

The logo for Resilient North Georgia, featuring a white leaf icon above the text "Resilient NORTH GEORGIA" in white, set against a purple rectangular background.

Resilient
NORTH
GEORGIA

A background image of a diverse group of young people smiling, overlaid with a purple and green gradient.

**ANNUAL
REPORT
2022**



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About the Resilient Georgia Regional Grants

[Resilient Georgia](#) has been working with 16 regions across Georgia to provide an emphasis on trauma-informed awareness and care, 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 serves as a supportive and guiding resource during each region's planning and implementation process.
- These regional action plans each address the behavioral health needs of individuals birth through 26 years old and families in the community and surrounding counties using the Collective Impact framework (a diverse, robust and well-planned public-private partnership).
- Trauma-Informed Care, ACEs and child sexual abuse prevention can be the basis for systemic changes in a community. Each region has identified how one or more of these content areas are delivered to diverse community members through formal training, education, marketing and communications.
- Round 1 grants were awarded in Nov 2019 to regional coalitions based out of Athens, Augusta, Macon, Savannah and surrounding areas. Round 2 grants were awarded in July 2020 to regional coalitions based out of Albany, Columbus, Rome, Thomasville and surrounding areas. Round 3 grants were awarded in March 2021 to regional coalitions based out of Clayton, Cobb, Gwinnett, Valdosta and surrounding areas. Round 4 funding was awarded in December 2021 to regional coalitions based out of Atlanta, Brunswick, Gainesville, and Waycross and the surrounding areas.

Coalition Mission

Resilient North Georgia aims to use evidence-based practices and program development to bolster efforts to keep children out of the foster system, prevent trauma, advocate for prevention, and foster a resilient North Georgia community. Building a collaborative community, Resilient North Georgia builds bridges between public and private partners, offering trainings across 13 counties: Banks, Dawson, Franklin, Forsyth, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, and White.

These trainings create an integrated behavioral health network of services and resources for Georgia's children and families. Learn more about training in parenting (Triple P), mental wellness skills (Community Resiliency Model), and building caring connections (Connections Matter) below. Visit our website to learn more at <https://wellroot.org/our-programs/resilient/>.



Summary

In our first year Resilient North Georgia developed partnerships, assessed community needs and developed an infrastructure to lead community conversations and trainings on ACES education, trauma informed awareness, resiliency, and parenting/caregiver supports. Our goal is to increase community understanding, prevention, and mitigation of adverse consequences of childhood trauma. Year one was about developing partnerships and an infrastructure to deliver services. We began our work in Hall County, the population and economic center of Region 2. Fortunately, this community was receptive and cohesive. They were immediately ready to get to work. By the second quarter of our grant we had certified three trainers and were able to pilot all trainings:

- Triple P Level 3 and Level 4
- Connections Matter
- Community Resiliency Model
- Reaching Teens (through internal trainings)

We learned from these pilots, and planned expansion efforts over the summer. We also worked closely with Gainesville City Schools and Hall County Juvenile Courts to offer services to youth serving professionals and parents. The Reaching Teens Symposium was the culmination of these efforts. The symposium was the inspiration and kick off for a broader community implementation that began in November.

In total this year we have engaged 37 community partners and certified 6 trainers in Triple P and CRM (2 bilingual) and served nine of the thirteen counties. This foundation will help us expand our efforts in 2023.

Hours of Trainings	# sessions	# hours
CRM 1.5 each	11	16.5
CM 4 each	9	36
Reaching Teens 6 hour	1	6
RT 3 hour (am, pm)	2	6
RT 2 hour evening	1	2
RT Internal staff 2 day@ 6 hrs	2	12
RT internal staff monthly @ 2 hrs	9	18
Triple P Level 3 - 2 hr x 3 sessions	5	30
Triple P level 4 - 2 hr x 5 sessions	4	40
Mindful Self-Compassion	1	4
		170.5



YEAR AT A GLANCE

YEAR AT A GLANCE

January <ul style="list-style-type: none">• First Resilient Georgia Stakeholder meeting• Wellroot monthly Reaching Teens Training launch	February <ul style="list-style-type: none">• 13 County Needs Assessment Complete• First regional Connections Matter training for Foster Parents	March <ul style="list-style-type: none">• First Community CRM Training
April <ul style="list-style-type: none">• Triple P Level 3 Trainer certified• Triple P Level 4 Trainer certified• Triple P Level 3 and Level 4 classes launch (Virtual and in person; English and Spanish available)• CRM Trainer Certified• Wellroot internal CRM Training	May <ul style="list-style-type: none">• Resilient Georgia participates in Project Aware with Hall County Schools	June <ul style="list-style-type: none">• CRM Training for Hall Community Leaders• CRM Training for Dawson County Leaders
July <ul style="list-style-type: none">• Reaching Teens Planning with Gainesville City Schools• Second CRM Trainer Certified	August <ul style="list-style-type: none">• Triple P Level 4 Class Cohort Launch (Offered in Spanish and English)• Triple P Level 3 Class Series with Avita Community Services• Bilingual Triple P Level 3 Trainer Certified• Teen Mental Health First Aid	
Sept <ul style="list-style-type: none">• Triple P Level 4 Class Cohort Launch	October <ul style="list-style-type: none">• Reaching Teens Symposium• Triple P Level 3 Class with SISU Early Learning• Mindful Self Compassion for Early Learning Professionals• Triple P Level 4 Class Cohort launch (English and Spanish)• CRM for all DFCS Region 2	Nov <ul style="list-style-type: none">• Bilingual Triple P Level 4 Trainer Certified• CRM provided at Statewide Education Conference (GLISI)



Leadership Team and Contributors

Christina Lennon, Wellroot Family Services, Chief Strategy and Innovation Officer

Annaliza Thomas, Hall County Family Connections Director

Toni Brown, Region 2 Family Connections Director

Steve Collins, Founder and Executive Director, Adults Protecting Children

Coalition Partners

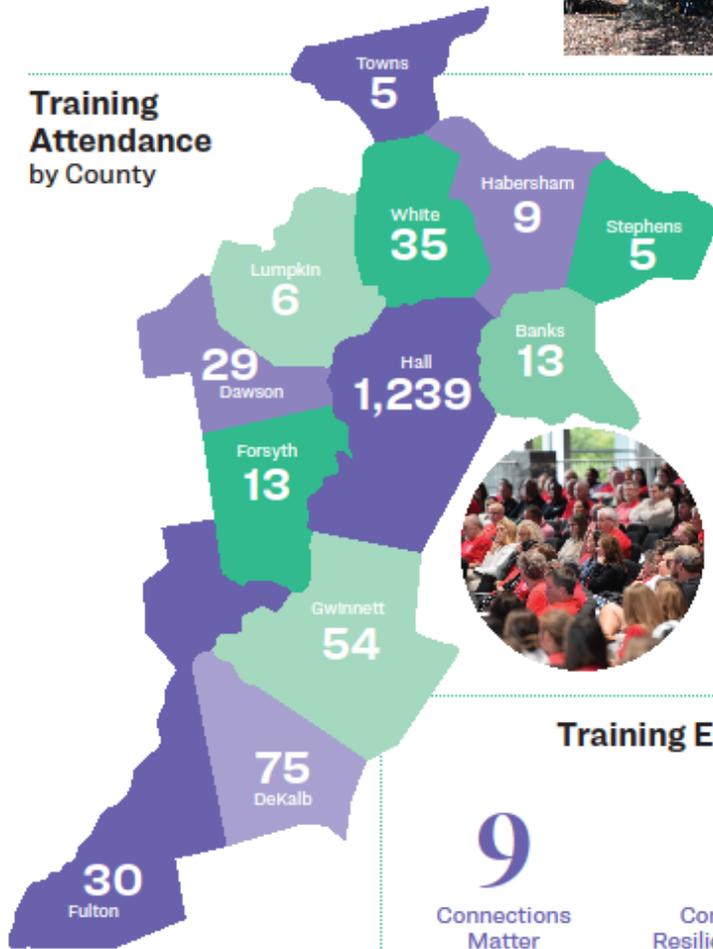


Key Impacts/Accomplishments

TRAINING Overview



Training Attendance by County



of People Trained

1,589
Total number of people trained

Connections Matter	124
Community Resiliency Model	237
Reaching Teens	1,142
Triple P	68
Mindful Self Compassion for Early Learning	18



Training Events by Type



Banks	13
Dawson	29
DeKalb	75
Forsyth	13
Fulton	30
Gwinnett	54
Habersham	9
Hall	1239
Lumpkin	6
Other	76
Stephens	5
Towns	5
White	35
TOTAL	1589



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

Research

- Resilient North Georgia started the year with a comprehensive assessment on the need for ACES education and training throughout the region. The survey was distributed by Wellroot Family Services and all 13 Family Connections in the region. Questions included which trainings have been offered in their respective communities, which agencies are engaged in this work, where is more support needed and which trainings did people believe would benefit their community the most. We received 87 responses, which included feedback from each of the 13 counties. The survey was foundational in our planning efforts.
- In addition, Wellroot researched child well-being and health indicator data from each county.

County	Families and Children Living in Poverty		Teen Births 2019 data (15-19 at time of birth)		2019 Data (unless otherwise noted)				
	Families with children with annual incomes less than 150% of the federal poverty threshold % (2015-2019)	Children living in poverty (100 percent poverty) (%) 2019	Teen Births	Teen Births (per 1000)	Children with a substantiated incident of neglect or abuse	per 1000 children less than age 18	MH provider ratio (2020)	9th grade students reporting alcohol use in past 30 days % (2020)	Teen deaths by homicide, suicide and accident 15-19 (2019)
Banks	34.7%	19.1%	13	24.0	31	7.3	690 to 1	5.0%	0
Dawson	16.3%	12.0%	18	25	49	9.3	930 to 1	6.4%	0
Forsyth	8.0%	5.1%	39	4.3	101	1.5	1650 to 1	5.0%	4
Franklin	37.9%	25.7%	16	20.7	17	3.3	1370 to 1	7.8%	2
Habersham	25.5%	20.0%	34	22.4	55	5.4	2520 to 1	8.7%	2
Hall	28.4%	21.8%	161	22.9	223	4.4	1140 to 1	7.3%	4
Hart	38.6%	21.2%	22	31.6	12	2.2	4370 to 1	11.2%	1
Lumpkin	25.9%	17.2%	12	7.2	59	9.7	1200 to 1	8.9%	1
Rabun	43.5%	20.9%	14	31.7	28	9.7	780 to 1	11.3%	0
Stephens	24.3%	23.2%	23	27.5	21	3.6	1300 to 1	15.8%	1
Towns	31.1%	19.2%	7	11.8	17	10.2	4010 to 1	5.3%	0
Union	37.9%	19.4%	13	24.7	39	10.1	1360 to 1	7.0%	0
White	21.3%	17.6%	14	13.9	45	7.4	1340 to 1	9.5%	0
State of Georgia	28.1%	20%	7073	19.6	9736	3.9	690 to 1	8.2%	278
							top US perf		Child & teen death
							270 to 1		767

* Blue Shading indicates greater than the state average

Training

Triple P, Positive Parenting Program

- Triple P (Positive Parenting Program) is an evidenced based parenting intervention with the main goals of increasing the knowledge, skills, and confidence of parents and reducing the prevalence of mental health, emotional, and behavioral problems in children and adolescents. Triple P's body of evidence is the most extensive of any parenting program.
- From the research, we know parenting support was one of the big needs in our region. We also knew that attendance at parenting classes was low so we set out to try Triple P in several formats with several partners to see if we could find a format that works. More on this in innovative partnerships.
- Triple P Level 3 classes can be attended individually or as a series. Each one hour class focuses on one specific parenting challenge such as:
 - Managing Fighting and Aggression
 - Coping with Teenagers' Emotions
 - Reducing Family Conflict
 - Hassle-Free Mealtimes with Children
 - Developing Good Bedtime Routines



To date we have tested a virtual model and piloted in person Level 3 classes for three community partners (SISU Early Learning Center, Hall County Housing Authority and Avita Community Partners). We found early on that community wide virtual classes were not attended, so we pivoted our strategy to offer the classes at sites where target populations were already gathered. This strategy has been successful, and we will grow this approach in 2023.

- Triple P Level 4 is a group-based parenting intervention. Triple P-Group is for parents who are interested in promoting their child's development or who are concerned about their child's behavior problems. Group sessions typically focus on topics such as positive parenting, helping children develop, managing misbehavior, and planning ahead. Parents attend four weekly classes that build on each other then receive three weeks of personal coaching as they implement best practices at home. The parent cohort comes back together for one last session to share learnings. These classes are a sizeable commitment and parents are typically mandated to attend.
- Resilient Georgia has developed a robust referral pipeline in partnership with the CHINS panel of Hall County, DFCS, and Gainesville City Schools. **Triple P Level 4 is now a part of**

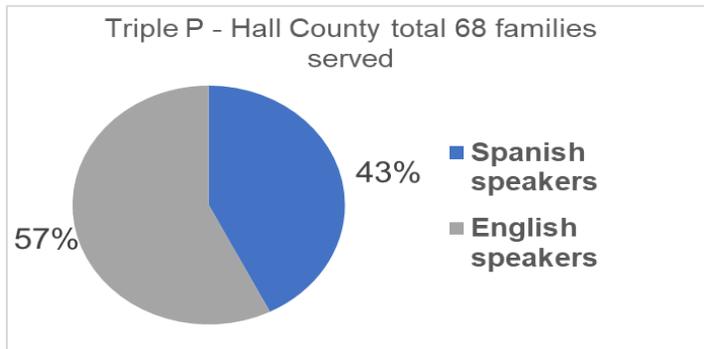
"I am so happy! After class, I went home and set up some family rules with my kids. One of the rules was no talking back. My kids made a rule of no yelling. We both agreed and its working! It has really decreased the stress in our home."

Fall 2022 Triple P Parent



the case plan for most CHINS cases in Hall County. Resilient Georgia offers the class in English with Spanish translation and most classes are 50% Spanish speaking.

- To date we have trained 68 through 11 classes, representing 70 hours of parenting instruction.
- Triple P – Hall County – English- and Spanish-speaking breakdown:



- Triple P outcomes measurements are based on a comprehensive, 30-question parenting scoring sheet. The participants complete these questions both PRE and POST training. The scores are then categorized into 3 main groups:
 - Over-reactivity
 - Laxness
 - Hostility
- Below is an example of the Pre and Post Triple P training scores of a class of parents.
- In each category and also in the total score, the parents made progress toward less over-reactivity, less laxness, and less hostility in their perceived dealings with their children. In summary, the families felt better equipped to deal with their children’s behaviors.



Triple P Parenting Scale – Pre- and Post-Training Outcomes



- **Looking Forward:** In 2023 Triple P will move from a pilot project to service offered on a regular schedule. We will offer trainings six times a year in Hall County with Spanish translation. We will offer expand to offering Triple P Level 4 in two new counties. Triple P Level 3 will be offered in three additional counties.

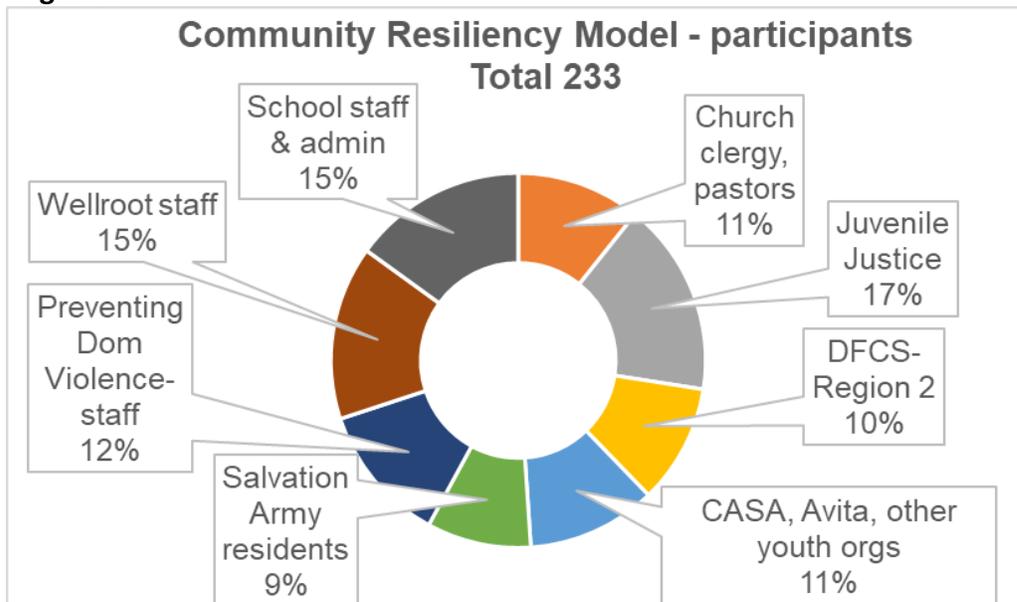
CRM® (Community Resiliency Model)

- CRM is a simple set of mental wellness skills that can be readily learned and practiced, enhancing the ability to withstand stress. In CRM trainings, participants learn to understand the biology of their reactions to stress and trauma; they learn skills to track sensations connected to their wellbeing or resilience. CRM has been shown to help relieve stress and anxiety across a wide range of populations including children, first responders, educators, and community aid workers.





- Resilient Georgia certified two Wellroot staff in CRM and utilized three additional trainers to provide trainings. We focused our efforts this year on training community leaders with the hope that they will ask us to train their staff. For example, we brought together DFCS, CASA, and Juvenile Justice leadership for a training and they have asked us to return to train their staff.
- To date we have trained 237 people through eight trainings.
- We also created a follow up card to help attendees remember to use skills they learned. (See Appendix B)
- **Looking Forward: Over the next year we hope to offer CRM in 10 of the 13 counties in Region 2**



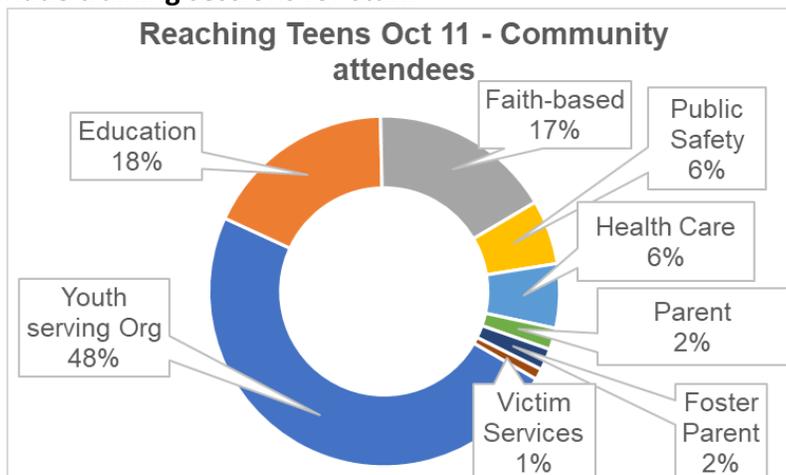
CRM Training Evaluations

- ✓ **90%** Learned new information
- ✓ **98%** Now know more about CRM, the Resilient Zone, and some common reactions that may result from trauma or stress
- ✓ **91%** Believe that the wellness skills of the Community Resiliency Model will be beneficial to the work that they do at their organization



Reaching Teens

- Reaching Teens is a strength-based integrative model that draws from well best practices centered in Positive Youth Development, Resilience Building Strategies, Trauma-sensitive Practices, and Restorative Practices. Reaching Teens recognizes and acknowledges past trauma and behavioral health issues but demonstrates that seeing what is good and right in people is a better pathway to healing, growth, and thriving. At its core it draws on the primacy and power of human relationships both to build strong, successful youth and to heal those who have endured hardships.
- Reaching Teens is also a justice-based model of care in that it recognizes structural racism and the undermining forces of low expectations but prevents a new label from being applied to already marginalized communities. In sharp contrast, it recognizes the inherent strengths of individuals, communities, and cultures. For all of these reasons Reaching Teens is endorsed by the American Academy of Pediatrics, the American School Health Association, Boys and Girls Clubs of America and Covenant House International.
- Wellroot Family Services has implemented Reaching Teens over the course of 2022 by forming a champion committee and providing 10 trainings for all staff. This equates to almost 1,000 staff training hours. Each session included evaluation forms, which showed positive feedback and gains in understanding of strength-based communication and trauma informed practices.
- In October, Reaching Teens Founder, Dr. Ken Ginsburg visited for two days of inspiration and training, in which over 1,142 youth serving professionals and parents attended. (more under spotlight)
- In November over 40 people attended our first Reaching Teens follow up event. We reviewed how to access the online portal and distributed applications for the 2023 Learning cohort.
- **Looking Forward: In 2023 we will form a learning cohort of community leaders who will work on implementing the Reaching Teens approach throughout their organization. Gainesville City Schools will have a similar approach with Reaching Teens champions in each school. Resilient Georgia will assist with personalized implementation support and ready-made training sessions for staff.**





Connections Matter

- Resilient North Georgia partnered with Georgia Center for Child Advocacy to offer nine Connections Matter trainings that served 124 people.
- A new partnership was formed with the Foster Care Association in North Georgia where 17 parents from 4 counties received training.
- University of North Georgia will be integrating Connections Matter training into their teacher curriculum, with the first class scheduled January 2023.
- **Looking Forward: In 2023 we hope to train a bilingual Connections Matter instructor and offer classes in 10 of the 13 counties.**

Connections Matter Evaluation Results from Participants:

- 98%** better understand how ACEs impact children and adults
- 96%** are more knowledgeable about the role that relationships play in building healthy brains
- 100%** are more knowledgeable about the role that positive relationships play in supporting people who have experienced trauma
- 96%** are more knowledgeable about the importance of resiliency and to help children develop resilience

Mindful Self-Compassion for Early Learning Professionals

- On October 20, 2022 Resilient Georgia hosted Vira Salzburn for Mindful Self-Compassion (MSC) Core Skills for Early Learning Professionals. A 4-hour evidence based skills-based training in mindfulness and self-compassion focusing on the benefits of self-compassion for early childhood educators and caregivers. Eighteen Leaders from HeadStart, Center Point Counseling, Wellroot, CASA, and Gainesville City Schools attended.
- Evaluations were very positive, and the community would like to see these trainings expanded in 2023.
- **Looking Forward: In 2023 we hope to bring this training back to Region 2 with a focus on our Healthy Families participants, and referral partners.**





Teen Mental Health First Aid

- Resilient North Georgia sponsored certification of two trainers from the Forsyth County School System, and trainings are scheduled to begin spring semester.

Other efforts that do not fall into the categories listed above

Resilient North Georgia has supported the growth of Wellroot's new Family Preservation programming. Healthy Families, our home visitation program for new mothers launched last fall. It has grown substantially in the number of mothers referred and also the range of services we can offer families because of the community partnerships we developed through Resilient Georgia. For example, mothers were invited to the Mindful Self Compassion training, and can now access the food pantry at the Hub where most Resilient Georgia classes are hosted. Wellroot has a long waitlist for Functional Family Therapy in North Georgia, but we are able to offer families on the waitlist Triple P in the interim. We have found that our Resilient Georgia work creates countless synergies within our new family preservation programming.



Innovative Partnerships



Gainesville City Schools:

Resilient North Georgia has benefited from a growing partnership with Gainesville City Schools due in part to the leadership of Dr. Jeremy Williams, Superintendent and Tonya Sanders, Director of Student Services. Gainesville High School houses a community center, The Hub. All of our Triple P Level 4 classes have been hosted at this site. In November the Director of The Hub was certified in Triple P Level 4 and will begin instructing classes in January.

Gainesville City Schools also recognized the value of Reaching Teens and committed a system wide Professional Development day to learning Reaching Teens. All staff attended a one day training with Ken Ginsburg.

The Student Services has also come together to plan out continued learning and implementation of the toolkit.



United Way of Hall County

One Hall Mental and Behavioral Health:

Resilient North Georgia has participated in monthly community sessions with United Way and other community leaders all working together to improve access to Mental and Behavioral Health Services for citizens of Hall County. The support of this task force was integral to the success of our training efforts this past year.



Georgia Leadership Institute for School Improvement (GLISI):

GLISI develops educational leaders across the state. Their mission is to work with everyone in a school system from Superintendent to teacher to build excellent and equitable schools. Resilient Georgia recognized the value CRM and Reaching Teens would have for educators not just in Region 2 but across the state. We engaged GLISI in our very first community CRM session. They immediately saw the value and began plans to include it in their statewide Leadership Summit. GLISI also partnered with us to tailor the training and training evaluation for educators. On November 8th 37 people statewide received CRM training and we hope they will set up additional trainings for their school systems.



Spotlight

On October 11-12, the community of north Georgia – parents, teachers, government employees, community leaders – all came together to learn from a national parenting expert with one goal in mind, to make sure every child can identify one caring adult in their life. Over 1200 individuals assembled to learn about *Reaching Teens*, a training that provides positive communication strategies to effectively engage with teenagers. Reaching Teens integrates a trauma-sensitive model with the core belief that identifying, reinforcing, and building on inherent strengths can facilitate positive youth development. The training was led by Dr. Ken Ginsburg Founding Director of Center for Parent & Teen Communication and Professor of Pediatrics at Children's Hospital of Philadelphia.

Reaching Teens

SYMPOSIUM



Number Trained

152

Community
Event

40

Parent
Event

950

Gainesville City
School Event

Sectors of Community Impact

- Schools
- DFCS
- Juvenile Courts
- CASA
- After Schools
- Family Connections
- Universities
- Counseling Centers
- Parents
- Healthcare
- City Services

Survey Respondents Said...

96%

Because of the training, I know more about tools and practical strategies to empower young people.

96%

Because of the training, I know more about the key principles of Trauma Sensitive Practices.

100%

I believe the skills and information learned today will be beneficial to the work that I do at my organization.

99%

The Trainer(s) effectively communicated the training material.

99%

The Trainer(s) effectively communicated the training material.

98%

The Trainer(s) provided relevant examples throughout the workshop.

“Engaging speaker: great energy, content & delivery!”



Inspired Action

Resilient North Georgia would like to invite you to get involved:

- Join Resilient Georgia's Reaching Teen Learning Community. Contact Christina Lennon at clennon@wellroot.org
- Schedule a training in your community today. Click here to learn more: <https://wellroot.org/our-programs/resilient/>
- Support our work with a financial contribution. Click here to give: <https://fundraise.givesmart.com/form/OSMMvQ?vid=vn9oc>

Income and Expenses/Financials – see Appendix D



Appendix A Coalition Partners

Public Sector Partners

- Hall County Juvenile Court – Judge Lindsay Burton, Judge Toller
- Hall County Treatment Court – Jessie Emmett, Director of Treatment Services

Private Sector Partners

- Northeast Georgia Health System
- Chick-fil-A, Jesse Jewell Parkway, Gainesville

Academic Partners

- Morehouse School of Medicine – Leslie Rubin
- George Washington University, Milken Institute School of Public Health
- Mercer University, College of Health Professions
- University of North Georgia – Sheri Hardee
- Forsyth County Schools – Sarah Pedarre
- Hall County School System – Jenny Chapple
- Gainesville City Schools – Tonya Sanders

Non-Profit Partners

- United Way of Hall County – Jessica Dudley
- Georgia Center for Child Advocacy – Steven Collins
- United Way of Forsyth County – Ruth Goode
- Family Promise
- Center Point Georgia
- GLISI, Jennie Welch
- SISU Integrated Early Learning
- Head Start Georgia
- Prevent Child Abuse Georgia



- Family Connections Networks, Toni Brown, Regional Director
- Forsyth County – Sarah Pedarre
- Hall County – Annaliza Thomas
- Dawson County -Rebecca Bliss
- Habersham County – Rebecca Glaze
- Lumpkin County – Brigitte Barker
- Union County - Katy Jones
- White County- Michelle Johnson
- Gainesville First United Methodist Church, Jamey Prickett
- Free Chapel Gainesville,
- Gainesville Housing Authority, Griselda Saucedo



Appendix B Training Collateral

RESILIENT NORTH GEORGIA

Resilient North Georgia builds bridges between public and private partners across 13 counties, including Banks, Dawson, Franklin, Forsyth, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, and White, to create an integrated behavioral health network of services and resources for Georgia’s children (ages 0-26) and families.

Triple P Parenting Classes

Triple P takes the guesswork out of parenting. It offers tips to help parents handle challenging behaviors and answers to common parenting questions. These classes aim to prevent problems in the family, school, and community before they arise and create family environments that encourage children to realize their potential.

Level 3: A four-week program with classes that can be attended individually or as a series. Each week’s one hour session focuses on one specific parenting challenge such as Dealing with Disobedience or Managing Aggression. In each session parents are encouraged to share and support each other.

Level 4: A series that consists of four 90-minute sessions. Following the sessions, parents will have one-on-one calls with a professional coach to discuss a parenting plan. After practicing the skills, parents will attend a final session where they can share their progress and collaborate with others.

Community Resiliency Model

CRM is a simple set of mental wellness skills that can be readily learned and practiced, enhancing the ability to withstand stress. In CRM trainings, participants learn to understand the biology of their reactions to stress and trauma; they learn skills to track sensations connected to their wellbeing or resilience. CRM has been shown to help relieve stress and anxiety across a wide range of populations including children, first responders, educators, and community aid workers.

Connections Matter

A training designed to engage community members in building caring connections to improve resiliency. Trainings are interactive and discussion-based which provides participants with a better understanding of trauma, brain development, resilience, and concrete knowledge about Adverse Childhood Experiences (ACEs).

Connections Matter has been approved for Continuing Education Credits for LPC, LMFT, MSW, and BFTS

To request a training, contact the Resilient Northeast Georgia team at resilientnga@wellroot.org





TRIPLE P: Positive Parenting Program

The Triple P - Positive Parenting Program is a parenting and family support system designed to treat and prevent behavioral and emotional problems in children and teenagers in the family, school, and community before they arise. Triple P takes the guesswork out of parenting. It offers tips to help parents handle challenging behaviors and answers to common parenting questions

Triple P helps create family environments that encourage children to realize their full potential.

[Wellroot Family Services](#) offers Triple P level 3 and level 4 classes that are available to small and large groups at your workplace and in your community.

All attendees will receive a workbook to assist in creating a parenting plan.

All classes are free!

To request parenting classes, contact the Resilient North Georgia team at resilientnga@wellroot.org





[Level 3 drop-in sessions](#) are designed to help you develop healthy strategies to cope with and address the most difficult parenting challenges. These one-hour sessions provide a supportive small group setting to parents, .

[Level 4 classes](#) consist of a cohort of four 90-minute sessions. Following the required sessions, parents will have one-on-one calls with a professional coach to discuss a parenting plan. Upon completion of the program, parents will have the opportunity to go over their progress and discuss if problems were encountered.

TOPICS FOR ALL CLASSES INCLUDE:

- Dealing with disobedience
- Reducing family conflict
- Coping with teenager emotions
- Developing good bedtime routines
- Managing fighting and aggression
- Balancing work and family life with less stress

All attendees will receive a free parenting workbook!

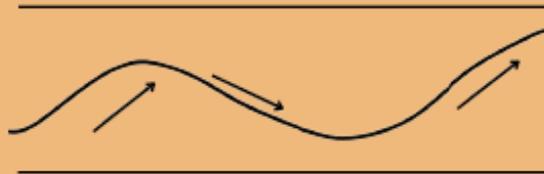




The Community Resiliency Model (CRM)[®]

CRM is a simple set of mental wellness skills that can be readily learned and practiced enhancing the ability to withstand stress. In CRM trainings, participants learn to understand the biology of their reactions to stress and trauma; they learn skills to track sensations connected to their wellbeing or resilience.

The Resilient Zone - "OK" Zone



CRM has been shown to help relieve stress and anxiety across a wide range of populations including:

- Children and Parents
- First Responders
- Educators
- Community Aid Workers

Why should you attend a training?

Participants will learn skills to track sensations connected to their wellbeing or resilience. The skills can increase the ability to return from a dysregulated emotional state to a balanced state when overwhelmed.

Wellroot Family Services offers a 1.5-hour CRM introduction that will lay the foundation for understanding our nervous system's response to stress and trauma.

To request a training, contact the Resilient North Georgia team at resilientnga@wellroot.org.

THE COMMUNITY RESILIENCY MODEL (CRM)[®] WELLNESS SKILLS

Tracking

Pay attention to sensations in your body in the present moment

Notice what is happening inside
Recognize if the sensations inside are pleasant, neutral, or unpleasant
Bring your attention to the sensations that are pleasant or neutral.



Resourcing

Any person, place, thing, or memory (real or imagined) that provides you comfort, joy, peace, or happiness

Think about who or what uplifts you
Realize what or who gives you strength
Identify what gets you through the hard times



Grounding

Contact of the body or part of the body with something that provides support in the present moment. You can ground by sitting in a chair, standing against a wall, laying down, walking, or floating in water.

Download the free iChill App to practice these skills and learn more.
Available in English and Spanish on iOS, Android, or at ichillapp.com.



Quick tips for staying in your Resilient Zone

Name six colors
you see in the
space you are in

Push your hands
against a wall or door
slowly and notice
your muscles
pushing back

If you are outside,
focus on the feeling of
your hands and feet as
they touch the surface
of something in nature

Count backward
from 20 as you walk
around the room

Drink a glass of
water, juice, or tea



Appendix C Reaching Teens Symposium Collateral

Building on The Strengths of Young People Who Have Endured Hardships



Reaching Teens 2022 Symposium

Gainesville First United Methodist Church

October 11th, 2022 9:00am-3:30pm

Join us at a no-cost symposium for parents and youth serving professionals to gain practical approaches and useful solutions in recognizing trauma and identifying a better path to healing, growth, and development. Five hours of Core CEUs have been approved by GSCSW for licensed Social Workers.

About Reaching Teens

Reaching Teens is a trauma-sensitive model with the core belief that identifying, reinforcing, and building on inherent strengths can facilitate positive youth development. This one-day training will give you the tools and practical strategies to empower all young people to reach their full potential as productive, caring, and responsible citizens.



Learn more and register:
wellroot.org/our-programs/resilient

Meet the Presenter

Dr. Ginsburg is the Founding Director of The Center for Parent and Teen Communication and Professor of Pediatrics at Children's Hospital of Philadelphia. He travels the world speaking to parent, professional, and youth audiences and is the author of five award winning parenting books including a multimedia professional toolkit on "Reaching Teens."





Appendix D - Financials

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Resilient Georgia Budget Summary	Dec 15, 2021- Nov 10, 2022	Subtotals	Resilient Georgia	In Kind/Match Money
Revenue				
Resilient Georgia			\$ 100,000.00	
Wellroot in kind				\$ 82,223.27
Individual Donation, Cash donation	\$ 15,000.00			\$ 15,000.00
Sponsorship, Northeast Georgia Medical Center				\$ 1,500.00
Chick-Fil-A Sponsorship				\$ 660.18
Facilities - in kind				
Gainesville First UMC	\$ 5,000.00			\$ 5,000.00
Free Chapel	\$ 7,500.00			\$ 7,500.00
Avalon Marriott in kind				\$ 1,500.00
TOTAL REVENUE			\$ 100,000.00	\$ 113,383.45
Expenses				
Personnel EXPENSES				
Salaries and Wages	\$ 78,647.52		\$ 39,323.76	\$ 39,323.76
Benefits	\$ 24,365.91		\$ 12,182.96	\$ 12,182.96
Subtotal Salaries and Benefits		\$ 103,013.43		
Intern Hours - 270 Hours @ 25/hr	\$ 6,750.00			\$ 6,750.00
Donated Hours by partner organization 143 Hours @ \$25/hour	\$ 3,575.00			\$ 3,575.00
Subtotal Intern and Partner hours		\$ 10,325.00		
TOTAL Personnel EXPENSES		\$ 113,338.43		
Program EXPENSES				
Resilient Georgia Administration Fee	\$ 10,000.00		\$ 5,000.00	\$ 5,000.00
Training and Development				
Training-Connections Matter	\$ 2,450.00			\$ 2,450.00
Training- CRM, Triple P	\$ 26,480.81		\$ 26,480.81	
Training -Reaching Teens				
Symposium Speaker	\$ 20,000.00		\$ 10,000.00	\$ 10,000.00
Online toolkit	\$ 2,500.00			\$ 2,500.00
Chick Fil A Gville	\$ 2,640.68			\$ 2,640.68
Facilities	\$ 14,000.00			\$ 14,000.00
Internal RT implementation	\$ 3,000.00			\$ 3,000.00
Subtotal Training and Development		\$ 81,071.49		
Meeting Expense	\$ 5,532.88		\$ 5,000.00	\$ 532.88
Mileage and Travel-staff	\$ 5,334.68		\$ 1,500.00	\$ 3,834.68
Subtotal Meeting and Travel expense		\$ 10,867.56		
Office supplies	\$ 4,264.49			\$ 4,264.49
Printing and promotional materials	\$ 1,842.00		\$ 513.00	\$ 1,329.00
Logo	\$ 1,500.00			\$ 1,500.00
Subtotal Printing, supplies and materials		\$ 7,606.49		
TOTAL DIRECT EXPENSES		\$ 99,545.54		
TOTAL ALL EXPENSES		\$ 212,883.97	\$ 100,000.53	\$ 112,883.45