



ROOTED IN RESILIENCE: FOSTERING
TRAUMA-INFORMED SECTORS &
SYSTEMS, REGIONAL SHOWCASE

GENERAL MEETING

APRIL 2025

FOLLOW UP DOCUMENT

Be sure to click on
the coalition logos
and presenter
headshots to take
you directly to each
organization's
website!



This document shares key takeaways, resources, interactive question responses, and questions for the speakers shared in the chat during the meeting, with their responses. Please visit our [General Meeting](#) page on our website to view the [agenda](#) and [slides](#).

**In case you missed our meeting, check out the
recording here.**

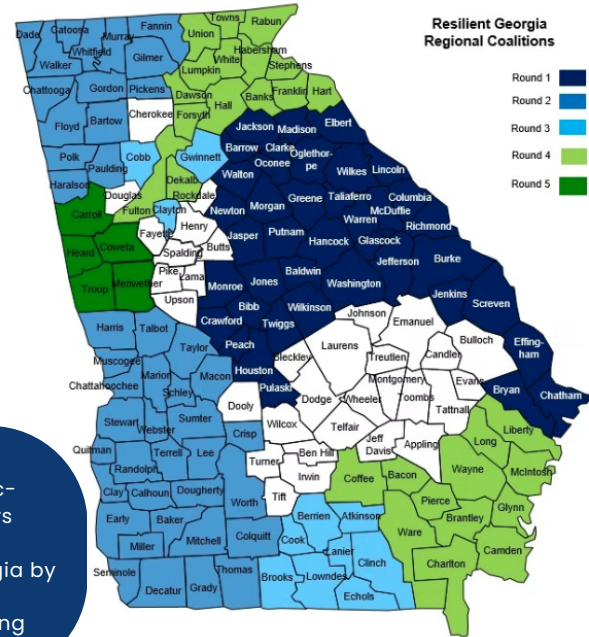
Regional Coalition Team



Audrey Idaikkadar

Thank you all for joining us on April 24th! We are excited to **showcase five wonderful coalition partners** to celebrate their efforts to foster trauma-informed workforce sectors and systems.

—Audrey, Alex, & Nikki



Alex English

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 (ACE's) and promoting resilience.

[Read more about RG's regional coalitions!](#)



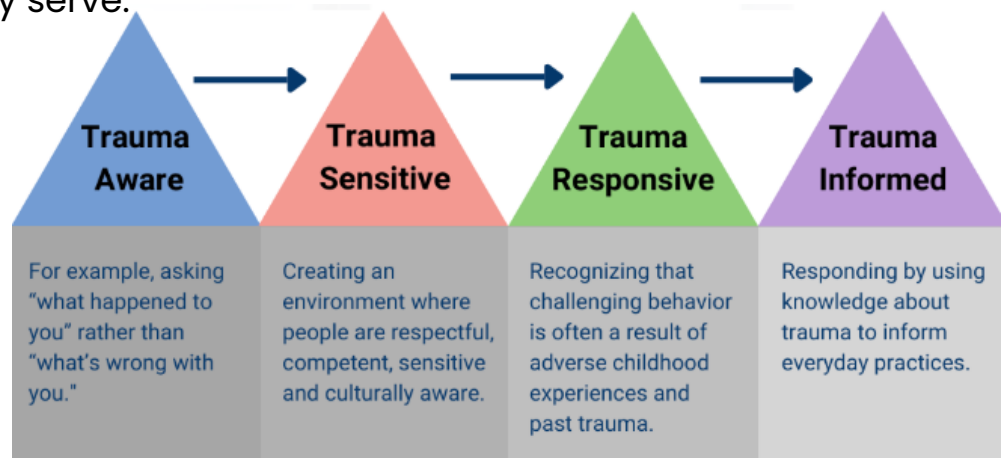
Nikki Warner

Importance of Fostering a Trauma-Informed Workforce

- A trauma-informed workforce recognizes how **past experiences impact** employee well-being, behavior, and performance, and integrates this understanding into workplace practices.
- Creating supportive, healing environments fosters trust, safety, and collaboration while **reducing burnout** and improving retention.
- **Embedding resilience** into workplace culture benefits not only staff but also the children, families, and communities they serve.

[Check out our Trauma-Informed Learning Card to learn more!](#)

[Click here for a sector-specific Trauma-Informed Training Roadmap](#)





***"From Commitment to Culture:
Advancing Trauma-Informed Leadership
Across Systems"***

- Amanda, **Community Projects Manager** at Resilient Middle Georgia, spoke about how RMG is **shifting from transactional to transformational leadership** to focus on integrating **system-level, trauma-informed care**.
- To assess their current efforts, RMG sent out a **coalition satisfaction survey**



- **Strengths:** Leadership, Communication, Empowerment, Coaching
- **Growth areas:** Role clarity, deeper connection, systems-change readiness

“Transformational leadership isn’t a position—it’s a practice that builds resilience at every level.”

Looking Ahead:

- Integrate **annual coalition satisfaction survey** to **inform strategic planning, training, and engagement**
- Explore **peer mentorship & leadership pathways**
- Create **onboarding videos** to embed **trauma informed practices** in organizations



Did You Know?

Resilient Middle Georgia formalized coalition membership by developing commitment letters and an onboarding packet for their coalition partners in 2024. Inspired by RMG, Resilient Georgia created our own regional coalition onboarding packet. Check it out [here](#)!

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Imani Jones and Rachel Chambless

"Building Resiliency: Increasing Access to Mental Health Services through Workforce Development"

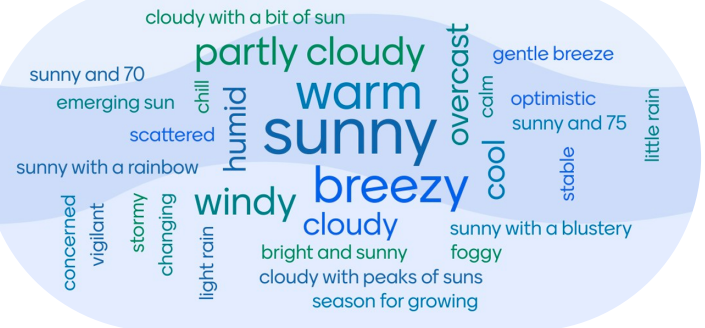


Manager of The Basics, United Way
of The Chattahoochee Valley



Director of Engagement, United
Way of The Chattahoochee Valley

Rachel and Imani started with
a social/emotional
"temperature check" asking
the participants:
"If your mood was a weather
forecast what would it be?"



Imani and Rachel discussed ways RCV is **increasing access to mental health services through workforce development** by partnering with a local behavioral health organization: **The Pastoral Institute**

Key Takeaways:

RCV has achieved:

Assessing Community Needs:

- Youth mental health emergency department visits **increased in Georgia by 163%** between 2019 and 2024
- Suicide is the **second leading cause of death** for Georgians aged 10-34
- Rural counties have an average of **one mental health provider per 4,000 residents**

- 3 Associate Professional Counselors trained
- 4 Families engaged in ongoing Trauma Therapy
- 1 Clinician trained in EMDR Training and using techniques.
- 26 Community wellness sessions with agency partners, 20 sessions with Family Connections, 6 postpartum group sessions at Valley Healthcare
- Offered a Book Review of the Skilled Helper for 3 Interns and 3 Residents
- HOPE Fund for the Underserved: Provides up to 12 sessions for cost burdened clients with any therapist.

Chat Q&A

Q:Is there training opportunities being developed for DBT?

A: Dialectical Behavior Therapy is not included in the MOU with Pastoral Institute (PI). We will follow up with PI to ask if it is included in their curriculum or their practice.

Q: What is the effectiveness of telehealth therapy vs. in-person? Is it more appropriate for certain ages?

A: Telehealth is often as effective as in-person therapy for many mental health issues. Younger children may need more support. In-person care may be better when safety, structure, privacy, or internet is a concern.

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Shay Peoples

"Agentic Healing Circles for Educators"



Shay asked the group, "When leaders are healed, they are able to..."



Key Takeaways

Shay Peoples, **Project Coordinator** at Community Health Solutions and Resilient Clayton coalition lead, presented on how the coalition (previously ACSRI) **is healing educators** through **healing circles**

Allowed educators and providers to humanize their colleagues and see them differently.

Participants felt empowered and had a greater sense of agency

Participants reported feeling more "self aware."

Healing Circles are curated safe spaces where participants can share their thoughts, feelings, and emotions regarding various topics and experiences.

Next Steps:

- Develop an **evaluation** to further assess healing circles impact
- **Leverage** the **experiences** of others **using multi-media platforms** to raise awareness of the work
- **Engage** more **schools** and **childcare providers** throughout the region to adopt Agentic Healing Circles as a **wellness resource** for staff
- **Use Healing Circles** to **educate on Adverse Childhood Experiences (ACEs)**

Did You Know?

The Carter Center and Georgia State created a **survey on Tier 1 Prevention services** in schools. Prevention efforts – like healing circles – are essential to building trauma-informed educational environments. If you're connected to schools or youth-serving organizations, please take a moment to complete and/or share this 8-minute survey. Your input supports statewide planning to improve mental wellness and resilience for Georgia's youth and educators. [Access the survey here!](#)

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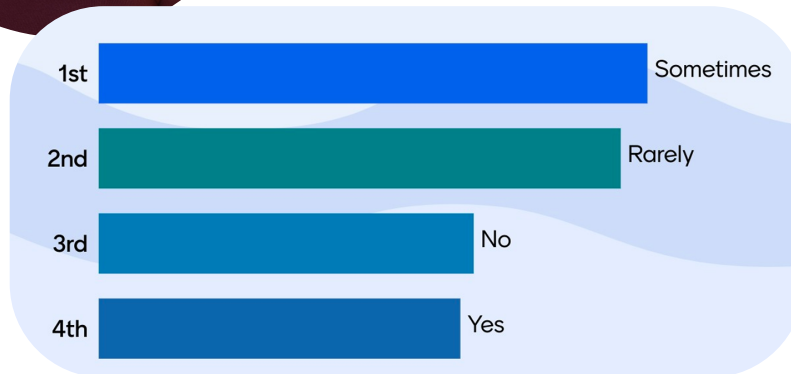
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Lesleigh Sanders



“Strengthening Resilience Across Cobb County Juvenile Justice”



Lesleigh asked, “Have you ever walked into a government or public service building and felt safe and comforted?”

Key Takeaways

Lesleigh, **Mental Health Program Coordinator** at Cobb Collaborative, discussed how the coalition is **building a trauma-informed court system**.

Through varied partnerships they have:

Hosted 2 trauma-informed trainings in 2022 with 58 attendees	Partnered with Paint Love who came to court and guided youth through trauma informed sessions & displayed their art in court rooms	33 State and Probate Court Staff Members + 25 CASA volunteers trained in CRM	5 families, totaling 13 individuals for the first CRM Session with youth & families
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Next steps:

- Finalizing **MOU**, positioning **Community Resiliency Model (CRM)** as an **ongoing, recurring support** for families involved in juvenile justice.
- **Expand** offerings to **Spanish-speaking families** in 2025.
- **Continue** offering **wellness resources** for staff, youth and families.
- Work with our **DA's office** and **Cobb County Court Systems** to lay the **groundwork** for moving toward the **entire** Cobb County legal system becoming a **trauma-informed** justice system

Chat Q&A

Q: Does the Cobb County Court System have a mindfulness zone?

A: The Cobb court building includes a wellness space with a resiliency resource station offering grounding tools, sensory supports, and affirmations. Cobb Collaborative is partnering with the court to expand these spaces. Learn more in the [Resiliency Zone Guide](#) and this [article on Chatham County's "Zen Zones."](#)

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Aviva Berman & Aisha Williams

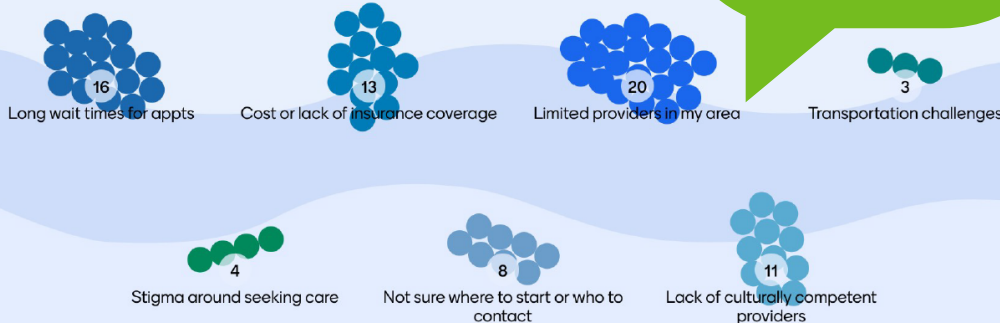
“Creating a Person-Centered Model of Social, Physical and Mental Care”



Senior Innovation Manager, ARCHI

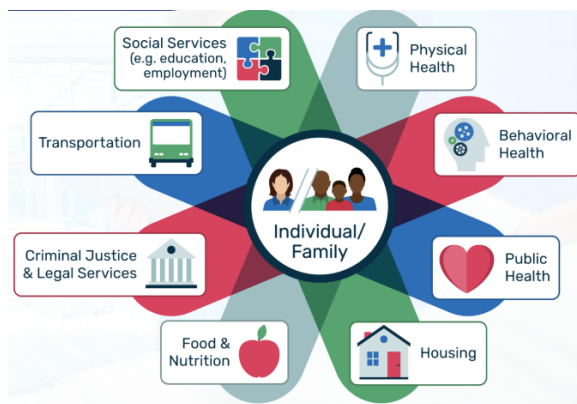
Deputy Director, ARCHI

Aviva asked, “What are your pain points for accessing care?”



Key Takeaways

To **invert the burden of healthcare navigation**, which falls heavily on the individual/family and the staff working to support them, ARCHI discussed how they are addressing this with their **Community Resource Hub** and advancing the **Community Health Worker (CHW)** workforce.



The **Community Resource Hub** is a real-time, closed referral network that facilitates coordination and data sharing among clinical providers and community-based social services organizations via trauma-informed tactics

Community Health Worker Network

- Connects and supports CHWs across Georgia through collaboration and advocacy.
- Promotes CHW visibility and representation at statewide, regional, and national levels.
- Advances CHW career pathways and educates stakeholders on the CHW role.

Chat Q&A

Q: Where can I learn more about Community Health Workers and Resource Hubs?

A: You can learn more about Community Health Workers (CHWs) through the [Georgia Health Policy Center's CHW Workforce Development page](#), which offers training, resources, and support for CHWs across the state. Click here to learn more about [Community Resource Hubs](#).

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Dr. Andrea Meyer Stinson



How RG is addressing workforce gaps and challenges:

- **Increased** trauma informed **education**
- **Policy** and **funding solutions**
- **Education & training** pipelines ([National Mental Health Workforce Acceleration Collaborative](#))
- Leverage **technology & innovative models**
- **Organizational & system** reform

Georgia ranks #47 in the nation for mental health access. We're working to **change** that.

Source: Mental Health America

58%

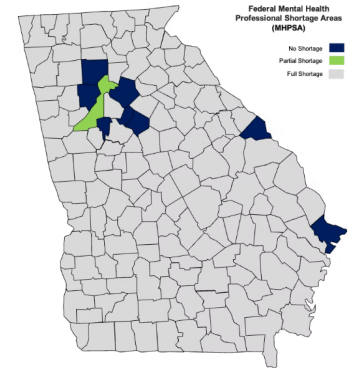
of Georgia adults with any mental illness do **not** receive treatment.

67%

of Georgia youth with major depression do **not** receive treatment.

13%

of Georgia youth with private insurance do **not** receive coverage for mental health.



Chat Q&A

Q: How is a mental health professional shortage defined?

A: The [Health Resources and Services Administration \(HRSA\)](#) defines mental health professional shortages through [Health Professional Shortage Areas \(HPSAs\)](#), based on provider-to-population ratios and other factors. A ratio of 30,000 people per psychiatrist may qualify an area as a shortage.

Save the Date!

*Join us for our next General Meeting
Regional Showcase:
November 13, 2025
11:00am-12:30pm*

Thank you



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