

## RAISE Meeting 12.3.20 Notes

### Welcome & Poll

After months of coping with the stressors of quarantines, grief, uncertainty, and anxiety, Pandemic Fatigue is impacting our feelings, thoughts, and behaviors. On a scale of 1-5, 5 being the greatest, how much is Pandemic fatigue impacting you? Everyone self-selected 2 or above.

### Panel Discussion on Trauma-Informed Efforts in Alexandria

To elevate the trauma-informed and resilience building work that is happening across Alexandria, RAISE hosted a panel discussion with members Percy White from Court Services Unit, Noraine Buttar from DCHS Youth Development Team, and Dr. John Baker from ACPS. They each talked about their team/organization's efforts to implement trauma-informed practices, barriers to success, how they've dealt with resistance or skepticism among staff, and how RAISE can support them in their trauma-informed journey. RAISE hopes to do more panels like this, so if your organization has trauma-informed efforts you'd like to share, let us know!

### RAISE Transformation Plan Updates

- **Trauma-Informed Supervision Toolkit** - A toolkit designed to help supervisors and their staff understand the mental health impact of COVID-19 and challenges associated with returning to the workplace. <https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=118711>
- **Participate in Racial Truth and Reconciliation Coalition** –The campaign seeks to advance policies that dismantle systems that perpetuate racial trauma, oppression and inequity. Learn more and join here: <https://vakids.org/our-news/blog/racial-truth-reconciliation-virginia-coalition>
- **Virtual Train-the-Trainer ACE Interface** – Keith Cartwright, Behavioral Health Wellness Consultant with the Virginia Department of Behavioral Health and Developmental Services,
- **Trauma-Informed Agency Self-Assessment** now available as an online survey - [https://forms.office.com/Pages/ResponsePage.aspx?id=MZuq\\_nVD7kqtzMdq0yqJC7xEtpVgg8FEmw8eTJdOI-IUQ1M5UINOOVQ3WkITVKNWVIRVVdYSFdBsi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=MZuq_nVD7kqtzMdq0yqJC7xEtpVgg8FEmw8eTJdOI-IUQ1M5UINOOVQ3WkITVKNWVIRVVdYSFdBsi4u)

### Summit

- RAISE was awarded a \$5K grant!
- RAISE represented in a [webinar series](#) (“[Caring for Children and Youth in Crisis, Part III](#)”) and United Way’s [The Way Forward podcast](#) (“Mental Health Intervention in the Era of Covid-19 Through Trauma-Informed Care”)
- 2021 RAISE Meetings – will continue meeting every 4<sup>th</sup> Thursday of the month from 10-12. However, to be more inclusive of youth and community members, RAISE will periodically schedule additional meetings in the evenings so they can participate in activities, too.