



Meeting 5.27.21



Welcome!

It's National Mental Health Awareness Month, Asian American and Pacific Islander Heritage Month, and Jewish American Heritage Month!



Please introduce yourself in the chat and share any activities you have done this month to build resiliency


Race Based Trauma Resources

CONTINUUM FOR COPING WITH RACISM AND TRAUMA



<https://www.alexandriava.gov/dchs/adultservices/default.aspx?id=116118>

Today's Agenda



VA
TICNS

VIRGINIA TRAUMA-INFORMED COMMUNITY NETWORKS



Voices
For Virginia's
Children

**VOICES FROM
THE CAPITOL**



Voices
For Virginia's
Children

**RACIAL TRUTH
& RECONCILIATION**

**Statewide TICN &
Policy Updates**




**ALEXANDRIA
TRAUMA
RESILIENCY &
MAY 20 SUMMIT**

9AM-5PM
A VIRTUAL EVENT



BECOME A TRAUMA CHAMPION



RAISE Resilience Alexandria
Inform. Support. Elevate.

A free community-wide event focusing on the pillars of EQUITY and RESILIENCE with three tracks

Register online by May 14

- RACIAL & SOCIAL JUSTICE
- NAVIGATING ENVIRONMENTS
- WELLNESS

Questions?
RAISE@alexandriava.gov
Visit alexandriava.gov/YouthPlan for agenda and workshops

Summit Planning

JOIN VA TICNS IN CELEBRATING

RESILIENCE WEEK VA

MAY 2-8, 2021



Mind, Body, and Spirit

[Boot Camp Express with Santi En Español](#)

[Boot Camp Express with Santi En Español](#)

[Restorative Yoga: Mindful Movement, Breath and Meditation](#)

[Hatha Yoga with Suzanne](#)

[Y Live – Cardio Dance with Faithea](#)

[Y Live Kid Fit with Whitney](#)

[Y Live Kid Fit with Emily](#)

[Balance the Burnout: Breath work, Body and Mindfulness](#)

[Self Love Meditation](#)

[How Comfort Zone Camp Helps Campers Build Resilience](#)

[Finding Resilience Through Inner Work](#)

Coping with Grief and Loss

[Supporting Grieving Families During COVID-19](#)

[Grief During a Global Pandemic](#)

[Children Across Developmental Stages and Grief](#)

[Family Activities to Support Grieving Children](#)

[Create a Coping Box with Comfort Zone Camp](#)

Diversity, Equity, and Inclusion

[Resilient State & Federal Policies for Resilient Communities](#)

[Family Spanish Spotlight with Sidney and Santi](#)

Virtual Storytime

[Virtual Storytime: Two poems in Spanish and](#)

[English Virtual Storytime: What Do You Do with a Problem](#)

Statewide TICN Updates

- **VDSS Family First Update**

- Family First Prevention Services Act aims to keep children safe and reduce the need for foster care
- Spent \$353M on foster care and \$66M on prevention – would like to shift this and spend more money on prevention services
- Discussed our role in implementing and sustaining evidence-based services and prevention services in your community
- If you would like a copy of their powerpoint, contact Chelsea.Eickert@alexandriava.gov

- **Resilience film screenings**

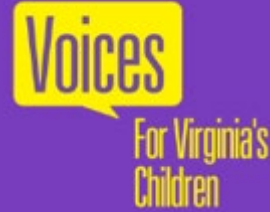
- The GRTICN can screen this film for us virtually and facilitate a post-screening discussion

- **Trauma-Informed Supervisor Training June 7-8th**

- 1-4PM each day
- [Register Here](#)




VOICES FROM
THE CAPITOL




RACIAL TRUTH
& RECONCILIATION

- **Welcome Tiffany Haynes**, Advocacy & Engagement Manager at Voices for Virginia's Children! Tiffany@vakids.org
- **RTRVA Campaign:** focuses on empowering marginalized communities and shifting toward advocacy for justice
- **RTRVA Coalition:** Committees forming – if you are interested in serving on the Executive Committee, email Chloe@vakids.org and Tiffany@vakids.org
 - Planning for RTRVA Week August 1st through August 7th
 - **Tracks:** Diversity, Equity, & Inclusion, Policy, Equity, & Data Analysis, Advocacy & Action, & Community-Centered Engagement
 - **Lenses/Themes:** COVID-19, impact on children, youth, and families, DEI, and justice



**ALEXANDRIA
TRAUMA
RESILIENCY
MAY 20 SUMMIT**

9AM-5PM
A VIRTUAL EVENT



Summit Debrief

Overall Impact

- 141 Attendees
- 52 Survey Respondents
- 104 new RAISE members!

As a result of attending this Summit:

- **98%** are more knowledgeable about trauma-informed approaches & resilience building practices
- **91%** gained new skills or tools
- **95%** are likely to apply something that they learned
- **98%** are more aware of the local efforts & resources that aim to promote resiliency
- **94%** are likely to attend one or more educational workshops over the next year

Summary of Kudos

- Very Well-Organized/Planned Event
- Excellent Presenters/Workshops with Engaging Content
- Appreciation for highlighting local efforts
- All-Around Awesome Day
- People left feeling “more empowered than ever” with what they learned
- Looking forward to using and sharing all the tools, resources, and strategies
- Loved the presenters’ passion
- Inspired future change makers



Summit Debrief

Overall Impact Quotes

"Well done!" "Overall, amazing job!"

"I would not change anything about this summit."

"The content was so engaging that you could almost forget that you were participating via computer!!"

"I am glad I was able to attend this summit. I learned so much, and I feel more empowered than ever to get even more involved at work and in my community and contribute to building community resilience."

"I will definitely be sharing what I learned with colleagues."

"Really enjoyed everything about the Summit! Really enjoyed all aspects and feel as though everything went extremely smooth!"

"The summit was an excellent conduit for gaining knowledge and tools for both professional and personal (self-care) use!"

"I am inspired to keep working for change, and I hope to participate again next year."

"It was a great opportunity! I have learned so much today and enjoyed each workshop. I am grateful for the tools, strategies, and resources that I received, and I am truly looking forward to utilizing them in my daily work and interactions with my team and my families, as well as in my personal life. Thank you all for doing such an awesome job and planning this Summit!!!!"



Summit Debrief

Opening Ceremony (9AM)

92% gave a rating of 4-5 stars

"Amazing" "Wonderful" "Inspiring" "Terrific" "Informative" Intriguing" "Very empowering"

"Everything was great!" "Dr. Ellis was awesome" "A great way to set the tone for the day."

"To me this was the highlight of the entire day." "I hope we can have similar speakers in the future"

"It made think about the racial inequality awareness work we are doing and how we can benefit from Dr. Ellis' expertise and moving forward with race equity."

"I loved what the opening ceremony presented on trauma and resiliency. I had never seen some of those graphs and illustrations and it helped to cement the concept in a totally new way that will help with my perspective of trauma work moving forward."

"Dr. Ellis' presentation was delivered in such an engaging way as to keep the audience excitedly waiting to hear more!! It inspired me to want to look deeper, go beyond the surface to the root!!"

"It was great that you considered the housekeeping items to set expectations.
Dr. Ellis' presentation really started the day off in great fashion."

"It was very grounding for the summit and the housekeeping was done well"

"Great to get us all excited about the work and the day you all planned"

"Great logics -- I am so impressed by the space created for a "zen-den"

"Wonderful presentation by Dr. Ellis and Dr. Stacey Hardy Chandler"

"Dr. Ellis increased my knowledge and elevated my hopes even more for the day."

Summit Debrief

1st Workshop (10AM)

89% gave a rating of 4-5 stars

Building Resilience through Self-Care Workshop

"I loved that the speaker made the distinction between self-care and just taking a break for basic needs." "The speaker was fantastic!" "Very helpful and some new information that I can utilize as I continue my personal and professional work towards anti-racism."

Building Trauma Informed Spaces

"I loved the practical steps and examples" "Very helpful! Tangible tips to take away" "Important topic - should be on future agendas" "She shared information that I never knew that I desperately needed to learn! I will be transforming my cubicle, my apartment and any workspace that involves clients."

Introduction to Trauma and Resilience

Excellent lived experience perspective" "I really enjoy[ed] since [Tamika] invited us to reflect"

Summit Debrief

2nd Workshop (11AM)

96% gave a rating of 4-5 stars

Alexandria's History of Racial & Social Justice

"Very informative" "Excellent!" "Fantastic" "I loved this workshop. It inspired me to want to learn more about Alexandria and its role in the slave distribution system." "Audrey Davis was fabulous as always. I could listen to her for hours. I learn so much from her and I know I still need to learn a lot more from her." "Loved this history overview."

Resiliency Toolkit for Trauma-Informed Supervision

"Great presentation, resources and conversation" "Practical information and easy to use toolkit. I liked that we could give real-time feedback to this document." "I am excited to use the toolkit that was discussed. This workshop also provided some great resources that I will be using and sharing with my team."

Building Resilience through Mindfulness

"I loved Gina's aura and her presentation did a lot for noticing tension and being aware for triggers/stressors using mood as a guide. I loved the idea of resourcing."

Summit Debrief

3rd Workshop (1PM)

87% gave a rating of 4-5 stars

Building Resilience through Stress Management

"I loved Michelle's opening activity and the physicality introduced in the session. The self-care models were excellent as it introduced two new ones to me that might better serve mine and my client's needs." "I really enjoyed the activities that were incorporated in this part of the workshop! Amazing job!"

How to Create Change:

Community Organizing for Social Justice

"Helpful" "I learned a lot" "Excited to see young people advocating in their own communities. "I am looking forward to visiting Tenant Workers United to see ways I can get involved" "I really liked hearing from someone doing great work in the community"

Institutionalizing Professional Resiliency in Human Service Organizations

"Great presenters" "Giselle did a fantastic job laying the groundwork and putting all the pieces together"

Summit Debrief

4th Workshop (2PM)

84% gave a rating of 4-5 stars

Advocating for Racial Justice through Systemic Change

"Very informative on organizing grassroots change" "The speaker and the content are both great"
"An incredibly thorough presentation and presenter" "Presentation was very educational and helpful"

Multi-System Collaboration & Change: Crossover Youth Practice Model

"Sarah Taylor did a great job explaining how a bill becomes law in Virginia. She needs to give her presentation to every Board and Commission." "Amazing work."

Secondary Traumatic Stress & Self-Care Basics

"Excellent job to the presenter!" "Really enjoyed learning more about how to incorporate different methods into the workplace and for myself as well."

Summit Debrief

5th Workshop (3PM)

88% gave a rating of 4-5 stars

Building a Plan for Advocacy

"Great suggestions." "The presenters were clearly very knowledgeable and did a great job empowering people to get involved and giving concrete ways to do that." "Nice touch having VNA advocate to compliment Sarah." "The speakers were very high energy, which I liked for an end of day session."

Elevating Youth & Family Voice

"The workshop reinforced what was covered throughout the day -- demonstrating empathy and listening to your community." "Excellent presentation!"

Work n' Well

"Great energy!" "Loved the energy!" Well organized and good examples to make her points." "I loved Grace's energy and passion. I liked the four-square matrix to check for holistic well-being." "Loved how fun the presenter was!" "Really opened my eyes to how I should really take more care of ALL aspects to myself" "Looking forward to utilizing the matrix provided on a regular basis to set wellbeing goals, review progress regularly, and make changes to continue on a path to maintaining a culture of wellness."

Summit Debrief

Closing Ceremony (4PM)

81% gave a rating of 4-5 stars

"I loved that a youth spoke"

"Odali and Ana were awesome"

"The whole day was well organized, inspiring, and so much to learn. What a success!! Thank you"

"Really enjoyed the personal reflection of the recent high school graduate - underscored the importance of the need for us to truly engage in resiliency in order to give our best to our clients"

"It was nice to hear from various people at the end. (And we ended early!)" "Keep going, keep growing, keep up the good work!!"

"I really appreciate the additional education and perspective as I'm newer to the field."

"I really liked the takeaways! Really appreciated Ana's contribution and her own story about trauma informed spaces."

"Loved the music!!!!"

Summit Debrief

things to do differently next year

Workshops

- Focus more on practical application of tools
- Make sure all sessions make a connection to trauma/resilience
- Less overlap between sessions
- Offer more advanced content in the afternoon

Closing Ceremony

- Could have been more inspiring/engaging
- Some prefer to reflect individually and not as a group

Overall

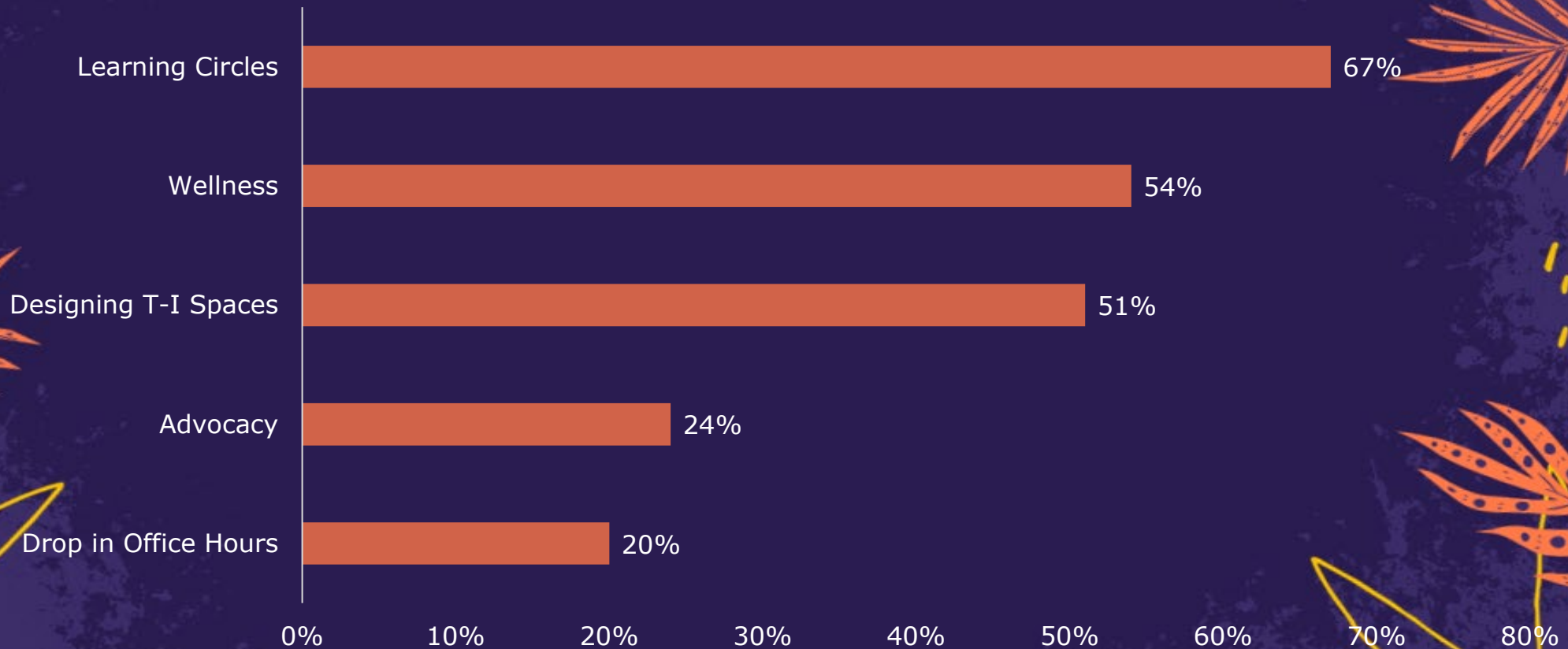
- Host the Summit in person to avoid tech issues
- Offer the workshops over multiple, shorter days
- Longer breaks in between sessions
- Offer giveaways/raffles

Summit Debrief – *Ongoing Engagement Ideas*

- **Drop-in Office, Hours with one of the Presenters**
 - Receive coaching from an expert!
- **Learning Circles**
 - Continue to learn, grow, and share your skills in trauma-informed approaches, advancing equity, and building resiliency with a cohort of trauma champions. Possible topic-based cohorts include trauma-informed organizations or schools, advocating for trauma-informed and anti-racist policies and practices secondary trauma and self-care, etc.
- **Designing Trauma-Informed Organizations**
 - Receive technical support as you design a plan for becoming a more trauma-informed workplace
- **Advocacy**
 - Learn how to work with Alexandria' new City Council
 -
- **Wellness Circles**
 - Ongoing support to reinforce self-care
- **Other** - share your ideas for activities you would like offered!
 - Present in the Ethiopian/Eritrean community with similar topics

Summit Debrief – *Future Engagement*

What types of post-Summit activities would you be interested in participating in to continue your growth and resilience?



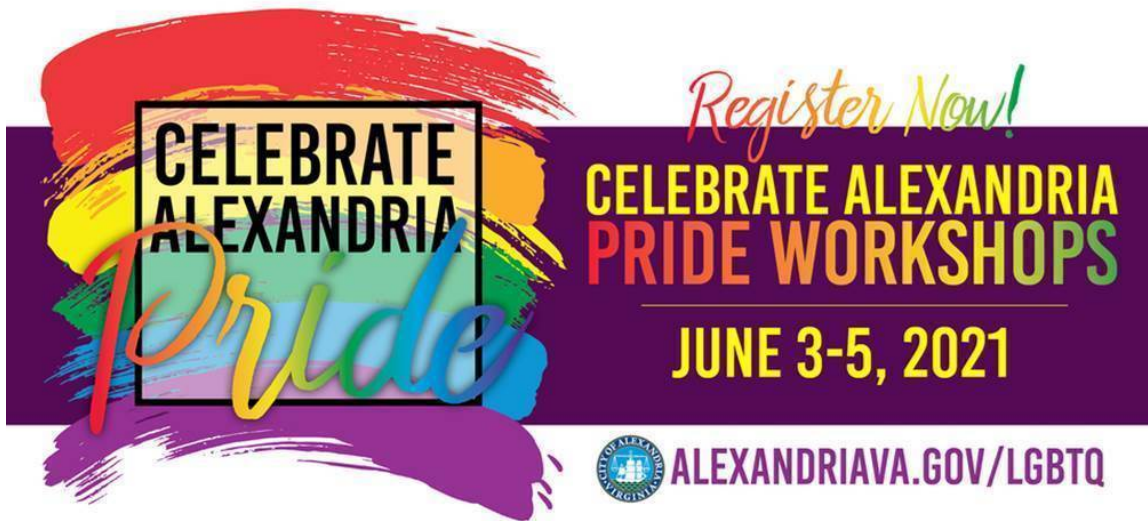
Post-Summit Planning

Summit 2021

Summit 2022



Announcements



Virtual Workshops for the LGBTQ+ Community, Friends and Loved Ones, & Service Providers

Register Now at alexandriava.gov/LGBTQ and please spread the word to friends, family, and colleagues!

June is Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month, and the Alexandria LGBTQ Task Force and Alexandria Library invite you to register for Celebrate Alexandria Pride Workshops being offered online June 3-5. Also check out the Progress Pride flags that will fly in June around Alexandria City Hall!

Twelve workshops will be offered over three days. Some workshops are creative and some are educational, but they ALL celebrate the resiliency and beauty of the LGBTQ+ community in Alexandria!

More information at alexandriava.gov/LGBTQ