

City of Alexandria, Virginia

# Alexandria's Trauma Informed Community Network Meeting

# Welcome!



# Overview of Trauma-Informed Community Networks (TICNs)

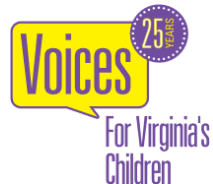
# Trauma-Informed Community Networks ("TICNs")



- Throughout Virginia, there are more than 23 communities coming together across disciplines around trauma-informed care. Most of these groups form as *trauma-informed community networks (TICNs)*.

Some of these are well established with regular meetings and leadership structures.

Organization Name	Host Organization
Charlottesville TICN	Piedmont CASA
Campbell County Community Resilience Network (CRN)	Central Virginia CASA
Eastern Shore TICN	Eastern Shore Community Service Board and Eastern Virginia Medical School
Fairfax TICN	Prevention Unit of the Fairfax County Department of Neighborhood Community Services
Hampton Roads TICN	Community Based Organization with the support of the United Way of South Hampton Roads
Harrisonburg-Rockingham Community Resilience Network (CRN)	Community Based Organization
Lynchburg Community Network	Human Kind





# Examples of other TICNs

**SCAN** An exciting new collaboration in Loudoun County!

**Trauma-Informed Community Network (TICN) of Loudoun County: BUILDING A RESILIENT COMMUNITY**

SCAN of Northern Virginia is working to convene a diverse group of individuals from various systems (public, private, non-profit, state, local government, etc.) who share a commitment towards the creation of a more trauma-informed and resilient community in Loudoun County.

If you are a "trauma champion" at your organization, or if you just wish to learn more and become involved in advancing and supporting trauma-informed and trauma sensitive practices in the community, please consider joining us for our **NEXT MEETING**:

**Loudoun TICN Meeting**  
**September 26, 2018**  
 9:30-11:30 a.m.  
 (extended meeting time for first meeting)  
 HealthWorks for Northern Virginia  
 163 Fort Evans Road, N.E., Leesburg, VA 20176  
 (3rd floor conference room)

**Goals of this network:**

- Build a stronger, more resilient trauma-informed community
- Identify any existing groups/committees/collaborative efforts that can be leveraged to be looking at creating a more trauma-informed community
- Identify immediate gaps, needs, and/or priorities with the community to determine where to begin
- Develop shared language and trauma-informed training materials to the community

This initiative made possible with a Loudoun County Nonprofit Grant

If you are interested in joining this network, please contact Alyson Halverson at [ahalverson@scanva.org](mailto:ahalverson@scanva.org)

**SCAN** Continuing the collaboration in Greater Prince William:

**Trauma-Informed Community Network (TICN) of Prince William: BUILDING A RESILIENT COMMUNITY**

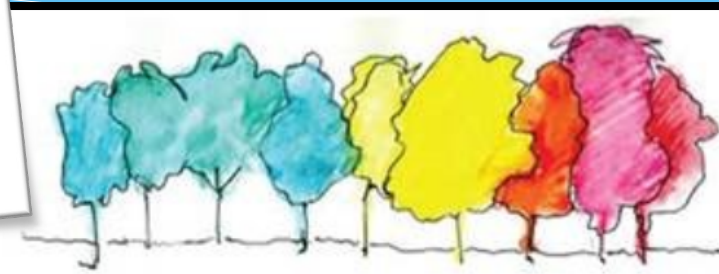
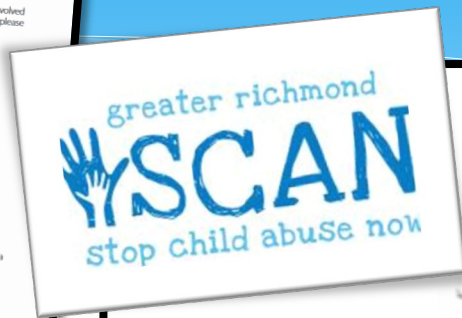
SCAN of Northern Virginia is working to continue a diverse group of individuals from various systems (public, private, non-profit, state, local government, etc.) who share a commitment towards the creation of a more trauma-informed and resilient community in Greater Prince William.

If you are a "trauma champion" at your organization, or if you just wish to learn more and become involved in advancing and supporting trauma-informed and trauma sensitive practices in the community, please consider joining us for our **NEXT MEETING**:

**Prince William TICN Meeting**  
**September 14, 2018**  
 9:30-11:30 a.m.  
 Sudley DSS  
 7987 Ashton Ave Manassas, VA 20109  
 (Jean McCoy Conference Room)

**Goals of this network:**

- Build a stronger, more resilient trauma-informed community
- Increase community access to information about basic trauma awareness
- Develop consistent messaging and shared language regarding trauma
- Develop a digital platform where information and resources related to trauma and trauma informed care can be shared
- Develop and distribute materials to enhance the community's knowledge of trauma and trauma related topics



## Greater Richmond Trauma-Informed Community Network

Dedicated to supporting & advocating for trauma-informed care for all children & families in the Greater Richmond area

### Welcome to the Greater Richmond (VA) Trauma-Informed Community (TICN) Network webpage!

The Greater Richmond TICN formed in the fall of 2012 with 7 professionals and, through a Collective Impact framework, has grown to over 320 members strong. We are dedicated to supporting and advocating for trauma-informed care for all children, families and professionals in the Greater Richmond Virginia area.



The Trauma-Informed Community Network (TICN) is a multi-disciplinary, multi-agency effort to implement and support Trauma Informed Care initiatives across the Human Services System. It is an initiative of the Partnership for a Healthier Fairfax. Membership is open to anyone interested, and includes, but isn't limited to:

- County government staff
- FCPS staff
- Professionals from higher education
- Non-profit partners
- Private service providers



#### TICN Goals

- Create a mechanism for collaboration, and the sharing of information and resources
- Tell the story of Trauma Informed efforts across our community, increasing awareness and identifying areas that the group can collectively build upon

# Trauma-Informed Community Networks ("TICNs")



Others are just beginning the conversations.

Location	Host Organization
Abingdon	Virginia Judicial System
Alexandria	Department of Community and Human Services
Loudoun County	Northern Virginia Stop Child Abuse Now
Mt. Rogers	Mount Rogers Community Service Board
Northern Neck	Haven Shelter
Smyth County	Smyth County School Board

- In each of these communities, these networks share common characteristics:
  - spreading awareness,
  - conducting trainings,
  - supporting and implementing new practices in schools, courts, and community services,
  - and much more.
- These TICNs help to connect practice across disciplines and help to identify gaps and how policies can be implemented.
- These networks play a key role in advancing trauma-informed policy and promoting a statewide policy agenda.

# Key Elements of a TICN

<p><b>Communicate &amp; Engage</b></p> <ul style="list-style-type: none"> <li>• <b>Develop a system for sharing resources and information between community members</b> <ul style="list-style-type: none"> <li>○ (i.e. Newsletter, emails, SharePoint page, CCF Connection, CYFCC’s Facebook page, ACEs Connection)</li> </ul> </li> <li>• <b>Hold regular standing meetings that are engaging</b> <ul style="list-style-type: none"> <li>○ (include updates from committees’ work, invite guest speakers, share resources)</li> </ul> </li> <li>• <b>Provide trainings</b> <ul style="list-style-type: none"> <li>○ (i.e. “Trauma and Healing 101”, “Trauma-Informed Supervisor,” “Understanding ACEs”, “Trauma Awareness &amp; ACEs,” “ACE Interface,” Intro to Trauma-Informed Practice in Schools,” “Secondary Trauma,” TICN Orientation for new members, etc.)</li> </ul> </li> <li>• <b>Build public awareness about trauma and building community resilience</b> <ul style="list-style-type: none"> <li>○ (Host film screenings of documentaries like “Resilience” and “Paper Tigers” and discuss)</li> </ul> </li> </ul>	<p><b>Navigate Barriers &amp; Obstacles</b></p> <ul style="list-style-type: none"> <li>• Set realistic and attainable goals and expectations.</li> <li>• Identify trauma champions who will help sustain this work and support development of leadership teams within organizations, systems, and communities</li> <li>• Develop a shared language</li> <li>• Elicit buy in and commitment from System, Organization, and Community Leaders</li> <li>• Formally acknowledge and challenge barriers</li> <li>• Acknowledge and talk about the historical and systemic trauma within the community and racial, cultural, and socioeconomic issues impacting this work</li> </ul>
<p><b>Identify Strengths &amp; Needs</b></p> <ul style="list-style-type: none"> <li>• Identify what (if any) existing coalitions, committees, and initiatives may already be occurring within Alexandria</li> <li>• Identify gaps, needs, and/or priorities within Alexandria and determine where to begin</li> </ul>	<p><b>Research Other Efforts</b></p> <ul style="list-style-type: none"> <li>• Conduct a regional or national scan of current initiatives and lessons learned from other communities who have already begun this work</li> </ul>
<p><b>Leadership/Backbone</b></p> <ul style="list-style-type: none"> <li>• DCHS is willing to serve as the backbone to coordinate efforts and provide admin support</li> </ul>	<p><b>Develop a Plan &amp; Agenda</b></p> <ul style="list-style-type: none"> <li>• Identify a model to utilize as a framework for our network (i.e. Collective Impact framework)</li> </ul>
<p><b>Collaborate</b></p> <ul style="list-style-type: none"> <li>• Bring people together across disciplines to support trauma informed practices, advance trauma-informed policies</li> <li>• Hold forums and conversations around unmet needs regarding trauma</li> <li>• Create a network that moves people out of siloes and encourages cross-sector collaboration</li> </ul>	<p><b>Divide &amp; Conquer</b></p> <ul style="list-style-type: none"> <li>• Develop a structure for committees to carry out the work, with identified leadership for each committee</li> <li>• <b>Examples of Committees:</b> Children and Youth Mental Health Committee, Training Committee, Legal and Courts Committee, Schools Committee, Healthcare Committee, Screening Tool Committee, Workforce Development Committee, Policy Committee, Outcomes Committee</li> </ul>

# Move Alexandria from “Emerging Trauma-Informed Community Initiative” to a TICN



## Emerging Trauma-Informed Community Initiatives

Connect with these individuals having conversations about trauma in their communities!

(Click on the links for more information)

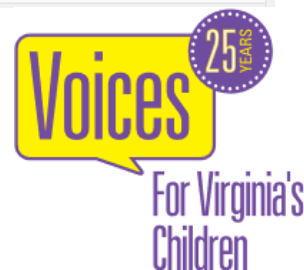
Location	Leader(s)	Leader(s) Contact Information	Host Organization
Abingdon	Florence Powell	<a href="mailto:Fpowell@vacourts.gov">Fpowell@vacourts.gov</a>	Virginia Judicial System
Alexandria	Chelsea Eickert	<a href="mailto:Chelsea.Eickert@alexandriava.gov">Chelsea.Eickert@alexandriava.gov</a>	Department of Community and Human Services
Loudoun County	Allyson Halverson	<a href="mailto:Ahalverson@scanva.org">Ahalverson@scanva.org</a>	Northern Virginia Stop Child Abuse Now



## Trauma-Informed Community Networks

(Click on the links for more information)

Organization Name	Leader(s)	Leader(s) Contact Information	Host Organization
<a href="#">Charlottesville TICN</a>	Alicia Lenahan	<a href="mailto:Alenahan@pcasa.org">Alenahan@pcasa.org</a> and <a href="mailto:Trauma@pcasa.org">Trauma@pcasa.org</a>	<a href="#">Piedmont CASA</a>
<a href="#">Campbell County Community Resilience Network (CRN)</a>	Cristy Horsley	<a href="mailto:Cristy@cvcasa.org">Cristy@cvcasa.org</a>	<a href="#">Central Virginia CASA</a>
<a href="#">Eastern Shore TICN</a>	Kelly Bulin and Patti Kiger	<a href="mailto:Kbulin@escsb.org">Kbulin@escsb.org</a> and <a href="mailto:Kigerpg@evms.edu">Kigerpg@evms.edu</a>	<a href="#">Eastern Shore Community Service Board</a> and <a href="#">Eastern Virginia Medical School</a>



# Alexandria's TICN has been launched in stages



- **Stage 1:** "ACE Interface and Resilience" workshop among Healthy Minds Group & TICN Members (May 29<sup>th</sup>)
- **Stage 2:** Hold first official TICN meeting (July 25<sup>th</sup>)

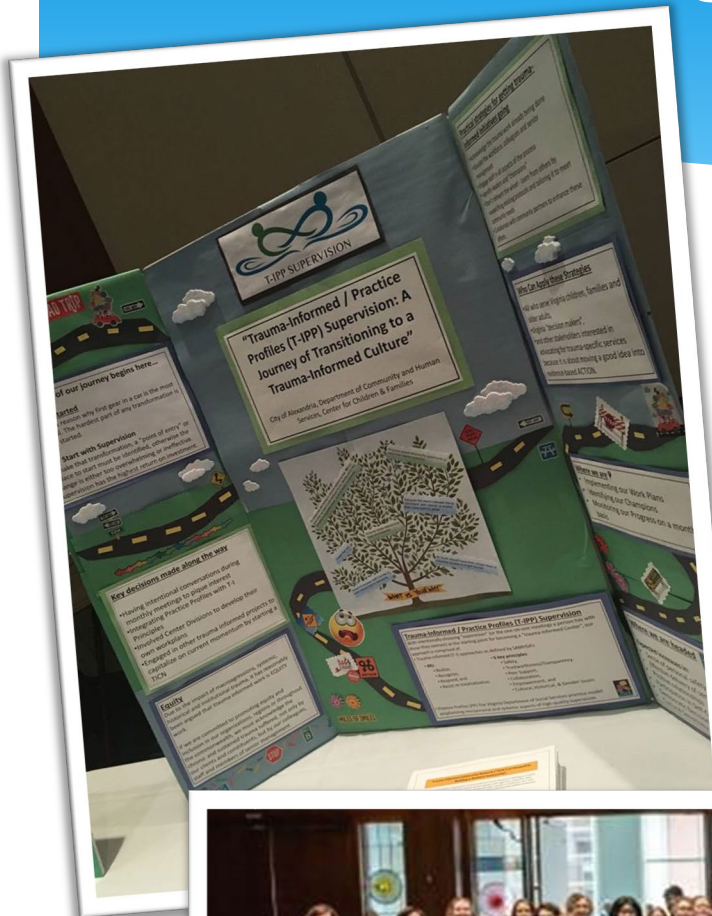


# So far, 80+ people from the following agencies/organizations are represented on the TICN mailing list:



1. Alexandria Police Department,
2. Alexandria Health Department,
3. ACPS
  - Student Services, Alternative Programs and Equity (Health Services and Social Workers),
  - International Academy
4. ALIVE!
5. Arlington County Department of Human Services
6. DCHS Divisions and Programs including the
  - Center for Economic Support,
    - Office of Community Services,
  - Center for Children and Families
    - Sexual Assault Center,
    - Domestic Violence Program,
    - LGBTQ Task Force,
    - Child Welfare Services,
    - Behavioral Health Services for Children & Families,
    - LBTQ Task Force,
    - ACAP,
    - Early Childhood Division,
    - Youth Development Team
7. Center for Alexandria's Children
8. Children and Family Network Centers
9. Commission for Women
10. Community members
11. Cora Kelly PTA
12. Court Services Unit
13. Christ Church
14. Early Care and Education Work Group,
15. Graduate Students
16. Northern Virginia Health Foundation,
17. Northern Virginia Family Services,
18. Partnership for Healthier Alexandria,
19. Stop Child Abuse Now! (SCAN),
20. Suicide Prevention Alliance of Northern Virginia (SPAN),
21. WISE Family Solutions, LLC,
22. VA Infant and Toddler Specialist Network
23. Voices for Virginia's Children

# Virginia's Summit on Childhood Trauma & Resilience



# Explore Root Causes



**Discuss:** What are the sources of trauma that are specific to Alexandria? What are the symptoms of this trauma? What trends do you see in your work?

30 minutes

# What were the themes?

- Themes....

City of Alexandria, Virginia

# Landscape of Trauma-Informed Efforts in Alexandria:

## Children and Youth Master Plan Framework



CITY OF ALEXANDRIA

# *Children & Youth Master Plan*

A guide for how people can come together to create the conditions in Alexandria for all children and youth to thrive today and tomorrow

# Children & Youth Master Plan

## GOAL 2: EVERY CHILD WILL BE ACADEMICALLY SUCCESSFUL & CAREER-READY

WE AIM TO IMPROVE THESE OUTCOMES:

### KINDERGARTEN READINESS

Develop an early care and education system that prepares children to succeed in life and in school

### ACADEMIC SUCCESS

Target achievement and opportunity gaps while increasing positive educational outcomes

### COLLEGE & CAREER READINESS

Support ACPS's Objectives to reduce disparities in college and career readiness to ensure that students are ready to pursue college, or a career, or independent living

# Children & Youth Master Plan

**GOAL 3: EVERY CHILD WILL BE SOCIALLY CONNECTED,  
EMOTIONALLY SECURE & CULTURALLY COMPETENT**  
WE AIM TO IMPROVE THESE OUTCOMES:

## **OUT OF SCHOOL TIME**

Create an integrated and aligned out-of-school time system

## **HEALTHY BEHAVIORS**

Prevent or reduce the risk of developing a behavioral health problem, while promoting developmental assets, or protective factors, among young people

## **YOUTH EMPOWERMENT**

Create and promote more leadership, civic engagement, and empowerment opportunities for young people living in Alexandria, thus making our local government, programs, and services more youth-friendly and accessible to youth





# Children & Youth Master Plan

**GOAL 4: EVERY FAMILY WILL BE EQUIPPED & EMPOWERED TO SUPPORT THE WELL-BEING OF THEIR CHILDREN**

WE AIM TO IMPROVE THESE OUTCOMES:



## **HEALTHY MINDS**

Reduce the rate of depression and suicidal ideation

## **CARING ADULTS**

Expand, coordinate, and align youth mentoring programs to ensure that all children have a relationship with a responsible mentor

# Children & Youth Master Plan

**GOAL 5: ALEXANDRIA'S SYSTEMS AND INSTITUTIONS WILL BE RESPONSIVE, COORDINATED, EFFICIENT, AND EFFECTIVE IN SERVICE TO CHILDREN AND FAMILIES**  
TO IMPROVE THE ABOVE OUTCOMES, WE MUST:

Coordinate. Collaborate.

Align our efforts toward common goals.

Maintain accountability.

Measure our progress.



CITY OF ALEXANDRIA

# *Children & Youth Master Plan 2025*

Looking ahead to the next five years, we will....

## Use Results-Based Accountability (RBA) to measure our performance

Ask three simple questions to measure our the quality and effectiveness of our performance:

How much did we do?

How well did we do it?

Is anyone better off?

## Align the CYMP 2025 with other City-wide plans

including the Community Health Improvement Plan 2025  
and the Alexandria City Public Schools Strategic Plan.

Work together.

Connect the dots.

Develop our shared measurement.

Use a common lens, like equity, trauma-informed, and the developmental assets framework to approach our shared work.

# Increase Systems Change by shifting the conditions that are holding the problems in place

To understand and deal with the root causes of complex problems, examine and possibly change:

- 🔴 policies, practices, & resource flows,
- 🟡 relationships and connections, & power dynamics,
- 🟢 & deeply held beliefs that are taken for granted as ways of operating of we think, do, act





# **Decrease ACEs. Increase Assets.**

Frame the CYMP 2025 around healing from trauma and preventing adverse childhood experiences, while strengthening families, promoting community resilience, empowering youth, and building positive relationships and developmental assets.

City of Alexandria, Virginia

# Landscape of Trauma-Informed Efforts in Alexandria:

Center for Children & Families  
Trauma-Informed Supervision



# Landscape of Trauma-Informed Efforts in Alexandria:



**Share** any trauma-informed efforts your organization has made



City of Alexandria, Virginia

# Defining Adverse Childhood Experiences (ACEs) and Developmental Assets



# Design our TICN



**Activity:** Before leaving today's meeting, please use the index card to indicate:

1. your preferred standing TICN Meeting Time
2. 1-2 things you would like to see as part of our TICN meetings
3. your ability to host a future meeting

# Next Steps/Close/Thank you!



Along with the calendar invite to our next meeting, you will be sent a survey to help come up with a name for our TICN