawson, Franklin, Forsyth, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, and White Counties

Resilient NORTH GEORGIA

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Fostering Resilience through Innovation and Collaboration

- Fostering a Resilient Community
- Holistic Approach
- Community Training Center
  - Triple P
  - Community Resiliency Model
  - Connections Matter
  - Reaching Teens
  - HOPE

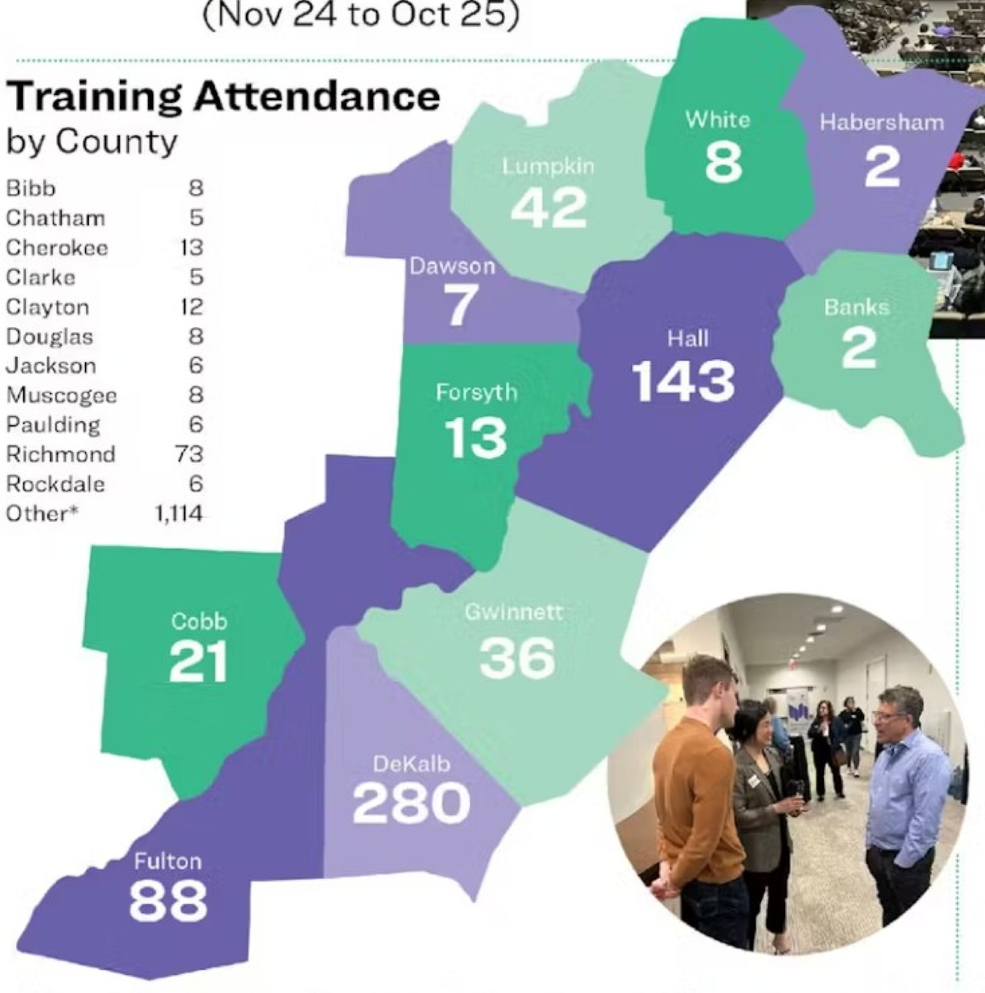
Resilient NORTH GEORGIA

TRAINING Overview

(Nov 24 to Oct 25)

Training Attendance by County

Bibb	8
Chatham	5
Cherokee	13
Clarke	5
Clayton	12
Douglas	8
Jackson	6
Muscogee	8
Paulding	6
Richmond	73
Rockdale	6
Other*	1,114



of People Trained

1,906

Total # trained in 2025

Connections Matter	40
Community Resiliency Model	202
Triple P	154
Reaching Teens	1510

Training Events by Type

3
Connections Matter

6
Community Resiliency Model

18
Triple P

30
Reaching Teens

57
TOTAL TRAINING EVENTS

** Other includes counties in Georgia with five or less participants, 57 participants from Texas, 6 from Germany, and unreported.*

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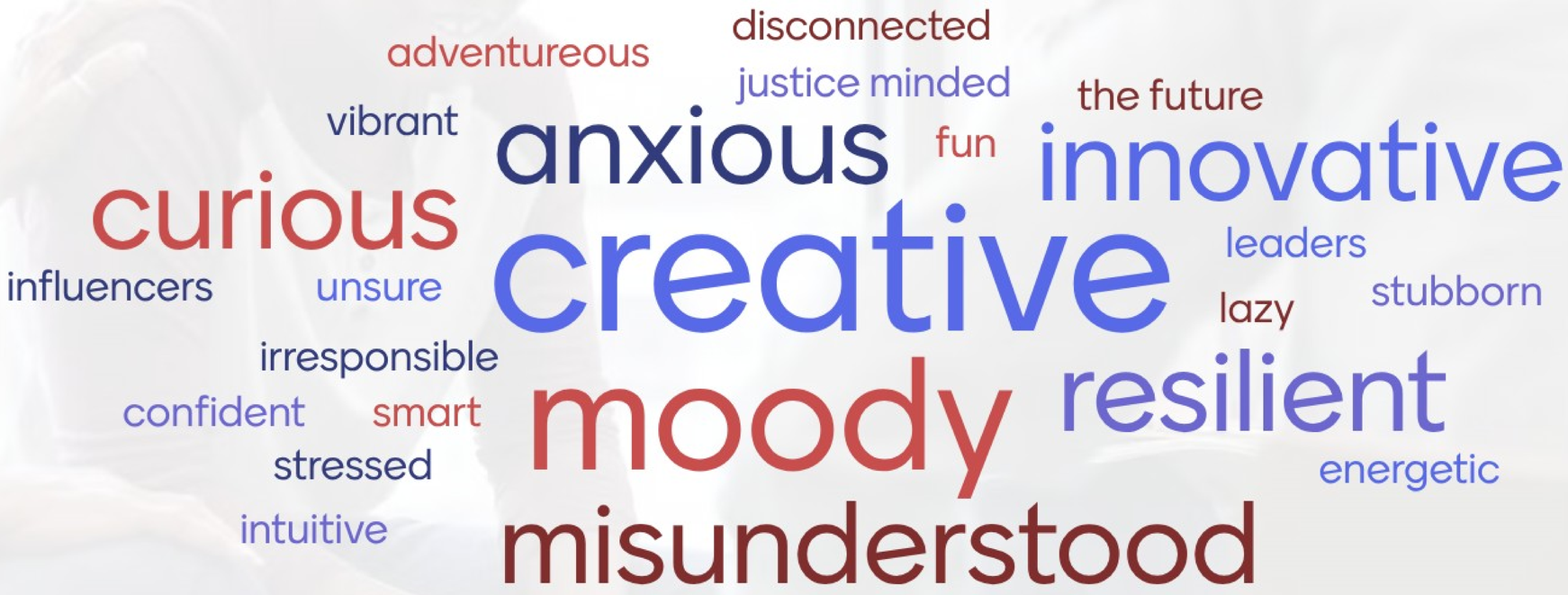
What is one word you would use to describe teens?



21

Reaching Teens

- Strength-based and research-informed intervention
- Professional development toolkit grounded in positive youth development
- Resource to improve trauma-sensitive practices and resilience-building
- Promotes respect, empathy, and belief in the inherent wisdom and potential of youth

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Power of Reframing your Language

Praise the Process of Sharing, Not the Content

Don’t Say: “Wow, I am so impressed!” or “You must be so proud!”

Instead Say: “You've really thought this through!”
“Thank you for sharing your plans with me.”
“ Great perseverance!”
“Tell me more,” coupled with the right body language can keep the conversation going

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Creating a Replicable Model

Growing the Impact of Reaching Teens:

- Annual Statewide Summit
- Growth in Virtual Programming
- Emory Business School Plan
- GSU's Professional Excellence Program
- AAP MOU
- Series of Professional Videos
- Evaluation
- Advocacy Plan

*"Love these skills **and** how they apply to so many situations and people."*

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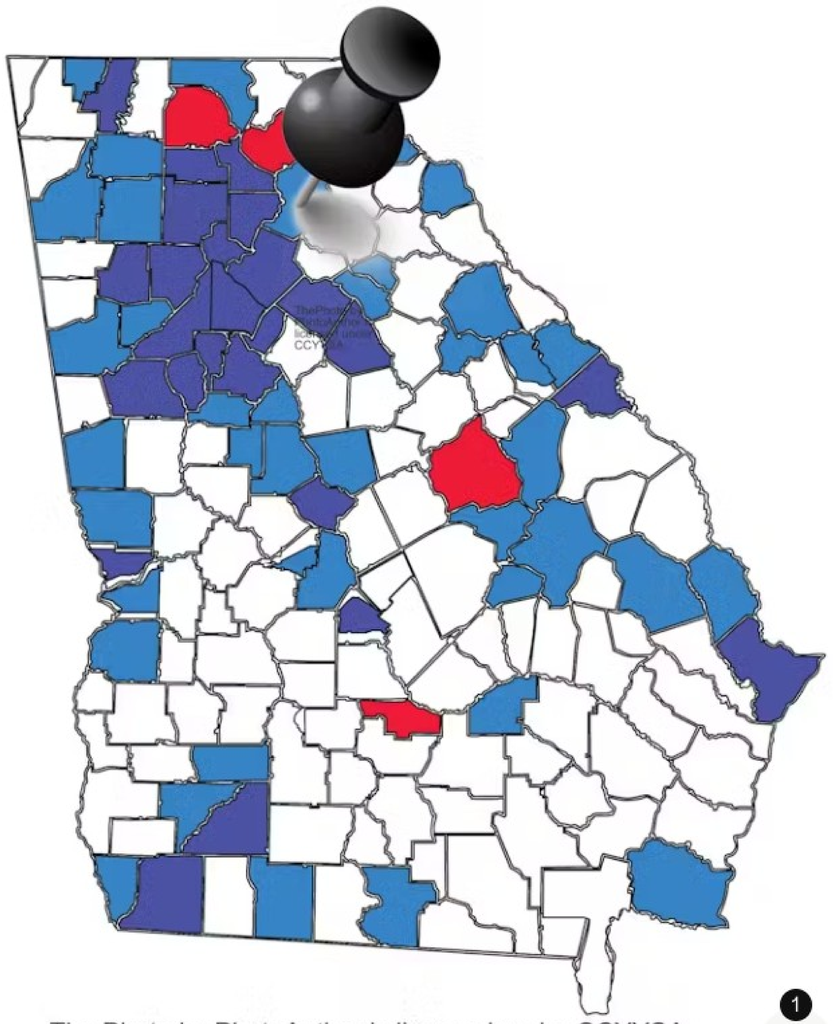
Reaching Teens Georgia Total Impact

3,431 Trained to date
74 Counties impacted

From the Summit to Virtual Trainings, Reaching Teens is creating a network of impact across Georgia counties.

Legend
Red: Summit
Blue: Virtual Trainings
Purple: Both Summit & Virtual Trainings



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Let's Connect!

Christina Lennon
Clennon@wellroot.org

Jill Alexander
jalexander@wellroot.org

www.Wellroot.org

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Rebecca Best

Executive Director

Resilient Communities of East Georgia

Burke, Columbia, Glascock, Hancock, Jefferson, Jenkins, Lincoln, McDuffie, Richmond, Screven, Taliaferro, Warren, Washington, Wilkes

RESILIENT COMMUNITIES OF EAST GEORGIA

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When you were a young person, who were the trusted adults in your life?

drama teacher
older cousins
parents
teacher
my mom
professors
teachers
grandmother
my aunt
grandfather
mom
aunts
aunt
coach
my dad
football coach
nun
friends
friends mom
girl scout leaders
music and theater teacher
camp counselor
youth advisors at church

19

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Building Protective Factors: The Resilient Teens Approach

- Strong, supportive relationships with near peer adults and peers
- Social-emotional skills like self-regulation, problem-solving, and empathy
- Positive school and community environments that foster belonging
- Opportunities for leadership and meaningful participation
- Access to resources that promote mental, emotional, and physical health

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Building Protective Factors: The Resilient Teens Approach

- Safe spaces for connection
- Prevention focused skill building
- Evaluation built into every step
- Cover 14 counties; 12 are rural
  - 700+ teens / 250+ medical students
  - Expanding clinical disciplines
- Pilot Expansion with Resilient Coastal Georgia
- Pilot Resilient Teens Clubs
  - 6th graders
  - Two middle schools – one rural, one metro

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Building Protective Factors: The Resilient Teens Approach

- Deepen Partnerships
- Scale to reach more youth
- Train educators + parents/caregivers

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Building Protective Factors: The Resilient Teens Approach

Resilient Communities of East Georgia
Resilient Teens

Partner with us
Invest in youth
Share the story

rceg.org
rebecca@rceg.org
706-830-3722

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Molly Lieberman

Executive Director

Loop It Up Savannah

Resilient Coastal Georgia

Bryan, Chatham, and Effingham

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What is something you do to find your calm?

1 22

Resilient Schools & Loop It Up Savannah's Mindfulness Zone

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- ★ Loop It Up Savannah is a youth arts and education non-profit serving over 11,000 students each year.
- ★ Our mission is to provide groundbreaking programs designed to foster creativity, joy, possibility and learning for the children of our community.
- ★ **We believe in a community where all children thrive through <u>creative self discovery.</u>**

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A Snapshot of Resilience Work in Schools

MediationCenter of The Coastal Empire

Soaring Beyond Expectations
21st Century Community Learning Centers

SAVANNAH
savannahga.gov

Deep

COASTAL GA INDICATORS COALITION

LITERACY • MINDFULNESS • ART • LOOP IT UP SAVANNAH

SCCPSS

Resilient GEORGIA

Key Impact Data from 2025

Fall 2025 survey data from 539 students across grades 2-7 revealed:

- ★ 90% demonstrated social/emotional skills
- ★ 87% demonstrated positive peer interactions
- ★ 66.2% demonstrated leadership skills
- ★ Over 90% of students are open to using mindfulness outside of school
- ★ 79.4% overall positive student impact

Teachers reported that 80-100% of their students are showing growth in emotional regulation, peer, relationships, and leadership. Observed mindfulness skills include breathing techniques, conflict, resolution, focused attention, kindness and empathy, self-awareness and patience, and intrinsic motivation and responsibility.

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What is Trauma Sensitive Yoga (TSY)?

- Evidence-informed, body-based practice for trauma recovery
- Focuses on **choice, safety, and awareness** over performance
- Uses gentle movement, breath, and mindfulness for regulation
- Facilitators use **invitational language** to support autonomy
- No physical touch or adjustments; emphasizes **interoception**
- Builds self-regulation, grounding, and empowerment
- Effective for youth and adults in schools, shelters, and clinical settings
- Complements other **trauma-informed resilience** programs

Moving Together:
Partnerships in Motion

- **Capacity building:** Implements annual training of 15–20 adults in TSY Foundational Training
- **Networking:** Established a network of 80+ TSY practitioners in 5 years
- **Partnerships development:** Partners TSY instructors with schools, shelters, youth programs, first responders, nonprofits, juvenile court and detention centers
- **Overall impact:** Expands trauma-informed practice and community resilience

SCCPSS
Savannah-Chatham County Public School System

MediationCenter of The Coastal Empire

Loop It Up Savannah

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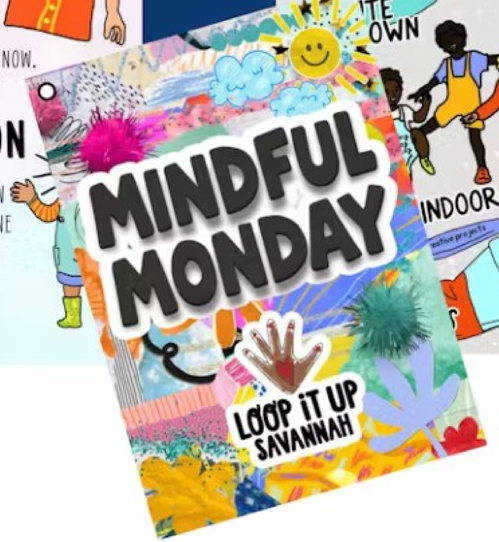
Let's Connect!

Molly Lieberman
molly@loopitupsavannah.com

www.loopitupsavannah.com



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Jade Ragin

Special Projects Coordinator

Youth United Teen Mental Health Coalition

Resilient Southwest Georgia

Baker, Calhoun, Crisp, Dooly, Dougherty, Early, Lee, Mitchell, Randolph, Sumter, Terrell, Wilcox and Worth Counties

UNITED WAY OF SOUTHWEST GA

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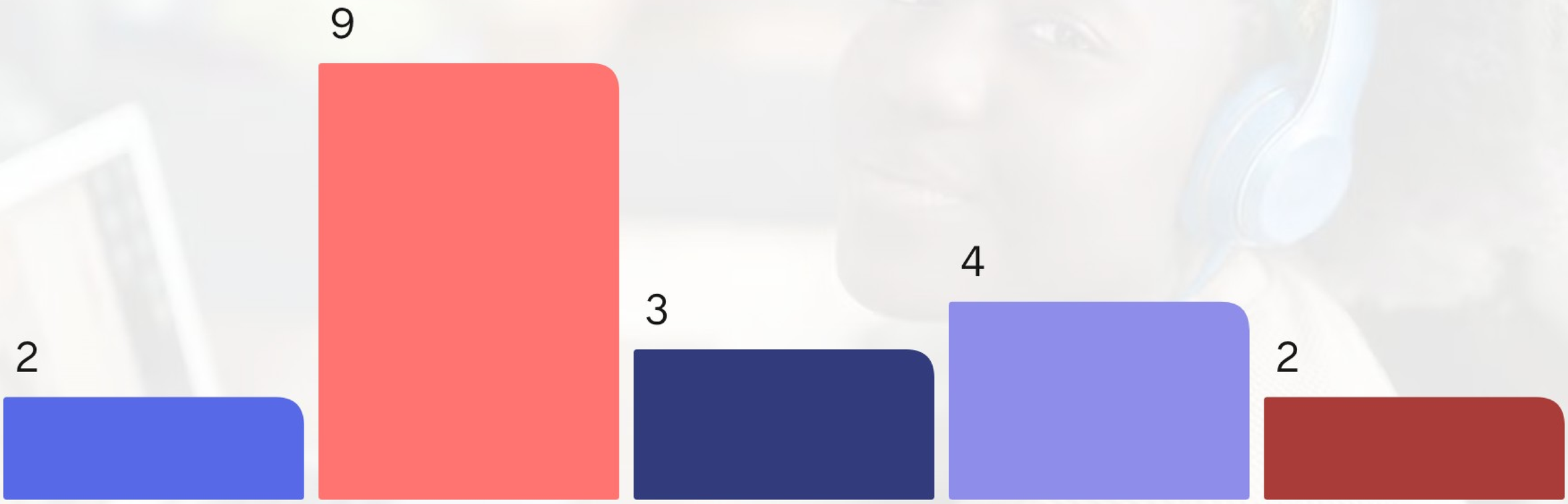
Currently, how is youth voice being uplifted in your organization and/or community?



Not At All- Decisions are mostly adult-led

Sometimes- Youth are asked for opinions or feedback

Often- Youth participate in planning or programs

Very Often- Youth serve in leadership or advisory roles

Always- Youth co-design and lead major initiatives

20

Who We Are!

Youth United SWGA is a youth-led coalition under United Way of Southwest Georgia that empowers young people to lead change, promote mental health, and build resilience in their communities.

- A youth-driven coalition focused on mental health awareness, leadership, and advocacy.
- Operates under the Resilient Southwest Georgia initiative, serving 13 counties.
- Led by teens, for teens giving youth real voices in shaping solutions that affect their peers.
- Promotes safe, trauma-informed spaces through campaigns, school partnerships, evidence based trainings, and community events.
- Hosts signature events such as the Hoodie Ball, You Matter Too, Annual Capitol Day, and more!
- Partners with schools, local leaders, and menta l health organizations to create a united front for youth well-being.

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Impact of Youth United

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- 26,900+ community members reached through events and campaigns including social media engagement.
- 100% of direct participants improved their understanding of teen mental health.
- 100% of youth reported using mental health strategies in daily life.
- 94% of youth said they would recommend Youth United resources to others.
- 92% of youth felt equipped to prevent violence in their schools.
- 95% of youth committed to sharing what they learned with peers.

Signature Events & Initiatives:

- You Matter Too (2 Years)
- Capitol Day (2 Years)
- Hoodie Ball (2 years)
- Teen Builders Community Engagement Nights
- Teen Mental Health First Aid
- Campaign Trainings
- Unity Day - Partnering with Dougherty County Public School System

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Next Steps for Youth United

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As Youth United continues to grow, our next phase focuses on inclusion, collaboration, and expanding our reach across Southwest Georgia.

- **Expand Diversity & Inclusion:** Actively recruit students and youth from different cultural backgrounds to ensure all voices are represented.
- **Regional Expansion:** Bring the Youth United experience to other counties, collaborating with local youth groups to create shared spaces for connection and creativity.
- **Strengthen School Partnerships:** Work with schools and community organizations to host trauma informed practice trainings and leadership trainings year-round.
- **Build Youth Data Leadership:** Continue developing the Youth Data Committee, equipping more young leaders to perform CQI (Continuous Quality Improvement) on their programming.
- **Sustainability & Collaboration:** Strengthen partnerships with law enforcement, higher education, and mental health providers to keep trauma-informed practices active across all 13 counties.

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Thank you! Let's connect!

Youth United envisions a trauma-informed region where every young person feels safe, valued, and supported.

How to Connect:

Jade Ragin, Special Projects Coordinator
United Way of Southwest Georgia
Email: Jade.ragin@unitedwayswga.org
Phone: 229-883-6700 x 127

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Amira Abdulhafid, MPH, ICPS

Program Director, Suicide Prevention

GUIDE, Inc.

Phylicia Hancle, MPH

Youth Program Director

CWC Alliance

GUIDE, Inc.

CwC Alliance

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GUIDE, Inc.

Mission: To improve community conditions by utilizing collaborations, promoting positive youth development, delivering specialized training and resources and preventing substance use and abuse.

Prevention

Substance Use Prevention

Suicide Prevention

Prevention Action Collaborative of Gwinnett (PAC-G)

Youth Development

Youth Advisory Board

Georgia Teen Institute

Youth & Family Advisory Board

GA Afterschool & Youth Development Initiative (ASYD)

Training & Capacity Building

Substance Use Prevention

Suicide Prevention & Mental Health

Personal Development

Team & Youth Development

www.guideinc.org

Resilient GEORGIA

GUIDE's Youth Mental Health Initiatives Gwinnett, Newton & Rockdal

- Evidence-based Trainings
  - QPR
  - Youth Mental Health First Aid (YMHFA)
  - Conversations on Access to Lethal Means (CALM)
  - Teen Mental Health First Aid (tMHFA)
- Awareness
  - Social Media Campaigns/Billboards
  - Events
  - Park banners
- Community Partnerships
  - GUIDE YAB
  - Newton DFC YAT

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CWC x GUIDE @ Georgia Teen Institute (GTI)

CWC Alliance partnered with GUIDE to facilitate prevention sessions at GTI

- Focused on substance misuse prevention and youth empowerment
- Sparked honest conversations and peer learning
- Led to youth-driven action planning for prevention and wellness through creating PSAs

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Youth Prevention Network of Georgia

About Us

The Youth Prevention Network (YPN) is a statewide initiative that empowers teens and equips adults to build healthier, more resilient communities.

Our Goal
Train 90 youth leaders and 90 teen-serving adults

Aims to positively impact 7,200+ teens and adults statewide

Two Pathways:
Youth Prevention Advocate
Youth Prevention Mentor

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YPN Curriculum Design

CWC Alliance's opioid & fentanyl prevention curriculum tailored to youth (ages 13-20) & youth-serving adults:

Backpack Strategy

Each lesson gives young people something they can carry with them.

CWC Alliance's implementation model leverages a train-the-trainer approach encompassing resiliency-based skill development for youth to become peer coaches within their community and for youth-serving adults to become mentors for prevention.

Choose Your Self

Educate, engage, & empower youth to understand & care for their mental health, build self-care habits, and promote community resilience

- Trauma Resource Institute's Community Resiliency Model (CRM) & Youth Ambassador Program.
- Self-Awareness & Identity
- Stress Management
- Digital Health
- Empathy Building

Choose Your Future

Inform, engage, & empower youth with the knowledge, critical thinking, and confidence to resist substance use, and make informed life decisions

- Opioids & Fentanyl 101
- The Teen Brain & Substance Use
- Media Literacy
- Refusal Skills (DECIDE)
- Value Mapping & Goal Setting

Choose Your Voice

Application of training materials into the Backpack Strategy - empower peer advocacy

- Impactful peer-peer prevention
- Communication Skills
- Boundary-Setting
- Conflict Resolution
- Practical Resources
- Leadership & Positive Influence

Choose You!

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What is one action you feel inspired to take to increase youth resiliency after today?

youth prevention network

intentional efforts

connect with the ypn

become a better listener

connect with youth

be more mindful myself

attend a summit

expand

volunteer

get our yab to connect

reach out and collaborate

connect statewide

increase youth voice

increase youth voice with

support generosity

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12

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Emily Anne Vall

Executive Director

Resilient Georgia

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Thank You!

Resilient Georgia Team

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Save the Date!

Join us for our next General Meeting

April 30, 2026

11:00am-12:30pm

Please fill out our Evaluation Survey