



Meeting 10.28.21



Welcome!

It is....

Domestic Violence Awareness Month
National Substance Abuse Prevention Month
National Community Planning Month
Children's Health Month
Bullying Prevention Month

In the chat, please introduce yourself and share if you helped organize and/or participated in an "awareness/prevention" month event or Halloween activity in October



Today's Agenda

- Policy Updates
 - General Assembly Special Session
- RAISE Announcements
 - Future RAISE Meetings
 - Welcome ACE Interface Presenter Cohort!
- Presentation: Cultivating Authentic Community Engagement
- Committee Work



Voices

Policy Updates
Welcome, Kristin Lennox!

**For Virginia's
Children**

Policy Updates from Special Session

- **Trauma-Informed Community Networks:** The proposed budget includes \$1 million for DSS to support trauma-informed community networks to provide mini-grants, awareness campaigns, and professional development. This will be the first state-directed funding allocation to trauma-informed community networks.
- **Language Equity & Inclusion:** The proposed budget includes \$500,000 for the Governor's Office of Diversity Equity & Inclusion to create plans for new translation services across the state.
- **Other highlights:**
 - \$10 million for substance abuse misuse and suicide prevention
 - \$10 million to continue expansion of the community-based crisis services system, including mobile crisis, crisis receiving centers, and MARCUS Alert activities.
 - \$20 million will be available in the next two years for similar activities.
 - \$45 million for staff bonuses to re-open and serve more individuals at state-run mental health inpatient facilities, including the Commonwealth Center for Children & Adolescents
 - \$77 million in next two years for state-run hospitals
 - \$5 million for additional permanent supportive housing

Racial Truth & Reconciliation Campaign



- Voices for Virginia's Children hosted our second RTR Week the last week of August
- Over 1,018 people participated in Racial Truth & Reconciliation Week. The week-long conference track including policy, equity, and data analysis, advocacy & activism, community-centered engagement, and diversity, equity, and inclusion. The week implements our mission to empower marginalized communities in acknowledgement of truth to promote healing, reconciliation, and justice for children, youth, and families. You can checkout event archives, including the TICN Town Hall at www.vakids.org/rtrwconference.
- **Upcoming events:**
 - 11/12/21, 1-2pm – RTRVA Partnerships Committee (contact kristin@vakids.org for invite)
 - 12/8/21, 12pm - [RTRVA Coalition Meeting](#)
 - 1/17/21 (MLK Day) - [Rallying Towards the Future – Living Dr. King's Dreams](#)



RAISE Schedule & Future Meetings

Basecamp & Summit Events (May or May not be In-Person)

Month	Event
August	Basecamp 1: Build Community & Connections (Film Screening)
November	Basecamp 2: Trauma-Informed Spaces Workshop
December 9 th	Resilience Toolkit for Trauma-Informed Supervision
February	Basecamp 3: Launch Mentorship Program or Community Learning Circles
May	Resiliency Week VA: May 1-7 Building Resilient Communities: May 5-6 Trauma and Resiliency Summit 2022

RAISE Meeting Months (Virtual) – Hosted by Stacey!

July	January
September	March
October	April
December	June

Welcome ACE Interface Presenter Cohort!

- **28 presenters in Alexandria's Cohort**

- Adrienne Williams, Andrés Acosta, April Pavis-Shroeder, Chelsea Eickert, Chrishonna Greene, Danien Johnson, Deatrice Williams, Gina Rollo White, Gloria Saez, J-Lynn Van Pelt, Jordan Costen, Kathleen Daniels, Katie Aliberti, Kedryn Berrian, Kristy Theodore, LaShonda McDade, Lydia Guirguis, Mahlet Mekonnen, Mary Taverner, Michelle Kelsey Mitchell, Michelle Wells, Milagros Vascones-Gatski, Renee Myers, Romita Afzal, Sharon A Minter, Stacey Hardy-Chandler, Tejas Patel, and Terrey Lebowitz

They are:

- Professors and educators, social workers, community planners, therapists, advocates, school counselors, probation counselors, substance abuse counselors, veterans and folks from the militarily community, grant coordinators, parents/foster parents, board and commission members, and more

They work in:

- Fairfax County, Alexandria City Public Schools, Arlington Public Schools, Bishop Ireton High School, SAPCA, Center for Children and Families, Aging and Adult Services, Parent Infant Education Program, Children Services Act, Alive!, Mindful Junkie, CASA Volunteer, Mindful Connections, Sexual Assault Center, The Child and Family Network, and community members

They speak:

- English, Spanish, Urdu, Hindi, Panjabi, Gujarati, Norwegian, French, Haitian Creole, Arabic, and Amharic!

Coming to a Community Near You!

- Follow this link to learn more about the training:
<https://www.alexandriava.gov/uploadedFiles/dchs/childrenfamily/youthtopics/UnderstandingACEsTrainingFlier.pdf>
- RAISE is organizing monthly “Understanding ACEs, Building Self-Healing Communities” trainings
 - October 12
 - November 12 at 9AM
 - Register here:
https://zoom.us/meeting/register/tJwodeCrrjgsGd3x2_BKFTUBXVinpu_iXLxoL
 - December 12
- **We’ll come to you!**
 - Fill out this form to request a training:
<https://www.research.net/r/AlexandriaVA-RAISETrainingRequestForm>
- **Where else should we bring this information?**
 - In the chat, share any community groups, faith-based groups, coalitions, partnerships, foundations, organizations, teams, networks, etc. that you can connect us with!

Understanding ACEs and Building Self-Healing Communities



LEARN ABOUT ACES AND HOW YOU CAN SUPPORT CHILDREN AND ADULTS IMPACTED BY THEM

This educational experience is helping Alexandria to develop a common language around ACEs (Adverse Childhood Experiences), trauma, and resilience in our community, explain why ACEs have so much effect in people’s lives, and shift our mindset around what we can all do to build a more resilient, healthy community.

For reasonable disability accommodation, contact maurice.tomdio@alexandriava.gov or 571.384.5244. Virginia Relay 711.


Cost: Free

Audience: Youth, Young Adults, Adults, Human Service Providers, Educators, Health Care Providers, - Anyone!

Interested in Scheduling or Attending a Training?

Email RAISE@alexandriava.gov





Cultivating Authentic Community Engagement Virtual Workshop

This workshop will provide a supportive environment for organizations to discuss how to engage community voice with authenticity and intentionality

Presented by:

**Tamika Daniel, Behavioral Health Community Organizer
Greater Richmond SCAN**



CULTIVATING AUTHENTIC COMMUNITY ENGAGEMENT

By: Tamika Daniel, Behavioral Health Community Organizer

Greater Richmond SCAN

DISCLAIMER!!!!

Some of the dialogue and language used may be sensitive or make you feel uncomfortable. Please feel free to pause and take a break if you need to.

OBJECTIVES

- **Provide a supportive environment to discuss how to engage community voice with authenticity and intentionality.**
- **Understand the barriers and challenges of engaging community voice.**
- **Share tips and strategies to address those barriers and challenges.**

WHAT IS COMMUNITY ENGAGEMENT?



Community is much more than belonging to something; it's about doing something together that makes belonging matter

Words by @briansolis
Image by Cienpies Design/Shutterstock

COMMUNITY ENGAGEMENT

Community Engagement is... the process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people.

It is a powerful vehicle for bringing about environmental and behavioral changes that will improve the health of the community and its members. It often involves partnerships and coalitions that help mobilize resources and influence systems, change relationships among partners, and serve as catalysts for changing policies, programs, and practices (CDC, 1997)

REFLECTING ON THE WORK

- What sparked your interest in this line of work?
- What things have you/your organization done in the past to get more community voice at the table?
- Why do you think these methods did not have much success?



CASE STUDY/BREAKOUT ROOM

BARRIERS & CHALLENGES

- Systemic Racism/Oppression
- Generational Trauma
- Lack of Trust
- Communication

KEY COMPONENTS OF CULTIVATING AUTHENTIC COMMUNITY ENGAGEMENT

- Transparency
- Relatability
- Intentionality
- Consistency
- Patience

KEY COMPONENTS

Transparency

Be honest about your organization's background and history.

Be honest about the who and the why.

Relatability

Does your organization reflect the community voice you wish to have at the table?

How is your demeanor?
Are you approachable?

Intentionality

Is there a space specifically designed for the community voice your organization seeks?

Is your organization being intentional with the dates, times, and locations of events?

Is your organization intentional with its methods of communication?

KEY COMPONENTS

Consistency

- Communication must be consistent.
- Outreach must be consistent.
- Resources must be consistent.

Patience

- Take the time to learn and understand the community's beliefs, values, culture, and history.
- Do not force or rush this process.
- This will take time - you will not see results overnight.

PARTNERSHIPS & COLLABORATIONS

- What is your organization's purpose and mission?
- What are your organization's strengths and areas for growth?
- Is there another organization already making progress with the community you wish to engage with?
- Would it be more strategic to partner with this organization as opposed to duplicating their efforts?

DO'S AND DON'TS

- Do make sure you hire or have good representation within your organization.
- Do be mindful of your demeanor.
- Do listen and keep an open mind.
- Do realize that you are not the experts.
- Do create spaces where community voice is being put into positions to be heard and can benefit from the exposure.
- Do maintain consistent communication.

DO'S AND DON'TS

- Do not let money be your guide.
- Do not only reach out when you need something.
- Do not open a box unless you are really ready and able to help.
- Do not just take from people (insights, experiences, and etc.) and not do anything meaningful with it.
- Do not do it for them – do it with them.

FINAL THOUGHTS

- Believe in your mission and vision.
- Make sure your front line feels supported.
- Nothing works as planned.
- Just because you offer something does not mean the community is ready for it.
- Quality over quantity.
- When you receive community engagement make sure you take the time to pour into them.

QUESTIONS TO THINK ABOUT

- From the outside looking in, could you honestly see yourself sitting at your organization's table?
- Are the workers on your front line a good reflection or representation of your organization?

CLOSING

Tamika Daniel

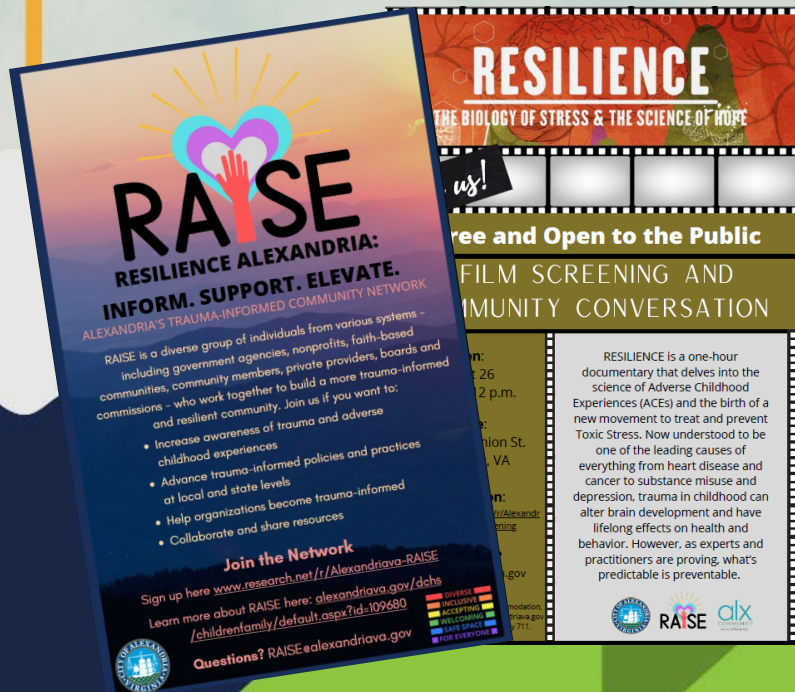
tdaniel@grscan.com

THANK YOU!

Post-Summit Planning

Summit 2021

**August
Basecamp:**
Build Community
& Connections



RAISE
RESILIENCE ALEXANDRIA:
INFORM. SUPPORT. ELEVATE.
ALEXANDRIA'S TRAUMA-INFORMED COMMUNITY NETWORK

RAISE is a diverse group of individuals from various systems - including government agencies, nonprofits, faith-based communities, community members, private providers, boards and commissions - who work together to build a more trauma-informed and resilient community. Join us if you want to:

- Increase awareness of trauma and adverse childhood experiences
- Advance trauma-informed policies and practices at local and state levels
- Help organizations become trauma-informed
- Collaborate and share resources

Join the Network
Sign up here www.research.net/ra/Alexandriava-RAISE
Learn more about RAISE here: alexandriava.gov/dchs/childrenfamily/default.aspx?id=109680
Questions? RAISE@alexandriava.gov

RESILIENCE
THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Free and Open to the Public
FILM SCREENING AND
COMMUNITY CONVERSATION

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance misuse and depression, trauma in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners are proving, what's predictable is preventable.

RAISE **alx**

**December
Basecamp:**
Trauma-
Informed
Spaces
Workshops

**February
Basecamp:**
Mentoring
Program or
Community
Learning
Circle

Summit 2022



RAISE Committee Work

Regroup at 11:45

RAISE Committee	Purpose	Today's Meeting Objective
Member Engagement & Wellness Committee	Supports existing efforts that aim to promote community wellness and resiliency among RAISE members and the greater community Co-Chairs: Noraine Buttar and Emma Driscoll	Complete the Membership Engagement Action Plan Need: 2-3 members to join VA TICN Conference Planning Committee
Changing Environments & Cultures Committee	Helps organizations create a trauma-informed culture by providing them with technical assistance in transforming their spaces, policies, and procedures Chair: Paola Navarro	Plan the Trauma-Informed Spaces Workshop Ask: are any members interested in becoming workshop presenters?
Justice Advocacy Committee	Supports community members and professionals by delivering trainings focused on ACEs, trauma, and resilience, and elevates our community's voices by advocating for justice and advancing policies that dismantle systems that perpetuate racial trauma and inequity Chair: Gina White	Develop a plan for reaching 4,000 community members with "Understanding ACEs" training by August 2022 (So far we've reached 340 people)

Announcements

- **Family Engagement Event: Fall In Love With PIE & Learn About the Basics**
 - Proposed dates are: November 17th & November 19th
 - For more information about the Basics Insights visit: <https://kidsfirstyears.org/basics/>
- **NoVa District PTA presents: Emotionally Naked Truth About Suicide**
 - Monday, 11/15 at 7pm
 - Online & Free
 - Pre-register here: <https://register.gotowebinar.com/register/2955914283936494608>
 - **About the event:**
 - Based on the book, [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#), this presentation will empower parents, educators and the community to reduce this threat to life. Attendees will learn the cryptic and often veiled ways youth cry for help, how to respond and what to do.
 - Speaker and Advocate Anne Moss Rogers will offer suggestions and resources to help people recognize what's normal teen angst versus what might be a warning sign as well as tips to help teens develop coping skills during and after the pandemic. The conversation will include topics on substance misuse, mental health, suicide prevention in teens/young adults including insight into those times when young people are more vulnerable.
 - **Learning outcomes:**
 - Real life signs of suicide in youth and what to say/do
 - Lesser-known periods when adolescents are more vulnerable
 - How to build relationships that help adolescents develop resilience
 - **Audience:**
 - Parents, educators, educational leaders, policy makers, coaches, advocates, community members.
 - **Questions?**
 - Contact Jenna White vp.communications@fccpta.org