



UNITING PHYSICAL AND MENTAL WELL-BEING GENERAL MEETING FOLLOW UP DOCUMENT

Be sure to click all logos, names, and headshots to take you directly to each organizations 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 link [here](#).



Emily Anne Vall

ResilientGEORGIA

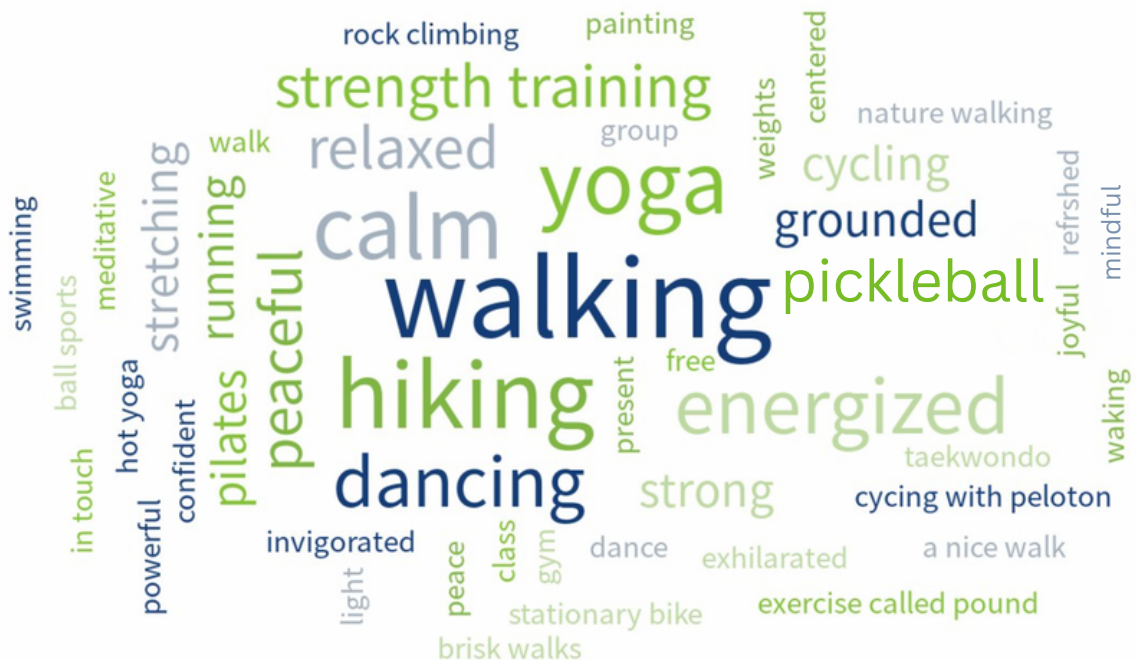
Thank you all for joining us on November 9th, to learn about the groundbreaking collaborations happening right here in Georgia that nurture both physical and mental health and fortify our children's resilience. We truly appreciate all the work our partners are doing to give Georgia's children access to physical activities.

-Emily Anne

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.

Emily Anne started off our interactive questions by asking the group, what is your favorite physical activity and how does it make you feel? See the group answers below!



Email: evall@resilientga.org | Phone: 678-940-1431



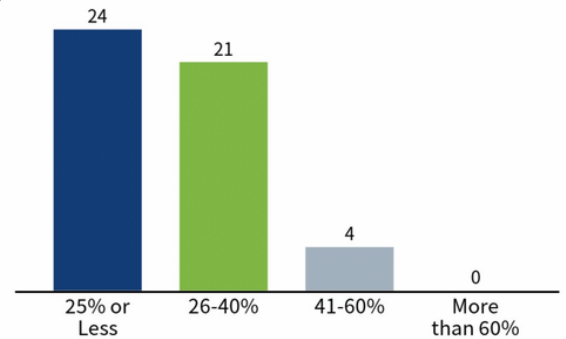


Jennifer Owens

healthMPowers™

We asked the participants in the meeting, what percentage of children in Georgia do they think are engaged in regular physical activity to support their overall well-being?

Less than 25% of children in Georgia are engaged in regular physical activity



Key Takeaways

- HealthMPowers' vision is a world where all children are nourished and active. They have worked towards their vision with implementation of programming in over 300 sites across the state.
- In 2021, there was a nearly 50% increase in students who felt significantly sad or worried on a daily basis, and there was a large increase in the number of students who are struggling with suicidal ideation.
- Those who are physically active fare better in mental and physical health outcomes, but issues with access to physical activity contribute to socioeconomic health inequities.
- HealthMPowers has spent the last years investing in community-based assessment that informs their evidence-based strategic plan for improving outcomes.
- HealthMPowers approach involves a Youth Advisory Board, the Girls Empowering Movement program, and a partnership with Henry County Public Schools called Leveraging Positive Behavior Intervention Systems for whole student health.
- The Youth Advisory Board is a group of high schoolers who advise HealthMPowers about the needs and priorities of community members.
- The Girls Empowering Movement (GEM) program is focused on addressing the common decrease in physical activity levels for middle school girls in specific. It features a girl-led approach that targets physical and mental wellness as well as leadership skills.
- The program works with partners to offer mental health-focused professional development for staff and is developing a resource guide for physical and mental wellness.
- The Henry County Public Schools program, Leveraging Positive Behavior Intervention Systems (PBIS) for whole student health, has hired a mental health and wellness facilitator at every school. They also have a group of youth ambassadors dedicated to amplifying the needs of the community.

Chat Q&A

Q: Do you train faculty in schools to run your programs or does HealthMPowers staff run them?

A: We do both! We have health educator teams assigned to schools who work directly with kids, administration and teachers. In addition, we train educators through model lessons and other technical assistance to train up educators on topics from nutrition education to physical activity.

Email: jennifer.owens@healthmpowers.org | Phone: 770-817-1733



Shalondra Henry and Dr. Charné Furcron



Dr. Furcron led the group with some breathing exercises. After those exercises, some words to describe how the group was feeling was...

calm
grounded
centered
relaxed
refreshed

THE GROUP WAS ALSO ASKED HOW THE ARTS HAVE IMPACTED THEIR LIVES

01 CHANGED MY LIFE, PERSPECTIVE AND ABILITY TO PRACTICE EMPATHY

02 THEY HAVE BEEN MY INSPIRATION ALL MY LIFE

03 A WAY TO EXPRESS AND CONNECT TO EMOTIONS AND FEEL ALIVE

04 SOURCE OF JOY AND COMMUNITY

05 CRITICAL FOR LEARNING AND QUALITY OF LIFE

Key Takeaways

- Moving in the Spirit is an award winning youth development organization supporting the cognitive, social, emotional, leadership skills of nearly 300 Georgia kids through dance programming.
- Moving in the Spirit trains their teaching artists to integrate dance movement therapy techniques into classes. Dance and other forms of expressive movement allow for the release of stored trauma, give a voice to a range of emotions, and help individuals discover their identity alongside a therapeutic dance community.
- Moving in the Spirit supports families with challenges whenever possible and also partners with community organizations to meet the needs of youth holistically.
- Moving in the Spirit is conducting evaluations on the effectiveness of their programming, and data has shown that 95% of students have increased good behavior, 98% indicated that the program has improved their self-esteem, and 100% have reported that the program has helped them express emotions in a healthy way.
- There are several ways to meaningfully support the programming, including donating or volunteering time.

Email: shaldondra@movinginthespirit.org | Phone: 404-272-0569

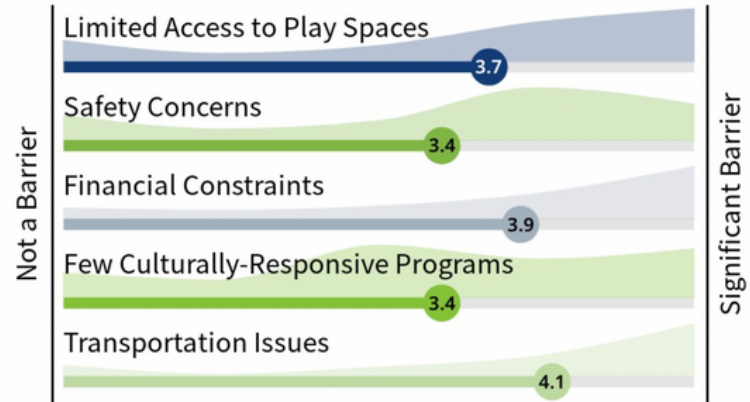
Email: charne@movinginthespirit.org



Dan Mathews



Dan opened up by asking the group, which of these common barriers need to be addressed so that kids in their own communities can more fully experience the power of play. See their answers in the graph!



Key Takeaways

- In collaboration with 80 non-profits around the state, Camp Twin Lakes provides camp experiences to youth with medical concerns, disabilities, or life challenges.
- Camp Twin Lakes believes in the power of play and activity as an intervention for physical, mental, and social wellbeing. Play is not only enjoyable, it also builds necessary skills and resilience for people of all ages.
- Play takes various forms, but the most beneficial play occurs in a flow state.
- People face many different barriers to play, including financial, safety, and access issues.
- There are two things we need to create play: time and space.
- According to the Harvard Center for the Developing Child, there are three necessary principles for improving outcomes for kids and families: supporting responsive relationships, strengthening core skills for planning, adapting, and achieving goals, as well as reducing sources of stress for children and families.

Quotes About Play

- "When we really let our minds rest contemplatively on a rose in bud, on a child at play, on a divine mystery, we are rested and quickened as though by a dreamless sleep" -Josef Pieper
- "Play is training for the unexpected" -Marc Bekoff
- "Play is the answer to how anything new comes about" -Jean Piaget
- "You learn more about a person in an hour of play than in a year of conversation" -Plato
- "Life must be lived as play" -Plato
- "Play is the highest form of research" -Einstein
- "Through observing children at play, we recognize their worries, concerns, and fantasies. We learn about their basic needs, their feelings of love and anger, and their rivalries and fears of failure, their secret wishes and desires" -Maslow
- "Ritual grew up in sacred play; poetry was born in play and nourished on play; music and dancing were pure play. We have to conclude, therefore, that civilisation in its earliest phases, played. It does not come from play... it arises in and as play, and never leaves it." -Johan Huizinga

Email: dan@camptwinlakes.org | Phone: 706-557-9070 x203



Vira Salzburn



Vira led the group with hand yoga focusing on massaging them and bringing awareness to their temperature, and texture. Touching the tips of each finger, rotating the wrists, shaking the hands. She wanted to group to notice how their hands were feeling and how they were feeling as a whole. Use this video [here](#) to give hand yoga a try!

Key Takeaways

- [Vira Salzburn](#), Program Director for Safety & Resilience, has been an [influential force](#) in implementing the Trauma-Sensitive Yoga Program in Savannah. Hear her share her story and the benefits of mindful self-compassion in her [TedXSavannah talk](#).
- [The Safety & Resilience](#) programs utilize a public health approach to community safety and resilience that includes prevention, intervention, and postvention. The programs focus on suicide prevention, emotional wellbeing, health and wellness, and trauma-informed care.
- [The Trauma-Sensitive Yoga \(TSY\) Program](#), developed by the [Trauma Center for Trauma-Sensitive Yoga](#), started in Savannah as an upstream approach to suicide prevention. The focus of the program is to help participants develop a sense of agency and autonomy as well as a general sense of wellbeing.
- The program offers many different classes, including TSY for children, TSY for stress management and burnout, chair TSY, tactical yoga, and community yoga.
- The TSY program has provided services to over 1,500 people in community, school, and other settings.
- Other forms of therapeutic movement, such as [Trauma-Informed Weight Lifting](#), provide healing support to individuals and communities.
- The program has developed a TSY coalition that has supported the training and development of [42 facilitators](#) across the state.
- There will be a free, in-person [TSY facilitator training](#) on March 22-24 in Savannah.

Chat Q&A

Q: Can you share information on the trauma sensitive yoga training program certification?

A: Those interested in the [TSY training](#) can take it from the TCTSY. TCTSY is the original provider/researcher -- they have virtual training and certification programs available.

Q: Is this only available in Savannah studios? Or is it available anywhere else?

A: I believe there are TSY providers in Atlanta. Holle Black, who will be teaching the TSY course in March, used to live in Atlanta. Her team has provided services to the DJJ and other organizations in Atlanta. Her nonprofit is called [Centering Youth](#). We contract with her annually to come to Savannah to provide the 3-day training. Her email is holleblack@comcast.net.

Email: virasalzburn@chlink.org | Phone: 912-661-0577



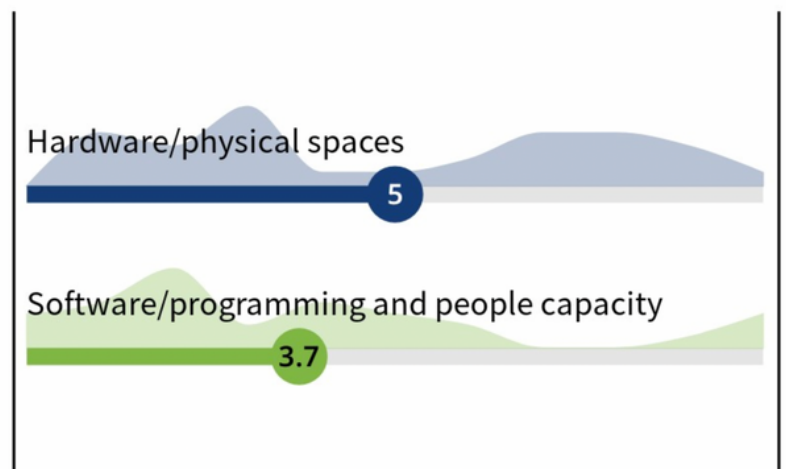
Elijah Miranda



Key Takeaways

- Soccer in the Streets exists to give youth access to soccer programming that does not rely on the “pay to play” model. They use soccer as an entry point to provide social-emotional learning and leadership development for their youth.
- Team sports promote a number of positive benefits, not only for physical health, but also for mental health. Benefits include increased resilience, empathy, confidence, empowerment, lower rates of stress, anxiety/depression, and suicidality.
- Their programming makes an impact by investing in a community-building approach that creates safe spaces and supports a healthy lifestyle for individuals and families. Their work has grown to include community gardening projects and events that encourage people to gather together.
- Soccer in the Streets has an emphasis on creating safe spaces for marginalized populations in particular, such as families who have immigrated to Georgia.
- Soccer in the Streets is working towards expansion by identifying positive opportunities as well as potential funding sources and community partnerships. Expansion of Soccer in the Streets relies on the “hardware” of physical spaces as well as the “software” of programming and people.

After learning about hardware vs. software, Elijah had the group answer which type(s) of resources are abundant in their own communities to boost youth physical and mental well-being. See their answers in the graph!





Audrey Idaikkadar

ResilientGEORGIA

Physical activity like play contributes to creating connections to each other and a sense of belonging, essential ingredients for individual and community wellbeing.
 -Audrey

Join Us For Our Next Meeting April 18, 2024:
 Food, Mood, and Mental Health

Click Here to Register



or scan the QR code!



What is your favorite comfort food?



Recipes Coming Soon!

We will be working with nutritionist, [Mindy Belcher](#), who specializes in mindful eating. She will be helping us source healthy recipes based on your favorites comfort foods. Follow us on our social channels to see these recipes come to life soon!



Email: aidaikkadar@resilientga.org | Phone: 678-940-1434

