

RESILIENCE ALEXANDRIA AGENDA

Mission: To build a more trauma-informed and resilient Alexandria by informing, supporting, and elevating our community.

Date: May 28th, 2020

Time: 10-12

Agenda Items

10:00 Welcome new and returning RAISE members!

10:10 Legislative Updates (Mary Beth)

10:20 Resilience Week VA Highlights

- Resilience Week Campaign shared daily ideas for building resilience
- Daily Mindfulness Sessions with ACPS Students
- 313 People Registered for Two 90 Minute ACE Interface Presentations
- 333 People attended our Mental Health and Resilience Town Hall
- RAISE was featured on the national platform, [ACEs Connection!](#)
- Governor Northam signed a proclamation declaring May 3-9, 2020 Resilience Week VA
- Kicked off our City-Wide Community Mental Health and Resilience Plan
- [RAISE's website](#) was updated for the first time since July
- 165 new members joined RAISE!

10:25 Reveal RAISE Logo

10:25 Community Mental Health Plan: A Resilience Plan for Community Wellness

- Overview of RAISE's Plan to promote Alexandrian's mental health and wellness throughout and after COVID-19 pandemic
- Volunteer Needs

10:35 Committee Work

- Committees will meet and continue working on their respective Action Plans. In light of COVID, Committees will identify areas in the Resilience Plan that the Committee can integrate into their Action Plan.
 - **Training Committee** - Remain on general RAISE meeting zoom line <https://us02web.zoom.us/j/86322508698>
 - **Communications/Awareness Committee and Changing Environments Committee** - <https://us02web.zoom.us/j/87565581475>

11:50 Regroup to Close the Meeting

- <https://us02web.zoom.us/j/86322508698>

Strategies



Communication Plan/Targeted Outreach

Strategy 1: Follow a Communications Plan that makes available resources easily accessible to people seeking them and targets outreach to communities in order to put resources “in the paths” of those who need them.

- **Action 1a:** Work with Communications Teams to: Promote City and ACPS Mental Health Resources, Coping with COVID Resources, the ACPS Parent Resource Center, and Resilience Week Activities with ACPS. Use Multisensory Media when engaging the public in mental health strategies.
- **Action 1b:** Design and start a “calling tree” style process to have members distribute information to their external partner individuals, community leaders and organizations.
- **Action 1c:** Whenever new mental health and resilience resources are made available by the Communications Team, contact various point people and ask to share message with their networks.



Resilience Week VA

Strategy 2: Collaborate with other Virginia TICNs in the first annual Resilience Week Virginia to bring resilience-building activities and events to all Virginians.

- **Action 2a:** Resilience Week Campaign
- **Action 2b:** Daily Mindfulness Sessions with Students
- **Action 2c:** ACE Interface with Chrissy Cunningham
- **Action 2d:** Mental Health and Resilience Town Hall
- **Action 2e:** Feature Alexandria’s Resilience Activities on ACEs Connection



Tools: 311, Mental Health Hotline and Parent Support Line/Text Line

Strategy 3: Leverage existing tools and volunteers to help people seeking MH support.

- **Action 3a:** Leverage Alex311
- **Action 3b:** Leverage Parent Support Line and Text Line. Mobilize Volunteers. Promote these resources.
- **Action 3c:** Identify High-Risk Situations and How to Handle Them



New! Resiliency Guide/Toolkit

Strategy 4: Develop a Resiliency Guide/Toolkits for kids, adolescents, and adults that connects mindfulness tools with mindfulness actions.



Post-Pandemic

Strategy 5: Support existing efforts that aim to promote community wellness and resiliency.

- **Action 5a:** Help our young people recover from the pandemic and foster their ability to cope moving forward.
- **Action 5b:** Support student safety and prevent ACEs during the summer.
- **Action 5c:** Provide trauma-informed trainings to the faith-based community to build their capacity to deliver trauma-informed care.
- **Action 5d:** Provide training on advocacy for mental health and trauma-informed legislation, policies, and practices at the state and local levels.
- **Action 5e:** Measure our performance to ensure that we’re doing the right things and we’re doing those things right.