Alexandria's Trauma Informed Community Network Meeting

Welcome!

Membership
Engagement

Member Engagement

- Membership is instrumental to being a strong network
- Membership is something that everyone can help to build and maintain to honor the diversity in the room
- Encourage your interns to come to extend the interest
- Who makes the most sense to serve as your back up when you can't make it to a network meeting?
- Other membership commitments?

Name our Trauma Network!

Our name is our brand

Choose your favorite name for Alexandria's Trauma Network

Alexandria's Trauma-Informed Community Network **1**

Alexandria's Community Resilience Network **2**

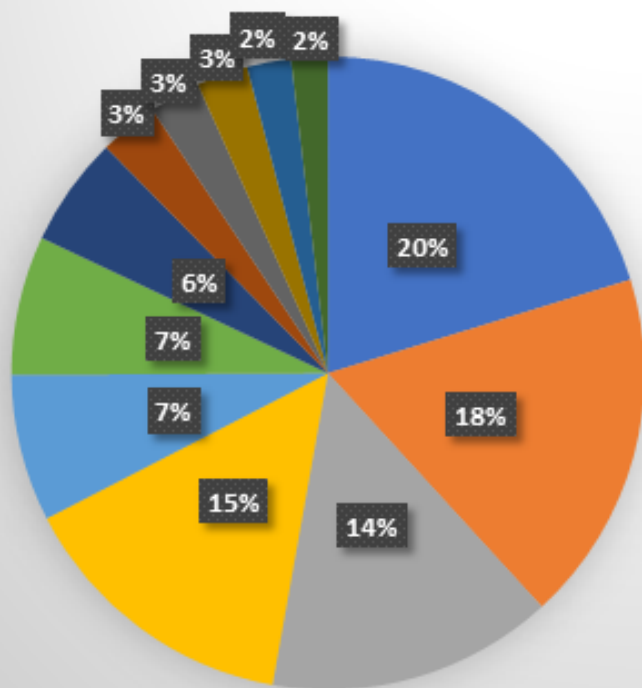Alexandria Trauma-Informed and Resilience Community Network **3**

R.A.I.S.E. Resilience Alexandria: Inform. Support. Elevate; **4**

Trauma Resilience Network of Alexandria **5**

Review Findings from 1st Meeting

Sources of Trauma in Alexandria

Source: TICN Members, Alexandria, VA, 7.25.19

Legend:
- ACEs/Childhood Trauma
- System Trauma
- Economic Trauma
- Immigrant/Refugee Trauma
- Racial Trauma
- Other (Geo-political conflicts, Distrust, Incivility, Natural Disasters, Stigma, Medical Trauma, Lack of Knowledge)
- Lack of/Disconnection from Family Supports
- Multiple traumas and extreme stressors
- LGBTQ Trauma
- Terrorism, War-related Trauma, and Community Violence
- Political Climate
- Teen Pregnancy

Values: 20%, 18%, 14%, 15%, 7%, 7%, 6%, 3%, 3%, 3%, 2%, 2%

Explore Areas of Focus & Integration

Elements of Alexandria's TICN/TICN Meetings

✔️	**Leadership/Backbone Organization**
	The Department of Community and Human Services will serve as a backbone to coordinate efforts and provide administrative support.
General TICN	**Multi-Sector/Multi-System Collaboration**
	Build upon strategic and systemic efforts to prevent trauma, build assets/resilience and support one another's trauma-informed efforts
Work Groups & Members	**Identification of Community Strengths and Needs**
	Share updates on Trauma-informed Efforts
✔️ Victory Circle General TICN	**Common Agenda & Vision Statement**
	Create a vision for change shared by all members that includes a common understanding of trauma, ACEs, and their effects and a joint approach to preventing them and building resilience through agreed upon actions. Build a collaborative community of caring professionals who foster a safe Alexandria

Elements of Alexandria's TICN/TICN Meetings

Members	**Inclusive Membership**
	Develop a diverse membership base to support trauma-informed practices
General TICN	**Divide and Share Work of Moving Vision Forward**
	Create work groups to carry out the work (connect the work with equity work and CYMP agenda)
Work Groups	**Ongoing Communication and Engagement**
	Build Awareness of Trauma, it's effects, and how to respond (i.e. Provide Trainings; Develop a system of sharing tools, resources, and opportunities between community members; learn about policy)
Work Groups	**Navigate Barriers and Obstacles**
	Develop a common language around trauma and resilience, tackle systemic barriers to TIC, address burnout among service providers, and gain organizations' buy-in to deliver trauma-informed and responsive services

Survey Results: Elements Members are Most Interested in

Element	Percentage
INCLUSIVE MEMBERSHIP	3%
MULTI-SECTOR/SYSTEM COLLABORATION	4%
COMMON AGENDA & SHARED VISION	5%
IDENTIFICATION OF COMMUNITY STRENGTHS & NEEDS	6%
DIVIDE & SHARE WORK OF MOVING VISION FORWARD	11%
NAVIGATE BARRIERS & OBSTACLES	14%
ONGOING COMMUNICATION AND ENGAGEMENT	57%
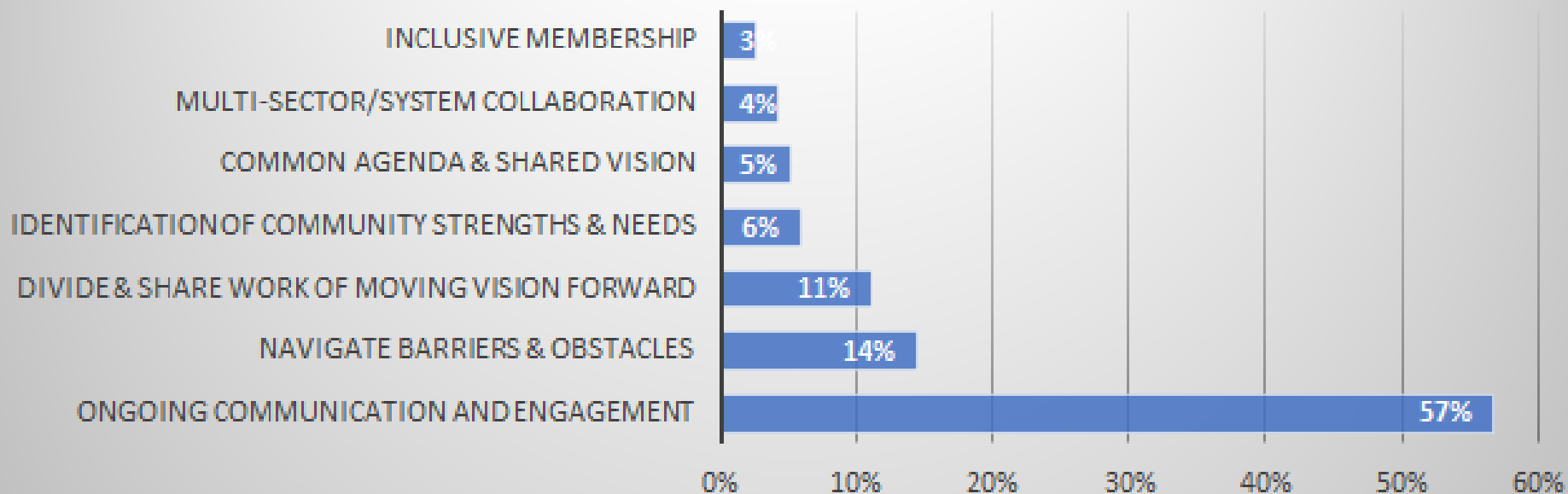
VIRGINIA'S TRAUMA-INFORMED COMMUNITY NETWORKS

- **Greater Charlottesville** - 3-Tiered Approach
  - **Tier 1:** they raise awareness by holding monthly network meetings, and engaging the community with presentations, forums and trainings.
  - **Tier 2**: provide in-depth training that includes "Train the Trainer", a year-long curriculum equipping individuals to offer 60-minute, 90-minute, and 3-hour presentation in the community.
  - **Tier 3**: create Trauma Informed Leadership Teams (TILT) in up to four different systems/organizations
- **Fairfax County TICN**
  - Coordinated over 100 Trauma Informed Trainings & Movie Screenings
  - New Subgroups include: 1. Integrated Health Collaborative, 2. the Trauma Sensitive Schools Team, and 3. the Trauma-Informed Housing & Homeless Services Coalition
- **Eastern Shore Resilient and Trauma-Informed Community**
  - In their first year they provided multiple trainings including Intro to Trauma, ACE Interface, and Train the Trainer
- **Hampton Roads Trauma Informed Care Network**
  - Work is carried out by a six-member volunteer steering committee representing diverse sectors
  - Hosted several events to educate the community on trauma-informed care including an Open House, a screening of Resilience, and a two-day "Train the Trainer" workshop
- **Greater Prince William**
  - Screened "Resilience" and provides trainings in trauma awareness and ACE Interface
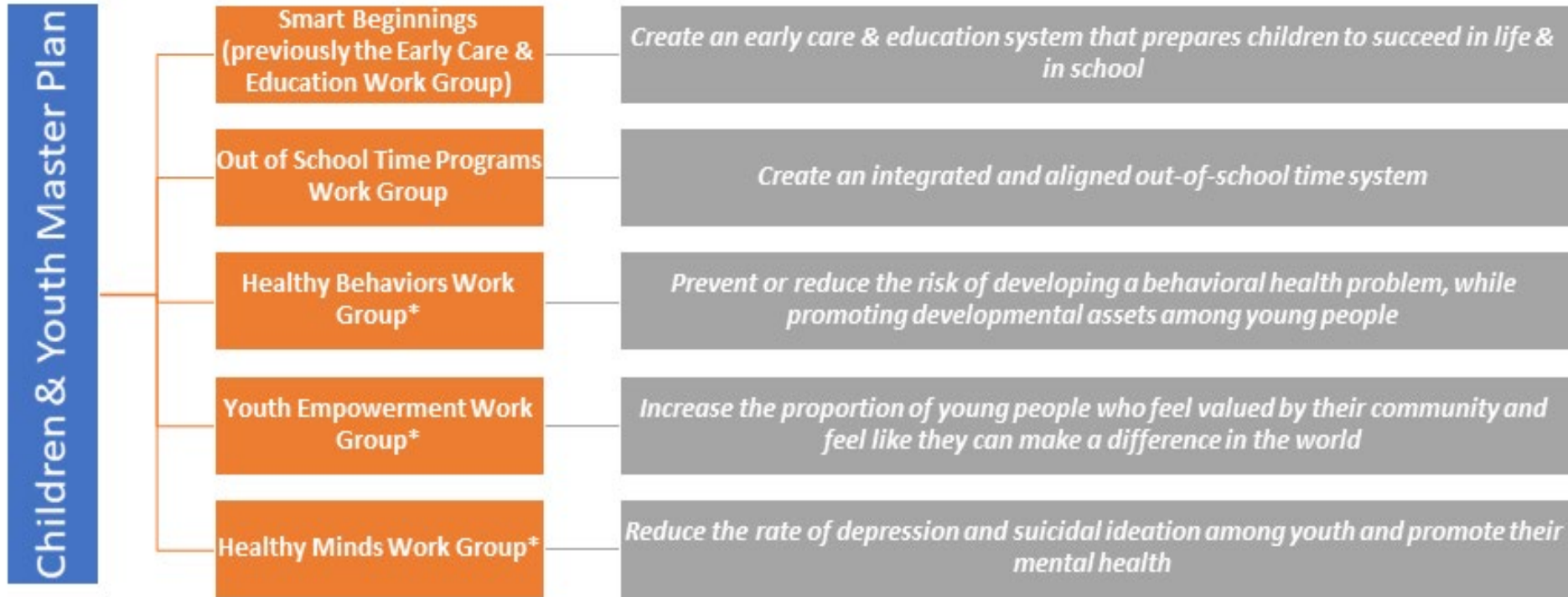
VIRGINIA'S TRAUMA-INFORMED COMMUNITY NETWORKS

- **Harrisonburg -Rockingham Community Resilience Network**
  - The network has held several community-wide education and networking events, which have included guest speakers, showings of the film Resilience, and opportunities for connection with professionals and community members
- **Loudon County TICN**
  - Developed a steering committee of 20 members
  - Developed and distributed a community capacity assessment to help determine TICN partner's capacity for implementing trauma-informed best practices
  - Developed a Trauma Awareness training for Educators (using Fairfax TICN's presentation as a starting point).
  - Screened the film Resilience followed by a panel discussion
  - Developing network goals regarding trauma training, awareness and communications building, and advocacy
- **Lynchburg TICN**
  - Spent three years raising awareness and creating community buy-in regarding the importance of trauma and resilience. Hosted film screenings and trainings for human services professionals, educators, and community members
- **Roanoke Valley TICN**
  - Comprised of a Steering Committee, an Education Committee, a Mental Health Committee, and the Resiliency Collective
  - Provides education on trauma with a focus on recovery from trauma and building resilience in the aftermath of trauma
- **Greater Richmond TICN** - 9 Committees
  - Training, Legal and Courts, Schools, Healthcare, Community Resilience, Brief Screening Tool, Workforce Development, Policy, and Outcomes
  - Provide consultation and support to the developing TICNs across the state

- **Southwest VA**
  - Hosted the Rural Summit for Childhood Success - focused in the impact ACEs and trauma
  - Implementing initiatives: 1. Training of all teachers in trauma informed care, 2. College is developing an online series of trauma related courses for teachers, 3. Faith-Based Community offers trauma informed care trainings 4. Health District is working to include an ACE evaluation as part of the Pre-K and Kindergarten school entrance physical 5. Local law enforcement has implemented a program called LENS (Law Enforcement Notifying Schools) of Trauma
- **Southside TICN**
  - Employs ACEs Connection's 2.0 Model for Building Community Resilience by **educating**, **engaging**, **activating** and **celebrating** trauma-informed strategies and resilience in the community.
  - **Educates** through ACEs, Trauma-Informed Care and Resilience Workshops and a Community Learning Collaborative.
  - **Engages** through regular community network meetings where members are encouraged to use their lived experience and expertise to inform the larger network on the unique issues affecting their communities.
  - **Activates** by working with Voices for Virginia's Children to inform trauma-informed policy and amplify their efforts through train-the-trainer workshops on ACEs and trauma-informed care.
  - **Celebrates** through a Healing Arts Program, which uses art to help youth overcome obstacles and adversities as well as an annual Beyond ACEs, Building Community Resilience Summit that focuses on the impact of race, culture and poverty on Adverse Childhood

Children & Youth Master Plan Existing Work Groups

Children & Youth Master Plan		
Smart Beginnings (previously the Early Care & Education Work Group)	→	*Create an early care & education system that prepares children to succeed in life & in school*
Out of School Time Programs Work Group	→	*Create an integrated and aligned out-of-school time system*
Healthy Behaviors Work Group*	→	*Prevent or reduce the risk of developing a behavioral health problem, while promoting developmental assets among young people*
Youth Empowerment Work Group*	→	*Increase the proportion of young people who feel valued by their community and feel like they can make a difference in the world*
Healthy Minds Work Group*	→	*Reduce the rate of depression and suicidal ideation among youth and promote their mental health*

work groups are subject to change during the planning process

Children & Youth Master Plan 2025

Heal from ACEs. Decrease Toxic Stress. Increase Assets.

Framing the CYMP 2025 around healing from trauma and preventing toxic stress, while strengthening families, promoting community resilience, empowering youth, and building positive relationships and developmental assets.

What are the other areas of focus we need?

Identify Other Areas of Focus

1. In addition to the CYMP work groups, what are three more groups we need to move our vision forward?
2. Choose the one you are most interested in and in your group:
   a. Answer the questions, "Should this be a TICN committee/work group? Are there other groups providing this service in Alexandria?
   b. Identify 1-2 priorities for this committee
   c. What are some ongoing communication and engagement strategies this committee could employ?
   d. How will this committee navigate barriers and obstacles?
3. Report Out to the larger group

Voices for Virginia's Children Election Guide 2019

Thank you!

Please enjoy a closing mindfulness activity...