

Meeting 4.22.21





Welcome!

It's Sexual Assault, Child Abuse, Stress, and Alcohol Awareness Month AND Earth Day!







Please introduce yourself in the chat and share any activities you're doing to raise awareness about an issue you care about in the chat



Kudos to RAISE

Good morning- I wanted to reach out to you about the Alexandria DCHS Covid-19 wellness pages.

I wanted to let you know what a great help your page was for [my family]... I got so much excellent stuff from your page so THANK YOU. One thing we've been enjoying is mindfulness and meditation, we're trying to do it every day but its been a very positive thing while everyone is cooped up together LOL we're going to try and keep it going into the summer . The resources on your page have been wonderful!!

My daughters pointed out that because you helped us we should send a thankyou and after more than a year of this pandemic it felt right to put some positivity & gratitude out into the world! We also thought we could share another resource with you: "<u>Health, Wellness, and Mindfulness Resources for Home</u>"

[My daughters] thought you'd want to add this to your COVID 19 wellness resource page, so that it could help other families who might be finding your page during these times... Hopefully it's useful to you (:



STOP THE SPREAD OF COVID-19

RESILIENCY RESOURCES FOR ALEXANDRIA SUPERVISORS

Help support resiliency through conversations, resources and training.

WHAT YOU CAN DO TO HELP

Be aware that employees have multiple channels to voice feelings about COVID-19 such as their immediate supervisor, members of the management chain, Department of Human Resources (HR), Employee Assistance Program (EAP), a counselor, Work n' Well program or with their healthcare provider.

- . Employees reluctant to speak up about concerns can set up an anonymous channel to speak with HR.
- . Encourage colleagues to be safe and observe safety guidelines, such as wearing face coverings and cleaning their work spaces.
- Share resources within the workplace and take turns cleaning shared equipment.
- . Make use of online meeting tools to set up meetings with individual staff members and teams to discuss the challenges of work, as well as general concerns and successes.
- · Be willing to listen and share concerns without judgement.
- · Listen with intent and empathy-no concern is too small or too big.
- · Encourage each other to use the resources listed.
- · Generate solutions together.

RESOURCES

CONVERSATION STARTERS

- Trauma Informed: Understanding and Implementing
- Burnout Prevention and Treatments
- Road Map to Trauma Informed Care
- Cumulative Toll of Trauma

RESOURCES TO OFFER STAFF

- · Employee Assistance Fund
- Employee Assistance Program (EAP)
- Work'n Well Employee Program.
- Why Mindfulness is a Superpower
- Your Brain Under Stress Trauma & Resilience Tree

For more information, or to view virtual resources. visit the RAISE webpage.

- . Trauma Informed Supervision
 - Trauma Informed Self Assessment
 - Creating Trauma Informed Spaces
 - . Tips for Managing Telecommuters
 - Tips for Authenticity w/ Remote Employees
 - · Mental Health First Aid

RESOURCES FOR SUPERVISORS





CONTINUUM FOR COPING WITH RACISM AND TRAUMA

INDIVIDUAL

Resources for Supporting Individuals

- · Mental Health Hotlines
- · Racial Equity Tools
- · Racial Healing and Racism Recovery Resources
- Self Care
- · Guides for Allies

INTERPERSONAL & FAMILY

Resources for Families & Interpersonal Relationships

- · Resources to Help You and Your Family Meet Their Basic Needs
- · Tools for Talking to Kids about Racism
- Tips for Fostering Connection

COMMUNITY

Resources for Engaging at the Local Level

- Resources for Talking about Race in your
- · Organizations Focused on Trauma and Resilience

NATIONAL **& GLOBAL**

Resources for Engaging at the National and Global Levels

· Organizations Working to Advance Racial Justice

ALEXANDRIAVA.GOV/CORONAVIRUS

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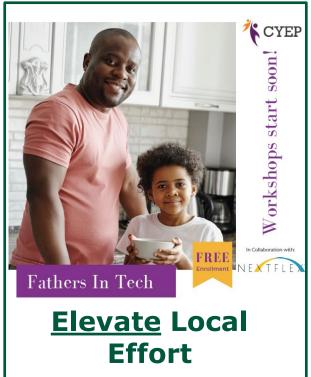
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Today's Agenda

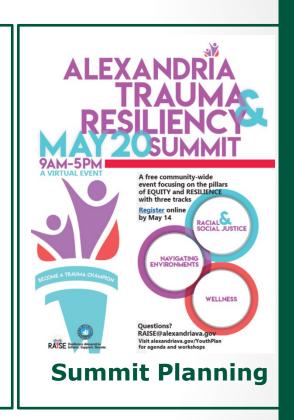


Policy & RTR
Campaign
Updates
(Inform)





Virginia HEALS
Support







Statewide TICN Updates



Second Annual Resilience Week VA

- New flyer with potential themes on Resilience Week website:
- http://grscan.com/resilience-week-virginia/
- Themes are flexible, can use or not in whatever ways make sense for your networks/organizations

Policy Updates







RACIAL TRUTH
& RECONCILIATION



Capital Youth Empowerment Program (CYEP) will show fathers how to get the knowledge and skills they need to compete in the real world and provide for their family.

Fathers in Tech (FIT) prepares males with education, workforce development, technical and leadership

development, technical and leadership skills to enter into the knowledge/skill economy.

PARTICIPATION INCLUDES:

Workshops GPs Cardis

Weekly Meals" (hypersonal only)

What we provide in the workshops:

- . 24/7 Dad Curriculum
- Workforce Development
- Economic Development
- . Personal & Family Development

ALL PROGRAM ACTIVITIES

1ST SESSION TUESDAY, MAY 4, 2021 / 7 PM - 9 PM
FOR MORE INFO, REFERRALS, OR TO SELF-ENROLL

VISIT: HTTPS://TINYURL.COM/CYEPFIT2021

CONTACT: EVERETTE MITCHELL

EMITCHELL@CYEP.ORG / 240.676.7903



Elevate: Fathers in Tech Program

Guest: Reggie Morris

 CYEP is now accepting referrals for Fathers in Tech (FIT). Referrals and self registration can be completed through the link https://tinyurl.com/CYEPFIT2021

- FIT provides support services for men to be responsible, caring, and informed fathers, that are positively engaged in their child's life.
- FIT also provides economic stability education, soft skill development, and technical skill training to help fathers earn a livable wage.
- 1st session starts Tuesday May 4, 7-9PM
- Contact Everette Mitchell <u>emitchell@cyep.org</u> / 240-676.7903





Support from Virginia HEALS



- Guest: Laurie Crawford
- Overview of what Virginia HEALS has to offer and Updates to the Toolkit
- Toolkit
 - Community Resource Mapping Facilitation Guide and e-Learning course
 - <u>Trauma-Informed Screening Course</u> and <u>Screening for Experiences and Strengths E-</u> <u>Learning Course</u>
 - Referral and Response Protocol and e-Learning course
 - <u>Family Engagement Guide</u> and <u>e-Learning</u> <u>course</u>
 - Trauma-Informed Agency Self-Assessment
 - Grant Application Development Menu for Funders



ALEXANDRIA TRAU IENC

VIRTUAL EVENT

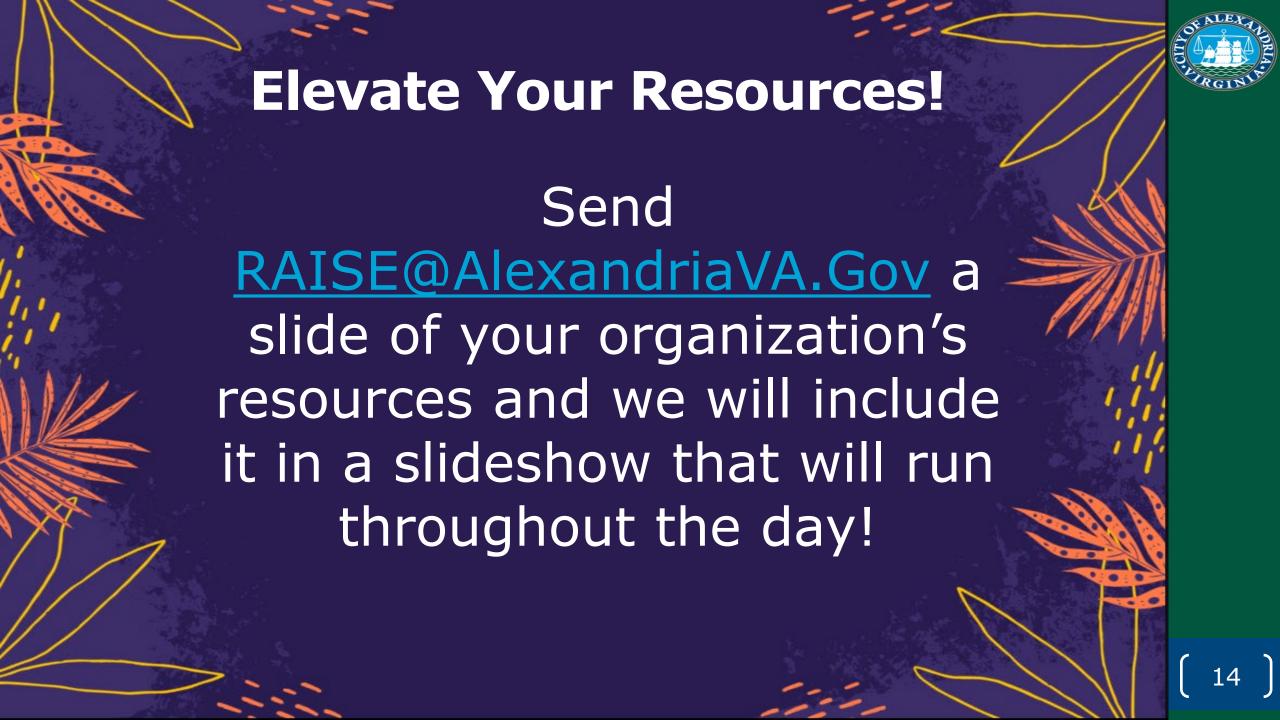


Summit Agenda

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Time	Racial & Social Justice Tra	ck	Navigating Environments Track	Wellness Track		
9AM	Opening Remarks & Plenary Speaker (Dr. Wendy Ellis, Director of George Washington University's Center for Community Resilience)					
10AM	Building Resilience through Self-Care: Healing Racist Wounds (Amanda Lynch, Trauma-Informed Specialit)	Building Trauma-Informed Spaces (Chrissy Cunningham, Fairfax County)		Introduction to Trauma & Resilience (Tamika Daniel, Greater Richmond SCAN)		
11AM	Alexandria's History of Racial & Social Justice (Audrey Davis, Office of Historic Alexandria)		liency Toolkit for Trauma-Informed ervision SE)	Building Resilience through Mindfulness (Gina White, Mindful Junkie)		
12PM	Lunch Break					
1PM	How to Create Change: Community Organizing for Social Justice (Ingris Moran, Tenants & Workers United)	Hum	itutionalizing Professional Resiliency in nan Service Organizations (andria Multidisciplinary Team)	Building Resilience through Social Supports Across the Lifespan (Panel) (Michelle Kelsey Mitchell)		
2PM	Advocating for Racial Justice through Systemic Change (Chloe Edwards, Voices for VA's Children)	Chai (Tric. & Sa	i-System Collaboration & Legislative nge: Crossover Youth Practice Model ia Bassing, Greta Rosenzweig, Sonnja Brown, rah Taylor, Children & Youth Crossover tice Model)	Secondary Traumatic Stress & Self-Care Basics (Melissa McGinn, Greater Richmond SCAN/TICN)		
ЗРМ	Building a Plan for Advocacy (Sarah Taylor, Legislative Director)	(Jeni Repr	ating Youth & Family Voice na White, Fairfax County PTA Council esentative to the Fairfax Trauma Informed munity Network)	Building Resilience through Work n' Well (Dr. Grace Page, City of Alexandria)		
4PM	Closing					









Announcements?