

WELLROOT FAMILY SERVICES



ANNUAL REPORT

2023

Resilient
NORTH
GEORGIA

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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.
- 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 are the basis for systemic changes in each 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 grant were awarded in November 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

In Region 2, Resilient North Georgia (RNG) aims to use evidence-based practices and program development to bolster efforts of keeping children out of the foster system, prevent trauma, advocate for prevention, and foster a resilient North Georgia community. Building a collaborative community, RNG 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.

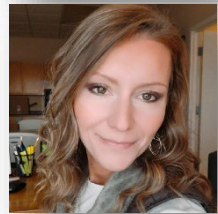
These training programs create an integrated behavioral health network of services and resources for Georgia’s children and families. To learn more about training in parenting (Triple P), mental wellness skills (Community Resiliency Model), building caring connections (Connections Matter) and positive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

Leadership Team and Contributors



Christina Lennon

Chief Strategy and Innovation Officer, Wellroot Family Services



Kelly Hogan

Community Partnership and Training Manager, Wellroot Family Services



Annaliza Thomas

Community Health Improvement Specialist, Northeast Georgia Health System

Interim Executive Director, Hall County Family Connections



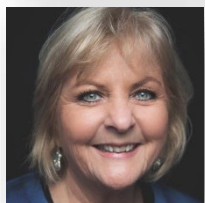
Kyndra Cohen

Hall County Family Connections Director



Toni Brown

Region 2 Family Connections Director



Mary Meyer

Director of Performance & Quality Improvement, Wellroot Family Services

38 Community Partners

Public Sector Partners

- Hall County Juvenile Court
- Hall County Treatment Court
- Department of Family and Children Services
- Gainesville Housing Authority
- Ninth District Opportunity

Private Sector Partners

- Jackson EMC
- Centerpoint
- Gainesville First United Methodist
- Northeast Georgia Health System
- Free Chapel Church

Academic Partners

- Emory University, Rollins School of Public Health
- University of North Georgia
- Forsyth County Schools
- Hall County School System
- Gainesville City Schools
- Georgia State University
- Mercer University
- University of Georgia
- Brenau University

Non-Profit Partners

- United Way of Hall County
- Georgia Center for Child Advocacy
- Project Aware Project in Hall County
- United Way of Forsyth County

Community Partners

- Family Connections Networks
 - Forsyth County – Sarah Pedarre, Director
 - Hall County – Annaliza Thomas, Interim Director & Kyndra Cohen, Director
 - Dawson County -Rebecca Bliss, Director
 - Habersham County – Donna Barrett, Director
 - Lumpkin County – Brigitte Barker, Director
 - White County – Mark Griffin, Director
 - Stephens County – Kelly O’Shields, Director
 - Towns County – Amy Rosser, Director
 - Union County – Katy Jones, Director
 - Franklin County – Susan Harris, Director
- CRM Georgia
- Family Promise
- Healthy Families Gainesville

In year 2, we served the following populations in 10 of the 13 counties:

- The Whole Family
- Parents
- Teens & Young Adults
- Foster Families
- Kinship Caregivers
- Families facing health, mental health, or substance use issues
- Ethnic and Cultural minorities

Resilient NORTH GEORGIA

Coalition Partners



Message from Wellroot President and CEO

“We are proud to lead this collaborative work to create a radically resilient community in Region 2. Along the way, we have discovered strategies to build bridges between public and private partners across the community to create an integrated behavioral health network of services and training for youth-



serving professionals and families. We are rallying all sectors of the community to implement practical strategies that help community members recognize trauma and identify a better path to healing, growth, and development.

As we move forward in this work, we hope to create a continuum of evidence-based learning experiences that help community members develop a shared understanding of trauma-informed care and strength-based language. “

-Allison Ashe, President and CEO Wellroot Family Services

Coalition Impact

RNG's goals are aligned with, and supportive of the 5-pronged approach outlined in the [Resilient Georgia Strategic Map](#).

- Promote coordinated, trauma-informed practices
- Advance workforce
- Build awareness and a common language around adversity and resilience
- Advocate for policy and system change
- Expand Equitable Access

In Y1 and Y2, RNG has developed 38 partnerships and built the infrastructure to lead trainings on ACEs education, trauma informed awareness, resiliency, and parenting/caregiver supports. Our goal is to increase community understanding, prevention, and mitigation of the adverse consequences of childhood trauma. Our work continued to mirror work we completed in Y1 in Hall County but expanded to surrounding counties of Region 2.

Resilient Georgia's Trauma Informed Training Roadmap is an extremely helpful tool for community members to understand the purpose and mission of Resilient Georgia. The coalition uses the roadmap to educate the community about the purpose of the training and the impact they can have on a child's life and well-being. The roadmap provides easy-to-understand information about ACEs Prevention and Trauma-Informed care.

In Y2, RNG trained 1,063 individuals in 13 counties across Region 2. We extended our impact by attending 47 community events and two national events in Florida and Colorado. In addition to training families and youth, RNG is training professionals that serve children and youth to create systemic change in our communities. In addition to the 13 counties served within Region 2, RNG has impacted four additional counties, working toward Resilient Georgia's goal of reaching the entire state with trauma-informed care. InY2, we expanded evidence-based training programs offered in the region and will continue to widen our efforts.

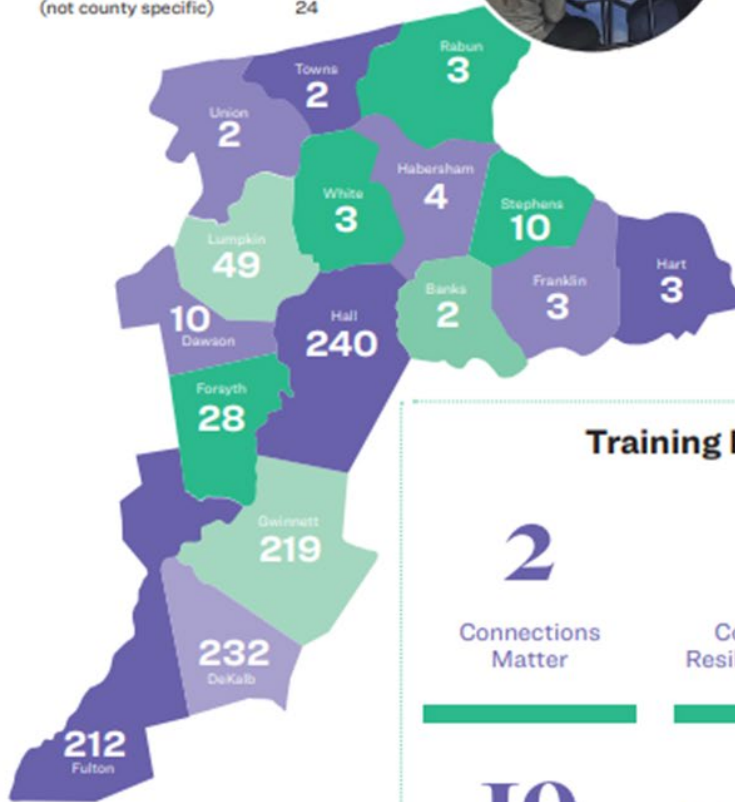
Key Impacts/Accomplishments

TRAINING Overview



Training Attendance by County

Other Counties	
Pickens	2
Gilmer	2
Fannin	3
Douglas	3
Others from GA (not county specific)	24



1,063
Total # trained in 2023

Connections Matter	63
Community Resiliency Model	290
Reaching Teens	527
Triple P	123
Mindful Self Compassion for Early Learning	40
Youth Mental Health First Aid	20

2,652
Total # trained 2022-2023

Training Events by Type



Attendance at National Training Events

130

Reaching Teens

TRAINING INITIATIVE



Training by the Numbers

527

Number
Trained

31

Hours of
Training

11

Sectors of
Community Impact

Sectors of Community Impact

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

Survey Respondents Are Saying...

100%

Gained one or more
specific ideas that can
be implemented in
their area of practice.

100%

Plan to implement
Reaching Teens learning
at their
organizations.

YEAR AT A GLANCE

<h3>December 2022</h3> <ul style="list-style-type: none"> • CRM Training at National Children's Behavioral Health Conference • Triple P Level 4 Graduation 	<h3>January 2023</h3> <ul style="list-style-type: none"> • Reaching Teens (RT) Learning Community Kicks Off • Hall Triple P Level 4 Kick Off 	<h3>February</h3> <ul style="list-style-type: none"> • Habersham Region 2 Resource Fair • Hall Triple P Level 3 Kick Off
<h3>March</h3> <ul style="list-style-type: none"> • CRM Training at Hall County DFCS and Juvenile Courts • Hall Triple P Level 4 Graduation 	<h3>April</h3> <ul style="list-style-type: none"> • CRM Training at National Conference • Virtual Triple P Level 4 Kick Off 	<h3>May</h3> <ul style="list-style-type: none"> • CRM Training with Project Aware & Hall County Schools • Hall Triple P Level 4 Graduation • Children's Mental Health Day at the Capitol
<h3>June</h3> <ul style="list-style-type: none"> • First Forsyth County Triple P Level 4 Class Kick Off • Hall Triple P Level 4 Kick Off • Gainesville Housing Authority Reaching Teen Training • Juneteenth Health Fair Event • Virtual Triple P Level 4 Graduation 	<h3>July</h3> <ul style="list-style-type: none"> • First Hall Triple P Level 4 in Spanish • Multi - County Connections Matter Training with NDO • Reaching Teens Learning Community Graduates 	<h3>August</h3> <ul style="list-style-type: none"> • Reaching Teens Training Kick Off with 2 Schools • UNG Partnership Kick Off with CRM Training • Forsyth Triple P Level 4 Graduation • Habersham County Resource Fair • Dawson County Resource Fair
<h3>September</h3> <ul style="list-style-type: none"> • Rabun County Resource Fair • Youth Mental Health First Aid for North Point Church Network • Juvenile Courts Reaching Teen Training Kick Off • Forsyth Triple P Level 4 Graduation • Hall Triple P Level 4 Spanish Graduation 	<h3>October</h3> <ul style="list-style-type: none"> • Brenau Partnership Kick Off with CRM Training • CRM Training with Lumpkin Family Connections • First Triple P Level 4 in Stephens, Lumpkin and Gwinnett • Hall Triple P Level 4 Spanish Kick Off • Hall Triple P Level 4 Kick Off 	<h3>November</h3> <ul style="list-style-type: none"> • Dawson/Hall CASA Reaching Teens Training begins • Hall Triple P Level 3 Kick Off • Hall Triple P Level 4 Graduation • Hall Triple P Level 4 Spanish Graduation

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

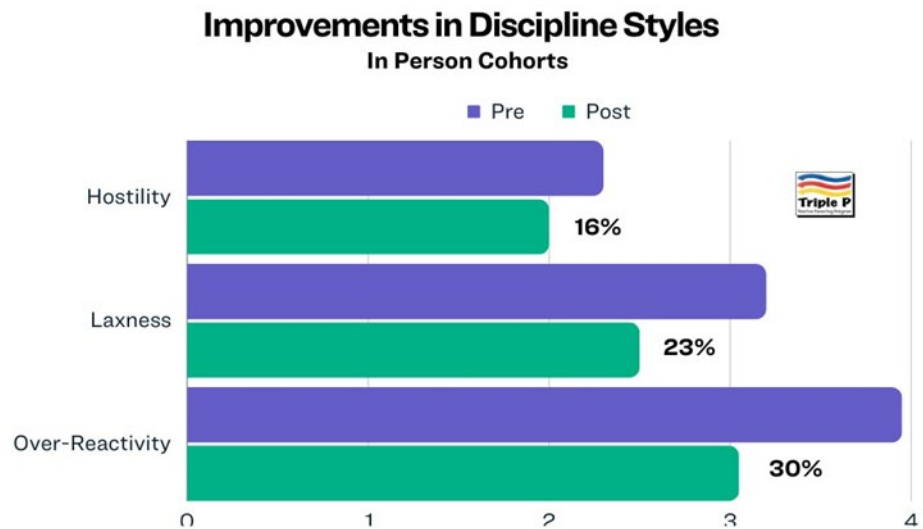
Prevention/Intervention

Triple P, Positive Parenting Program

- *Training Description:* Triple P (Positive Parenting Program) is an evidenced-based parenting intervention that works to increase the knowledge, skills, and confidence of parents while also reducing the prevalence of emotional, and behavioral problems in children and adolescents. Triple P's body of evidence is the most extensive of any parenting program.
- *Accomplishments:* From our research, we know parenting support continues to be one of the predominant needs in our region of 13 counties, so we continue to offer Triple P Level 3 and 4 in these areas. This year, we have continued to facilitate Triple P Level 3, one-hour sessions at Centennial Elementary, for a group of parents. They meet 1 morning per month for a one-hour session. Our Triple P Level 4 has expanded quite substantially. RNG has maintained and developed new partnerships with over 12 different organizations to facilitate the Positive Parenting Program for parents in over six counties. One of the most valued partnerships developed is the Ninth District Opportunity (NDO), which includes the Head Start childcare programs in four counties. See more details on this partnership in the section titled *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
 - Triple P Level 4 is a group-based parenting intervention. Triple P Level 4 group is for parents who are interested in promoting their child's development or who are concerned about their child's behaviour 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 the previous class, 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.



- **Data:** In 2023, RNG tracked data through the Triple P America Portal called ASRA. Parenting Scales were given to each parent during class 1 and again at the final class. These scales reflect parent reactions to child/youth behavior in the home – categorized into three measures –



over-reactivity, laxness, and hostility. Over reactivity factors consists of 10 items reflecting mistakes such as displays of anger, meanness, and irritability. The laxness factor includes 11 items related to permissive discipline. These items describe ways in which a parent gives in, allow rules to go unenforced or provide positive consequences to misbehavior. Hostility includes the use of physical or verbal force. We observed that our in-person classes saw stronger results. For example, virtual classes saw no reduction in hostility and 18% in Laxness. They still saw a significant impact in overall improvement. However, we will continue to monitor these differences in the coming year.

“I appreciate the parenting class giving me a different outlook and perspective to taking care of my son properly while dealing with my emotions.”

-Anonymous Parent, 2023

Client Satisfaction was also assessed for every cohort. A maximum total score of 91 and a minimum total score of 13 are possible, with higher scores indicating greater program satisfaction. The mean score for the 2023 year was 75.6 which determined that 83% of all parents that completed the Triple P Level 4 program in both English and Spanish, were highly satisfied with the course.

- **Looking Forward:** RNG plans to continue developing partnerships for Triple P in hopes of implementing the Positive Parenting Program in all of the 13 counties of region 2. In the upcoming year, we will train a new English-speaking instructor and Spanish-speaking instructor to add to the existing team of six instructors for both Level 3 and Level 4. RNG will also continue working to perfect the partnership with NDO and Head Start Childcare facilities in each of their sites, which includes the 13 counties covered by RNG plus a few more. In addition, we hope to increase our completion rate for the program, with at least 50% of registered parents completing the course.

Training

Reaching Teens

- *Training Description:* Reaching Teens is a trauma-sensitive model with the core belief that identifying, reinforcing, and building on existing inherent strengths can facilitate positive youth development. The training includes practical tools and strategies that when administered, empower all young people to reach their full potential as productive, caring, and responsible citizens. Reaching Teens draws on three models: positive youth development, resilience-building strategies, and trauma-sensitive practices.
- *Accomplishments:* Reaching Teens, one of our newest training initiatives kicked off after a Reaching Teens Symposium in 2022 which

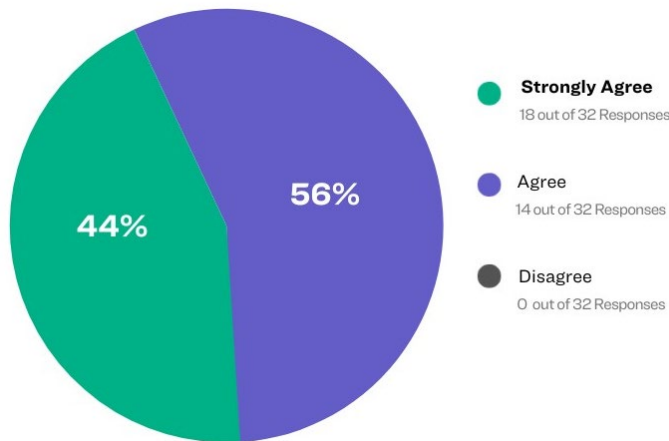


had over 900 in attendance, including teachers, first responders, mental health clinicians and court staff.

After the Summit, the Reaching Teens Learning Community, an intensive cohort took a deeper dive into the work of Reaching Teens and worked on an implementation plan for their organization. In Y2, eight organizations completed the cohort including, Gainesville High School, Family Connections, Center Point Counseling,

CASA, DFCS, Juvenile Courts and Gainesville Public Housing. Participants all received a copy of the Reaching Teens textbook, online access to thousands of pages of print and video content, and a \$500 implementation stipend upon completing the cohort. For example, CASA is creating training for volunteers. Upon completion, each organization developed an implementation plan and four of the organizations involved in the cohort have extended the training within their organizations.

- **Data:** In 2023, RNG tracked data through an external coalition partner, consultant, and Reaching Teens Implementation team lead, Annaliza Thomas. Through a series of questions, responses are consistently tracked and evaluated to help determine best



practice and presentation in all Reaching Teens cohorts and trainings. Client Satisfaction was accessed through every training session. 56% stated that they agree to understanding how ACEs might impact students emotionally, behaviorally, and academically after the training sessions. The other 44% strongly agree with that statement. There have been no responses of disagreement to this question. Our goal is to provide follow up communication to those who have received training to measure the

“stickiness” of the skills they have learned and see if participants are utilizing them.

- **Looking Forward:** CASA, DFCS, Juvenile Court, Center Point Counseling, Give West Alternative School, and Amana Academy began training Fall 2023. Youth serving professionals within each of these organizations that served in the cohort as well as the two additional pilot sites are currently learning to serve youth in a trauma informed way using strength-based language appropriate for the teens they serve. The Reaching Teens Training Initiative incorporates ACEs as a part of the training curriculum pulled from the Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development professional toolkit. RNG is pleased to share our recent pilot work and expansion of the Reaching Teens initiative. As of November 3rd, 2023, we have delivered 30 training sessions with four different organizations. RNG has developed curriculum material out of key chapters and topics from an evidence-based text written by Dr. Ken Ginsberg.

“I think one of the best parts of this cohort was to get different organizations together and on the same page for material, but also sharing what is going on in each organization and how this information applies to them.”

Reaching Teens Initiative Assessment Team

RNG has assembled a team to create an organizational assessment that will define the indicators that show an organization has fully implemented Reaching Teens. This will allow organizations to identify focus areas they want to improve and celebrate areas of strengths.

- **Co-Lead:** Jessica Douglas
- **Co-Lead:** Christi Kay
- **Research:** Fizza Sattar, MPH student, Emory University

Reaching Teens Training and Implementation:

RNG is piloting Reaching Teens training at three youth serving pilot sites. These sites include Hall County youth serving organizations, Give West, and Amana Academy.

- **Project Lead, Give West:** Annaliza Thomas
- **Project Lead, Amana Academy:** Jessica Douglas
- **Project Lead, Hall County:** Kelly Hogan
- **Training Consultant:** Jenny Paveglio
- **Trainer:** Jill Alexander

Expert Interviews, Funding, Advisory Council and Youth Advisory Council:

- **Lead:** Christina Lennon
- **Additional Support:** Allison Ashe and Lee Ann Else



CRM®, Community Resiliency Model

- Training Description:** 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.
- Accomplishments:** The Community Resiliency Model training team facilitated over eight training events for 290 individuals this year alone in this evidence-based model. RNG has trained teachers, social workers, political partners, advocates, mental health clinicians, parents, and families. This training has taken place in four of the 13 counties.
- Data:** In 2023, RNG tracked data through an internally developed tool by our Community Resiliency Model trainers – Sharon Brewer and Mary Meyer. Through a series of questions, responses are consistently tracked and evaluated to help determine best practice and presentation in all CRM® training sessions.



Respondents reported that they learned new information and found the skills learned to be beneficial to self-care and/or beneficial to the work they do at their organization.



Participants found the material and presentation to be effective and engaging.



Respondents reported knowing more about CRM, the Resilient Zone and common reactions to stress and trauma.



hope to train one instructor is Spanish speaking CRM® so that we can continue to help the Latinx communities we serve.

Client Satisfaction was assessed through every training session completed with 290 trained in 2023 alone. 92% of respondents agreed that they learned a new skill beneficial to self-care. 95% of respondents found that the material was engaging and 95% reported a new understanding of trauma, stress and common reactions associated with them, as noted in the chart.

- Looking Forward:** Over the next year we hope to offer CRM® in 10 of the 13 counties in Region 2. We also

Connections Matter

- Training Description:** Connections Matter is an in-person and virtual training designed to engage community members in building caring connections to improve resiliency, prevent childhood trauma, and understand how our interactions with others can support those who have experienced trauma. The **Connections Matter Georgia Initiative** focuses on effectively educating communities about Adverse Childhood Experiences (ACEs), trauma and resiliency.



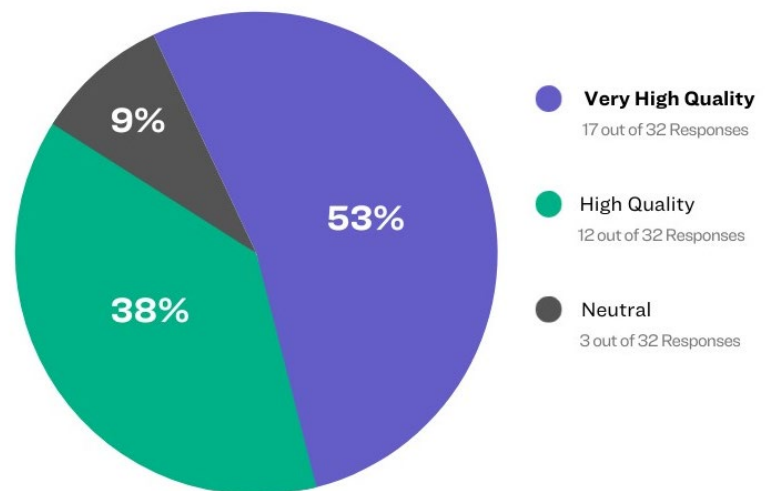
- Accomplishments:** RNG continued their partnership with Georgia Center for Child Advocacy providing trainings throughout the year including a two-part training with Ninth District Opportunity, training 63 Head Start childcare site staff in over 20 different counties, 13 of which were Region 2. RNG trained one new instructor to facilitate training.



- Data:** In 2023, RNG tracked data in partnership with Georgia Center for Child Advocacy. Through a series of questions, responses are consistently tracked and evaluated to help determine best practice and presentation in all Connections Matter

training sessions. Client Satisfaction was accessed through every training session. 53% were highly satisfied. 38% of respondents were very satisfied and only 9% reported a neutral response.

- Looking Forward:** In 2024, we hope to train a bilingual Connections Matter instructor and to continue offering classes to the 13 counties.



Youth Mental Health First Aid & Mental Health First Aid

- *Training Description:* Mental Health First Aid is a course that teaches individuals how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training provides the skills needed to reach out and provides initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. The course introduces common mental health challenges for youth and adults, reviews typical adolescent development, and teaches a 5-step action plan to help young people in both crisis and non-crisis situations.
- *Accomplishments:* RNG continues to be in partnership with the University North Georgia to offer this training to students. The North Point Community Church Network partnership developed in efforts to train church staff in both Youth Mental Health First Aid and Adult Mental Health First Aid.
- *Looking Forward:* RNG will continue offering training to those agencies that serve those with mental health concerns. This training can be for youth or adults. We will continue to maintain staff trained in the curriculum. Our partnership with North Point Community Church Network will continue growing as we plan to offer other training to each of their eight campuses in the metro Atlanta area.



Advocacy and Policy

RNG increased our activism by participating in several events such as Mental Health Day at the Capitol in January of 2023. We also sponsored Children’s Mental Health Day at the Capitol in May 2023, where we provided materials promoting training and education. Resilient North Georgia has also been advocating for School-Based Health Centers, conducting interest meetings in both Dawson and Hall Counties with Family Connections and the local school systems. We continue to advocate for the implementation of Handle with Care in partnership with Gainesville City Schools and Gainesville Police Department. This program will pilot Fall 2023 with Gainesville City School System.



- *Looking Forward:* RNG will attend these events each spring and summer, advocating for policy change around mental health for both youth and adults.

Innovative Partnerships

Juvenile Court

RNG provides Triple P Level 4 to families in CHINS panel (Children in Need of Services) and other families as mandated by the court. We also provide Functional Family Therapy for families needing a more intensive intervention. RNG also trains the Juvenile Court staff and stakeholder group including DFCS, CASA, attorneys, and school social workers in CRM and Reaching Teens. A member of the probation team serves on the Reaching Teens Task Force and the probation staff receives monthly trainings on the model. We see this as a holistic partnership that we hope to replicate in other court systems across the throughout Region 2.

Resilient North Georgia envisions a juvenile justice system centered on the strengths, needs, and voices of youth and families. Lived experience shared by youth and family members are vital resources for understanding and reaching young people involved or at risk of involvement in the justice system. We believe that effective decision-making requires the involvement of those who are most impacted. We are also committed to partnering with the youth servicing professionals at the Juvenile Court Systems in each county to not only continue our direct referral system for Triple P but to also provide continued training to staff that will effectively teach them to work with youth in a trauma informed manner through our Reaching Teens training initiative.

Ninth District Opportunity

In addition to providing training through RNG to the 13 counties within Region 2, we were able to train all 20 Ninth District HeadStart counties on Connections Matter. This opened the door for a conversation to embed Triple P Level 4 at each center, a multi-year project. RNG kicked these classes off in October and ran into a myriad of issues, from no shows to childcare. We are meeting with each pilot site to design an approach best for them and their parents. This will allow us to test a variety of formats and develop best practices. In addition, HeadStart has also become knowledgeable of Wellroot’s Healthy Family home visitation model, and they are able to make referrals to the program.

Amana Academy

[Amana Academy](#) is a K-8 tuition-free public charter school open to all students who are eligible to attend Fulton County Schools. Considered among the most well-regarded charter schools in the state of Georgia,



Amana Academy’s Alpharetta campus was established in 2005 and authorized by the Georgia Department of Education and the Fulton County Schools system. It is also one of the most diverse schools in Fulton County with over 20 languages spoken in the home. The school’s standard for excellence, diverse population, and openness to try new things made it an attractive pilot site.

Through feedback received from the Hall County Reaching Teens Cohort, the coalition recognized the need for pilot sites to fully develop and implement an evidence-based training for youth-serving professionals, parents, and youth. The first pilot site became Amana Academy and involves a training group of 65 faculty, teachers, and administrators. Over a series of trainings that take place once per month at one hour per session, the staff at Amana Academy are learning to identify, reinforce, and build on inherent strengths that facilitate positive youth development. Of interest, only a handful of these teachers knew ACEs but during the session they surmised that the majority of their students had an ACE score above between four and nine. This pilot site and training will provide professional insight from a very diverse group of individuals that work with youth day in and day out.



Give West Alternative School

[Give West Alternative School](#) is an institution that offers academic opportunity to students whose behaviors have precluded them from attending the traditional school. In addition to awarding academic credit, the staff at GIVE West works diligently to identify and address the individual challenges of each student.

Through the same feedback received in the Hall County Reaching Teens Cohort, the coalition chose Give West alternative school as another pilot site for the Reaching Teens training development. Training occurs twice per week at 1 hour per session in combination with other skills-based training such as Community Resiliency Model and Mindfulness. Faculty, teachers, and administrators, as well as a group of parents are learning to apply the key principles found in positive youth development, resilience, and trauma-sensitive care.



University Systems

The [University of North Georgia](#) is part of the University System of Georgia and is designated as a [State Leadership Institution](#) and [The Military College of Georgia](#). With about 20,000 students, the University of North Georgia is one of the state's largest public universities. The UNG partnership began in Y2 through the implementation of Mental Health First Aid training brought to the university. Through a collaboration of meetings, Resilient North Georgia is working to assist the university in developing a badge system for the nursing program and the education program. A digital badge system is a visual credential that serves as an indicator of skills or accomplishments gained through certified learning experiences, workshops, or programs. The digital badge can be displayed and verified online. These badges would be offered through the student engagement department and highly encouraged through each individual program.

As this collaboration develops, Community Resiliency Model training has currently been offered to the first-year experience students. The Connections Matter training is being offered to the senior class of these specified programs. The trainings are offered at each of the three campuses – Cumming, Dahlonega, and Gainesville.

Once again, we are taking a collective approach with the other services that Wellroot offers. Nine students in the School of Education dropped out in 2022 because of housing insecurity. Wellroot is opening 16 units of HUD housing for youth aging 18 to 24 and expanding our existing relationship with UNG to develop supports for students so that they continue education even if the face of housing insecurity. This partnership began with RNG work!

Rabun Mental Health Task Force & HealthIE Georgia Corporation



Resilient North Georgia has recently partnered with the Rabun Mental Health Task. Rabun County Mental Health Sourcing is an independent non-profit organization supporting the quality and availability of all private and public mental health services in Rabun County (RC). It is a research committee formed in partnership with The Rotary Club of Clayton, Rabun County mental health professionals and community leaders. As a part of the efforts of this partnership, Resilient North Georgia joined the work group called support for student mental health services. Since then, the Rabun

Mental Health Task Force in a new partnership with [HealthIE Georgia Corporation](#) held an event on September 30th in Clayton County. Resilient North Georgia attended the event in efforts to bring more trauma informed services to the area and join the efforts of this group.

Spotlight

Triple P, Positive Parenting Program Success Stories



"The Smiths who are grandparents and live in Lumpkin County, attended one of our Triple P classes during the Spring 2023. At that time, they were in the process of adopting their 2 grandchildren that were in foster care and had to attend our parenting class through their process. They were such a lovely couple and so excited to be a part of Triple P. The Smiths were well engaged throughout the sessions and with the other families. They even gave advice to a newly married couple with their 1st child that was attending the class as well. They were so impressed with the strategies offered by Triple and how during their visits with the children and utilizing these strategies, it worked! The Smiths were so amazed and that the children were eating better foods, listening, and cooperating better, which was amazing to them and how quickly it happened. It was truly a blessing for them and on June 6, 2023, their adoption process was finalized, and The Smiths were awarded their grandchildren. They stated on their survey "We love this program. It really helped us to stop and think about how to address some of the areas where we needed help with our grandchildren. Overall, this is the best parenting program out of others we attended. Thank you, Triple P."

-Patricia Funches, Triple P Instructor





Hello Mrs. Bryan!

I wanted to let you all know How the parenting class with Triple P has been for me . Before I was searching for adoption for my son a more happy family who maybe could deal with him better than I could . I only had doubts because it became extremely hard for me to adjust to loosing my main support system and not knowing what to do with a baby became challenging and frustrating at times. My Mom and Dad always had the answers. Putting me in the Parenting class at first I didn't want to ask any questions but then I got comfortable when I realized it wasn't bad to have questions. Asking questions and doing prompts helped me to be comfortable with saying I Can Do This for my son and it wasn't as hard as I thought .The parenting Class taught me Patience according to Our personal situations. I appreciate the parenting class giving me a different outlook and perspective to taking care of my son properly while dealing with my emotions.

-Anonymous Triple P Level 4 Parent Graduate



Inspired Action

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

- Join Resilient Georgia's Reaching Teen Learning Community. Contact Kelly Hogan at khogan@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>

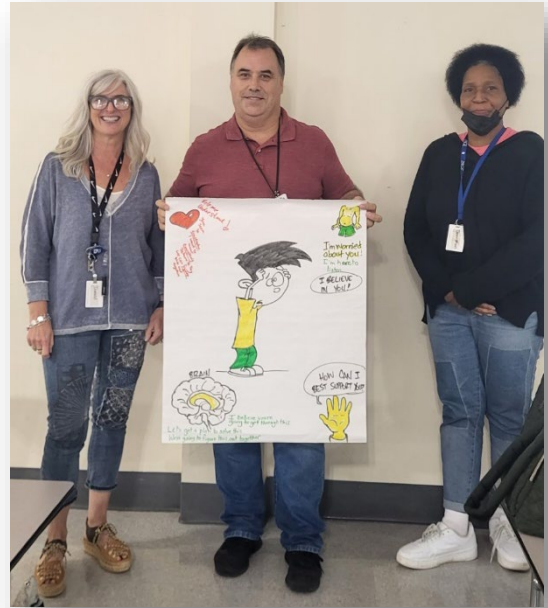
Income and Expenses/Financials

Appendix D - Financials - detail				
Resilient Georgia Budget Summary	Dec 15, 2022 - Nov 10, 2023	Subtotals	Resilient Georgia	In Kind/Match Money
Revenue				
Resilient Georgia			\$ 100,000.00	
Wellroot in kind				\$ 82,223.27
Gainesville City Schools (in kind meeting space)				\$ 3,750.00
Sponsorship, Northeast Georgia Medical Center				\$ 1,500.00
Department of Education				\$10,000
Family Promise (in kind meeting space and meeting supplies)				\$1,000
Jessica Douglas (Reaching Teens Researcher in kind 120 hours)				\$3,000
TOTAL REVENUE			\$ 100,000.00	\$ 101,473.27
Expenses				
Personnel EXPENSES				
Salaries and Wages	\$ 123,963.00		\$ 49,099.00	\$ 74,864.00
Benefits	\$ 14,700.00		\$ 14,700.00	
Subtotal Salaries and Benefits		\$ 138,663.00		
TOTAL Personnel EXPENSES		\$ 138,663.00		
Program EXPENSES				
Resilient Georgia Administration Fee	\$ 5,000.00		\$ 5,000.00	
Training and Development				
Training-Connections Matter	\$ 700.00			\$ 700.00
Training- CRM, Triple P	\$ 26,901.54		\$ 25,000.00	\$ 1,901.54
Training -Reaching Teens and Curriculum Developm	\$4,000			\$ 4,000.00
Reaching Teens Assessment Consulting	\$6,000			\$ 6,000.00
Triple P Workbooks and Parent supplies	\$ 8,881.71		\$ 5,000.00	\$ 3,881.71
Subtotal Training and Development		\$ 51,483.25		
Meeting Expense	\$ 5,667.90		\$ 1,201.00	\$ 4,466.90
Mileage and Travel-staff	\$ 2,930.19			\$ 2,930.19
Subtotal Meeting and Travel expense				
Printing and promotional materials	\$ 2,070.30			\$ 2,070.30
Logo	\$ 153.00			\$ 153.00
Subtotal Printing, supplies and materials		\$ 10,821.39		
TOTAL DIRECT EXPENSES		\$ 62,304.64		
TOTAL ALL EXPENSES		\$ 200,967.64	\$ 100,000.00	\$ 100,967.64

Accomplishing Events



*Habersham Resource Fair,
Summer 2023*



*Reaching Teens Training,
Fall 2023*

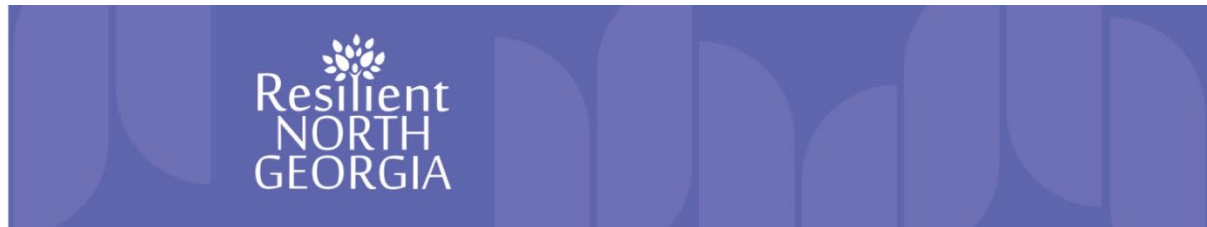


*Connections Matter Training
Summer 2023*



*Reaching Teens Training,
Fall 2023*

Appendix A: Training Collateral



Building a Resilient Georgia

Resilient North Georgia uses 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. 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.

Triple P – Positive Parenting Program

Triple P is a research-based parenting course that gives parents simple and practical strategies to help them confidently manage their children’s behavior, prevent developing problems, and build strong, healthy relationships.



Community Resiliency Model (CRM)

CRM is a 90-minute training, focused on withstanding stress and increasing resiliency. After learning biological reactions caused by stress and trauma, participants are equipped with practical wellness skills that decrease anxiety and feelings of depression and increase their resilient zone.

Connections Matter

Connections Matter is 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).



Schedule a training today!

Resilient North Georgia can provide these trainings at no cost to your organization. Contact us at resilientnga@wellroot.org or learn more at wellroot.org/our-programs/resilient.





Positive Parenting Program



Parenting Now Comes With Instructions...
Because Children Don't.

What is Triple P?

The Triple P - Positive Parenting Program is a parenting and family support system designed to prevent - as well as treat - behavioral and emotional problems in children and teenagers. This program aims to improve family relationships.

Triple P is an evidence-based international program that gives parents simple and practical strategies to help them confidently manage their children's behavior.

What Does Triple P Do?

Triple P helps you:

- Raise happy, confident children and teens
- Manage misbehavior so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behavior you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing



Triple P - Positive Parenting Program

Being a parent may be the best and most exciting job you'll ever have. It may also be the hardest. It's easy for parents raising children today to feel stressed, exhausted and overwhelmed. Triple P takes the guesswork out of parenting. It offers tips to help parents handle challenging behaviors and answers to common parenting questions. Parents are actively involved throughout the 2-hour small group format discussions.

Who Is It For?

Parents or caregivers who seek proven techniques to confidently manage their child's behavior.

What is Covered in Sessions With Parents?

Dealing with Behavioral and Emotional Problems

A number of positive parenting strategies are introduced to help parents develop a personal plan to teach their child limits, and also to manage negative behaviors when necessary.

Managing Fighting & Aggression

Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

Raising Confident and Capable Children & Teens

The skills parents learn to raise confident, capable kids will ultimately reflect in their children and teens. Parents will learn how to help their children and teens show respect, be considerate, develop good social skills and develop healthy self-confidence.

Anger, Anxiety and Coping Skills with Children & Teens

When anxiety is starting to affect daily life, children and teens need help to work on specific anxiety coping skills. This helps them become more confident in their own ability to manage anxious feelings. Not just now, but in the future, too.

Well-rooted and Firmly Planted

wellroot.org/triplep

[@positiveparentingprogram](https://twitter.com/positiveparentingprogram)
[@wellroot.org](https://twitter.com/wellroot.org)

404-327-5820



Find out more at wellroot.org/triplep
or call 404-327-5820.



ADVERSE Childhood Experiences

Research shows that having **Adverse Childhood Experiences (ACEs)**, causes unhealthy levels of stress, called **toxic stress**. These high levels of stress, which are frequent and prolonged, can dramatically change how the brain develops and increase the risk of health and social problems throughout a lifetime.

KIDS WITH A HIGHER NUMBER OF ACEs ARE MORE LIKELY TO:



Score lower on standardized tests



Have language difficulties



Be suspended or expelled



Fail a grade

ADULTS EXPERIENCING FOUR OR MORE ACEs COMPARED TO THOSE WITH ZERO ARE:

2.2x more likely to have a heart attack

2.3x more likely to report serious financial problems

3.6x more likely to have serious job problems

6x more likely to have clinical depression

10 TYPES OF STUDIED ADVERSE CHILDHOOD EXPERIENCES

ABUSE

- 1 Physical
- 2 Psychological
- 3 Sexual

NEGLECT

- 4 Physical
- 5 Psychological

HOUSEHOLD DYSFUNCTION

- 6 Substance abuse
- 7 Parent with mental illness
- 8 Incarcerated parent
- 9 Divorce
- 10 Domestic violence

3 OUT OF 5 GEORGIANS HAVE EXPERIENCED SIGNIFICANT CHILDHOOD TRAUMA

WE CAN PREVENT AND MITIGATE THE EFFECTS OF ACEs

RELATIONSHIPS ARE THE FOUNDATION OF HEALTHY BRAIN DEVELOPMENT AT ANY AGE



- In the absence of a caring relationship, trauma can disrupt healthy brain development
- Communities can promote healthy brain development through relationship building
- Promoting healthy brain development is essential to individual and community wellbeing

Positive experiences can buffer those bad experiences. Whenever we talk about ACEs, it is equally important to discuss relational wealth – being connected in a healthy way to a social network. Research reinforces that positive interactions and experiences for children and families foster healthy development. This can extend to the larger community, thus emphasizing that one caring adult can make all the difference.

Felton, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., ... Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults – The adverse childhood experiences (ACE) study. *American Journal of Preventive Medicine*, 14(5), 245-258.

Yonatan, Beuben. "Toxic Stress: How Too Many Bad Days At Work Could Be Killing You." *The Huffington Post*. TheHuffingtonPost.com, 23 Dec. 2014. "What Are the Benefits of Great Workplaces?" *Great Place to Work Institute*, 2012. Web.

RahmanGreat Place to Work® Institute. Jessica. "The Container Store, Culture Impact Brief." With an "Employee-First" Mentality, Everyone Wins.

TRAINING THAT CAN IMPACT YOUR COMMUNITY

WHAT IS CONNECTIONS MATTER?

The Connections Matter Georgia initiative is an **in-person training** designed to engage community members in building caring connections to:

- Improve resiliency,
- Prevent childhood trauma, and
- Understand how our interactions with others can support those who have experienced trauma.



The Connections Matter Georgia initiative is a collaboration between the Georgia Center for Child Advocacy and Prevent Child Abuse Georgia, using curriculum developed by Prevent Child Abuse Iowa.

TAKE ACTION

Healthy minds enable individuals to reach their full potential. Businesses, child and family serving professionals, faith communities, and individuals can promote trauma-informed environments that help everyone manage stress and build stronger connections within the community.

1 Why attend a training?

- Interactive, discussion-based curriculum that helps people better understand trauma, brain development, resiliency, and health
- Concrete knowledge about Adverse Childhood Experiences (ACEs) using Georgia data
- Strategies for increasing and improving your own connections and tools for strengthening both personal and community resiliency
- Approved for 4 hours of CEU credit: LPCs, LMFTs, LCSW, Law Enforcement and Bright from the Start

2 Who should attend?

- Parents, Caregivers, and Community Members
- Child-Serving Professionals
- Medical/Human Services Providers
- Faith Organizations
- Educators
- Businesses



Contact a Trainer: Wellroot Family Services
Kelly Hogan: khogan@wellroot.org



www.ConnectionsMatterGA.org



The Community Resiliency Model (CRM)[®]

CRM is a 90-minute training, focused on withstanding stress and increasing resiliency. After learning biological reactions caused by stress and trauma, participants are equipped with practical wellness skills that decrease anxiety and feelings of depression and increase their resilient zone.

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 adysregulated 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.

Reduce Stress and Anxiety

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

Sign-Up Today!

- We will bring the training to your organization.
- Contact Kelly Hogan, Community Partnership and Training Manager
- Email: khogan@wellroot.org or by phone: (404) 836 - 3492



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

ResilientGEORGIA



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.





**HALL-DAWSON CASA
IN-SERVICE SERIES:**

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. It is unique because it provides youth serving professionals with more than information. It is practical tools and strategies that when administered empower all young people to reach their full potential as productive, caring, and responsible citizens.



Wellroot Family Services and Resilient North Georgia will be offering a series of classes in partnership with Hall-Dawson CASA. Those who attend and complete five of the six classes will receive Reaching Teens Certification. The classes will build on each other but can be taken on a drop-in basis. Each class will have skill sheets and activities that further learning.

- 11/14/23 **PREPARING YOU TO BECOME THE KIND OF ADULT YOUNG PEOPLE NEED IN THEIR LIVES**
- 1/23/24 **CONNECTING WITH TEENS, SETTING THE STAGE FOR A TRUSTING RELATIONSHIP**
- 2/27/24 **COMMUNICATING WITH TEENS, THE LANGUAGE OF RESILIENCE**
- 3/19/24 **RADICAL CALMNESS AND BUILDING SELF-REGULATION SKILLS IN TEENS**
- 4/23/24 **ACTIVE LISTENING AND MOTIVATIONAL INTERVIEWING**
- 5/14/24 **HELP TEENS OWN THEIR SOLUTIONS, TALK WITH THEM, NOT AT THEM**



Say This... Not That

SAY THIS...	NOT THAT...
Help me understand.	I understand.
I can't imagine how you feel.	I know how you feel.
I hear you.	I agree.
You seem angry. I'm here to listen so you can get your feelings out.	Just calm down.
After you work out your feelings, I believe you're going to get through this.	Just get over it.
This seems important to you.	You're making a big deal out of nothing.
This place must feel safe for everyone, including you.	You're always causing trouble here, and that's not OK.
I hear what you are saying. I'll get to the bottom of this.	It sounds like he was wrong.
You seem so frustrated. I want to hear everything you have to say. We're going to figure this out together.	Don't have an attitude with me; I'm here to help you.
You've come so far. I've really noticed your progress. We've all been proud of you because _____. You're having a tough day. I have confidence you'll get through this.	You're always causing trouble.

SOURCE: Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development. Editor: Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM; Associate editor: Zachary Brett Ramirez McClain, MD.

Resilient
NORTH
GEORGIA
RESILIENTGA.ORG

“ A person **in crisis**
CANNOT THINK ABSTRACTLY.
When your responses are
too complex
you can unintentionally **REINFORCE SHAME**
because the youth will not be able to
grasp your points.”
~ Reaching Teens

Wellroot
Family Services