

**Augusta:**  
**Resilient Georgia Regional Grantee**  
**Annual Report Outline Fall 2021**

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## About the Resilient Georgia Regional Grants

In the fall of 2019, the Pittuloch Foundation and Resilient Georgia awarded two-year grants to four cities and the surrounding counties to provide a regional emphasis on trauma informed awareness, 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 is a not-for-profit established to work with public and private partners to design a unified vision and to create an integrated statewide birth through 26-year-old behavioral health system of care. Resilient Georgia serves as a supportive and guiding resource throughout each Region's planning and implementation process.

## Coalition Mission

*As the Augusta regional work commenced, our initial mission was to "To lead a regional coalition of collaborative, community-based partnerships to prepare Augusta and the surrounding counties to address Adverse Childhood Experiences (ACES), Trauma Informed Care and Resilience. Key components to be implemented by our partners include serving teens 13-19 in the 14-county area by (A) promoting coordinated Trauma-Informed Practices across Systems; (B) advancing workforce through recruitment, education, and development, and (C) building awareness and a common language and understanding about adversity and resilience."*

After the year 1 Resilient Teens program met with success and community engagement, our coalition decided we needed to focus our efforts on expanding community impact and enhancing brand recognition. As such, we moved from a very focused mission to a broader mission to meet the needs of more community sectors and needs. In November 2021, our leadership team met to refine our work together and created a mission, vision and values for the Augusta Coalition. In addition, we renamed ourselves Resilient Communities of East Georgia which encompasses Resilient Teens, the Summit, and new endeavors. Visit our websites to learn more:

<https://www.resilientcommunitiesga.org> and <https://www.resilientteens.org>.

## Mission:

The mission of Resilient Communities of East Georgia is to create a network of leaders trained on building resiliency in their regions to improve mental health and ACES awareness and resources. This network will empower people to improve the health and

well-being across both public and private sectors and transform the East Central region of Georgia.

**Vision:** To give all people a voice in creating a resilient community across East Georgia so that every individual has the support and services they need to thrive and be successful.

**Values:**

Compassion: We will show care and concern for each person's challenges and help to alleviate those burdens.

Integrity: We will be honest and hold steadfast in morals striving to do the right thing in a reliable way.

Diversity: We will represent and respect everyone's uniqueness varying from racial, ethnic, socioeconomic, and cultural backgrounds and various lifestyles, experience, and interests.

Empathy: We will be aware of the feelings and emotions of all people showing kindness and a sincere interest in others.

Support: We will provide comfort and support through resources, prevention, and advocacy to all people.

Respect: We will listen and appreciate differences and admire each person's abilities, qualities, or achievements.

## Summary

In years 1 and 2, The Augusta coalition focused its coalition efforts on teaching and building resiliency skills among teens in the CSRA, educating the community on the impacts of trauma, and strengthening support for programs and services. rural, urban and suburban areas in the region, with targeted populations including:

- Teens 13-19
- Teens in rural, urban, and suburban areas of the 14-county catchment area

Augusta's coalition includes 8 community organizations and two departments at Augusta University, the CSRA Community Foundation, and the Medical College of Georgia Foundation.

In year 2, the Augusta coalition focused on continuing Resilient Teens and expanding our community reach. We accomplished this by hosting a Summit on September 23, 2021 entitled “Transforming our Community: From Trauma to Resilience”, engaging additional community sectors and identifying the key stakeholders missing from our current Resilient Teens board. In response, we have rebranded ourselves and made our flagship program, Resilient Teens, one of several concentrated efforts toward community transformation.

### Leadership Team and Contributors

**Dr. Kimberly Vess Loomer**

Medical College of Georgia, Augusta University

**Ms. Julie K. Miller**

Region 7, Family Connection

**Dr. Melissa Bemiller**

Augusta University

**Ms. Rebecca Best**

Emineo Marketing

### Current Coalition Partners



**Academic & Healthcare:** Augusta University: Medical College of Georgia, Department of Social Sciences (Loomer & Bemiller)

**Community Organizations & Non-profits:** Family Connection– Regional Manager -7 (Julie K. Miller), Child Enrichment – Executive Director, Safe Homes – Executive Director, 100 Black Men of Augusta – Vice President of Programs, Boys and Girls Clubs of CSRA – Chief Operations and Strategy Officer, Family Y (YMCA of Greater Augusta) – District VP, SafeHomes, Executive Director.

**Private:** The Community Foundation of CSRA, Medical College of Georgia Foundation

In examining our work for Resilient Teens, we believe our current partnerships are excellent. However, when we think about ensuring full engagement for community transformation, it becomes apparent that we have gaps we need to fill. Our Augusta coalition November planning retreat identified a rebranding strategy complete with mission, vision and values. Additionally, we have identified contacts in sectors typically underrepresented to approach as members of our Advisory Board. The sector list below demonstrates this work and future direction.

- *Juvenile Justice: Richmond and Columbia County contacts engaged*
- *First Responders - gap needing attention*
- *Early Childhood Education -Dr. Judi Wilson, Dean, School of Education, Augusta University, DECAL, Debbie Alexander - Regional Education Services Agency (RESA), Get Georgia Reading campaign communities, Burke County Literacy Task Force, HeadStart and Day Care agencies*
- *Parents & Caregivers - connect through home visitation programs and parent education programs in our target area*
- *Housing and Food Shelters: Golden Harvest food bank engaged, Augusta Housing Authority, rural housing authorities*
- *Schools and Educational Centers: Richmond County and Columbia county engaged in Handle with Care. Other county school boards/leaders need attention. Conversations have begun in Burke and Washington counties.*
- *Elected officials representing rural counties*
- *Sheriffs and other law enforcement officials, including judges*
- *Business and Industry leaders such as Georgia Power and Amazon*
- *Youth - engaged through Resilient Teens*
- *Faith - influential leaders throughout the region*
- *Other Partners: Augusta Locally Grown, American Heart Association engaged*

### Message from the Principal Investigators

*We are thrilled to be part of Resilient Georgia's efforts to create a Trauma Informed Georgia. The incredible support within the Resilient Georgia leadership team, the other regions, and the state are unparalleled and reflect the commitment of the Pittulloch*

*Foundation and Resilient Georgia's to bettering our state. Data and feedback from our Resilient Teen participants and our medical student facilitators indicate we are touching on relevant and crucial topics in our communities. Our first Trauma Informed Care summit broadened our participation from a multitude of sectors and led us to create Resilient Communities. We look forward to continuing to work together.*

### Key Impacts/Accomplishments

1. Hosted a community-wide summit with 125+ people in attendance. The summit, "Transforming our Community: From Trauma to Resilience" provided initial community wide conversations and training. This event and subsequent conversations led to us refocusing our efforts on community wide transformation and engagement of additional sectors and key stakeholders. Additionally, we hosted 12 exhibitors and engaged 2 additional sponsors, Amerigroup and Suicide Prevention Coalition.
2. Created a Resilient Teen program that has now had a pilot study and 3 cohorts (4 total groups).
3. Designed an innovative way to involve medical students in the delivery of Resilient Teen curriculum.
4. Created FIT: Facilitators in Training (Resilient Teens 3.0) -a program for past graduates of Resilient Teens training them to facilitate small peer-to-peer groups.
5. Collected valuable data that will inform future work on trauma and resilience.
6. Created a logo, instagram account, toolkit, and website to communicate with teens and the community about this initiative.
7. Built a strong coalition of partners to advance the message of trauma and its impact on communities with resilience being the antidote.
8. Provided training on trauma and resilience to a variety of partners; added two new trainers for Connections Matter.
9. Informed communities about the Handle With Care project and worked with those communities to implement.
10. Implemented Resilient Teens and Trauma Informed Care practices in the annual strategic plans of Family Connection.

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

#### TIC/ACES Services – General

- We hosted two meetings with our community partners.
- We partnered with Augusta University's Institute of Public and Preventive Health through the Resilient Augusta, a multidisciplinary group.

- We added trauma-informed approach to Family Connection annual community plans for implementation in 2021-2022. Included TIC/ACES on Collaborative meeting agendas.
- We provided Connections Matter training for all Family Connection coordinators in our region.
- We provided Darkness to Light Stewards of Children training to all Family Connection coordinators in our region.

## Prevention/Intervention

- **Resilient Teens.** We addressed 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, through our Resilient Teens program. We hosted two cohorts of teens who completed six (spring cohort) and eight (fall cohort) weekly virtual sessions called “**Resilient Teens.**” In 2021, this program placed 97 teens, participating from all 14 counties in our area, into small groups which were facilitated by 56 medical students. Fourteen additional medical students helped with other aspects of the program. Incentives were built into the program to encourage full participation for the six and eight week program.
- **Curriculum:** The Resilient Teens curriculum was adapted from two evidence-based sources and is based on the 5 Pillars and 7 C's of Resilience as outlined below:



- In addition, the program provides suicide prevention training for the teens.
  - The seven Cs of Resilience are
    - **Competence:** When we notice what young people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow young people to recover after a fall.
    - **Confidence:** Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges.

- **Connection:** Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.
- **Character:** Young people need a clear sense of right and wrong and a commitment to integrity.
- **Contribution:** Young people who contribute to the well-being of others will receive gratitude rather than condemnation. They will learn that contributing feels good and may therefore more easily turn to others, and do so without shame.
- **Coping:** Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick fixes when stressed.
- **Control:** Young people who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.

## Advocacy and Policy

Members of the Augusta coalition have begun work on bringing Handle with Care to the area.

Meetings have been held with school officials and law enforcement. The initial reaction has been positive. We have created a powerpoint presentation to make to the Richmond County Board of Education. The creator of the project out of West Virginia attended a virtual meeting and explained the program's history and efficacy. Work will continue to get the necessary MOUs and processes to implement. This process slowed down with the closing of schools due to COVID-19, but the Family Connection coordinators are revisiting the initiative as schools have re-opened. More community leaders will be exposed to Handle with Care as they participate in Connections Matter training opportunities in 2022.

Family Connection Regional Manager (Julie Miller) has shared the work Region 7 has been doing on trauma and resilience and has included the work in its annual strategic plan. Family Connection coordinators are including TIC/ACES in their presentations to Boards of Education, County Commissioners, City Councils and Civic organizations.

Our community-wide Summit featured Becky Haas and led to a call to action for local leaders to implement trauma informed practices and encourage training for staff and the community at large.

## Research

Now that we have completed a pilot study and three cohorts of the Resilient Teens Program and finalized the curriculum for all three parts (Resilient Teens 1.0, 2.0 and 3.0 [Facilitators in Training]), we are moving on to an external evaluation phase. For the first three cohorts, we completed internal evaluations consisting of a pre-test survey, short follow-up surveys after each session, and a post-test survey. The results from these are what informed our changes and additions to the curriculum.

The next phase of an external review will involve a pre-test survey given prior to the first session, a post-test survey given after the last session, and a 6 month follow-up survey to further assess attitudes, perceptions, and implementation of skills and knowledge discussed throughout the program. We are currently waiting for IRB approval from Augusta University.

Data from Resilient Teens Program including all three cohorts is below:

- **Resilient Teens Program**

- Since the beginning of the Resilient Teens Program, we have had an 89% completion rate for the surveys. We have had 116 total teens complete the post-test surveys representing all 14 counties.
  - Demographics.
    - Their ages ranged from 13-18 with the most common ages being: 14 (23%), 15 (22%), and 16 (18%).
    - The majority of the teens were Black (75%), followed by White (24%), and Other (1%).
  - Almost all of the teens (97%) mentioned that the small group portion of the sessions were their favorite part of the program.
  - Notably, during the pre-test survey, over seventy-five percent of the teens indicated that they did not feel like they always knew how to properly express their feelings. After completing the program, nearly all the teens mentioned that they feel that the program helped them to better understand (90%) and express (82%) their feelings.
  - Additionally, 83% of the teens (an increase of about 38%) said that they now “talk to somebody” when they are feeling upset, anxious, or sad after completing the program.

Data from the 2021 cohorts are below:

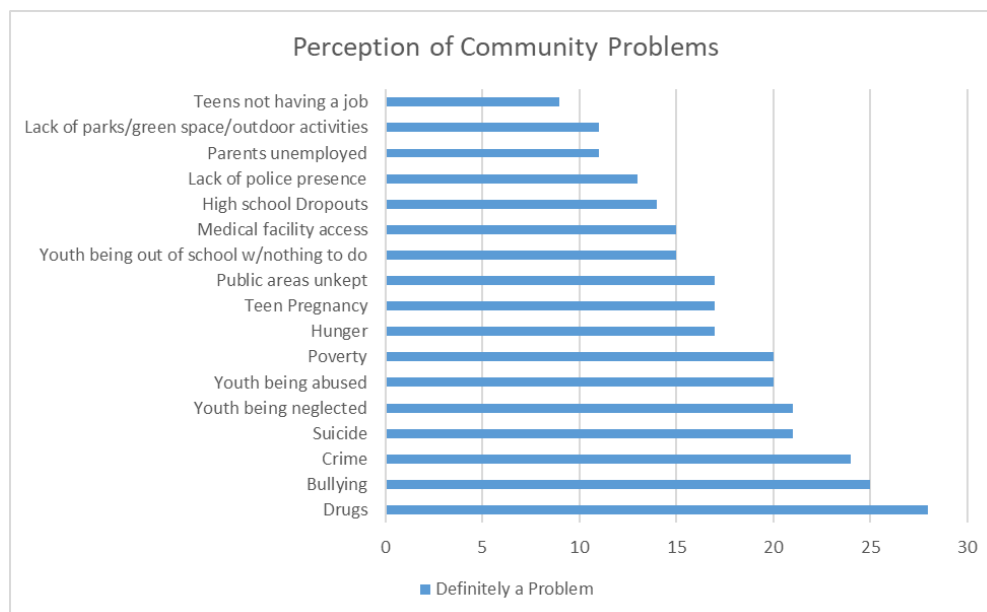
- **Resilient Teens 2021**

- In 2021, we had two cohorts, made up of 97 teens combined, successfully complete the Resilient Teens Program led by 56 facilitators and 6 coordinators.
  - Overall, we received pre and post survey results from 107 teens and 100 facilitators. How many actual participants did we have? The last cohort had 29 participants - attending at least one session.
- We collected 112 pre-test and 95 post-test surveys.
  - The Pre-test survey was given to both the teens and facilitators during the first session of the program. These served as a baseline to understand the current level of knowledge and perceptions that the teens and facilitators had, and allowed us to ask about the training for the facilitators.
  - The post-test survey was given to both the teens and facilitators at the end of the last session. This was given to see if there was a change in attitude or perception.
- We held two parts for the spring 2021 cohort and three parts for the fall 2021 cohort of the Resilient Teens Program. While all three parts touched on some similar ideas, the curriculum mostly differed. Below is general and part specific data from the post survey results.
  - We had 45 facilitators complete the post test survey.
    - Socio-Demographics
      - Most were between the ages of 23 and 27 (28)
      - Male (25)
      - White (18), Asian (13), or Black (10).
      - Religious(21) and spiritual (15)
    - Challenges faced
      - Did not experience any challenges (25).
      - Those who did experience challenges mentioned
        - A lack of teen participation (19)
        - Technology issues for the teens (14)
        - Having additional responsibilities that conflicted with the session's time (13).
    - Perception of teens' understanding of program curriculum
      - Felt that the teens had a good understanding of resiliency (43)

- Felt that the teens had a good understanding of Adverse Childhood Experiences (42)
  - Felt that the teens had a good understanding of Trauma-Informed Care (25)
- Forty-one facilitators enjoyed the Resilient Teens Program as a whole
- Forty-one facilitators would recommend the Resilient Teens Program
- We had 50 teens complete the post test survey.
  - Socio-Demographics
    - Teens were between 13 and 18 with the largest represented ages being 14 (15), 15 (12), and 16 (8).
    - Female (40)
    - Black (33) and White (17).
    - Religious (40)
    - Lived with mother and father (26)
    - Had siblings (35)
    - Received free or reduced lunches (20)
    - Received SNAP benefits (7)
    - Access to the internet (47)
  - Challenges faced
    - Did not experience any challenges (27).
    - Those who did mentioned
      - Not having adequate data for their phones or weak internet in their area (14)
      - Having a house that was loud or busy causing distractions (6)
      - Having additional responsibilities that conflicted with the session's time (4)
  - Mental Health
    - Resilient Teens Program helped them to better understand (45) their feelings
    - Resilient Teens Program helped them to better express (36) their feelings
    - When asked how they express their feelings when they are upset, anxious, or sad; the top five responses were that they
      - Listen to music (44)

- Go somewhere to be alone (37)
  - Take a nap (23)
  - Do something artistic (20)
  - Talk to somebody (20)
- Understanding of Curriculum
  - The majority of teens strongly agreed that
  - They understood the material (43)
  - The topics were useful (42)
  - They learned something from the program (45)
  - They feel better prepared to handle issues after participating in the program (43).
  - The topics made them think about things that they have not thought about before (42)
  - The sessions were interesting (43)
  - The sessions kept their attention (44)
  - The teens also discussed how they have a better understanding of how resiliency (45), Adverse Childhood experiences (42), Trauma-Informed Care (32), and Positive Childhood Experiences (38) all play a role in their lives and community after completing the program.
- All fifty teens said that they enjoyed the Resilient Teens Program as a whole
- forty-nine said that they would recommend it to other teens
- Part One post-test survey results: Thirty-five teens completed the Resilient Teens Program Part One
  - The teens were asked to assess a list of community Issues and tell us if they thought they were a problem in their own community.
  - Their responses indicate that they are viewing the same community issues that are being reported through Family Connections and other agencies.
  - The issues marked as “definitely a problem in my community” given in order are:
    - Drugs (28)
    - Bullying (25)
    - Crime (24)
    - Suicide (21)

- Youth being neglected (21)
- Youth being abused (20)
- Poverty (20)
- Hunger (17)
- Teen Pregnancy (17)
- Public areas unkempt (17)
- Youth being out of school with nothing to do (15)
- Medical facility access (15)
- High school dropouts (14)
- Lack of police presence (13)
- Parents unemployed (11)
- Lack of parks/greenspaces/outdoor activities (11)
- Teens not having a job (9)



- This program helped to become more aware of community issues and the their impact (35)
- Completing the program helped the teens to
  - Understand and feel more comfortable talking about anxiety (30)
  - Depression (29), and suicide (27)
  - Become more aware of the availability of community resources (29)
  - Know where to find community resources (26)

- Have a better understanding of ways to care for their mental health (29)
- Part Two post-test survey results: thirteen teens completed the Resilient Teens Program Part Two
  - After completing the program, the majority of the teens agreed that the program helped them to:
    - Understand the options available after high school (13)
    - Learn more about online victimization and risky behaviors (12)
    - Develop a more positive self-image (11)
    - Learn about healthy eating habits (12)
    - Learn about the importance of being active (13)
    - Understand more about finances and budgeting (13)
    - Understand what a healthy relationship looks like (13)
- Part Three post-test survey results: two teens completed the Resilient Teens Program Part Three
  - Both teens indicated that they felt the program helped them
    - Understand what positive leadership looked like
    - How to navigate through conflict
    - Importance of inclusivity of differences among individuals
    - How to identify healthy romantic relationships
  - One key component of Part Three was to develop a presentation that was given to Parts One and Two during the last session.
    - Both teens mentioned that they really enjoyed that opportunity.
      - One teen discussed substance abuse while the other discussed mental health in their presentations.

## Education & Training

### Trauma Informed Care Summit

We hosted our first community-wide trauma event in September. Our Summit “Transforming our Communities from Trauma to Resilience” was held September 23, 2021 and featured Becky Haas. The summit was free to attend and a wide community audience was invited. We had 125 people in attendance and included teens who had participated in the Resilient Teens program. Medical Student Facilitators and time for networking and discussion.



Summit Evaluations provided us with great data for debriefing and planning future summits. Overall, we received positive feedback. Notably, all of our objectives for the summit averaged to be between good and excellent. Additionally, the attendees appreciated the keynote speaker, Becky Haas. They indicated that they felt they learned a lot from her, and are excited to work towards implementing change in our

communities.

1. Please evaluate the effectiveness of achieving each outcome/objective for this educational activity (list the outcomes/objectives for content).	Scale:			
	1= poor	2 = fair	3 = good	4 = excellent
Participants will be able to describe the impact of stress and trauma on health	Range: 3 – 4		Average: 3.8	
Participants will be able to explain the long-term effects of childhood adversity on physical, mental, and social well-being and the protective effect of resilience.	Range: 3 – 4		Average: 3.8	
Participants will be able to discuss how many community leaders can engage in promoting resilience across sectors.	Range: 2 – 4		Average: 3.6	
Participants will be able to identify trauma impacting their communities.	Range: 1 – 4		Average: 3.6	
Participants will be able to describe and refer teens to the Resilient Teens program.	Range: 2 – 4		Average: 3.7	
Participants will better understand the community resources and training available to them.	Range: 2 – 4		Average: 3.4	

Comments from participants in this year's summit included:

"The information not only will allow me to better understand the students that I work with but will also allow me to practice what I have learned in my personal life."

"I will use this information in practice by strengthening my awareness, compassion and concern of the families I serve by bringing resources to them and acknowledging their underlying battles that impact their wellbeing."

**Planning for the 2022 Summit is already underway! Save the date: September 29, 2022.**

#### **Train the Trainer: Trauma Informed Care:**

On Day 2, Becky Haas provided a 5.5 hour training for 18 community members on the basics of trauma. Participants from a variety of community organizations participated including: school and community counselors, housing authority staff, city clerk, prevention providers, Family Y staff, and higher education. These participants have been invited to participate in the collaborative work around TIC/ACES.

Community Resilience Model (CRM) Training with 30 early childhood education participants from around the CSRA was held on Wednesday, December 15th from 1-4 pm and featured Jordan Murphy. A collaborative meeting to set goals for the upcoming year was held prior to the training with 14 collaborative coordinators.

## Innovative Partnerships

The partnership created between Augusta University and Family Connection as a result of this grant has opened up a whole new way of community collaboration. We have strengthened our relationship with the Community Foundation of the CSRA and the MCG Foundation, which opens up access to some of the area's most influential leaders. Because of this, the principal investigator and the regional manager for Family Connection are now included in planning and visioning discussions among some of the area's thought leaders.

With Resilient Teens, the innovative use of medical students as coordinators and facilitators of the Resilient Teen program has infused a diverse group of individuals with creative ideas into the process. These medical students are gaining knowledge on the power of collaboration and are meeting community leaders that enhance their network of influence.

These young people are committed to service and have formed lasting relationships with the teens and with the leadership of the program. Their input is crucial to the success of this project and they have been exposed to the needs and challenges of teens living in rural areas.

It has connected AU with partners in multiple counties through Family Connection and opened doors for collaboration on several new projects, including one that provides Trauma-Focused Cognitive Behavior Training (TF-CBT) for counselors in rural areas that now often have to wait for months to get appointments for children who have been physically or sexually abused.

The Trauma Summit exposed many newcomers to the idea of trauma-informed practices and several promising partnerships have developed as a result, with our juvenile justice system, a local video production team, our library system, and other youth-serving organizations. We also have a budding partnership with the Columbia County Chamber of Commerce Leadership Team, which wants to help support the Resilient Teen program and hold a teen summit.

In addition, the principal investigator has received support and funding for a Food Farmacy that will be part of the new Augusta Hub currently under construction in one of the city's most needy neighborhoods.

Each Family Connection Coordinator in the 14 counties has included the Resilient Communities work into their collaboration with their community partners and are working to use trauma-informed practices in their communities. This project has strengthened the relationship with Child Enrichment and Child Advocacy centers.

Several counties are talking with their law enforcement and school system partners to implement Handle With Care, a trauma-informed practice that originated in West Virginia.

As a result of the partnership between AU and FC, there is more two-way communication and awareness of ways the two entities can collaborate.

### Opportunities and Future Goals

Resilient East Georgia Advisory Council is being formed

Trauma Informed Care Summit for 2022: Save the date: Thursday September 9, 2022!

Resilient Teens 5.0 to begin in January 2022

TIC Trainings for our partners and the community

Food Farmacy partnership has begun in conjunction with Augusta Locally Grown, Golden Harvest Food Bank, American Heart Association, and the Augusta University Medical Center and Medical College of Georgia.

### Handle with Care

Family Connection is working with its 14 communities to introduce the Handle With Care model that alerts schools and daycare centers if a child has experienced a trauma so appropriate interventions can be implemented. TIC training will be provided to county leaders, law enforcement and school personnel.

As part of this effort, coordinators will include increasing trauma awareness as a goal in their annual strategic plan and will be encouraged to add youth that participated in the Resilient Teen training to serve in an advisory capacity.

· ***How do you want to further diversify your coalition and ensure that your coalition's efforts and those partnered with your coalition are effective, inclusive, and affirming to all?***

Our new vision and values statements include improving mental health and ACES awareness and resources for all people in East Central Georgia by 'giving

all people a voice in creating a resilient community.' This work will be accomplished by holding tight to our values of Compassion, Integrity, Diversity, Empathy, Support and Respect.

In applying the mission, vision and values, we have examined our partner engagement matrix to determine which partners are missing from our coalition and identified ways to engage them in the process.

### Spotlight

On September 23, we brought together more than 120 community partners to provide insight into the work of our coalition, introduce them to the idea of trauma-informed communities and provide ways they can participate in changing systems to improve conditions for people impacted by adverse childhood experiences. We had a powerhouse keynote speaker who shared the work she has been a part of in Tennessee and throughout the United States. But the most impactful statements were from the Resilient Teen medical student facilitators and several teens who participated in the program.



**Rishab Chawla, Medical College of Georgia, Class of 2024**

What I love about the Resilient Teens program is that it creates an environment for teens to express their goals and passions without fear of judgment. It is a space where they not only focus on big topics like growth, self-care, and purpose, but also unwind by taking fun personality tests and BuzzFeed quizzes. In many ways, I got to know the

teens better than most of my classmates because of the engaging icebreakers and activities we had.

When COVID caused the world to shut down, I found the help and support I needed in the Resilient Teen program. I learned to cope with my anxiety without medicine and learned to use mindfulness to make a big change in the way I dealt with life's up and downs. As I went through each round of the program, I noticed a big change in myself and was able to recognize that I was able to bounce back from a lot of situations using the coping skills being taught in the program. I learned how to calm myself down with breathing techniques, music, exercise, and just plain sharing my feelings with someone that I felt that I could trust. I found that becoming a resilient teen is a powerful thing.

– **SKYY BAKER, Warren County teen**



Resilient Teens has now served 138 teens! We have engaged 117 medical students as facilitators with 4 of them serving as Student Coordinators. The Leadership team meets weekly, the day preceding the weekly meeting between the Leadership Team and the Student Coordinators. The four student coordinators have been a highlight of the program and its mission in the area of workforce education.

**Medical student facilitators have enjoyed the experience. Here are some quotes they shared with us:**

- Quotes: The program creates an environment for teens to express their goals and passions without any fear of judgment. It is a space where they not only focus on big topics like self-growth and purpose, but also unwind by taking a personality test. In some ways, I know the teens better than I do my classmates because of the engaging ice-breakers and activities we have had. I think it is a nice break from the minutiae we are tasked with memorizing in school — for both the teens and facilitators. -Rishab Chawla
- I have really missed working with students since starting medical school, so Resilient Teens is the highlight of my week. I love being reminded of the maturity and brilliant ideas our teens have. -Sascha
- I love how interactive the kids are and they're so excited to talk to us every week! They show us new music and share their photography with us in our GroupMe
- I have truly enjoyed this experience and appreciated the opportunity to help teens in the local community. As a former teacher, I didn't realize how much I missed these opportunities to facilitate learning by doing this program. – Shamara
- I love that each session is on a topic that can be applied to our lives. Even as a facilitator, I am learning about how to navigate life with these sessions. The teens love it and they enjoy learning about topics that can help them in their individual lives.

- What I enjoy about Resilient Teens is connecting with students in our community and discussing resiliency skills with them. We are all learning together & I've learned a lot from my students!

**The teens have also shown a positive response to the program.**

- "What I learned from the program is that you have to be healthy, not just physically but mentally as well," said Nizhia Harrison, a Burke County teen who attended every session of the pilot project. "You have to take care of yourself and to make sure that you are mentally happy. What was meaningful to me was that we were able to open up and express ourselves to people that we don't know, but also feel safe and know that they are here to help us."
- [I learned] skills that allow you to continue without quitting despite having good excuses to.
- [To me] Resiliency means bouncing back and working even in the face of adversity.
- The Resilient Teens Session gave me many ways to help me understand and express my feelings by exercising, doing things that make me happy such as cooking and spending time with family. Finding someone who is able to listen to the problems I have going on in life and making sure that I have someone to look up to.
- It help me be able to open up more and to not keep so much in
- The sessions helped me get better with my feelings because they allowed me to be vulnerable with others.
- It helped me develop as a person as well as an individual.

### Inspired Action

Region 7 Family Connection Coordinators are sharing trauma and resilience information at their collaborative meetings and several have attended the Connections Matter training. As a region, we are working to get community partners trained as Connections Matter facilitators to be able to provide trauma training to our 14 communities.

Resilient East Georgia has a website [www.resilientcommunitiesga.org](http://www.resilientcommunitiesga.org) highlighting our expanded community engagement and services. The Resilient Teen program website adds new material monthly. Check out [www.resilientteens.org](http://www.resilientteens.org) and resilient\_teens on Instagram. Posts are added regularly to engage youth in learning about resilience.

Resilient East Georgia is on schedule to enhance our social media and marketing presence throughout the 14 county service area. Our plans to do so are highlighted below:

- o Resilient Communities

Website: <https://www.resilientcommunitiesga.org/>

- Updates for Name/Logo, Mission, Vision, Values scheduled for December 2021
- Updates for Transforming Our Community Summit scheduled for December 2021

Facebook: Coming January 2022

Instagram: Coming January 2022

Branding Guide

- o Resilient Teens

Website: <https://www.resilientteens.org/>

- Updates scheduled for January 2022

Facebook: <https://www.facebook.com/resilientteens/>

- New admin starts January 2022

Instagram: [https://www.instagram.com/resilient\\_teens/](https://www.instagram.com/resilient_teens/)

- New admin starts January 2022

Custom Swag Bags: Drawstring bags, t-shirts, stress balls

Branding Guide

Eventbrite Account

- o Transforming Our Community Summit

Held September 23, 2021

Save the Date September 29, 2022

- MailChimp: we have 418 Contacts and made initial communications for Summit 2021; Monthly news emails starting January 2022
  - Custom Letterhead and PowerPoint templates for Resilient Communities and Resilient Teens
- Custom Sponsorship Package Form

#### Income and Expenses/Financials:

Income: \$100,000

#### Expenses:

Program coordination and delivery: \$55,000 spread out to participating 14 counties

Communication: \$16,000 Laptops, wi-fi hotspots, and phone cards for teens to participate - distributed to 14 counties

TIC Summit and marketing: \$12,695

CSRA Community Foundation (2%): \$2,000

Incentives: \$9,000

Supplies: \$2,400

Remaining balance: \$2,905 - will be used to cover supplies and any additional incentive costs at the end of this cohort (by 12/31/21)

#### Other Donors/Funding Sources

Medical College of Georgia Foundation                      \$100,000 match

Riverside Refreshments - provided snacks and drinks for Summit

Family Connection Region 7 - provided gift baskets for giveaways at the Summit

Amerigroup - \$1,000 donation for the Summit

Suicide Prevention Coalition - \$1,000 donation for the Summit