



What: Resilient Georgia General Meeting: Young Adult Mental Health (19-26 years)

When: Thursday, March 24th from 11:00 - 12:30

Who: 193 Resilient Georgia Partners and Stakeholders

Where: [Meeting Recording Link](#)

Supporting Young Adult Mental Health Across Georgia

(Meeting agenda and slides can be accessed at Resilient Georgia's [General Meeting webpage](#))

Resources from Our Partner Speakers

Covenant House: Community Resiliency Model (CRM)

- Anthony Clarke, CRM Instructor, Covenant House
 - anthonyclark189@gmail.com
- Bria Davis, CRM Instructor, Covenant House
 - bria95davis@gmail.com
- [Dr. Linda Grabbe](#), Assistant Clinical Professor, School of Nursing, Emory University, Family Nurse Practitioner & Psychiatric/Mental Health Nurse Practitioner and Certified Community Resiliency Model Trainer
 - lgrabbe@emory.edu
- [Dr. Jordan R. Murphy](#), Chief Executive Officer, Center for Interrelational Science and Pediatrics
 - jordanrmurphy@cispediatrics.com
- [Covenant House](#) provides housing and supportive services to youth facing homelessness. We help young people transform their lives and put them on a path to independence.
- CRM description - The Community Resiliency Model (CRM) is an innovative and preventative low-cost, low-intensity training, which involves a simple set of mental wellness skills that can be readily learned and practiced. CRM skills can restore the natural balance of the nervous system by focusing on sensations of well-being.
- [CRMGeorgia](#) aims to shift deficit-based perceptions of mental health to an understanding of well-being in its broadest sense. The self-care, resiliency, and use of internal resources of CRM will promote a greater sense of well-being and emotional stability for the citizens of Georgia and beyond. CRMGeorgia is a central hub in the State of Georgia to advance trauma- and resiliency-informed CRM trainings to individuals and groups in neighborhoods, communities, schools, law enforcement, healthcare, social services, corrections, and many other settings. CRMGeorgia focuses on biologic responses to stress and trauma and biologic skills to cope with life's challenges. CRM concepts and skills are based on the neuroscience of trauma and resiliency.
- Bridges to Therapy: Using the Community Resiliency Model to Support Georgia's Workforce

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- Bridges to Therapy is a behavioral health integration approach designed to address the need for improved access to pediatric behavioral health services in Georgia. The Community Resiliency Model, developed by the Trauma Resource Institute in Claremont California, was selected as the primary wellness intervention for Bridges to Therapy due to its ease of use amongst diverse populations. Children, youth, staff and families at Covenant House Georgia, Atlanta Children's Shelter, Quality Care for Children, Easterseals of North Georgia, YMCA-Metro Atlanta and others, have benefited from the Bridges to Therapy approach through training and services delivered virtually and on-site.
- The Center for Interrelational Science and Pediatrics, Resilient Georgia and the Georgia Department of Behavioral Health and Developmental Disabilities are supporting Georgia's behavioral health and social service providers, educators, and community leaders through monthly Bridges to Therapy training and consultation opportunities.
- To learn more about the Center for Interrelational Science and Pediatrics and Bridges to Therapy, visit: www.cispediatrics.com
 - To request a Community Resiliency Model training, please complete the [Community Resiliency Model training request](#) form or send an email to: training@cispediatrics.com.
- Q & A from the chat
 - Q: With CRM, do you teach vagus nerve activation?
 - A: We do not teach vagus nerve activation within CRM. Although we highlight the role of the breath and breathing as fitting within the CRM model, we are careful to not teach it as a primary skill. CRM teachers have found that noticing the breath can be activating for some individuals (e.g., those who have experienced panic or anxiety), which may increase unpleasant symptoms and send them "outside of their Resilient Zone." Breathing is welcomed as it is comfortable for each individual's nervous system.
 - Q: Does any of the biology literature review include peptide hormone augmentation?
 - A: To my knowledge, no studies have yet explored CRM in relation to peptide hormone augmentation.
 - Q: Do you work with homeless youth in visualizing goals and strategies for dreaming/imagining goals?
 - A: We work with homeless youth , and many other groups to develop Resources within the context of the CRM model. For many, this can translate into expanding their own personal goals and strategies by utilizing wellness skills that help them to stay in their "Resilient Zone" longer.

Mental Health America of Georgia (MHA) and National Alliance on Mental Illness (NAMI) Georgia

- [Miriam Goodfriend](#), Advocacy Coordinator, NAMI Georgia
 - advocacy@namiga.org
- [Madison Scott](#), Director of Development, Mental Health America of Georgia
 - madison@mhageorgia.org
- [NAMI Resources Page](#)
- MHA's [Leadership Empowerment and Access Program](#) (LEAP) is a training program designed to improve skills in professional development, leadership and personal resiliency for youth and young adults, 16 – 26 years old, who are managing or at risk of developing behavioral health conditions.

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LEAP participants master the ability to analyze strengths and weaknesses, set and achieve personal and vocational goals through the training tracks outlined below.

- Read all about the passing of the [Mental Health Parity Bill in Georgia](#).

Oglethorpe University

- [Dr. Nicholas Ladany](#), University President, Professor of Psychology, Oglethorpe University
 - nladany@oglethorpe.edu
- [Dr. Michelle K Lyn](#), Licensed Psychologist, Director, Counseling Center, Oglethorpe University
 - mklyn@oglethorpe.edu
- Dr. Meredith Raimondo, Vice President for Student Affairs, Oglethorpe University
 - mraimondo@oglethorpe.edu
- [Oglethorpe University Counseling Center](#) offers mental health, wellness, and consultation services to support the campus community and current students' pursuit of their academic and personal goals. Programs are designed to empower and motivate students to think and promote change about issues relating to health and wellness.
 - Support from [Skyland Trail Residential Mental Health Center](#).

Silence the Shame: Soundtrack for Mental Health and College Ambassador Program

- [Jewell H Gooding](#), Executive Director, Silence the Shame
 - jg@silencetheshame.com
- [Silence The Shame, Inc.](#) is a mental health education and awareness non-profit organization dedicated to eliminating mental health stigma, reducing health disparities, and improving rates of suicide among vulnerable populations.
 - [The Soundtrack of Mental Health](#), created through Silence the Shame, with the support of Sony Music Group, offers customized mental wellness seminars on practical coping techniques, stress and anxiety management, and a wellness curriculum for employees and leaders.
 - [Silence the Shame Community Conversations](#) are curated panel discussions that create a safe environment to discuss mental health.
 - The new [College Ambassador Program](#) is a peer support program to navigate adulthood, mental wellness and promote social connectedness among colleges & universities. The goals are to enhance mental health awareness, education, and partnerships to promote professional help.
 - [Silence the Shame dinners](#) are small group, intimate guided discussions with family members, colleagues, or thought leaders to promote mental health & wellness, eliminate the shame and stigma of mental illness, and offer strategies to engage vulnerable populations.
 - [Silence the Shame podcast](#) releases bimonthly episodes on mental illness, trauma, suicide, and well-being. The podcast engages community members, mental health professionals, and influencers to normalize conversations on mental health.
 - [Upcoming Community Outreach Events](#).
- In partnership with the Atlanta Hawks, Silence the Shame's [Teen Mental Wellness Courtside Chat with Chlöe Bailey and Trae Young](#) is now live for viewing. Please register at the link below to view

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this content. This Courtside Chat is moderated by Founder Shanti Das, featuring recording artist and actress Chlöe Bailey and ATL Hawks All-Star Player Trae Young. They share messages for teens about mental wellness, healthy coping strategies, and practicing ways to maintain well-being. Enclosed you will find the toolkit to discuss the content with teens.

- In partnership with the Atlanta Hawks, Silence the Shame is hosting a Teen Wellness Clinic on May 7th for youth ages 13-15 looking to expand their skills for wellbeing. Participants will get to practice techniques, build community, and have lots of fun during this half day summit. Caregivers can register for their kid by [visiting this link](#).
- Q & A from the chat
 - Q: How do we attend the next fireside chat?
 - A: The next event is the Teen Wellness Clinic, and you can [register your child at this link](#). You should also visit the [Silence the Shame website](#) for more information about other upcoming events, including future fireside chats.

Student Taskforce on ACEs and Resilience (STAR)

- Charlie Lane, 2021-22 STAR Co-President, MD Candidate, Emory University School of Medicine
 - charles.bertin.lane@emory.edu
- Eudora Olsen, 2021-22 STAR Co-President, MD Candidate, Emory University School of Medicine
 - eudora.olsen@emory.edu
- [The H-STAT Student Taskforce on ACEs and Resilience](#) (STAR) aims to unite students from across disciplines and universities in Georgia to increase awareness and provide resources for the next generation to practice trauma-informed care, no matter their professional path. STAR has 4 pillars: Education, Advocacy, Service and Research.
- [Sign up for the Trauma Informed Care Conference](#) taking place on October 22, 2022.
- [The Center for Contemplative Science and Compassion-Based Ethics](#) at Emory supports a research-based approach to educating both heart and mind. With programs grounded in a theoretical framework for the cultivation of competencies that lead to the prosocial behaviors and outcomes that support flourishing and well-being for individuals and societies, the center also actively works to demonstrate the efficacy of these programs through innovative research.
 - [Cognitively Based Compassion Training Courses](#)
- Q & A from the chat
 - Q: Would it be possible to see your curriculum for training young professionals in the value of trauma-informed care?
 - A: We do not have a curriculum in circulation. Instead, we pull from other references a few of which are listed below:
 - Heather C. Forkey, MD, FAAP; Jessica L. Griffin, PsyD; Moira Szilagyi, MD, PhD, FAAP. 2021. [Childhood Trauma and Resilience: A Practical Guide](#). American Academy of Pediatrics.
 - [The National Child Traumatic Stress Network | \(nctsn.org\)](#)
 - Roberts, S. J., Chandler, G. E., & Kalmakis, K. (2019). A model for trauma-informed primary care. *Journal of the American Association of Nurse Practitioners*, 31(2), 139–144. <https://doi.org/10.1097/JXX.000000000000116>

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- Brown, T., Berman, S., McDaniel, K., Radford, C., Mehta, P., Potter, J., & Hirsh, D. A. (2021). Trauma-Informed Medical Education (TIME): Advancing Curricular Content and Educational Context. *Academic Medicine*, 96(5), 661–667.
<https://doi.org/10.1097/ACM.0000000000003587>
- Q: People in caregiving and first responder professions often find it very hard to ask for help themselves. How do you (personally or as an organization) work to overcome this challenge?
- A: Mindfulness and compassion training have been instrumental in my own ability to maintain a realistic view of my humanity. This doesn't mean that I am always able to recognize my maladaptive strategies for coping with stress, but that I at least try to maintain a compassionate curiosity about how I move through the world. As for the organization, we are doing our best to lead our working groups with a brief mindfulness moment and end with a check-in with space for one-on-one or group counseling as needed.
- Q (from RG): [The sign-up](#) for the Trauma Informed Care Conference is closed. Would it be possible to re-open this so we can share it on the follow up document, or is this intentional?

University System of Georgia Mental Health Taskforce

- [Dr. Juanita Hicks](#), Vice Chancellor of Human Resources and Mental Health Taskforce Project Sponsor, University System of Georgia
 - juanita.Hicks@usg.edu
- [Dr. Chip Reese](#), Mental Health Taskforce Project Director, University System of Georgia and Associate Vice President for Student Affairs, Columbus State University.
 - chip.reese@usg.edu
- [The USG Mental Health Task Force](#), appointed in 2019, has worked to identify areas of need across USG and recommend how to immediately expand mental health support services for students with the GEER funding allocation.
 - Their focus currently includes strategic planning, clinical support, and campus mini-grants that center on reaching the most USG students possible.
- Supported by [Christie Campus Health](#), [JED Campus](#), [The QPR Institute](#), and more.
- Q & A from the chat
 - Q: Do any of the 26 institutions have co-responder models where a trained counselor responds with campus police to a mental health 911 call?
 - A: Yes. The 24/7 crises line is staffed with LPCs who assist, on-counseling center personnel, and GCAL
 - Q: How can we connect with trainers who may be in our community?
 - A: Contact Dr. Lacy Till (lacy.till@usg.edu) she is a Master QPR Trainer and MHFA Trainer. Dr. Till can help.

Youth Villages: LifeSet

- Tanya L. Anderson, Executive Director - Georgia, Youth Villages
 - tanya.anderson@youthvillages.org

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- Jameta Wheeler, Assistant Director, Community-Based Programs, Youth Villages
 - jameta.wheeler@youthvillages.org
- [LifeSet is an intensive, community-based program](#) that acts as a bridge from foster care to successful adulthood for young people who turn 18 in foster care. It is a comprehensive program that helps young people in many areas of their lives including relational permanency, housing, mental and physical health, career and employment, life skills and education.
 - Youth Villages Mentoring Program provides volunteer mentors to support the LifeSet and residential youth in our care. If interested in becoming a YV mentor, check out [how to get involved here](#).
- LifeSet Study – Conducted by MDRC—
 - In this study, [“One-Year Impact Findings From The Youth Villages Transitional Living Evaluation”](#), the strong, positive impact LifeSet had on young people was observed, but specifically the study showcased that LifeSet boosted earnings for young people, increased housing stability and economic well-being, and improved outcomes related to health and safety.
- Intercept Studies – Conducted by Center for State Child Welfare Data at Chapin Hall:
 - [Placement](#): Intercept reduces the chances of out-of-home placement by 53% following a maltreatment investigation. The effect of Intercept is sustained at six and 12 months after Intercept services end.
 - [Permanency](#): Compared to a matched comparison group, after controlling for how long they were in care, the odds of achieving permanency were approximately 24% higher for the Intercept group.
 - [Placement – A Second Look](#): Examining a more recent sample of youth with a first maltreatment report between July 2018 and December 2020, Intercept reduced the chances of out-of-home placement by 37% following a maltreatment investigation. Note that the observation window was shorter for this study, which may partially account for the difference in findings.
- Q & A from the chat
 - Q: Who did you use as your control group for your study, and what were they randomized to?
 - A: The control group featured a population extremely similar to the program group on the measures being assessed. The control group simply did not receive the program services.
 - Q: What does the data/measurement process look like? Does it occur upon program completion or some years following?
 - A: As an organization, we collect data at 30 days, 6 months, and 12 months post discharge to evaluate sustainability of services. The results of the 12 month post discharge outcomes are shared on our annual reports.

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Additional Partner Resources for Young Adult Mental Health

Chris180 and DBHDD's Peer Drop In Center "The Spot"

- [The Spot](#) is a place where young adults, ages 16-24, can spend their time learning the tools necessary to make a successful transition to adulthood in a fun, stigma-free environment. Services are provided in a supportive group environment and include structured activities that assist our young adults in obtaining goals related to education, employment, understanding mental and behavioral health, coping skills, and living skills.
- DBHDD's other Peer Drop In Center, [The Transition Youth Peer Center](#), features a unique program located in Southwest Atlanta for at-risk youth staffed by peers who serve as mentors and team workers. The Peer Mentors are young adults, ages 17 to 25, who are successfully navigating the path from adolescence to adulthood. They assist program participants who are trying to make the same transition by offering training and development in areas such as life skills, education, employment, and community life.
- Information on DBHDD's [additional drop in centers](#) in Georgia

Chris180's Summit Trail Apartments

- [Summit Trail](#) is supervised living for 17-24 yr olds graduating from foster care, are homeless, parenting, leaving juvenile justice and/or mental health systems. This supportive housing community helps young adults learn the skills necessary for productive adulthood in a supervised environment.

County Library Systems Young Adult Job Fairs, Resources, and Programming

- The Cobb County Public Library is offering two job fairs specifically geared towards ages 16-22 in different regions of the County. Local businesses need motivated help, and young people in Cobb County are looking for jobs. Job Fairs are the perfect opportunities to meet with businesses face-to-face and show employers why YOU are the best fit for them. Resume and job preparedness programs will be offered in multiple Cobb Libraries before the Job Fairs.
 - [Young Adult Job Fair at Cobb County Libraries](#) (April 2022)

DBHDD's Youth Clubhouses

- Youth Prevention Clubhouses
 - Provide prevention services to high-risk youth, ages 12-17, through evidence-based curriculums, peer mentorship, and interactive programs for building coping, decision-making, and life skills:
 - [Next Generation Youth Development](#) (Dawson County, GA)
 - [DR3AM'RS Clubhouse Program](#) (Norcross, GA)
 - [100 Black Men of West Georgia](#) (LaGrange, GA)

Kate's Club Young Adults Grief Support

- [LoKate is a peer group for young adults](#) (ages 18-30) who have experienced the death of someone important to them. Navigating adulthood is hard. Grieving is hard. You don't have to do it alone. This group is at no-cost to participants and includes both in-person (Atlanta area) and virtual

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events. LoKate offers monthly virtual meetups and in-person social activities to connect you with people who just get it.

Lydia's Place

- [Lydia's Place](#) serves young adults ages 17-24 who have experienced foster care or homelessness. Lydia's Homeplace establishes a secure and steady home as students begin their path to living independently. Lydia's Homeplace is conveniently located off of Atlanta Highway in Athens, GA.

Showcase Group

- [Showcase Group](#) provides support to at-risk youth and their families by implementing psychosocial services, such as case management and therapy by trained professionals. Our social and emotional training programs also support this population in making better choices as a result of gaining a higher level of diverse, culturally relevant social-emotional intelligence (SEL) methods for young adult healthy living.

Skyland Trail Adult Programs

- [Skyland Trail mental health programs](#) are organized by levels of care. Residential psychiatric treatment is the most intensive level of care. Virtual day treatment, virtual intensive outpatient, and outpatient programs gradually provide less intensive staff support and require clients to use skills more independently. Clients complete a psychiatric assessment as part of the admissions process. The admissions team uses results from the assessment to match each client with the level of care that best meets the client's needs.

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Activity: Favorite Young Adult Jobs

Thank you to all our participants who shared with us their most memorable or unique job from ages 19-26. Take a look below to see how participants responded!



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