



**What:** Resilient Georgia General Meeting – Questions and Answers and Resources Shared in Zoom Chat

**When:** December 15, 2022, from 11:00 am - 12:30 pm ET

**Who:** 142 Resilient Georgia Partners and Stakeholders

**Recording Link:** <https://m.youtube.com/watch?v=6rBpRnxaP00>

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## Meeting Overview

[Resilient Georgia](#) has been working with [16 regions](#) encompassing 120 Georgia counties 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.

- The December 15<sup>th</sup> General Meeting showcased Round 2 regional coalitions based out of Albany, Columbus, Rome, and Thomasville and surrounding areas and Round 4 regional coalitions based out of Atlanta, Brunswick, Gainesville, and Waycross and surrounding areas.
- All 16 coalitions are deeply engaged in their work to address the behavioral health needs of individuals birth through 26 years old and families in their communities. They engage with 12 different professional and community sectors and use essential tools such as education/teaching/training, workforce development, policy strengthening, practice research, and evaluation using the collective impact framework.
- For this showcase, we asked the eight regional coalitions in Rounds 2 and 4 to focus on **one BIG idea**. Coalitions shared their most impactful, innovative, and/or exciting program or element of their work.
- We also asked participants to join us in our kindness challenge over the holiday season. There have been [recent articles](#) showing that kindness strengthens social connections in the workplace and beyond, boosts the giver's health and happiness, and contributes to "relational diversity" and well-being. Partners joined us in sharing their acts of kindness on social media, challenging a peer to do the same, and using the hashtag **#RGKINDNESSCHALLENGE**.

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Interactive Question: Where is your favorite place to visit in Georgia?



## Q&As Discussed During 12/15 Meeting Zoom Chat

### *Engaging and Empowering Youth*

#### **Resilient North Georgia, Reaching Teens**

Counties served by Resilient Georgia Regional Coalition: Banks, Dawson, Franklin, Forsyth, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, and White

Presenter: Christina Lennon, Chief Strategy and Innovation Officer, Wellroot Family Services, [clennon@wellroot.org](mailto:clennon@wellroot.org), (404) 542-2660.

Learn more about Resilient North Georgia: Visit their Resilient Georgia [coalition webpage](#) and the [Wellroot Family Services website](#). Follow Wellroot Family Services on [Facebook](#). Check out Resilient North Georgia's [training offerings](#).

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Summary: Resilient North Georgia showcased their Reaching Teens Program, a strength-based integrative model that draws from 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. 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. The event trained every Gainesville City Schools employee, as well as service providers from 10 counties in their region. In 2023, they will form learning cohorts of community and school leaders who will implement the Reaching Teens approach in their organizations.

## 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

### Question:

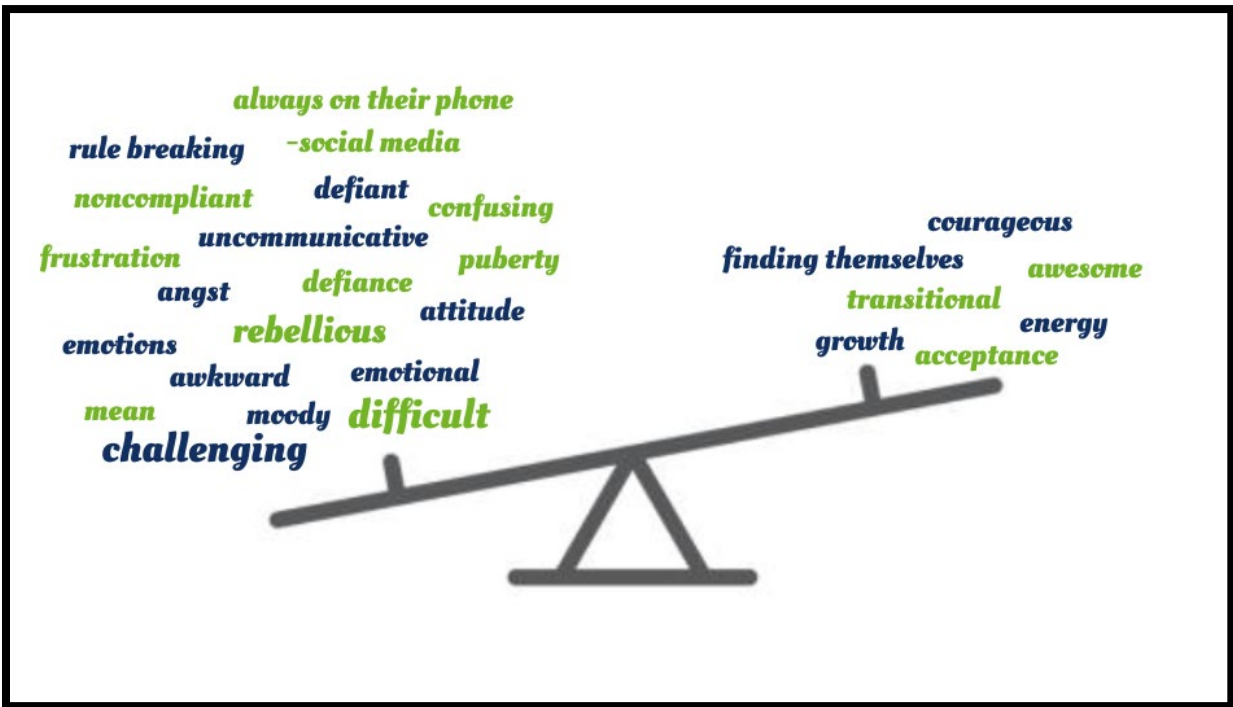
1. I desperately need as many tips for talking to teenagers as I can get. I don't look like most of the kids that I talk to, I am older than many of their grandmothers, and I am a lawyer.
    - Learning more about youth development can help adults support youth and connect with them. Adolescence is a time of discovery and when we begin to ask ourselves, "Who am I?," as well as "Am I normal?" and "Do I fit in?" While a simplification, these three questions can offer a framework to interacting with youth. We want to nurture their dreams and possibilities as well as keep them from irreparable harm. Give them the opportunities to make decisions as well as boundaries to keep them safe.
    - Adults that might not be from the same community as the adolescents they serve can connect and support the teens that they work with by being pro-development and trauma informed. A Positive Youth Development framework sees that teens have a lot to offer, and that adults play a significant role and can impact the lives of teens by fostering competence, connections, character, and caring, as well as resilience. Listening in a non-judgmental manner, valuing the youth's experiences and opinions, modeling being a healthy adult, and setting boundaries are some ways to build trusting relationships with young people.
    - Professionals looking for more information can join the Reaching Teens community. [Reaching Teens, 2<sup>nd</sup> Edition](#) is a multimedia resource that integrates a trauma-sensitive model to facilitate positive youth development. Click the "[Setting-Specific Portals](#)" icon for content tailored to various professional settings.
    - Parent and caregivers can sign up for the [Center for Parent & Teen Communication Weekly Newsletter](#) for the knowledge and skills to promote positive youth development. Check the box
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“Educator Newsletter” to receive curated knowledge and skills for teachers, administrators, and staff for grades 6<sup>th</sup>-12<sup>th</sup>.

- [Check out 7 Expert Tips for Talking with Teens](#) from the [Center for Parent & Teen Communication](#) for essential communication strategies for parents and caregivers when talking with teens.

Interactive Question: What words or phrases do you often hear associated when people talk about teens? What comes to mind when people talk about those “teenage years”?



Our illustration highlights how often we associate “teenage years” with a negative connotation. Reaching Teens uses a strength based approach to support positive youth development and guide young people to adulthood.

### **Resilient Southwest Georgia (Albany), Start with Hello and Say Something**

Counties served by Resilient Georgia Regional Coalition: Baker, Calhoun, Clay, Crisp, Dougherty, Early, Lee, Mitchell, Quitman, Randolph, Sumter, Terrell, and Worth

Presenter: Philip Gentry, Special Projects Manager, United Way of Southwest Georgia, [philip.gentry@unitedwayswga.org](mailto:philip.gentry@unitedwayswga.org), (229) 883-6700 ext. 123.

Learn more about Resilient Southwest Georgia (Albany): Visit their Resilient Georgia [coalition webpage](#), the [Resilient Southwest Georgia \(Albany\) website](#), and the [United Way of Southwest Georgia website](#). Follow United Way of Southwest Georgia on [Facebook](#), [Instagram](#), [Twitter](#), and [YouTube](#). Visit the [provided trainings](#) and [recent trainings page](#) provided by the Resilient Southwest Georgia (Albany) coalition.

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Summary: Resilient Southwest Georgia has championed initiatives and developed programs that centers youth voice and experience while providing young people with guidance and support. [Courageous Conversations](#) places racial dialogue at the center by using works of art as the catalyst toward a deeper understanding on the intersection of racial identity, politics, and social, economic, and education outcomes in America. Academic partners facilitate these conversations with high school and college aged youth at the [Albany Museum of Art](#). [Youth United](#), their Teen Mental Health Coalition, helps teens build resiliency and leadership skills. And in January 2023, the Resilient Southwest Georgia’s STOP School Violence Project will partner with [Sandy Hook Promise](#) to strengthen their nonviolence initiatives in 3 elementary schools, 3 middle schools, and 2 high schools. They will pilot *SAVE Promise Club* and *Start with Hello*. [Students Against Violence Everywhere \(SAVE\) Promise Club](#) empowers young leaders to take an active role in increasing school safety and preventing different forms of violence in schools and communities. [Start with Hello](#) teaches empathy and empowers students to end social isolation by following three easy steps:

**Step 1:** Learn how to recognize the signs of loneliness and social isolation.

**Step 2:** Find out what you can do to help others feel included.

**Step 3:** Discover how to break the ice and strike up a conversation.

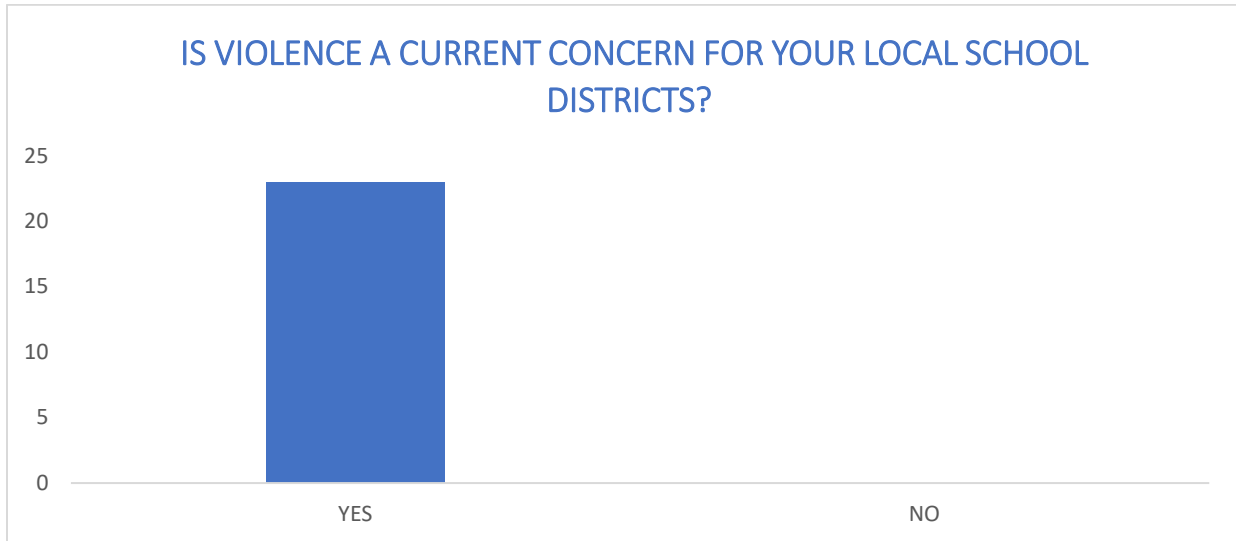
#### Interactive Questions:

What do you think teens want from adults in their lives?



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### ***Fostering Authentic Partnerships***

#### **Resilient Communities of Southeast Georgia, Connecting the Dots**

Counties served by Resilient Georgia Regional Coalition: Camden, Glynn, Liberty, Long, McIntosh, and Wayne

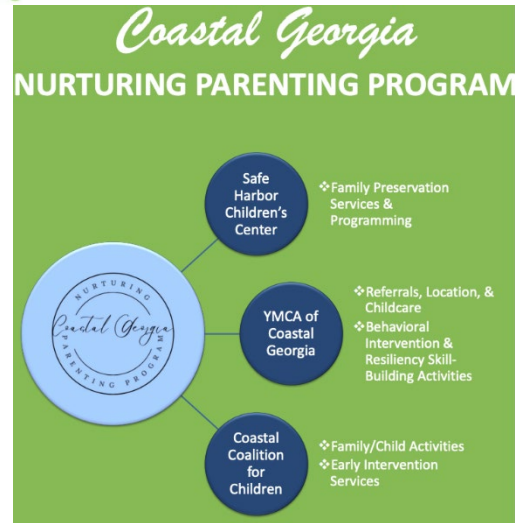
Presenter: Janelle Harvey, Director of Community Impact, United Way of Coastal Georgia, [janelle@uwcga.org](mailto:janelle@uwcga.org), (912) 265-1850.

Learn more about Resilient Communities of Southeast Georgia: Visit their Resilient Georgia [coalition webpage](#) or the [United Way of Coastal Georgia website](#). Follow the United Way of Coastal Georgia on [Facebook](#), [Instagram](#), and [LinkedIn](#).

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Summary: Resilient Communities of Southeast Georgia has been “Connecting the Dots,” engaging partners to build the coalition and expanding capacity through collaborations. They are assessing existing resources and developing a coordinated system to access services. Over six months, they convened 3 planning meetings and 4 workgroup meetings, including 30+ stakeholder organizations to develop their regional strategy. They have created a digital toolkit so that partners can share consistent messages. One example of how they connected the dots is their partnership with [Safe Harbor Children’s Center](#), the [YMCA of Coastal Georgia](#), and the [Coastal Coalition for Children](#). Through the Nurturing Parenting Program, they have expanded programming and provided child abuse prevention education before families are in family preservation services.



Interactive Question: Please tell me three words that come to your mind when you think of the word “community.”



Participants shared one-word responses that have been organized thematically above.

**Building a Region of Resilience NWGA, Developing Trauma and Poverty-Informed Champions**

Counties served by Resilient Georgia Regional Coalition: Bartow, Catoosa, Chattooga, Dade, Fannin, Floyd, Gilmer, Gordon, Haralson, Murray, Paulding, Pickens, Polk, Walker, and Whitfield

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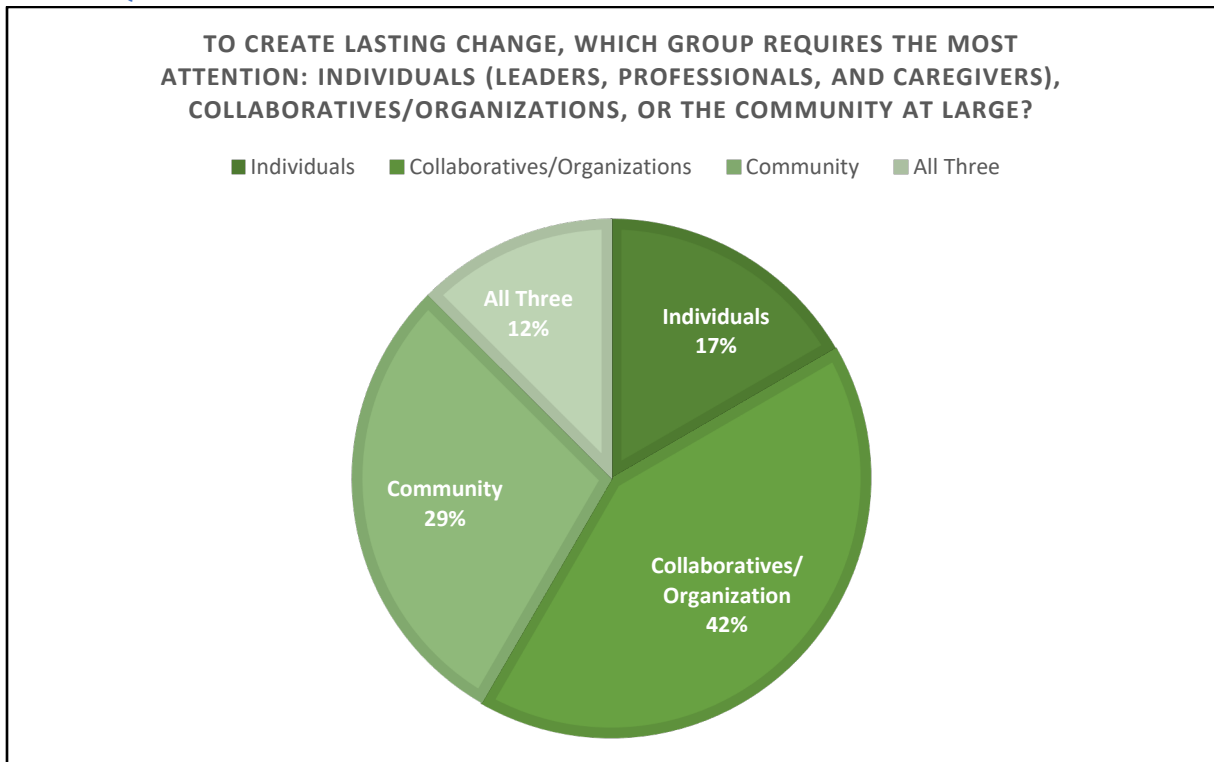


Presenter: Laura Beth Newsom, Coordinator, Walker County Family Connection, [laurabethnewsom@walkerschools.org](mailto:laurabethnewsom@walkerschools.org), (423) 595-2221.

Learn more about Building a Region of Resilience NWGA: Visit their Resilient Georgia [coalition webpage](#), and the [Building a Region of Resilience NWGA's website](#). To view upcoming trainings and events provided by this coalition, visit the [BRRNWGA trainings/events page](#).

Summary: Building a Region of Resilience NWGA engages with individuals (leaders, professionals, and caregivers), organizations/collaboratives, and the community at large. Their [priority map](#) includes all their regional and county-level activities and their alignment with the [Five Protective Factors for Strengthening Families](#), the [Child Abuse and Neglect Prevention Plan](#) (CANPP), the [Georgia Initiative for Community Housing](#) (GICH) and [Get Georgia Reading](#). Their programs develop Trauma and Poverty-Informed leaders in their region that can champion systemic change. They have educated 2,300 of the Walker County school staff on [Trauma 101](#) (750 teachers), launched [Poverty 101](#) and [Compassion Fatigue](#) learning journeys, and implemented 3 book studies. You can learn more in their recent [annual report](#). Their self-guided initiative "Be Your Own Life SAVERS" aims to reduce compassion fatigue and burnout in school. They developed monthly self-care videos for teachers, counselors, and school administrative staff. Each video spotlights a wellness skill in the acronym SAVERS (Silence Your Mind, Affirmations, Visualization, Exercise, Reading, Scribing). You can find the Be Your Own SAVERS Channel [here](#) and Episode 2: Silence the Mind [here](#).

Interactive Questions:



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What self-care activity will you commit to do today to combat your own compassion fatigue?



## ***Working Across Sectors***

### **Waycross Area Resilient Georgia Partnership, Partnering with First Responders**

Counties served by Resilient Georgia Regional Coalition: Bacon, Brantley, Charlton, Coffee, Pierce, and Ware

Presenter: Heather M. Flowers, Family Justice Center Site Coordinator, Magnolia House Youth Center, [fjcc@magnoliahouseshelter.com](mailto:fjcc@magnoliahouseshelter.com), (912) 490-8926.

Learn more about Waycross Area Resilient Georgia Partnership: Visit their Resilient Georgia [coalition webpage](#). To learn more about the lead partner of the coalition, visit the [Magnolia House website](#) and follow their [Facebook page](#).

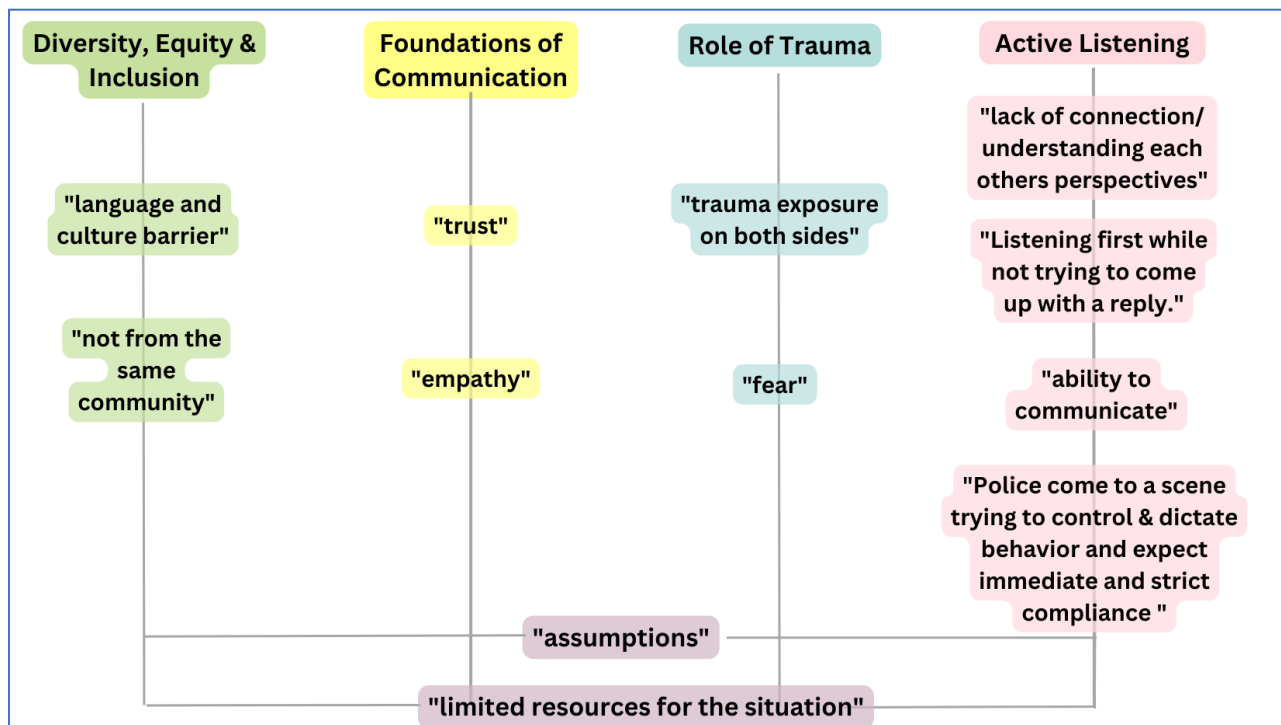
Summary: Waycross Area Resilient Georgia has developed cross-sector partnerships throughout their six counties. The goal is to create a trauma-informed community response to ACEs. They recognize the importance of working closely with first responders, especially law enforcement. Law enforcement agents are often the first to arrive at a scene and can connect to people in need to programs. Through their

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[Waycross Family Justice Center](#), Waycross Area Resilient Georgia works with law enforcement officers as well as with judicial sectors, parents, and school systems. The Family Justice Center will be a multi-agency, cross-sector service center to facilitate care for victims of interpersonal violence in one location. The streamlined services via a centralized intake process will reduce the number of places victims must go and the number of times they must tell their story to receive services. First responders are key partners in that work. Waycross Area Resilient Georgia Partnership also conducts quarterly and annual law enforcement/first responder trainings and has created pocket resources for law enforcement. The partnership works to improve the rapport between law enforcement and youth by creating opportunities to promote positivity and build relationships with each other.

**Interactive Question:** What is a major challenge that law enforcement and youth face when interacting with each other?



Participants shared responses that have been organized thematically. "Assumptions" and "limited resources for the situation" touched on all identified themes.

**Resilient Chattahoochee Valley, Social Emotional Learning Libraries**

Counties served by Resilient Georgia Regional Coalition: Chattahoochee, Clay, Harris, Macon, Marion, Muscogee, Quitman, Schley, Stewart, Talbot, Taylor, and Webster

Presenter: Sidney Houck, Project Coordinator, United Way of Chattahoochee Valley, [shouck@unitedwayofthecv.org](mailto:shouck@unitedwayofthecv.org), (706) 327-3255.

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Learn more about Resilient Chattahoochee Valley: Visit the Resilient Georgia [coalition webpage](#), the [Resilient Chattahoochee Valley website](#), the [Basics Chattahoochee Valley website](#), and the [United Way Chattahoochee Valley website](#). Connect with the Basics Chattahoochee Valley on [Facebook](#) and [Instagram](#). Follow the United Way Chattahoochee Valley on [Facebook](#), [Instagram](#), and [YouTube](#). To request a training, visit the [Resilient Chattahoochee Valley page](#). For upcoming events, visit the [United Way of Chattahoochee Valley page](#).



Summary: Resilient Chattahoochee Valley is a part of a three-prong equity-based approach that also includes [the Basics Chattahoochee Valley](#), an initiative that strives to give every child the best start in life, and Community Schools United. Their Social Emotional Learning Libraries provides books, tools, and environmental supports that help children acquire and apply the knowledge, skills, attitudes to develop healthy identities, manage emotions, and feel and show empathy for others. Currently their Social Emotional Libraries are housed within 3 community schools in Muskogee County School District and directed by a dedicated staff member who has been trained in trauma-informed care. You can access their Social Emotional Learning Library Starter List [here](#).

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Interactive Question: If you could live anywhere in the world, where would you live?



Resilient Chattahoochee Valley’s Social Emotional Librarians includes Let’s Talk! Learning Resource Cubes that features engaging prompts like “If you could live anywhere in the world, where would you live?” One child responded, “Australia,” later explaining it was because of the country’s strict gun laws and wanting to move there to get away from gun violence.

### ***Changing the Conversation***

**Atlanta Regional Collaborative for Health Improvement (ARCHI), Invert the Burden: Reimagining the Atlanta Healthcare Landscape**

Counties served by Resilient Georgia Regional Coalition: Fulton and Dekalb

Presenter: Aviva Berman, Senior Innovation Manager, ARCHI, [aberman@gsu.edu](mailto:aberman@gsu.edu), (404) 819-5599.

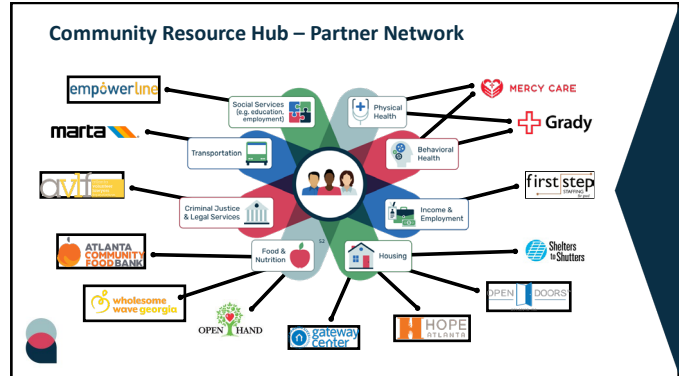
Learn more about Atlanta Regional Collaborative for Health Improvement (ARCHI): Visit their Resilient Georgia [coalition webpage](#) and the [ARCHI website](#). Connect with ARCHI on [Instagram](#), [Twitter](#), and

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[LinkedIn](#). Visit the ARCHI page for [upcoming events](#). Stay in the know of ARCHI's efforts by subscribing to their [newsletter](#).

**Summary:** "Inverting the Burden" is a strategy to help ARCHI and their 100+ partners move the burden of navigating the healthcare system away from the individual and the staff working to support them. ARCHI has implemented a community resource hub with community health workers embedded at the base. Twenty-eight community and state agencies have signed a statement of shared beliefs and support for a more coordinated system of care towards equitable access to these services. They have embedded community health workers to better coordinate care at the outpatient clinics of [Mercy Care](#), a Federally Qualified Health Center (FQHC) with multiple locations in the metro area, and [Grady](#), Atlanta's safety net provider health system. ARCHI also focuses on streamlining access to housing stability. They have built business relationships so that Atlantans can better access financial assistance to rental mortgage and utility relief dollars. They are launching a universal assistance application for rental mortgage and utility assistance. They have also created [ARCHives](#), stories from community members that have experienced homelessness. These stories, rooted in the principles of respecting the speaker's sovereignty and valuing their expertise, have informed ARCHI's strategies in inverting the burden.



**Question:**

1. How would we refer a parent to the navigators?
  - The patients are connected to Community Health Workers in the health care setting. There are also bi-directional referrals between organizations within the Community Resource Hub. Please contact Aviva Berman, Senior Innovation Manager, ARCHI, [aberman@gsu.edu](mailto:aberman@gsu.edu), (404) 819-5599 for more information.

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Interactive question: In what way does your organization work to invert the burden of the communities you serve? These are some ways organizations can help to invert the burden:



### **Resilient Southwest Georgia (Thomasville), Raising Awareness about Children’s Mental Health**

Counties served by Resilient Georgia Regional Coalition: Colquitt, Decatur, Early, Grady, Miller, Mitchell, Seminole, and Thomas

Presenter: Elijah Miranda, Executive Director, The Vashti Center. For more information, please contact Alex English, Director of Outreach & Training, [alexe@vashti.org](mailto:alexe@vashti.org), 229.226.4634 ext. 131.

Learn more about Resilient Southwest Georgia (Thomasville): Visit their Resilient Georgia [coalition webpage](#) and the [Vashti Center website](#). Connect with the Vashti Center on [Facebook](#) and [Instagram](#). Visit the Vashti Center website for [training opportunities](#) and [events](#).

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Summary: Resilient SWGA provides trauma-focused trainings, advocates for children’s mental health, and promotes and raises awareness. They have trained more than 1,800 school counselors, foster parents, staff, youth, and community members since July 2020. In May of 2022, they expanded their awareness raising efforts by placing 350 green bows on downtown benches in Decatur, Grady, Mitchell, and Thomas counties. This awareness initiative brought together volunteers from different sectors and connected them to potential training partners and donors. Resilient SWGA attempted to break a Guinness World Record on May 6, 2022, for “Largest Gathering of People Dressed as a Butterfly.” Click [here](#) to view Resilient Southwest Georgia’s press coverage video about their attempt to break the world record.



**Interactive Question:** Can we count on your in-person or virtual support to dress up as a butterfly on May 12, 2023, when they reattempt to break a Guinness World Record for “Largest Gathering of People Dressed as a Butterfly” in support of Children’s Mental Health Awareness?



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## Additional Resources Shared During 12/15 General Meeting Zoom Chat

1. [Resilient Georgia](#)
  - a. Find previous meeting agendas, slides, and recordings on [our General Meetings page](#).
  - b. If you would like to learn more about all the regional coalitions, please visit our [Regional Coalitions page](#) or check out [our Regional Grantee Summary Report](#).
  - c. View a comprehensive list of trauma-informed training opportunities on our [Training Roadmap](#).
  - d. Our [concept learning cards](#) illustrate six key terms: Adverse Childhood Experiences, Early Brain Development, Positive Childhood Experiences, Toxic Stress, Resilience, and being Trauma Informed in your communities. The cards are also available in Burmese, Chinese-Traditional, Chinese-Simplified, Gujarati, Hebrew, Hindi, Korean, Portuguese, Spanish, Ukrainian, and Vietnamese!
    - i. If you are interested in co-branding the learning cards, please email Audrey Idaikkadar at [aidaikkadar@resilientga.org](mailto:aidaikkadar@resilientga.org).
  - e. Our [Statewide Advocacy Page](#) includes a document developed by our partners at the Georgia Mental Health Policy Partnership that outlines that Georgia Mental Health Parity Act, the law's requirements for agencies and departments, as well as other useful documents.
  - f. Our [Resiliency Zones Guide](#) for Infant and Early Care Settings has tools and strategies to bolster infant and early childhood mental health in spaces that serve 0-5.
2. [Ben's Bells](#)
  - a. Shared by Jennifer Jaremski, MPA, Research Associate, Augusta University, [jjaremski@augusta.edu](mailto:jjaremski@augusta.edu)
  - b. Ben's Bells are colorful ceramic ornaments hung in communities as symbols of kindness for people to take home. They also educate communities about the skills needed to make kindness part of their daily lives.
  - c. Ben's Bells has a location in Newtown, CT as well.
3. [Kate's Club](#)
  - a. Shared by Lane Pease, MS, NCC, Director of Programs & Partnerships, Kate's Club
  - b. Kate's Club empowers children and teens, their families, and young adults facing life after the death of a parent, sibling, caregiver or someone important to them.
  - c. If you are interested in working with Kate's Club or have any questions, contact Liz Carson at [liz.carson@katesclub.org](mailto:liz.carson@katesclub.org).
  - d. Kate's Club has a coordinator in Brunswick now!
4. Dr. Nadine Burke Harris – [TED Talk](#) ("How childhood trauma affects health across a lifetime")
  - a. Shared by Gina Little, CEO, Dream Power Therapy, [dreampowertherapy@gmail.com](mailto:dreampowertherapy@gmail.com)
  - b. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse and neglect has real, tangible effects on the development of the brain.
5. [Peer2Peer Warm Line](#)

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- a. Shared by Gina Little, CEO, Dream Power Therapy, [dreampowertherapy@gmail.com](mailto:dreampowertherapy@gmail.com)
  - b. Peer2Peer Warm Line provides Georgians the opportunity to receive peer support from a [Certified Peer Specialist](#) over the phone 24 hours a day.
6. Early Childhood and Resiliency Resources
- a. [Books for Raising Resilience in Kids of All Ages](#) shared by [Erin Harlow-Parker](#), APRN, PMHCNS-BC, Children’s Healthcare of Atlanta Strong4Life
  - b. [Social Emotional Learning Library Resources](#) shared by Sidney Houck, MSW, United Way of the Chattahoochee Valley, [shouck@unitedcv.org](mailto:shouck@unitedcv.org)
7. [Find Help Georgia](#)
- a. Shared by [Jennifer Stein](#), Executive Director, Prevent Child Abuse Georgia (PCA), Mark Chaffin Center for Healthy Development
  - b. Find Help Georgia is an easy way for residents to get connected with help, based on a comprehensive directory of local resources intended to help strengthen families.
  - c. Help seekers can search by ZIP code or speak directly with a resource specialist by phone or online chat to locate resources near them.
  - d. If you are a social care provider, visit the [First Steps for Providers](#) webpage to learn how to create a free account and add your organization as a resource.
  - e. Visit the [FindHelpGA.org training center](#) to access a series of free trainings that will help you learn how to use the tools available through the platform.
8. Judge Peggy Walker, Juvenile Court of Douglas County, is an excellent resource for judges and others in the judicial system interested in becoming more trauma-informed.
- a. This [5-minute video](#) depicts a call to action for the legal community to learn as much as possible about brain science to make sure our law and policy are aligned with the focus on the latest information for building the capabilities of caregivers and strengthening the communities that together form the environment of relationships essential to children’s lifelong learning, health, and behavior.
  - b. If you are interested in learning more, please contact Audrey Idaikkadar at [aidaikkadar@resilientga.org](mailto:aidaikkadar@resilientga.org).

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