

2022

United Way of
Southwest Georgia



Resilient Southwest Georgia - Albany

Annual Report 2022

**Resilient Georgia Regional Grantee
Annual Report Outline 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

The Success For Life Community Initiative (SFL) is our upstream move to tackle the root cause of the many challenges faced by our community. The goal is to dramatically improve the health and well---being of our community by addressing ACEs issues. Partnering with over 30 organizations and agencies across Southwest GA, United Way is working to raise awareness of the effects of trauma, and to reduce its incidence and impact, as well as build resilience in individuals, families, and our community. Visit our website to learn more at <https://www.resilientswga.org>.

Summary

The Albany coalition focuses its evidence-based coalition efforts on all sectors of rural southwest Georgia with targeted populations including but not limited to:

- Healthcare
- Government
- Judicial and Law Enforcement
- Education
- Daycare
- Housing
- Employment
- Business
- Civic Groups
- Religious Groups
- Parent Networks

The coalition takes on a holistic approach to tackle the root cause of trauma so that all individuals will recognize the impact of trauma on health from preconception through age 26. The coalition works to provide or support services for raising healthy children in safe, stable, nurturing environments. This is implemented through a variety of methods such as trainings on trauma and secondary trauma, therapy, and nontraditional interventions.

Leadership Team and Contributors

Dana Glass

Aspire
Executive Director

Wilena McClain

Dougherty County School System
Wraparound Services Coordinator

Darrell Sabbs

Phoebe Putney Memorial Hospital
Community Liaison

Rachael Oliver

GA Family Connection Partnership
Region 10 Manager

Cheryl Vinson

Family Literacy Connection
Executive Director

Ashley Williams

Family Wellness Outreach Center of Georgia
Program Director

Marian Grant-Whitlock

Child Care Resource and Referral of SWGA
at Albany
Training and Technical Assistance
Coordinator

Coalition Partners

ASPIRE Behavioral Health and
 Developmental Disability Services
 Albany Area Primary Health Care
 Albany Area YMCA
 Albany Housing Authority
 Albany State University
 Albany Technical College
 Andrew College
 Augusta University
 Black Child Development Institute (BCDI)---
 Atlanta
 Boys & Girls Clubs of Albany
 Childcare Resource & Referral --- Albany
 Dougherty County School System
 Family Wellness Outreach Center of Georgia
 Friendship Missionary Baptist Church
 Georgia Association of Housing and
 Redevelopment Authorities

Georgia Budget & Policy Institute
 Georgia Center for Child Advocacy Georgia
 Center for Nonprofits Georgia Division of
 Family & Children Services, Regions 4 & 5
 Georgia Department of Juvenile Justice CSO
 Georgia Family Connection Partnership,
 Regions 8 & 10
 Georgia Statewide Afterschool Network Girl
 Scouts of Historic Georgia
 Liberty House Lily Pad
 Lorio Psych Group
 Mental Health America of Georgia National
 Alliance on Mental Illness,
 Albany Phoebe Putney Health System
 Southwest Public Health District Southwest
 RESA
 The City of Albany
 United Way of Southwest Georgia

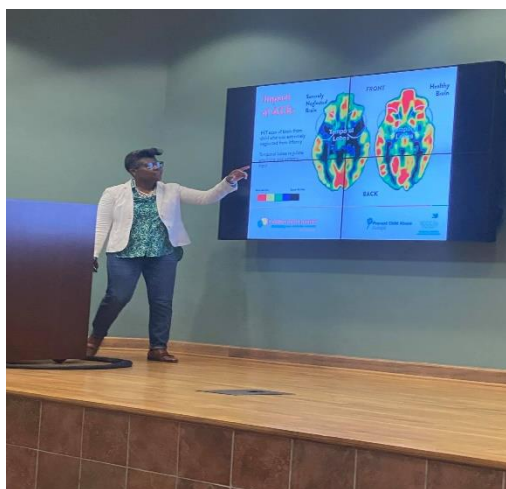


Key Impacts/Accomplishments

Ties that Bind Event – Resilient Southwest Georgia was able to partner with Phoebe Health and ASU to plan this year’s “Ties that Bind” event. At the event, men from various professional sectors of the community engaged with middle school aged young men sharing personal interests, life experiences, and teaching them how to tie ties. Over **40** young men were engaged in this event.



Connections Matter – Play Your Ace – Resilient Southwest Georgia’s resident Connections Matter trainer, Victoria Brackins, has held several trainings for members of the community this program year. We are also proud to announce that through our partnership, we have trained over **200** head start childcare providers since November 2021.



Virtual Winter Youth Conference 2021 – Resilient Southwest Georgia partnered with Family Wellness Outreach Center of Georgia, to organize the Virtual Winter Youth Conference that took place on December 22, 2021. The conference was hosted and ran by the Youth Leadership Council which is composed local Albany youth. Through Resilient Southwest Georgia's connections with Morehouse School of Medicine, we were able to secure Dr. Chidi Wamuo, a psychiatry resident with a real passion for speaking to and on behalf of teens on the matter of mental health. The event boasts that over **150** local youth were in attendance.



FAMILY WELLNESS OUTREACH
Center of Georgia

Virtual Winter Youth Conference 2021

Youth Leadership Council Presents

"Encouraging youth to take leadership and 2022 by storm"



United Way
United Way of Southwest Georgia

Hosted By YLC MEMBERS:



Guest Speaker
Keith L. Brown
"Mr. I'M POSSIBLE"
Motivational /Empowerment Speaker



Chavondria Crimes



Dejuan Trotman



Takiya Nelson



Malea Tarver



Guest Speaker
Dr. Chidi Wamuo
Mental Health Professional

When:
DEC, 2021
22ND

Time:
1:00PM- 4:00 PM (ET)

Location:
ZOOM Link will be emailed upon registration.

Free Gifts & Prizes

Ages 11-19 will receive a \$50 Gift Card Upon Completion

Please Scan QR Code To Register



For more info Contact Us: 229-854-3631 | EMAIL: Mcanty@Fwocga.org

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

Prevention/Intervention

Trainings

- The Case for Trauma Informed Service
- Stewards of Children
- Sound Healing
- Connections Matter
- Pandemic Parenting
- Mindful Self Compassion

Key Partnerships

- Region 10 Family Connections
- Amanda M. Borgi, Sound Healing
- Victoria Brackins, Play You're A.C.E.
- Albany Technical College
- Albany State University
- The City of Albany
- Grace Life Marketing

Next Steps

- Assemble and train a Teen Mental Health Coalition
- Convene local trauma informed/ACEs trainers and education providers throughout SW GA to be a go to resource
- Train multiple professionals throughout SW GA
- Research and provide more nontraditional methods to provide awareness and prevention skills
- Begin sustainability plan

Advocacy and Policy

- United Way has begun meetings with policy makers and community members to bring awareness to the Resilient GA initiative. Shaunae Motley, President & CEO of United Way of SW GA presented to the city and county commissioners on the Resilient GA grant and the importance of mental health awareness.
- United Way sponsored a speaker series titled Pandemic Parenting in partnership with Jack and Jill (Albany Chapter) to bring speakers throughout the mental health field to

talk to parents and professionals on mental health, trauma, and ACEs. The conference was attended by over 60 individuals

Research

- United Way utilizes the Child Well Being Index as a measure to obtain a collective vision, adopt unified measures of achievement, strategies for how to attain success, and a way to evaluate progress. It allows us a clear vision of areas that are in need the most and also have the probability to lead to ACEs.
- Data is collected by an outside evaluator. After each training, participants are sent a survey made specific to the training by the evaluator where results are then evaluated.
- Before each training, participants are sent a survey link where they complete demographic information to be later put into an Excel spreadsheet where a training database is formed.

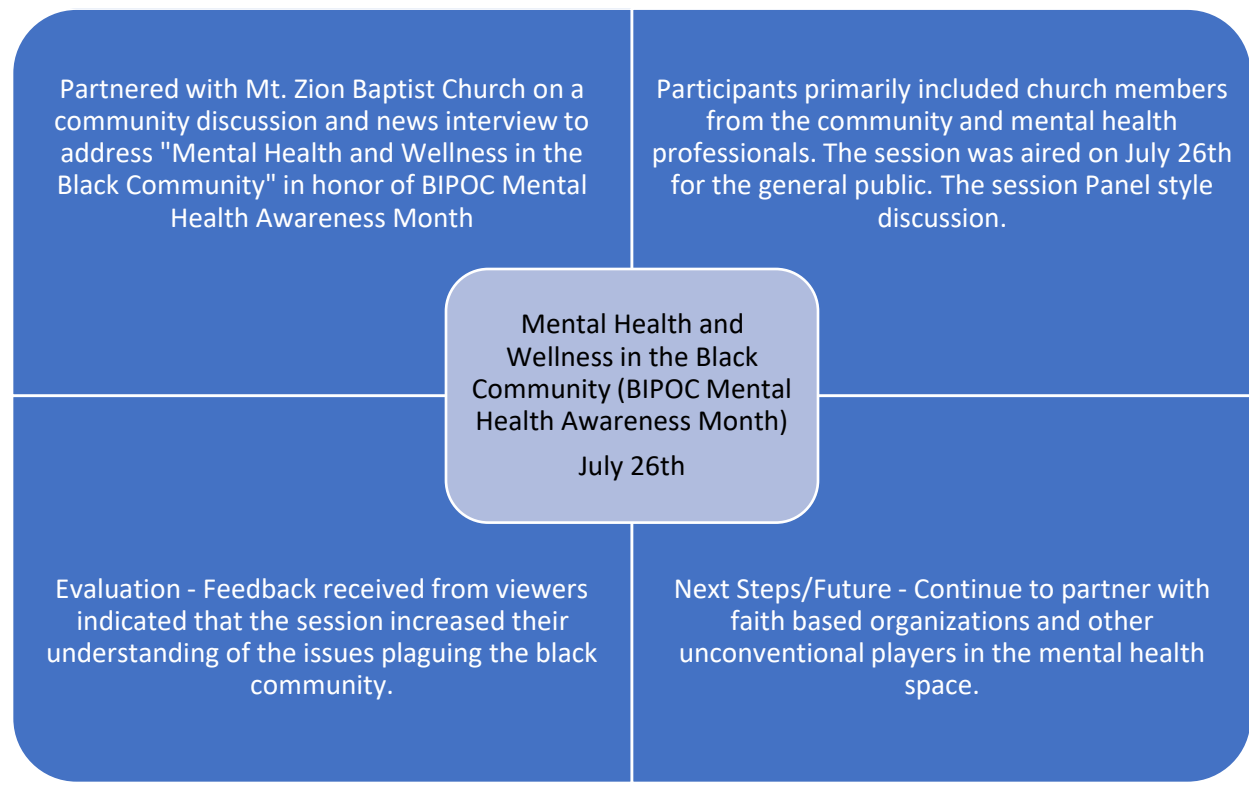
Training

- **QPR – Question, Persuade, Refer**
QPR is a simple educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need.
- **Stewards of Children Trainings**
Training that specializes in the education and prevention of child sexual abuse, other forms of abuse, and mandated reporting. It also trains adults how to prevent, recognize, and react responsibly to child sexual abuse.
- **Kate's Club - Supporting and Empowering Grieving Youth**
Training provides education on resilience and post-traumatic growth in children and teens after the death of a family member. Participants will learn factors of resilience and post-traumatic growth and what care providers can do to promote these factors.
- **Connections Matter**
Training designed to engage community members in building caring connections to improve resiliency. Interactive, discussion-based training provides participants with a better understanding of trauma, brain development, resilience, and concrete knowledge about Adverse Childhood Experiences (ACEs).
- **Mind Matters**
Mind Matters' lessons teach people ages 12+ to heal from ACEs and other negative experiences using innovative and researched methods. These skills give individuals a way to take charge of their emotions and improve their states of mind.
- **Mindful Self-Compassion**
Mindful Self-Compassion is a 90-minute evidence-informed session in mindful self-compassion. It focuses on building awareness and teaching basic principles for mindfulness and self-compassion practice.

➤ **Leadership and Self Care w/ Dr. Mays**

Training highlights the inspirational story of Dr. Mays and how he went from two-time college dropout to college professor at the very same university from which he initially withdrew. The session also provides tips on self-care – physically, mentally, and spiritually – to ensure college students are keeping themselves healthy and finding effective ways to cope with stress.

Innovative Partnerships



Spotlight

Mental Health Awareness Month - Campaign

In recognition of Mental Health Awareness Month, Dougherty County Board of Commissioners and United Way of Southwest Georgia teamed up to change the color of the Gortatowsky Water Fountain to green and place ribbons throughout the downtown area. Turning the Gortatowsky Fountain light green, provides the community with a simple, yet significant symbol of the awareness of mental health and helps in the effort to eliminate the stigma around it.

Through our partnership with Resilient Georgia, United Way of Southwest Georgia has taken a special interest in the mental health of young people in the surrounding 13-county region. Specifically, in the Albany area, we know first-hand the impact that adverse childhood experiences (ACEs) can have on the community. Fortunately, these ACEs are preventable, and actions can also be taken to mitigate the harm of ACEs among those who have already experienced them.

Establishing Resilient Southwest Georgia's coalition of like-minded organizations and creating a unified front in the county and surrounding areas of Southwest Georgia, is the first step in creating a reimagined community free of negative health and life outcomes commonly associated with ACEs.



Southwest Georgia Mental Health Forum

Resilient Southwest Georgia and United Way of Southwest Georgia would like to report the success of the Mental Health Roundtable. We are so proud of our community for showing up and sharing their concerns and suggestions for reimagining the state of mental health in not only Albany, but all of southwest Georgia.

We were diligent in reminding those in attendance that the first step in creating a reimagined community free of negative health outcomes, is forming a unified front of like-minded organizations in the city and surrounding areas. Special recognition must be given to every panelist that participated and lent their expertise to addressing the concerns presented by the audience. Lastly, Resilient Southwest Georgia would like to acknowledge Senators Freddie Sims and Jen Jordan and their teams for the collaboration in bringing this opportunity to fruition for our community.



Income and Expenses/Financials

