


Resilient
GEORGIA





Welcome

Brenda Fitzgerald, MD
Resilient Georgia Executive Board Chairperson

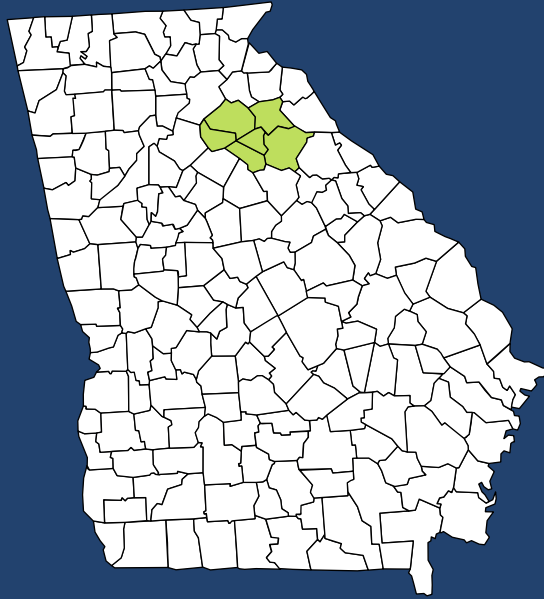
Emily Anne Vall, PhD
Resilient Georgia Executive Director





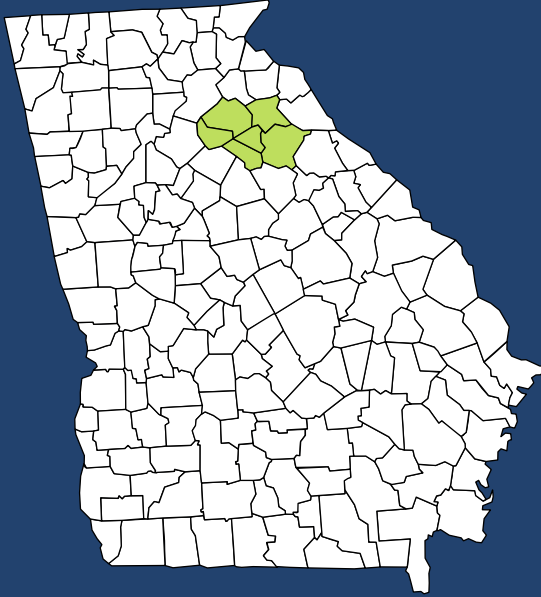
Resilient Georgia Regional Grantees - Athens





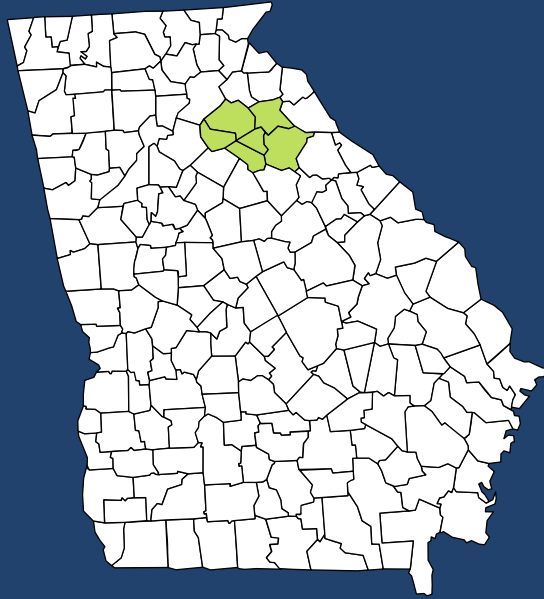
Athens Northeast Georgia



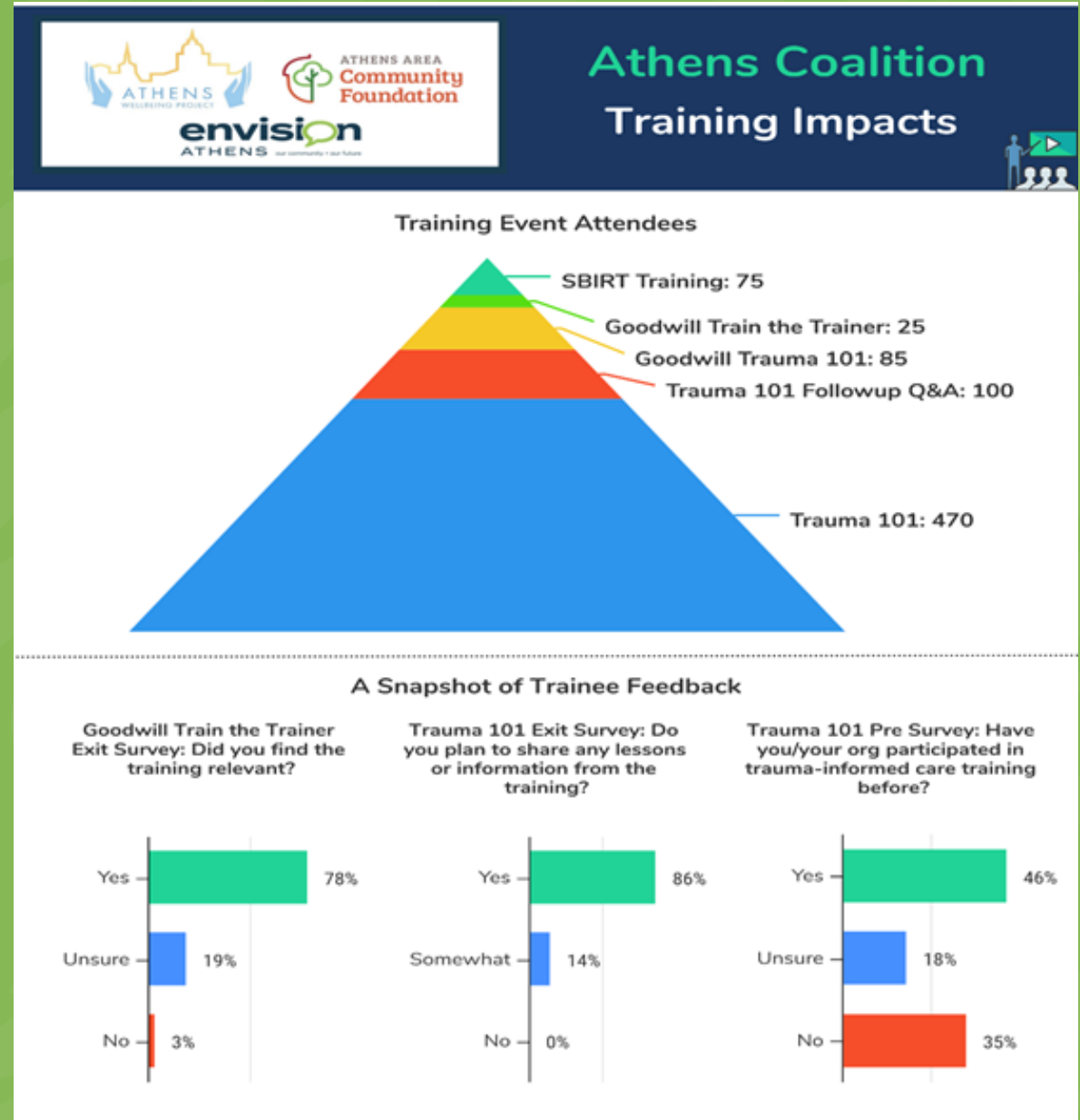


Athens Northeast Georgia

- Trauma 101 & Secondary Stress Training
 - May 28, 2020
- Follow-Up: Trauma 101 & Secondary Stress Training
 - June 12, 2020
- Goodwill of North Georgia Trauma 101
 - August 3, 2020
- Goodwill of North Georgia Secondary Stress Training
 - August 19, 2020
- SBIRT Training Sessions
 - September 25, 2020 (Concurrent)
- TBRI at Restoration Rome
 - October 2020
- Juvenile Offender Advocate Funding
 - December 2020
- Community Behavioral Needs Assessment
 - Ongoing



Athens Northeast Georgia



NEXT STEPS

**Youth Mental
Health First Aid
February and
March 2021**

**Georgia Nurses
Association
Community
Resiliency Model
Dates TBD 2021**

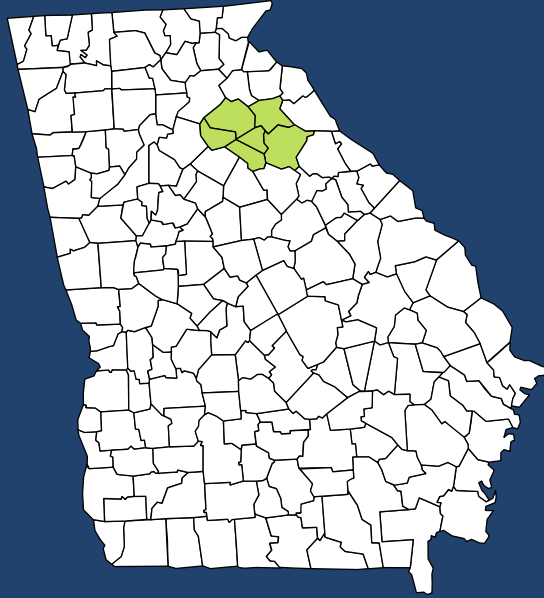
**Community
Behavioral
Health Needs
Assessment**



Behavioral Health Community Needs Assessment



- 17-county hospital service area
- Provider-side perspective
 - Financial
 - Supply: general, OUD treatment, telemedicine
 - Demand
 - Client population
 - COVID-19 policies and procedures
 - Open response
- Sample size > 100
- Supplemented by the CDC behavioral health survey



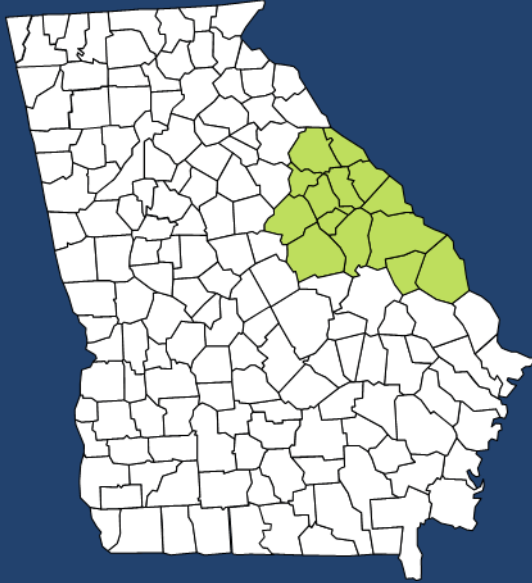
Athens Northeast Georgia

Sarah H. McKinney, President/CEO
Athens Area Community Foundation
smckinney@athensareacf.org



Resilient Georgia Regional Grantees - Augusta





Augusta

- Resilient Teens prepares Augusta and the surrounding communities to address Adverse Childhood Experiences (ACEs), resilience, and trauma informed care in teens 13-19 in the 14-county area of the Central Savannah River Area of Georgia.
- Resilient Teens is comprised of 8 community organizations and 9 Colleges/Departments of Augusta University
- Piloted the program in the spring during COVID-19 with medical students serving as group facilitators
- Currently providing 8-week Resilient Teen training

Lessons Learned

- Pilot program gave us a baseline for what is needed to engage teens in our catchment area
- 85% of Teens served reside in rural areas
- Internet connectivity is a challenge for many communities and participants
- We reallocated resources to provide Chromebooks and Wi-Fi hotspots where needed
- Commercial product was not available for our curriculum, so we developed our own evidence-based curriculum

Our Partners

- Augusta University: Medical College of Georgia, Department of Social Sciences Family Connection— Regional Manager -7 Child Enrichment – Executive Director
- Safe Homes
- 100 Black Men of Augusta
- Boys and Girls Clubs of CSRA
- Family Y (YMCA of Greater Augusta)
- The Community Foundation of CSRA
- Medical College of Georgia Foundation

Pilot Project

During COVID-19, we conducted a Resilient Teens pilot study where we delivered six weekly virtual sessions on ACEs, resiliency skills, and stress management.

20 teens from 13 of our 14 counties participated in large group education and small groups facilitated by 26 medical students.

Pilot Project Teen Demographics

Most of the participants were:

- Female (88%)
- Black (65%)
- Heterosexual (88%)
- Ages 13-18 with the majority being 17 years old (35%)
- The majority (85%) resided in rural areas
- When discussing their living situation,
 - 88% had siblings
 - Nearly 70% lived with their mom and dad, and the remaining lived with either their mom or dad.
 - 50% of them received free or reduced school lunches
 - 20% indicated that their family receives SNAP benefits

Our Curriculum



5 Pillars of Resilience

Resilience is made up of five pillars. By strengthening these pillars, we in turn, become more resilient.

Self-Awareness

Mindfulness

Self-Care

Positive Relationships

Purpose

7 C's of Resilience

You too can master the 7 C's of Resilience

Competence

Confidence

Connection

Character

Contribution

Coping

Control



Accomplishments

- Branding and Marketing
 - Website: www.Resilientteens.org
 - Resilient Teens is comprised of 8 community organizations and 9 Colleges/Departments of Augusta University
- Formed our community committee and hosted three meetings prior to COVID-19.
- Piloted the program in the spring during COVID-19
- Currently providing 8-week Resilient Teen training (September – December)
 - 65 Teens
 - 26 medical student facilitators (4 of whom are coordinators)

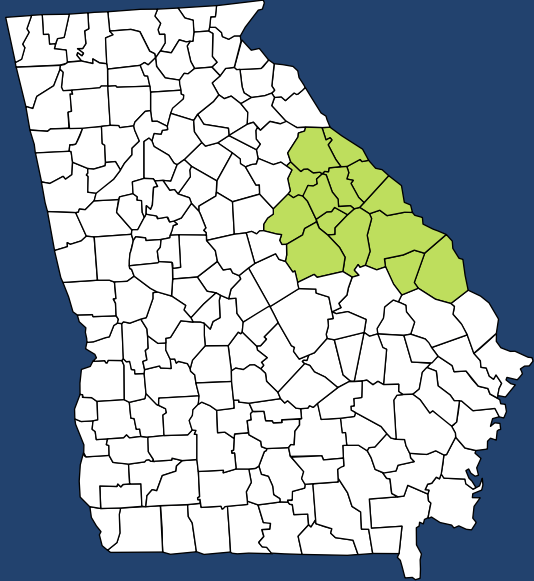
NEXT STEPS

**Planning for Trauma
Informed Care
Summit underway**

**3rd Cohort of
Teens will begin in
February**

**Alumni group being
formed**

**Enhanced
Partner
Engagement &
Training**



Augusta

Kim Loomer, PhD

Associate Dean,

Associate Professor, Psychiatry &

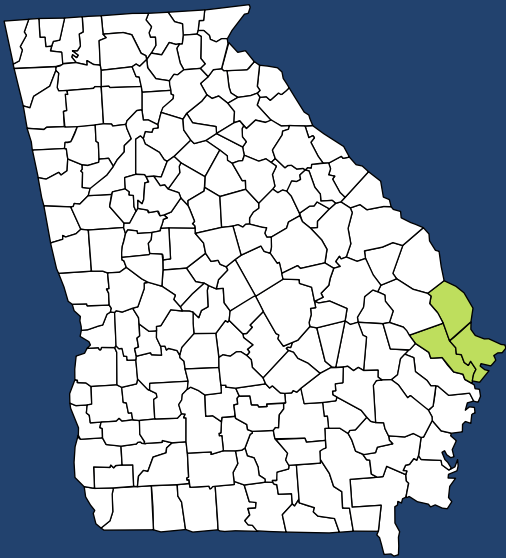
Health Behavior

kloomer@augusta.edu



Resilient Georgia Regional Grantees - Coastal Georgia



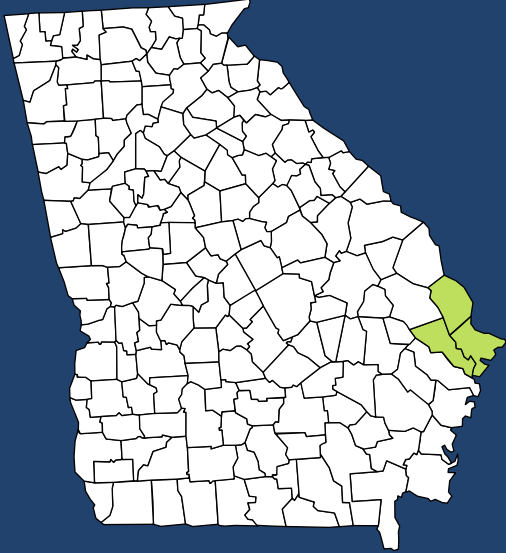


Coastal Georgia

Team:

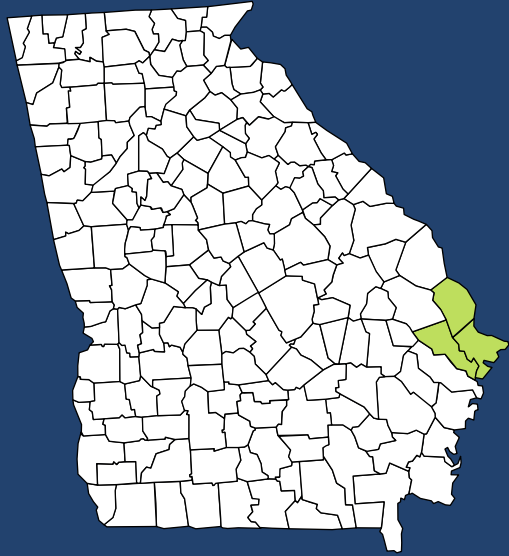
Chatham County Safety Net Planning Council
Coastal Georgia Indicators Coalition
(Chatham Family Connection Collaborative)
Gateway Behavioral Service Board, and
Loop It Up Savannah

- Primary Partners:
 - Bryan County Schools
 - Chatham County Government
 - Deep Center
 - Effingham County Public Schools
 - GA Southern University – Department of Education
 - Parent University
 - Savannah-Chatham County Public School System



Coastal Georgia

- Suicide Prevention and Mindful Self Compassion training reached over 8,000 participants
- Youth Mental Health Symposium and “TEENISH” podcast
- Stress Boxes and Mindfulness Zone Activity Kits for children and families
- Annual Mental Health Symposium “Focus on Hope and Health” held virtually over 5 weeks – 575 participants
- Trauma Informed Education Symposium T.I.E.S - 100 educators
- Trauma 101 & Secondary Stress Training – 175 community members including juvenile court and CASA



Coastal Georgia

Lessons Learned

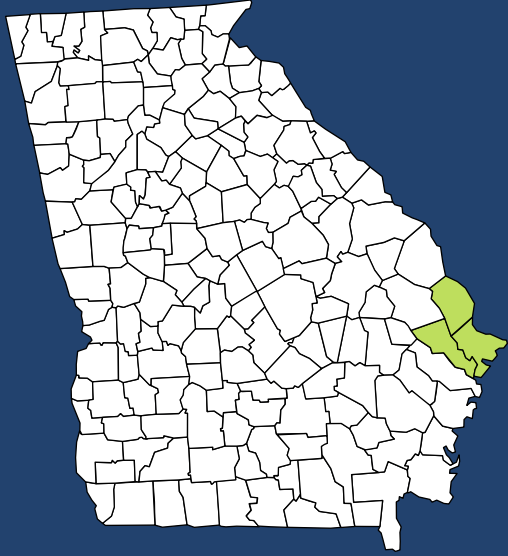
- Creating a varied menu of training options was important for accessibility and engagement.
- involving non-traditional partners helped reach additional populations and run new creative projects/events.
- Engaging diverse partners and community voices helped to reach priority populations.

NEXT STEPS

Trauma-responsive and trauma-sensitive practices to include coaching

Increase Train the Trainer opportunities for Rural Communities

Complete Training and Integration of “Handle with Care”



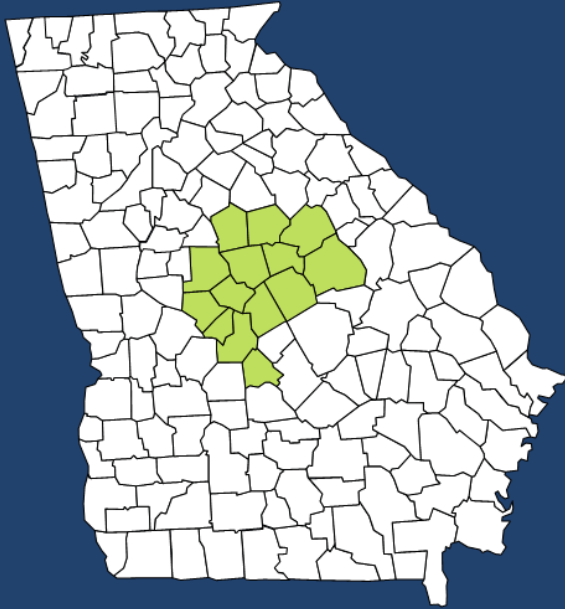
Coastal Georgia

Lizann Roberts
Executive Director, Coastal
Georgia Indicators
Coalition
director.cgic@gmail.com



**Resilient Georgia Regional
Grantees –
Resilient Middle Georgia**





Resilient Middle Georgia



Mission

To build a common language and understanding of adversity, trauma, and Adverse Childhood Experiences (ACEs) while also identifying and empowering community champions to join the trauma-informed care (TIC) movement.

www.resilientmiddlegeorgia.org



Resilient Middle Georgia



BUILDING COMMUNITY RESILIENCE IN HOUSTON COUNTY

ACEs are an American public health issue.



Together, these are the "Pair of ACEs". How do they show up?



	Georgia	Bibb County	Houston County
Rate of violent crimes (per 100,000 ppl)	388	501	362
% children living in poverty	12%	15%	18%
% severely unaffordable or unsafe homes (monthly costs over 50% of income, no kitchen, no plumbing, or over-crowding)	17%	37%	15%
% families with limited access to a grocery store	15%	25%	37%
Rate of drug overdose deaths (per 100,000 ppl)	8.3	10	12



RESILIENT MIDDLE GEORGIA Community Adversity in Macon-Bibb County



Adverse childhood experiences (ACEs) can negatively impact a child's mental health and impact their ability to form healthy relationships.



In 2018, 257 children were victims of substantiated abuse and/or neglect--furthering the cycle of ACEs.

12.1% of parents in the county also did not have stable employment--fostering unstable family environments.



Children can even be impacted by maternal ACEs before they are born. Maternal ACEs can increase a child's chance to develop depression and high blood pressure.

We believe our strength is in our ability to adapt and overcome, together. Together we become resilient!

Schedule a training
resilientmiddlegeorgia@gmail.com

You can help create change
www.resilientmiddlegeorgia.org

Inform Communities Build a Common Language

Building Awareness

- Resilience Bags
- Neighbor Check-In Cards



Community Outreach

- Open Streets Macon
- Library Halloween Event
- On the Table

Media and Infographics

- Family Partnership Story & Blog
- Mercer Den Story
- NBC41 Story
- Pair of ACEs by County - Infographics
- Community Adversity by County - Infographics

Register Today!

COLLABORATIVE & PROACTIVE SOLUTIONS

UNDERSTANDING AND HELPING CHILDREN WITH SOCIAL, EMOTIONAL, AND BEHAVIORAL CHALLENGES

A virtual training sponsored by
RESILIENT
MIDDLE GEORGIA
resilientmiddlegeorgia.org

WEDNESDAY, AUGUST 26TH, VIRTUAL TRAINING VIA ZOOM

8:30AM-4:30PM

REGISTER AT EVENTBRITE

TOPICS ADDRESSED:

- Why are challenging kids challenging?
- Identify and assess cognitive skills that are central to handling life's social, emotional, and behavioral challenges
- Identify lagging skills and unsolved problems
- How trauma, environment and ACEs affects skills

LEARN ABOUT THE TOOLS TO HELP BEHAVIORALLY CHALLENGED KIDS AS WE RETURN TO SCHOOL!

LECTURE, VIDEO DEMONSTRATION, AND Q & A

WILL BE USED AS THE PRIMARY MEANS OF INSTRUCTION.

PARTICIPANTS IN THIS TRAINING WILL LEAVE WITH AN UNDERSTANDING OF THE UNDERPINNINGS OF THE MODEL, ITS REFINEMENTS OVER THE PAST 8-10 YEARS, AND PRACTICAL ASSESSMENT AND INTERVENTION TOOLS THAT CAN BE BROUGHT BACK TO AND USED IN DIVERSE SETTINGS.



DR. ROSS GREENE

- ORIGINATOR OF COLLABORATIVE & PROACTIVE SOLUTIONS (CPS) RESEARCH BASED MODEL
- FOUNDING DIRECTOR OF LIVES IN BALANCE
- AUTHOR OF THE EXPLOSIVE CHILD, LOST AT SCHOOL, LOST & FOUND, AND RAISING HUMAN BEINGS
- ON FACULTY OF THE DEPARTMENT OF PSYCHOLOGY AT VIRGINIA TECH AND ON THE FACULTY OF SCIENCE AT UNIVERSITY OF TECHNOLOGY SYDNEY IN AUSTRALIA.

Community Resiliency Model®

An introductory session

Open to anyone in the community!



This virtual session will introduce participants to the Community Resiliency Model® (CRM), its evidence-based benefits, and the 3-hour training. CRM concepts help people understand their autonomic nervous system's responses and, as they learn to track sensations connected to their own wellbeing, they may live life more fully.

Free

1 contact hour
December 1st at 12 pm
December 2nd at 3 pm
December 3rd at 6 pm

RSPV today! georgianurses.org

The Georgia Nurses Association is an approved provider of nursing professional development by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Provide Evidence Based Trainings & Resources

- Community Resilience Model® Training
- Dr. Ross Greene Training
- Connections Matter Training
- Secondary Traumatic Stress Training
- Connections Matter Georgia (Train the Trainer)



CONNECTIONS MATTER™

developing brain • relationships • community
GEORGIA





SAN FRANCISCO
DEPARTMENT OF PUBLIC HEALTH

TRAUMA
INFORMED
SYSTEMS



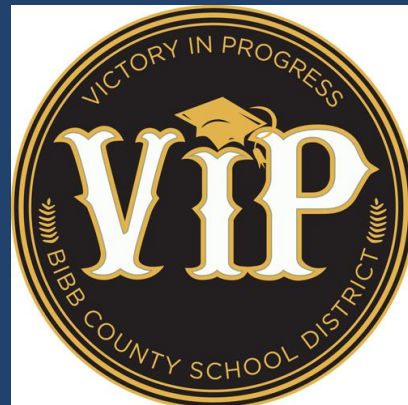
Build a Middle Georgia Coalition Create a Network of Leaders Empower Change from Within

- Hosted 4 Coalition Meetings (over 75 members)
- Focus on Rural Coalition Building
- Trauma Informed Systems (TIS) & Community Champions
- Met with Community Leaders
- Community Needs Assessment



GEORGIA
family connection
PARTNERSHIP

Resilient
GEORGIA



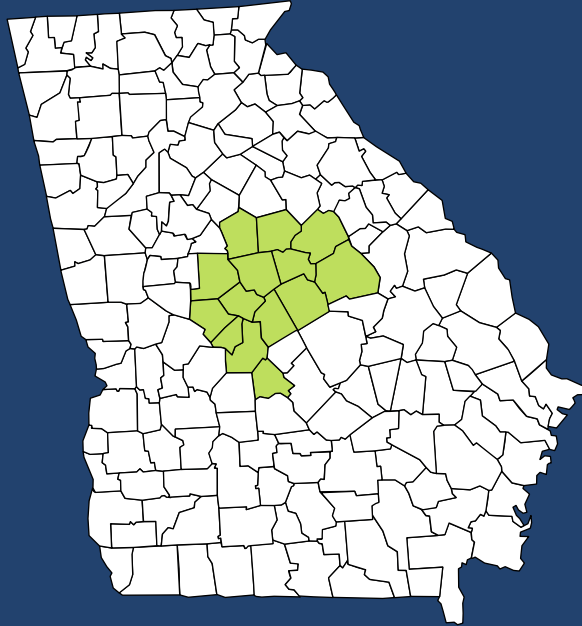
NEXT STEPS

**Connections Matter
Train the Trainer
Expanding into
all 14 counties**

**Community
Leaders Summit
with Mayor
DA, Sheriff, &
Community
Champions**

**Drive-In
Screenings of
“Resilience”**

Join us for the next *Resilient Middle Georgia* Coalition Meeting on January 26th!



Resilient Middle Georgia

Andrea S. Meyer Stinson,

Ph.D. LMFT CFLE

Associate Professor of Psychiatry &

Behavioral Sciences and Associate

Professor of Pediatrics, Mercer

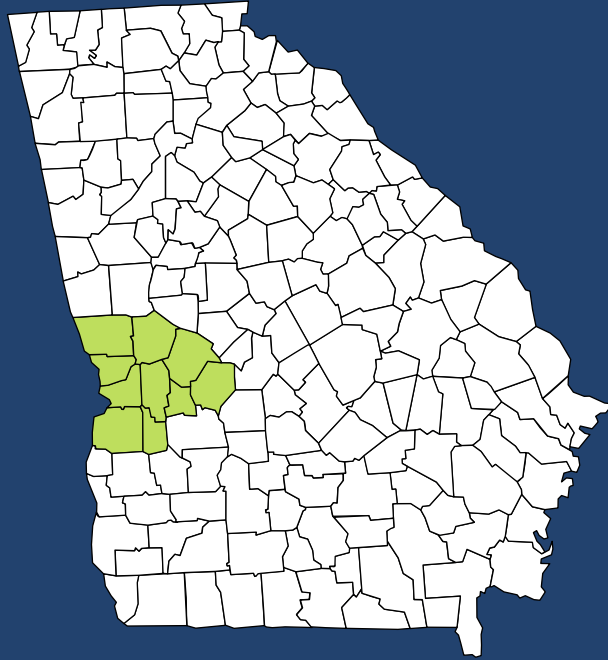
University School of Medicine

meyer_as@mercer.edu



Resilient Georgia Regional Grantees – Columbus/ Chattahoochee Valley





Columbus/ Chattahoochee Valley

The Chattahoochee Valley Child Equity Collaborative

- The Chattahoochee Valley Child Equity Collaborative seeks to build awareness around adversity and increase resiliency within the Chattahoochee Valley.
- The Collaborative aims to achieve this goal through the following equity-based strategies:
 - The Basics Chattahoochee Valley
 - Community Schools United
 - Resilient Chattahoochee Valley
- Established the Chattahoochee Valley Child Equity Collaborative committee to provide guidance, expertise and support towards initiative.
- Continue to procure and encourage partnerships within the community

Columbus/ Chattahoochee Valley

The Basics Chattahoochee Valley

- Five simple, free, and evidence-based tools for parents and caregivers to give every child a great start in life
- Promoting to all sectors, but especially early childhood education and healthcare sectors—currently over 50 partner individuals/organizations
- Basics and ACEs training:
 - Conducted The Basics and ACEs-related trainings to Enrichment Services Program Pre-Service to over 90 new employees, Sep. 2020
 - Presented on The Basics, ACEs, and signs of trauma in children ages 0-5 at the virtual Children’s Mental Health Symposium to approx. 70 professionals, Sep. 2020
 - Support all partners and providers in the target zones by conducting ACEs and equity centered trainings for collaborative and other The Basics Chattahoochee Valley partners

DEEP BLUE SEA



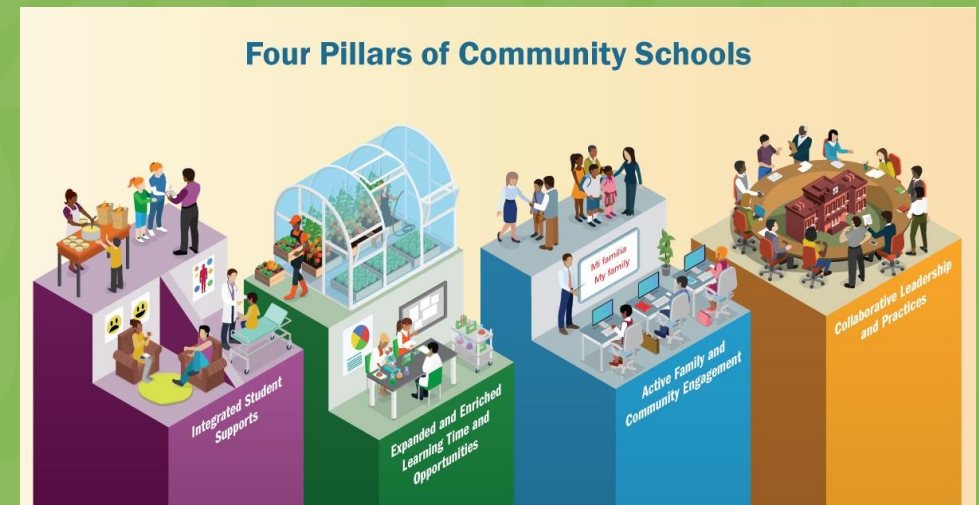
Deep Blue Sea

- A partnership between The Basics Chattahoochee Valley and the Springer Opera House's Theatre for the Very Young program geared toward children 0-5 and their grown-ups
- Integrated The Basics into the play for parents and caregivers to see performed in real time while giving small children a chance to explore and play in live theatre

Columbus/ Chattahoochee Valley

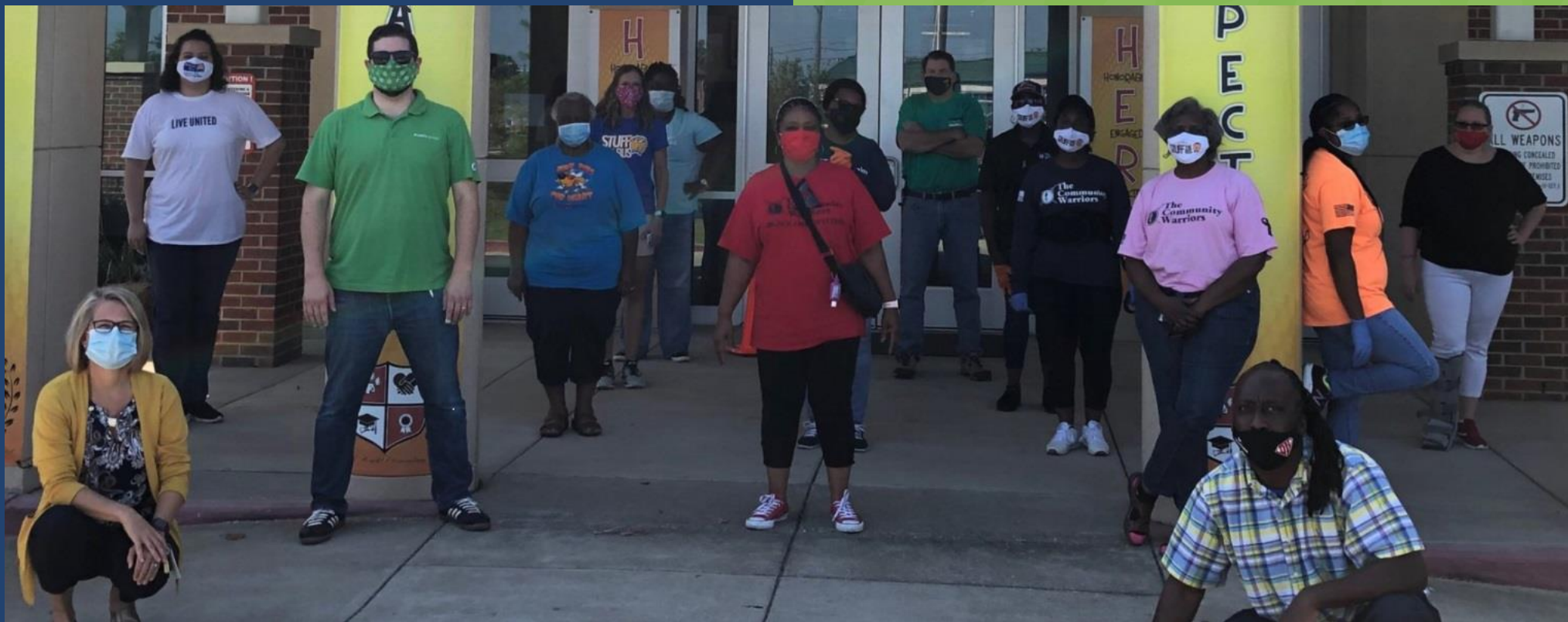
Community Schools United

- An evidence-based strategy that focuses on the whole child by providing academic support, social emotional learning, health and wellness, family and community engagement and a safe and supportive climate.
- Four core pillars work together to create conditions that help the whole child thrive.



- Current priority lends a narrowed focus on preventing additional ACE's and addressing emerging needs caused by Covid-19 Pandemic.
- Continue to build resiliency through shared information and community collaboration.

Community Outreach



Stuff the Bus is a United Way campaign that collects school supplies for all Title I Schools in Muscogee County

Pictured are those assisting with the campaign at Dorothy Heights Elementary School, the first Community School in Muscogee County

Columbus/ Chattahoochee Valley

Resilient Chattahoochee Valley

- Resilient Chattahoochee Valley is an online, on-demand training platform offering sector specific trainings for the collaborative, partners, key stakeholders, parents/caregivers and the general community.
- The first sectors to be engaged will be:
 - Healthcare Providers
 - Early Childhood Educators
 - Parents & Caregivers
- Evaluated the current training landscape that exists within the Chattahoochee Valley to reveal needs and opportunities
 - Formed a healthcare focus group to guide the launch of the pilot training pathway
- Created a roadmap to be utilized as an outreach tool within the community.

Sample Training Path

The screenshot shows the Village Creed website interface. At the top left is the Village Creed logo. To the right are navigation links: Explore, Organizations, For Organizers, Login, and Get Started. Below the navigation are four course cards:

- Resilient Chattahoochee Valley Introduction to Healthcare Professionals**
This is an introductory path to communicate how healthcare partners across nine counties
Resilient Chattahoochee Valley
- Becoming a Trauma Informed Organization**
A trauma-informed service system and/or organization is one in which all components of th
Resilient Chattahoochee Valley
- Resilient Chattahoochee Valley** (represented by a video thumbnail of colored pencils)
- Resilient Chattahoochee Valley** (represented by a video thumbnail of a woman holding a baby)

NEXT STEPS

Healthcare

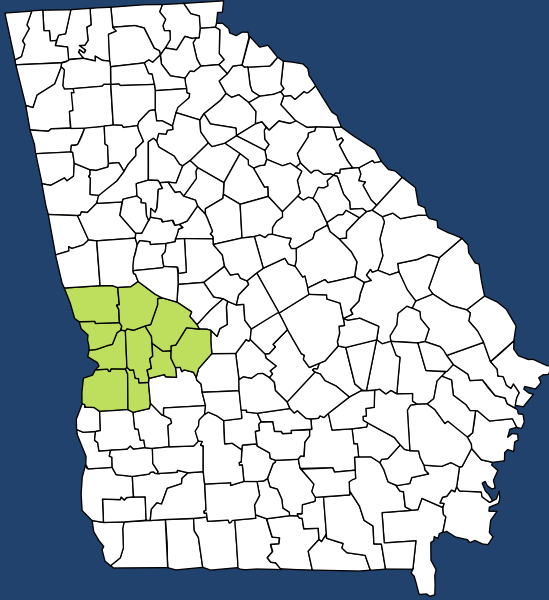
Expand outreach efforts and share ACEs information to healthcare providers and local hospitals

Education

Outreach to school systems in the outlying counties utilizing Mental Health Awareness Videos from the Pastoral Institute

Community

Build out Resilient Chattahoochee Valley in order to launch training opportunities for target sectors



Columbus/ Chattahoochee Valley

Sidney Houck

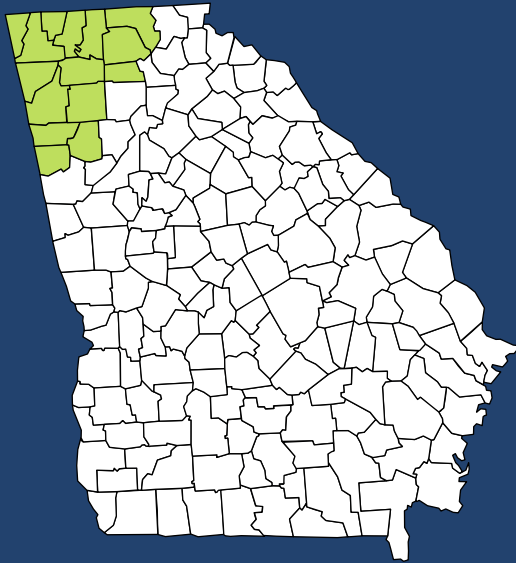
**Project Coordinator, Resilient
Chattahoochee Valley Child
Equity Collaborative**

SHouck@unitedwayofthecv.org



Resilient Georgia Regional Grantees – Rome/Floyd





Rome – Floyd Region 1 Peer-to- Peer Network



Building a Region of Resilience: Theory of Change

Capacity Building

Building the capacity of Collaborative Leadership (Coordinators, boards and key partners) to understand the nuances of poverty and trauma and their effects on our children, families, communities and strategic plan implementation.

Facilitation Trainings & Targeted Professional Development
Coor. trained to facilitate at least one poverty/trauma informed activity

So that...

Community Awareness

Increasing community awareness and understanding of the nuances of poverty and trauma and how they effect our children, families, communities and direct service implementation.

Community Awareness Activities, curriculum implementation, discussions and experiential activities.
Collaboratives will implement 3 activities each, facilitate a Civic Dinner, participate in Resilience viewings.

So that...

Systems Change

Demonstrating poverty and trauma competency through changes to implementation of programs, services, activities and strategy implementation via protocols, policies and procedures.

Regional meetings and discussions to influence updated policies, protocols and procedures throughout the region.
10 regional/local partners will maintain engagement in the project.



Pickens – Free Food Distro

Floyd – Connections Matter Training





Catoosa – Positive Parenting Classes Oct.



Dade – Facebook Live with Family Crisis Center

Rome – Floyd Deliverables and Updates



• Deliverables:

- 15 collaborative ED/Coor.'s will have the capacity to facilitate an evidence-based program/training/workshop

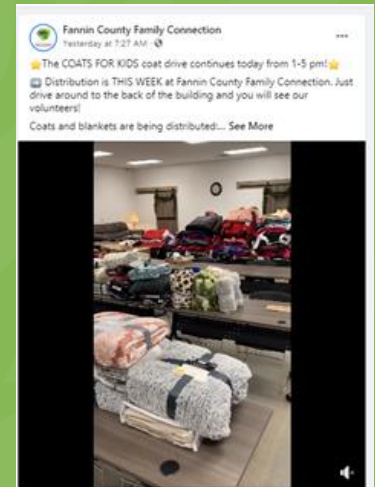
✓ Inventory completed – scheduling training opportunities – **challenge:** securing Connections Matter TOT training and providing capacity building opportunities in evidence-based programs due to cost constraints

✓ 2 TBRI Practitioners training, 3 scheduled for aha! Process certification, 1 trained in Connections Matter

✓ Detailed project workplan – being updated by committee monthly



Fannin – Coats for Kids



Gilmer – Collab. Meeting



Whitfield – School Supply Drive – Community of Hope

Chattooga – Food Boxes



Rome – Floyd Deliverables and Updates



Deliverables:

- ✓ Evaluation plan and data collection mechanism – utilizing Google Forms and Docs to collect data monthly
- ✓ Project specific MOU signed by all 15 county Collaboratives – completed October 5, 2020
- 3 trauma/poverty focused awareness activities per county – activity inventory completed, supporting Collaboratives in identifying facilitators when needed
- 15 Civic Dinners - scheduling in Jan – June 2021
- 5 viewings of “Resilience” with discussion – scheduled, pilot Dec 1st



Gordon – FB Live with CASA

Haralson – Dinner for Foster Parents



September is National Recovery Month! Grateful for Recovery Bartow for their commitment to champion recovery & for our elected officials to support their efforts!

Recovery Bartow



Barbara Hoffman is with Doug Belisle and 10 others.



Polk – Cedartown Kiwanis Sponsorship

Rome – Floyd Deliverables and Updates



Deliverables:

- 10 regional partners engaged in project implementation – key partners in each Collaborative identified
- 15 local & regional partners at quarterly stakeholder meetings – key partners identified per county
- 15 county annual plans are trauma and poverty informed – will begin FY22 annual planning in February 2021
- 1 comprehensive toolkit and warehouse of resources – collecting resources, tools, videos, presentations, books, scholarly articles



Walker – Free haircuts for kids



Paulding – Stuff the Bus

NEXT STEPS



Murray – Boys & Girls Club Scholarships



Capacity Building

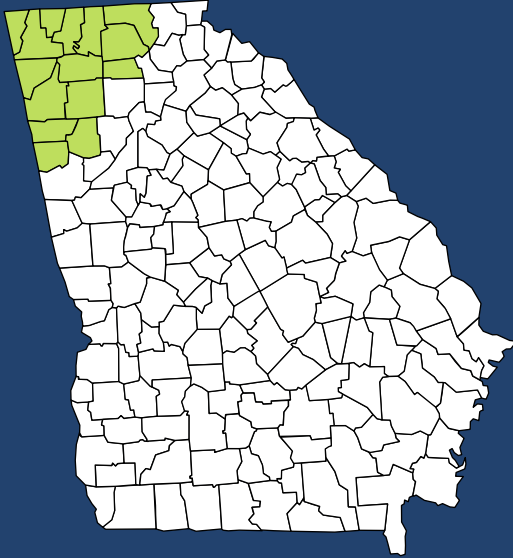
- Scheduling Connection Matters TOT
- Scheduling additional trainings and professional development opportunities: Poverty 101, Trauma 101, Virtual Facilitation, Poverty Simulations, Parent Cafés.
- Identifying additional training opportunities

Community Awareness

- Supporting Collaboratives in implementing awareness activities
- Supporting Collaboratives in planning Civic Dinners
- Advertising “Resilience” viewings
- Coordinating professional development for monthly PTPN meetings

Systems Change

- Participating in Standards of Quality for Strengthening Families training
- Build catalogue tools, resources, videos and other support materials
- Begin planning agendas/activities for quarterly stakeholder meetings



Rome-Floyd

Doug Belisle

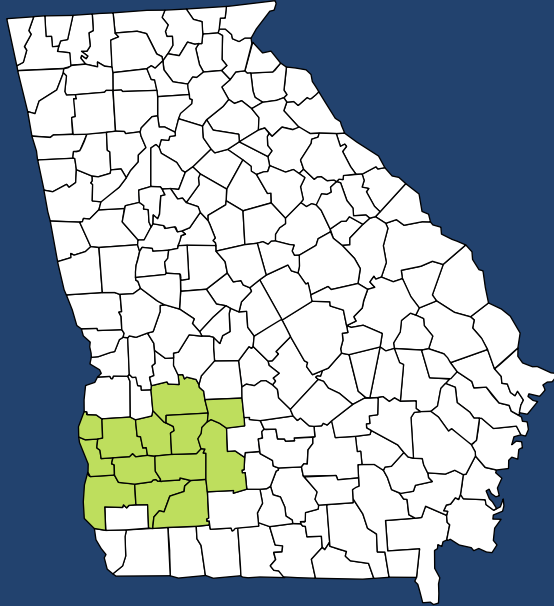
**Executive Director, Bartow
Collaborative**

bartowcollaborative@gmail.com



**Resilient Georgia Regional
Grantees –
United Way Southwest
Georgia**





United Way of Southwest GA

Everyone deserves opportunities to have a good life: a quality education that leads to a stable job, enough income to support a family through retirement, and good health. That's why United Way of Southwest Georgia's work is focused on the building blocks for a good life: Education, Income and Health.

Success For Life Community Initiative

The initiative's goal is to dramatically improve the health and well-being of our community by addressing ACEs as a root cause of regional health issues, especially in light of the COVID-19 pandemic and the patterns of structural racism that endure in society.

Coalition Partnerships



Dougherty County School System

Aspire Behavioral Health & Developmental Disability Services

Lily Pad

Albany Housing Authority

Southwest RESA

Friendship Baptist Church

Lorio Psych Group

GA Center for Child Advocacy

Mental Health America of GA

Albany Phoebe Putney Health System

Liberty House

City of Albany

Albany Area YMCA

Albany State University

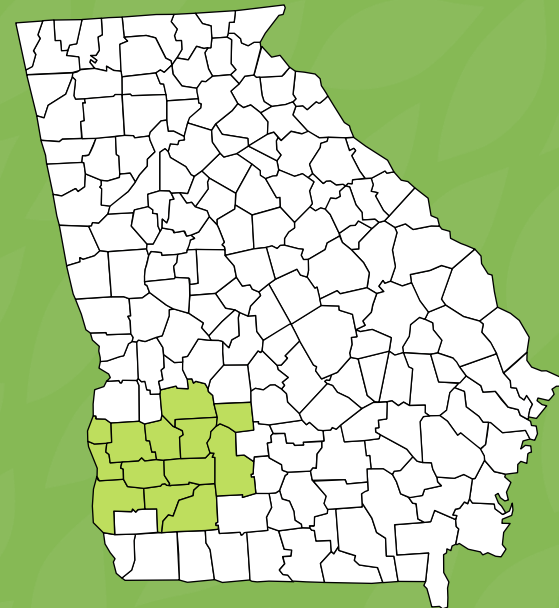
Georgia Department of Juvenile Justice

Boys and Girl Club of Albany

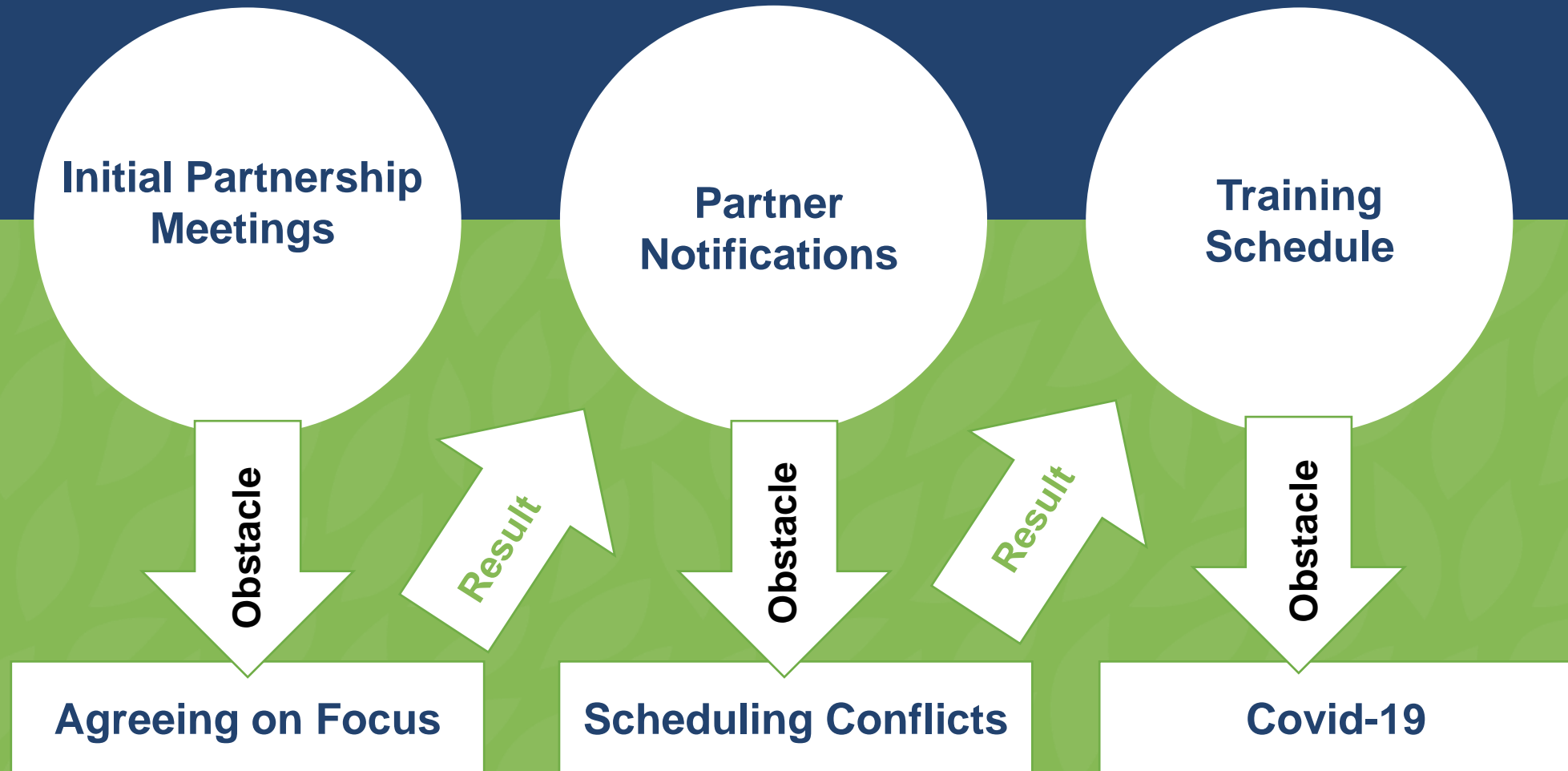


Geography

Baker	Early	Sumter
Calhoun	Lee	Terrell
Crisp	Mitchell	Worth
Clay	Quitman	
Dougherty	Randolph	



The Journey



The Journey

Precovid-19:

Kids could be kids.



The Journey

Precovid-19:

Partnership Open Discussions



Next Steps

Mental Health First AID

**Outreach Wellness
Learning Seminars (OWL)**

**Mental Health America
of GA**

Stewards of Children

Lily Pad

**Trauma Informed
Care as it Relates to
Race Relations**

Lorio Psych Group

**Jack & Jill (Albany
Chapter)
*Pandemic Parenting 2.0***

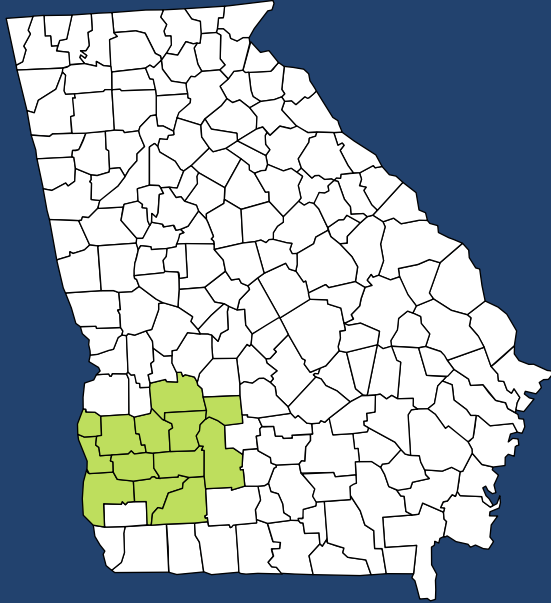
Aspire



United Way of
Southwest Georgia

United Way is focused on getting everyone to, “Live United.” This means being apart of the change. It takes everyone in the community working together to build a brighter future.





United Way of Southwest Georgia



Ashley Williams

Special Projects and Administration

Manager

specialprojects@unitedwayswga.org





**Resilient Georgia Regional
Grantees –
Resilient SWGA**





Education is key

Our mission to protect children and families includes our residential program, providing outpatient mental health services across six Southwest Georgia counties, and collaborating with other organizations to help families within our community.

With that being said, Vashti is seeking community partners and youth serving organizations that would benefit from Youth Mental Health & Trauma Informed Care Training.

These trainings will help your team or organization identify and prevent at-risk situations that children may face, create a better prepared staff to engage with children who may have experienced trauma, while also raising awareness on children's mental health and identifying local resources.

Contact us today and let's work together to protect our next generation.

- **Elijah Miranda**
Executive Director

Resilient
GEORGIA



VASHTI CENTER
for children and families

1815 E. Clay St.
Thomasville, GA 31792
www.vashti.org

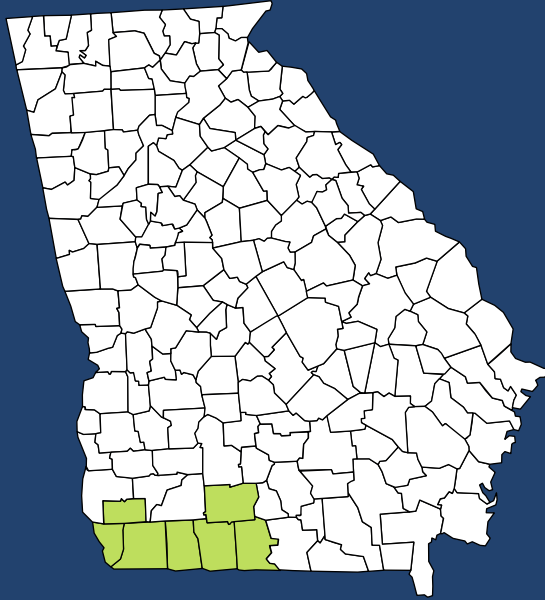
Alex English
Community Training Coordinator
Email: alexe@vashti.org
Direct: (229) 226-4634 ext. 131

Youth Mental Health & Trauma Informed Care Trainings

Professional development opportunities
for youth-serving organizations




VASHTI CENTER
for children and families

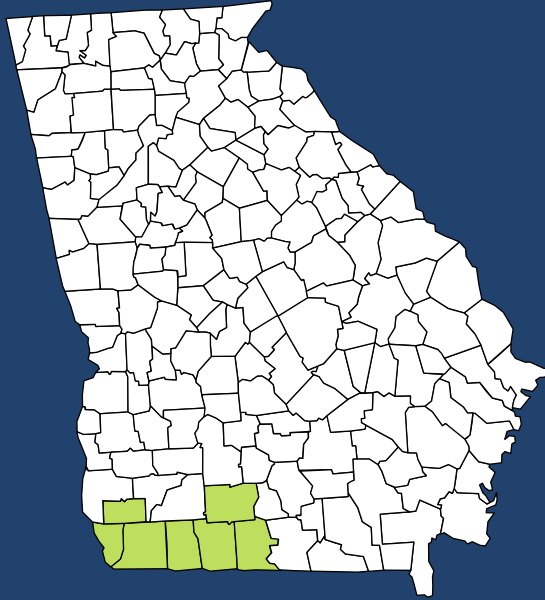


Resilient SWGA

Training Recipients

- Child Welfare Training Collaborative –
 - Thomas University- School of Social Work (higher education)
 - Colquitt County School System (lower education)
 - Vashti employees
 - Community members

- Youth Mental Health First Aid –
 - First United Methodist Church youth staff
 - Vashti employees
 - Community Members

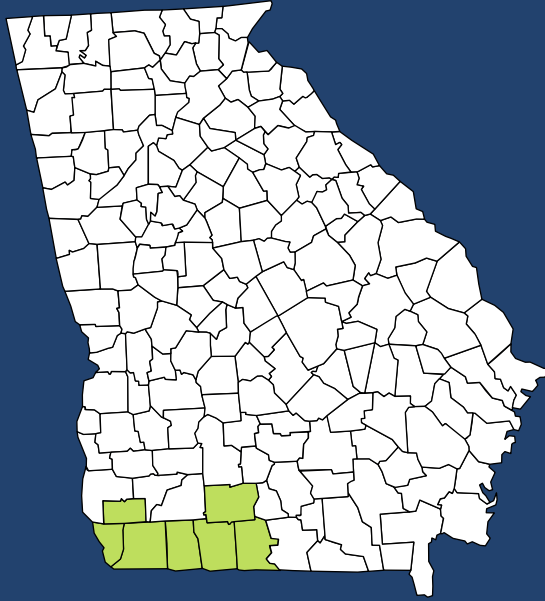


Resilient SWGA

Training Recipients

- **Connections Matter –**
 - Vashti employees
 - Hands & Heart for Horses (local non-profit)
 - Open Door Adoption (local non-profit)
 - Williams Foundation
 - Thomas County Schools (lower education)

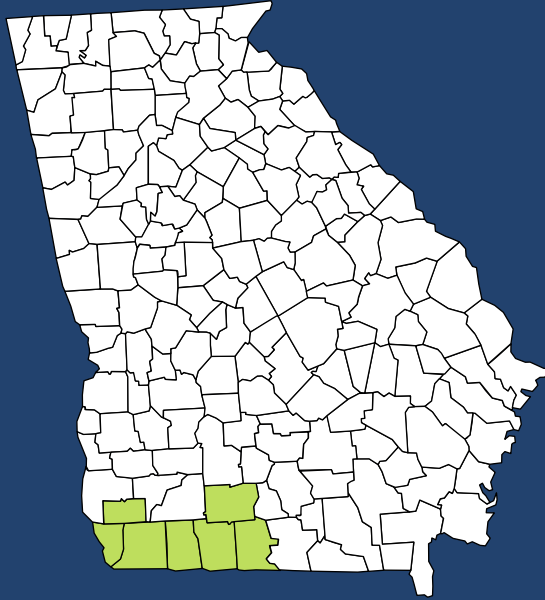
- **Stewards of Children –**
 - Vashti employees
 - Dental Associates of Southwest GA (Peds)
 - Thomasville Community Resource Center (local non-profit)



Resilient SWGA

Trauma Informed Care & ACEs

- Civic Clubs: Rotary Club of Cairo & Kiwanis Club of Cairo
- First Responders: Thomasville Police Department
- Family Connections: Mitchell county & Brooks county
- State Programs: Adoptive & Foster Parent Association of Georgia
- DBHDD Resiliency Clubhouse parents
- Never Lost/CASA Volunteers



Resilient SWGGA

Barriers & Updates

- New facilitator for the Connections Matter training and we have scheduled sessions for November and December
- Schools have fewer professional learning days due to COVID. Many interested school systems have asked us to touch base in 2021
- Ongoing work with Resiliency Clubhouse parents and development of parent council

NEXT STEPS

Continue to increase training offerings (Circles of Safety, TBRI, CRM)

Continue to expand network of partners and working directly with families

Continue planning of awareness events for Prevent Child Abuse in April and Child Mental Health Awareness in May 2021



VASHTI CENTER
for children and families

**Resilient
SWGA**

**Elijah Miranda, Executive Director, Vashti
Center,**

ElijahM@vashti.org

**Alex English, Community Training
Coordinator,**

Vashti Center, AlexE@vashti.org



A Mindful Self-Compassion Pause – Poem Reading





If you must be sad,
Calling your disappointments by their names,
Lighting a match in your heart's chamber
To see the true dimensions of its hollowness,
Letting the eyes flood,
The skin burn,
The hands cover —
Then be.

If you must be tired,
Surrendering to the dark hours of the night
What is left of your perseverance,
Allowing the pillow to hold your thoughts,
The dog to assume your moods,
The conditioned air to remain your body's only unconditional lover — Then
be.

If you must be uncertain,
Retyping unsent messages
In the almost finished conversations,
Retrying unworn garments
And asking yourself if they “spark joy”, Not understanding all the languages
That are used to discuss the same things, Yet waking up each morning,
Making a cup of coffee
And taking another sip of something warm, Something familiar,
Something just for you —
Then be.

- by Vira Salzburn



**Thank you all for your
continued partnership!**

