



**What:** Resilient Georgia General Meeting: Trauma Informed Innovation in Healthcare  
**When:** Thursday, April 13<sup>th</sup>, 2023, from 11:00 am - 12:30 pm ET  
**Who:** 132 Resilient Georgia Partners and Stakeholders  
**Where:** <https://www.youtube.com/watch?v=Vbtd7Xirtxl>

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## Trauma Informed Innovation in Healthcare General Meeting Follow Up Document

Our first Resilient Georgia General Meeting in 2023 focused on Trauma Informed Innovation in Healthcare and featured seven partners who presented innovative solutions to embed trauma-informed approaches into healthcare provider settings across Georgia. This document shares key take-aways, resources, interactive question responses, and questions for the speakers shared in the chat during the meeting, with their responses. Please visit our [General Meeting webpage](#) on our website for meeting recording, slides and agenda.

### ✦✦ ICEBREAKER QUESTION ✦✦ WRITE A HAPPY STORY IN 3-6 WORDS!

- I get to walk my mini dachshund in this great spring weather!
- I facetimed with my 22 month old grandson yesterday
- I was able to get to the gym at 5:30am!
- It's almost Friday!! :)
- I get to play my flute tonight with the flute choir I am in!
- I received a package I had been waiting on and feared was lost!
- Loving my cup of jasmine tea

At the outset of Resilient Georgia's General Meeting on April 13, 2023, Dr. Emily Anne Vall asked participants to share a happy story in 3-6 words via chat. Here are some of the responses for a quick preview. If you would like to read more happy stories to brighten up your day, you can find them in the "Additional Resources Shared During 04/13 General Meeting Zoom Chat" section at the end of this document.

### Introduction to Trauma Informed Healthcare

**Presenter:** Jordan Murphy, PhD, RN, CPNP, Chief Executive Officer, Center for Interrelational Science and Pediatrics, [jordanrmurphy@cispediatrics.com](mailto:jordanrmurphy@cispediatrics.com), 919-358-8565

[Learn more about the Center for Interrelational Science and Pediatrics \(CISP\):](#) CISP's services include workforce wellness and resiliency training for organizations, behavioral health integration for schools, primary care offices, and community organizations, and behavioral health services for families and individuals. To learn more, please visit the Center for Interrelational Science and Pediatrics [website](#).

Our mission at Resilient Georgia is to lead a state-wide coalition to develop a closely aligned trauma-informed public and private network working toward a united vision to create a birth through 26 year-old integrated behavioral health system. This includes the use of essential tools such as education/teaching/training, workforce development, policy strengthening, practice research, and evaluation.



**Key Takeaways:** The Resilient Georgia [Trauma Informed Training Roadmap](#) consists of over 100 trauma informed trainings categorized by categorized by 12 child and family serving sector communities and the 4 levels in the nationally recognized [Missouri Model: A Developmental Framework for Trauma-Informed Approaches](#) – Trauma Sensitive, Trauma Aware, Trauma Responsive and Trauma Informed.

Dr. Murphy shared that this valuable resource provides an overview of Georgia’s ecosystem and everyone’s hard work to become more trauma informed. Being trauma informed is an ongoing process that requires an organizational paradigm shift and collaboration between different sectors.

Image (left) of Resilient Georgia Trauma Informed Training Roadmap

**Interactive Question:**

**Does your organization have an established partnership with any of the sectors in the image and if so, how many?**

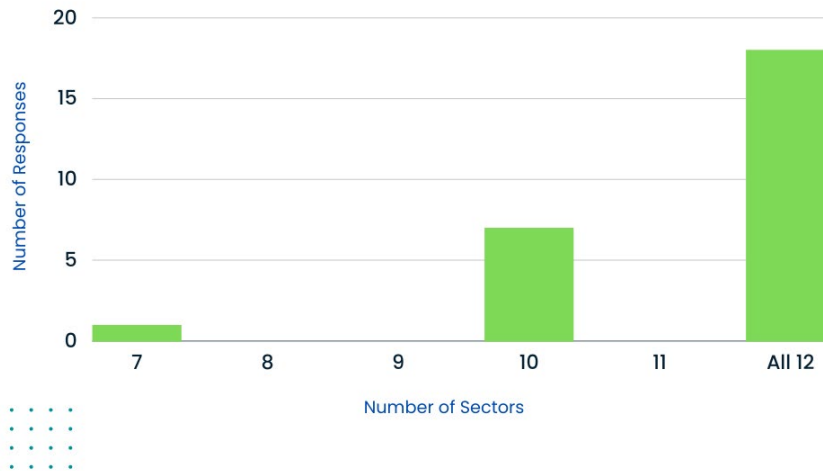


Image tabulating responses from the meeting participants. A majority of respondents reported having formed partnerships with all twelve sectors.

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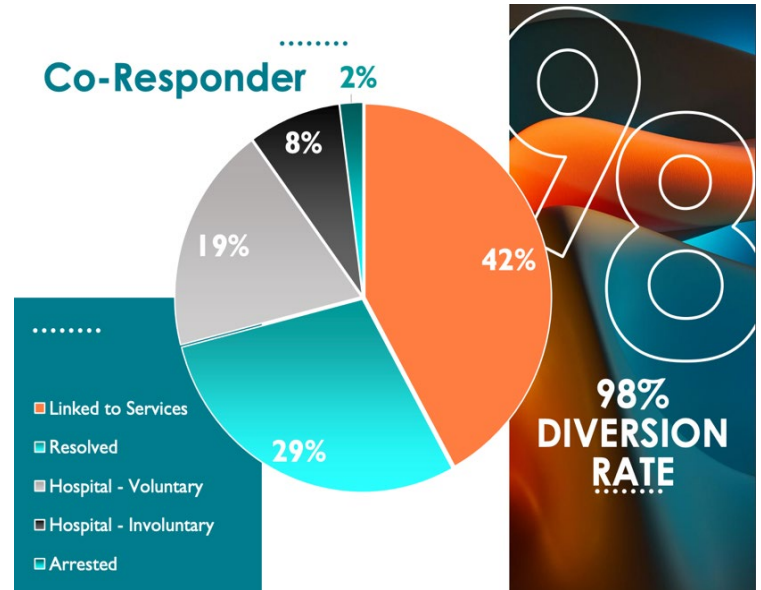
### View Point Health: Co-Responder Behavioral Health Unit

Presenter: Jennifer Hibbard, Licensed Professional Counselor, Chief Executive Officer, View Point Health, [Jennifer.Hibbard@VPHealth.org](mailto:Jennifer.Hibbard@VPHealth.org), 678-360-5200

Learn more about View Point Health: Visit [this link](#) for a one-page overview of View Point Health Services and please visit [their website](#) to learn more.

#### Key Takeaways:

View Point Health is Community Service Board providing safety net Mental Health, Substance Use, and Intellectual & Developmental Disabilities services to Gwinnett, Rockdale, and Newton Counties, serving uninsured and under-insured children, youth, and adults. View Point Health co-leads Resilient Georgia’s public-private [Resilient Gwinnett coalition](#) with a mission to build resilient communities within Gwinnett by creating a shared understanding of adversity and resilience, promoting trauma-informed practices, and advocating for policy and system change. All of View Point Health’s services are grounded in Trauma-Informed Care. They acknowledge that past traumatic experiences have affected their patients, providers, and caregivers. Even accessing care can be traumatic for some individuals.



*Slide from View Point Health presentation demonstrating the effectiveness of the Co-Responder Behavioral Health Unit, indicating that 98% of the calls responded to result in individuals diverted from jail.*

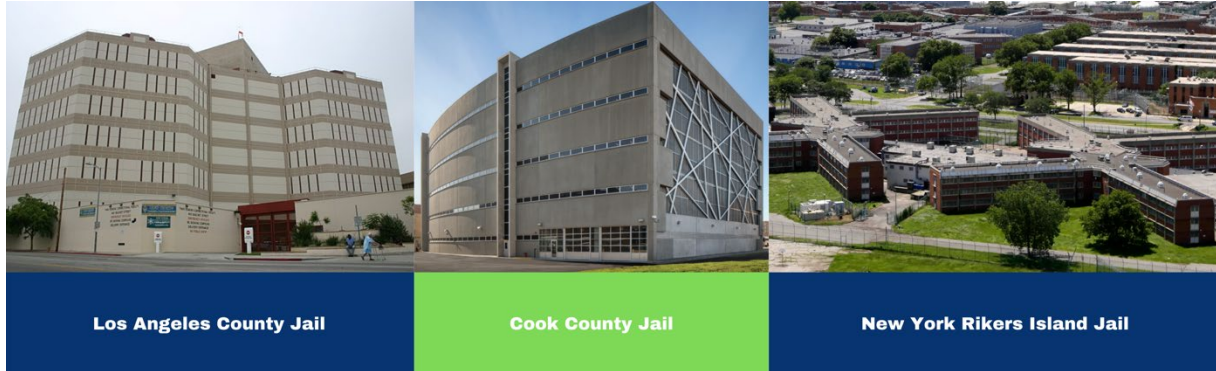
A study found that 29% of people with serious mental illnesses in the U.S. had police involvement in their pathway to care (*Livingston, 2016*). Did you know that America's three largest mental health facilities are jails? Unfortunately, this is a long-term side effect of specific national policies, and it does not bode well for the state of mental health treatment in our nation. View Point Health hopes to turn the tide and put trauma-informed care into action.

View Point Health has partnered with local law enforcement and co-response teams to embed a clinician within police departments. These teams are called the Co-Responder Behavioral Health Unit, which comprises a licensed clinician and an officer who work together to respond to emergency calls from the 911 center or officers on duty. Currently, fourteen teams are operating in three counties. The Co-Responder Behavioral Health Unit has successfully responded to over 2,000 calls. Almost all the calls they attend (98%) result in individuals being diverted from jail and connected to necessary care.

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**Interactive Question:** Do you know the nation's largest mental health hospital?



*Meeting participants answered "prisons/jails." View Point Health shared that the three biggest mental health hospitals are Los Angeles County Jail, Cook County Jail, and New York Rikers Island Jail.*

### **Christopher Wolf Crusade: Life Care Specialist Program**

**Presenter:** [Cammie Wolf Rice](#), Founder and Chief Executive Officer, Christopher Wolf Crusade, and Author, *The Flight, My Opioid Journey*, [cammie@cwc.ngo](mailto:cammie@cwc.ngo), 678-710-1714.

Learn more about Christopher Wolf Crusade: To learn more about the Life Care Specialist Program model and Christopher Wolf Crusade, please visit [this webpage](#). *The Flight: My Opioid Journey* is a powerful call to action and deep dive into Cammie Wolf Rice's story around the opioid epidemic and the loss of her son, Christopher. Visit [this page](#) to learn more or order a copy.

A dark grey rectangular graphic with white text and icons. On the left, it says "Join the Crusade!" followed by social media icons and handles for YouTube, Facebook, Instagram, LinkedIn, TikTok, and Twitter. Below these is "Visit: CWC.NGO". On the right, it says "Check out our Linktree:" above a large QR code.

**Key Takeaways:** The Christopher Wolf Crusade (CWC) is committed to preventing addiction from starting in hospitals through their Life Care Specialist Program, currently piloted at Grady Memorial Hospital in Atlanta, Georgia. The program involves a dedicated life care specialist who works closely with the clinical team to monitor patients' conditions and create a barrier against addiction to pain medications that may

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be administered during their hospital stay. The CWC's Healing Wheel, shown on the right, provides an overview of a Life Care Specialist's services as a Care Coach.

The Life Care Specialists are certified by the [Trauma Resource Institute](#), and they offer opioid education, pain management techniques, and mental wellness skills. In addition, the CWC has received a grant to extend the program of Life Care Specialists into rural communities. As a result, the [Georgia Rural Innovation Center](#) will collaborate with the CWC to implement the program in four counties of rural Georgia this year.

Last month, CWC introduced a Care Coach Certification program aimed at college students. The program teaches them how to become Care Coaches using modules previously used to train Life Care Specialists. Additionally, CWC has trained youth to become Care Coaches and Georgia Peer Specialists on pain management and the Community Resiliency Model. The organization also collaborated with the [Hope Movement Coalition](#) in Arkansas to train case managers using the Life Care Specialist curriculum.

Image from CWC slide that depicts all the services Life Care Specialists can offer patients.



**Interactive Question:** Is there a need for Life Care Specialists at your local hospital?



Question asked at the end of the CWC presentation, where all meeting participants who responded said yes.

Question (asked in chat during presentation): "Would it be appropriate to partner with Orthopedic Surgery practices. Make this SOP to put this in place as part of treatment planning?" -Shared by Dr. Doug Jackson, Regional Behavioral Health Administrator, Georgia Department of Juvenile Justice

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Answer: Christopher Wolf Crusade started their clinical trial in Orthopedic Trauma at Grady Hospital and our Life Care Specialists continue to support this patient population. They are eager to explore expanding to other orthopedic services. For partnership inquiries, please contact Cammie Wolf Rice, Founder and Chief Executive Officer, Christopher Wolf Crusade, [cammie@cwv.ngo](mailto:cammie@cwv.ngo)

### **Grady Health System: Trauma Informed Frontline Teams**

Presenters: Michelle Wallace, DNP, RN, Executive Vice President, Chief Nursing Officer, Grady Health System, [mwallace1@gmh.edu](mailto:mwallace1@gmh.edu). Natalie L. Updike, Executive Director of Development, Grady Health Foundation, [nlupdike@gmh.edu](mailto:nlupdike@gmh.edu), 404-489-1570

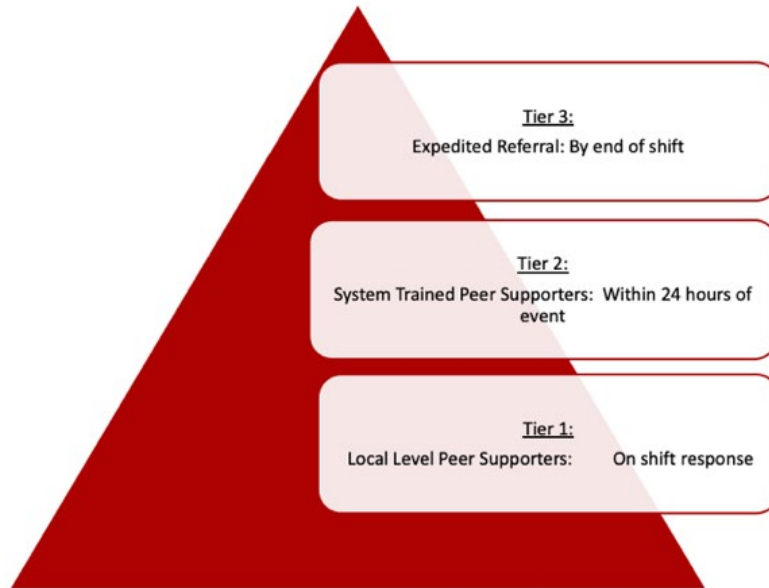
Learn more about Grady Health System: Click the links to learn more about [Grady Health](#) and the [Grady Health Foundation](#). Follow Grady Health Foundation on [Facebook](#), [Instagram](#), [Twitter](#), and [YouTube](#).

Key Takeaways: The Grady Health System understands the importance of trauma-informed care and believes that its leaders must have discussions and gain a deeper understanding before implementing it for their patients. They have begun their journey towards trauma-informed care by focusing on leadership that acknowledges the effects of trauma, its widespread impact, and ways to support recovery by identifying signs and symptoms. In addition, they strive to help frontline staff and patients by recognizing how trauma may have affected them and actively working to prevent re-traumatization.

As Atlanta's safety-net provider and only Level 1 trauma center, Grady has always been an intense environment for frontline teams. In recent years, various challenges, such as a hospital flood, COVID-19, and racial and social inequity issues, have surfaced, reinforcing the need for a trauma-informed approach to care. Consequently, Grady has introduced WeCARE, a frontline peer responder program (depicted below).

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## WeCARE: How Grady Supports Frontline Teams



*The Grady Health System has a three-tier approach to responding to incidents within the unit. In Tier 1, local supporters receive training to address incidents at the frontline peer level. In Tier 2, local supporters and a few others are trained to respond to events across the health system within 24 hours. Finally, tier 3 focuses on a larger group where an entire unit receives a WeCARE response/debrief at the end of their shift to understand the trauma, its impact on their teams, and how they can support their frontline teams.*

The Grady Health System has begun training 20 Grady leaders as coaches for other caregivers in the Community Resiliency Model through the Trauma Resource Institute. They completed their second training wave in February 2023 and plan to expand the "train the trainer" approach throughout the health system. They have also established an Executive Steering Committee for Trauma Informed Care, comprising leaders from various departments such as trauma, burn, emergency medicine, human resources, rehabilitation, and patient experience.

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**Interactive Question:** What is your favorite “go-to” self-care strategy?



*The image was made using the responses received from the participants in the meeting chat.*

**Resilient Middle Georgia: Trauma Informed Primary Pediatrics Practice**

Presenter: Andrea S. Meyer Stinson, PhD, LMFT, Associate Professor of Psychiatry and Behavioral Sciences and Associate Professor of Pediatrics, Mercer University School of Medicine, [meyer\\_as@mercer.edu](mailto:meyer_as@mercer.edu), 478-301-4098

Learn more about Resilient Middle Georgia: Visit their Resilient Middle Georgia [website](#) and follow Resilient Middle Georgia on [Facebook](#).

To learn more about integrating physical and behavioral health within primary and specialty care practices, and to join the national integrated care community, please visit the Collaborative Family Healthcare Association [webpage](#).

Counties served by Resilient Middle Georgia: Baldwin, Bibb, Crawford, Hancock, Houston, Jasper, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs, Washington, and Wilkinson.

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**Key Takeaways:** Resilient Middle Georgia aims to build a common language and understanding about adversity, trauma, and ACEs while also identifying and empowering community champions to join the trauma informed care movement in Baldwin, Bibb, Crawford, Hancock, Houston, Jasper, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs, Washington, and Wilkinson counties. [Primary Pediatrics](#) is the largest pediatric outpatient clinic in Middle Georgia, with five offices, and over twenty-five medical providers. They offer a range of services, including well and sick visits, child life services, primary parenting, family pharmacy, and in-house lab services. Resilient Middle Georgia has partnered with Primary Pediatrics to become the first trauma informed pediatric provider in middle Georgia. Please see below for a summary of their progress in 2022 –



*Slide from Resilient Middle Georgia 2022 Annual Report spotlighting their work with Primary Pediatrics to become the first trauma-informed pediatric provider in middle Georgia.*

Resilient Middle Georgia has conducted five awareness Connect Now sessions with ninety-five participants from the Macon office. Resilient Middle Georgia emphasizes the importance of including all staff members, such as medical assistants, front desk staff, lab technicians, and custodians, in their sessions since they play a crucial role in the work. Resilient Middle Georgia has leaned on the expertise of others, like the [Collaborative Family Healthcare Association \(CFHA\)](#), to connect with experts in various fields along this journey to help a primary care pediatric practice integrate behavioral health and become a trauma-informed care practice. By partnering with CFHA, Resilient Middle Georgia can access existing resources to bring about positive change in the system.

Resilient Middle Georgia has also led a Leadership Learning Collaborative in Middle Georgia with [Kinshift](#) (Kinshift supports healthcare and public health transformation through evidence-based practices rooted in

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actionable principles of trauma-and-resilience-informed care and anti-racism). As a part of this collaborative, two healthcare individuals participated, one from Primary Pediatrics, for a 6-month training towards effective trauma-informed and anti-racist project implementation in health and social service settings. In addition, they engaged thirteen leaders in their community, met monthly, provided twenty-one coaching sessions with experts at Kinshift, and funded them towards trauma-informed projects that they will implement as a result of this leadership collaborative.

**Interactive Question:** If you would like to join a statewide community of like-minded healthcare professionals interested in making integrated behavioral and physical health the standard of care in Georgia, please respond in the chat with your name, title, and email address.

[If you would like to join this statewide community of practice, please contact Resilient Middle Georgia [resilientmiddlega@gmail.com](mailto:resilientmiddlega@gmail.com) or Andrea S. Meyer Stinson, PhD, LMFT, Associate Professor of Psychiatry and Behavioral Sciences and Associate Professor of Pediatrics, Mercer University School of Medicine, [meyer\\_as@mercer.edu](mailto:meyer_as@mercer.edu), 478-301-4098]

Amerigroup Georgia Families 360
Community Health Works, Middle Georgia
Community Service Board of Middle Georgia
Dream Big Baby
Emory Healthcare
Emory University
GEEARS: Georgia Early Education Alliance for Ready Students
Georgia Family Connection Partnership
Pathways2Life & One Johns Creek
Resilient Gwinnett/Gwinnett Coalition
Savannah Speech & Hearing Center
Wellroot Family Services
Wellstar Health System

*Fifteen professionals responded in the chat that they would like to join a statewide community of practice working towards making integrated behavioral and physical health the standard of care in Georgia. The image above depicts organizations that the respondents are affiliated with.*

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### **The Pediatric Healthcare Improvement Coalition of Georgia: Statewide Endeavors**

Presenter: Pamela Mason, RN, Executive Director, The Pediatric Healthcare Improvement Coalition, and Affiliation Operations Director, Children's Healthcare of Atlanta, [pamela.mason@choa.org](mailto:pamela.mason@choa.org), 404-785-7506

Learn more about the Pediatric Healthcare Improvement Coalition of Georgia: To learn more about the Pediatric Healthcare Improvement Coalition of Georgia, their statewide network of the five (5) children's hospital systems in Georgia and their work across the state, please visit their [website](#).

Key Takeaways: The Pediatric Healthcare Improvement Coalition of Georgia (PHIC) is a statewide network of 5 children's hospital systems: [Children's Healthcare of Atlanta](#), the [Beverly Knight Olson Children's Hospital](#) in Macon, [Piedmont Columbus Regional Children's Hospital](#), the [Children's Hospital of Georgia](#) as a part of Augusta University, and the [Dwight and Cynthia Willett Children's Hospital](#) in Savannah. PHIC has a total of eighteen board members. Each hospital has three board members (15 total), an additional board member that is a community member (a pediatrician who works for Morehouse), a past Chairperson, and a past Vice-chairperson. Each board member is required to sit on a committee, and each of the committees meets monthly.

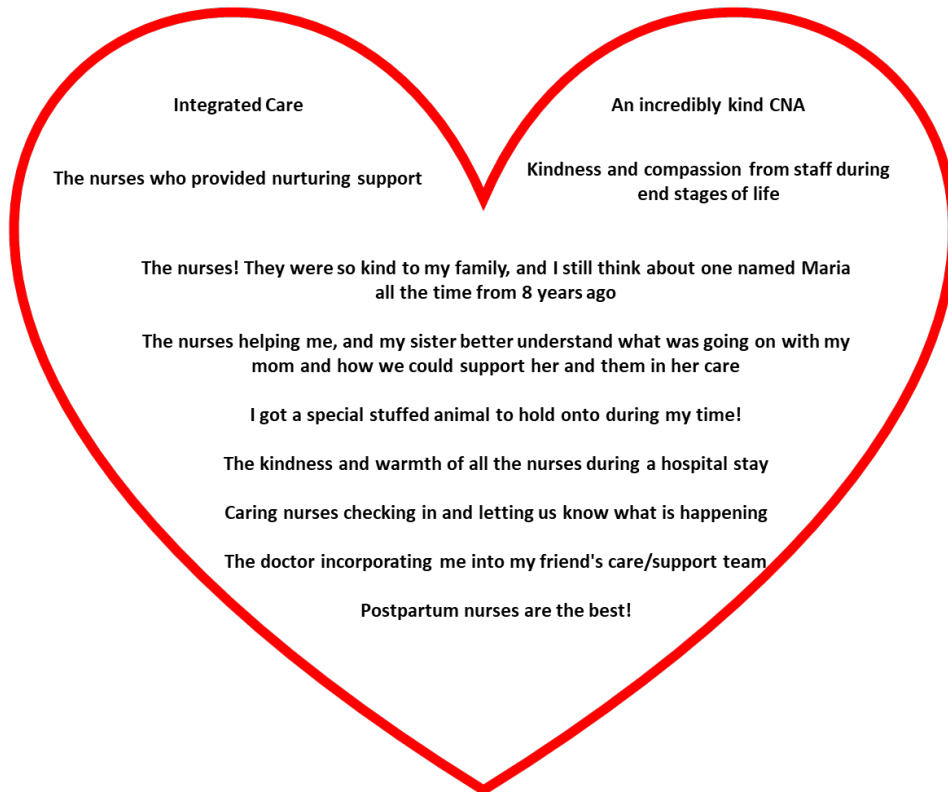
During the meeting, PHIC emphasized its principal areas of focus. These include Quality Improvement, Emergency Preparedness, Advocacy, and Communication. Specifically, the Communication Committee worked on a plan to improve access to medical records for foster children. The Advocacy Committee secured grant funding for a [statewide program](#) that enhances the skills of pediatric providers in behavioral and mental health care. The Quality Committee's primary focus is promoting the AntibioGram Project. Lastly, the Emergency Preparedness Committee ensures that member hospitals communicate about large-scale illness, mitigation, and disaster preparation for the health and welfare of Georgia's children.

In addition, PHIC has partnered with Resilient Georgia and The Reach Institute, with support from Aetna, to empower local rural pediatricians by expand their mental health training to meet overwhelming demand. This partnership will offer training to pediatric primary care providers throughout Georgia in REACH's flagship course, Patient-Centered Mental Health in Pediatric Primary Care (PPP). Led by national leaders in child psychiatry, psychology, and pediatrics, the PPP course equips PCPs with the skills and tools to identify, assess, and treat common mental health issues, like ADHD, anxiety, and depression, within their own offices. The PHIC-REACH-Resilient Georgia collaboration comes at a critical time when access to effective mental health services for children is more important than ever. This [training program](#) aims to improve provider satisfaction, patient satisfaction, reduce emergency room visits for mental health and behavioral health conditions, enhance patient compliance with treatment plans, and result in significant cost savings and revenue increases for practices and systems throughout Georgia.

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**Interactive Question:** Think about the last time you were in a hospital whether for yourself or a loved one. What was a source of comfort during your/your loved one's hospital stay?



*The image depicts all answers entered in the chat from meeting participants. As is evident from the responses, Nurses are overwhelmingly a source of comfort and compassion for patients and their families during a hospital stay – we are so grateful to all nurses everywhere!*

### **Children's Healthcare of Atlanta: Trauma Informed Behavioral and Mental Health Efforts**

**Presenter:** John Constantino, MD, Chief, Behavioral and Mental Health, Children's Healthcare of Atlanta, Acting Professor, Departments of Psychiatry & Pediatrics, Emory Univ. School of Medicine and Adjunct Clinical Professor of Psychiatry & Behavioral Sciences, Morehouse Univ. School of Medicine, [john.constantino@choa.org](mailto:john.constantino@choa.org), 404-785-4332

Tammy Bamlett Sherman, MBA, MHA, Vice President, Behavioral and Mental Health, Children's Healthcare of Atlanta, [tammy.bamlett@choa.org](mailto:tammy.bamlett@choa.org), 404-785-4319

Learn more about Children's Healthcare of Atlanta: To learn more about Children's Healthcare of Atlanta Behavioral and Mental Health Care, please visit their [page](#). Children's Strong4Life helps families raise healthy, safe, resilient kids. To access a variety of emotional wellness resources for kids from toddlers to teens and their families, please visit this [page](#).

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**Key Takeaways:** It is common for children with mental health conditions not to have access to necessary medical care. The number of kids visiting Children’s Healthcare of Atlanta emergency departments for behavioral or emotional crises has doubled since 2015. In 2022, Children’s saw more than 5,000 kids in crisis with a median age of 14 years old. Children’s Healthcare of Atlanta understands that behavioral and mental health are key to a child’s overall well-being and is committed to addressing this.

Deployment of new clinical services at Children’s will occur in venues in which the health system already has established access and the ability to identify children and families with serious unmet mental health needs: (i) affiliated primary care clinics including the Hughes-Spalding pediatric practice; (ii) schools throughout the State in which Children’s has initiated clinical outreach; (iii) the new Children’s Healthcare of Atlanta Zalik Center for Behavioral and Mental Health for professional referrals of children who can benefit from specialized outpatient mental health services; and (iv) state-of-the-art crisis recovery services for thousands of children who present to the emergency departments of Children’s Healthcare of Atlanta each year for behavioral crises. To learn more about Children’s Behavioral and Mental Health four-component expansion strategy, please read recent article in [The Georgia Pediatrician](#) (the Georgia Chapter American Academy of Pediatrics newsletter) Summer 2023, authored by Dr. Constantino, [Putting an Historic New Endowment to Work: Behavioral and Mental Health at Children’s Healthcare of Atlanta](#).

Children’s is also connecting with providers throughout the state to help make families aware of the mental and behavioral health services available, creating a [list of providers in each county](#) to help individuals easily connect with those in their area. In addition, Mercer University School of Medicine (MUSM) and Children’s are partnering to improve pediatric healthcare in rural Georgia with a [series of pilot programs](#), which includes expanding behavioral and mental health support – MUSM and Children’s will work with schools, pediatricians and hospitals to develop a comprehensive approach to pediatric mental health in two communities with virtual mental health services and a focus on suicide awareness and prevention.

With input from Children’s doctors, therapists, nurses, registered dietitians, and other wellness experts, [Children's Healthcare of Atlanta Strong4Life](#) has resources to help busy families raise healthy, safe, resilient kids. As a part of their Raising Resilience campaign, Children's Strong4Life website provides an array [of emotional wellness resources](#) covering topics such as anxiety, coping, stress, depression and sadness, and more for all stages of development. The website includes handouts, articles, videos and more, as well as training for early care centers, schools, pediatrician offices and faith-based organizations. For example, see screen shot to the right of a [‘Simple Coping Skills Ideas for Kids’](#) printable below with tools or strategies that children can use to manage emotions, reduce stress, and enhance resilience.

**Coping Skills**

**STRONG4LIFE**  
Children's Healthcare of Atlanta

Coping skills are tools or strategies anyone can use to manage their feelings, reduce stress and become more resilient (better able to handle life's ups and downs). What works for you one day may not work the next, so build your coping skills toolbox by learning and practicing lots of different strategies.

The options are limitless, but here are some coping skills ideas to get you started:

Be active	Find your calm	Get creative	Connect with others	Shift your mindset
Pat on music and dance	Take some deep breaths	Color, draw or paint	Cuddle or play with your pet	Think of something positive
Build with Legos or blocks	Listen to music or sing a song	Play with Play-Doh or sand	Read a book with someone	Focus on one thing you're grateful for
Do 10 jumping jacks	Close your eyes and count to 10 or backward from 100	Play an instrument	Play a game with a friend or family member	Identify your top three strengths
Run in place for 20 seconds	Take a quiet break or rest	Make up a song	Work with someone on a puzzle	Think about something you're looking forward to
Bounce a ball or play catch	Have a drink of cold water	Write about your thoughts or feelings	Write someone a letter	Focus on the present moment
Go for a walk, run or hike	Blow bubbles	Create a dance	Share your feelings with someone you trust	Think about something that makes you laugh
Squeeze a stress ball	Think of a calm, happy place	Write a poem	Ask for help	Practice reframes ("I didn't fail, I learned")
Do yoga or stretch	Look at pictures of a favorite memory	Make up a new game	Call a friend to catch up	Focus on what is in your control

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## **Additional Resources Shared During 04/13 General Meeting Zoom Chat**

### Resilient Georgia

- Find previous meeting agendas, slides, and recordings on [our General Meetings page](#).
- To sign up for our newsletter and follow us on social media, please visit our [website](#).
- To view trauma-informed trainings for the healthcare sector, and all 12 child and family serving sectors, please visit our Resilient Georgia trauma informed [training roadmap](#) with 100+ trainings.
- To learn more about Resilient Georgia's 16 regional coalitions working across 120 counties to bolster mental health, prevent ACEs and build resilience with children and families, please visit our [Regional Coalitions page](#).
- To learn more about Mental Health Parity Law HB 1013, and our ongoing work with Georgia's Behavioral Health Reform and Innovation Commission, please visit Resilient Georgia's [Statewide Advocacy Page](#).

### Community Resiliency Model

- To learn more about the Community Resiliency Model (CRM), please see the attached [1-pager](#) and visit the [CRM Georgia website](#).
- For CRM training enquiries and upcoming opportunities in Georgia, please contact Dr. Jordan Murphy at the Center for Interrelational Science and Pediatrics at [jordanmurphy@cispediatrics.com](mailto:jordanmurphy@cispediatrics.com)

### Connections Matter

- To learn more about Connections Matter training and training opportunities, please visit the [Georgia Center for Child Advocacy website](#).

## **Icebreaker: Write a Happy Story in 3-6 Words**

At the outset of Resilient Georgia's General Meeting on April 13, 2023, Dr. Emily Anne Vall asked participants to share a happy story in 3-6 words via chat. Please scroll down to see two 'blackboards' filled with meeting attendees' happy stories to brighten up your day.

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## Write a Happy Story in 3-6 words

It's almost Friday

Got a Birdie at golf last night!

I'm alive, well and blessed!

It's a good day and the birds are chirping!

Daughter is visiting

My dogs made it to the groomers for a bath.

Wore a tiara all Monday for my bday!

I meditated for 15 minutes today!

I enjoyed coffee with cream.

Everyone is at school on time. :)

I got to walk today before the rain!

I completed a 60 min workout this am.

I went on a peaceful walk with my dog :)

Tomorrow is Friday!

I'm having a great day on purpose! :)

Made it to Thursday!

I love my husband!

Completed several dual enrollment schedules.

The rain is nourishing my garden!

Gave Plasma this morning

I have coffee and a puppy.

I WALKED ONE MILE TODAY

New hot water heater - long shower!!!

Yoga began my day right

BREAKFAST GOOD AND COFFEE STRONG

Seeing my Granddaughter soon.

My seedlings are thriving!

I had pizza for dinner yesterday!

*While drinking my morning coffee I'm enjoying all of our prevention partners share their CAP month activities.*

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## Write a Happy Story in 3-6 words

My daughter is coming to visit from NYC!

I have coffee and my space heater on. Doggo snoring in his bed.

Yoga twice this week...

A cat sitting in a sunbeam.

I made it to Pilates yesterday.

Sunshine today in NYC!

We have family friends visiting from Canada

Ready for our Darkness to Light Walk this weekend.

Happy Thursday!

I ate breakfast everyday this week!

Happy to pause to have a morning inspiration!

I saw Shirley Chisholm Unbossed and Unbowed last night inspiring me to get up and run this morning.

The sun is shining so pickleball looks promising tonight!

No one is sick at home :)

Happy to host our Speak Easy support group for stroke and TBI survivors here at our center tomorrow and every Friday.

Had a warm cup of tea this morning

Got my daily work out in this morning

Enjoyed swimming laps at the gym this morning.

Enjoying this weather and looking forward to a long bike ride this weekend!

Headed to Geneva tonight!

Excited to go hiking this weekend and to learn from all of you today!

Glad it is Thursday!

Hit my 14th day on time streak.

Mom is in town to visit!

Was surprised with donuts this morning

Happy to see many friends on the call.

I took time to breathe today.

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