



2024 Annual Report

Prepared by

Kelly Hogan
Christina Lennon

Contributors

Jill Alexander
Janet Walden



TABLE OF CONTENTS

About the Resilient Georgia Regional Grants	3
A Look at Region 2	4
Meet our Leadership Team	5
Our Community Partnerships	6
RNG DEI / JEDI Statement	9
Message from Wellroot President	10
Our Impact	11
A Look Back	16
Our Progress	17
Spotlight	35
Financials	37
Accomplishing Events	38
Appendix	39

About the Resilient Georgia Regional Grants

[Resilient Georgia](#) has been working with 16 regions across Georgia to provide an emphasis on trauma-informed awareness and care, Adverse Childhood Experiences (ACEs), and child sexual abuse prevention training as a basis to transform systems and procedures across both public and private sectors.

- Resilient Georgia serves as a supportive and guiding resource during each region's planning and implementation process.
- Regional action plans each address the behavioral health needs of individuals birth to 26 years and families in the community and surrounding counties using the Collective Impact framework (a diverse, robust, and well-planned public-private partnership).
- Trauma-informed care, ACEs, and child sexual abuse prevention are the basis for systemic changes in each community. Each region has identified how one or more of these content areas are delivered to diverse community members through formal training, education, marketing, and communications.
- Round 1 grants were awarded in November 2019 to regional coalitions based out of Athens, Augusta, Macon, Savannah, and surrounding areas. Round 2 grants were awarded in July 2020 to regional coalitions based out of Albany, Columbus, Rome, Thomasville, and surrounding areas. Round 3 grants were awarded in March 2021 to regional coalitions based out of Clayton, Cobb, Gwinnett, Valdosta, and surrounding areas. Round 4 funding was awarded in December 2021 to regional coalitions based out of Atlanta, Brunswick, Gainesville, Waycross, and the surrounding areas.

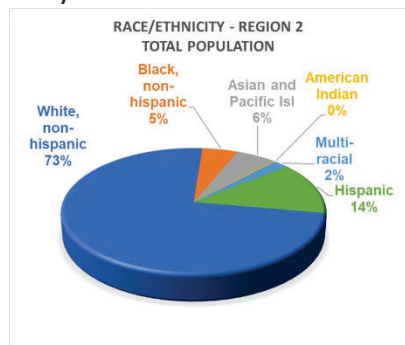
Coalition Mission

In Region 2, Resilient North Georgia (RNG) aims to use evidence-based practices and program development to bolster efforts to keep children out of the foster system, prevent trauma, advocate for prevention, and foster a resilient North Georgia community. Building a collaborative community, RNG builds bridges between public and private partners, offering training across 13 counties: Banks, Dawson, Franklin, Forsyth, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, and White.

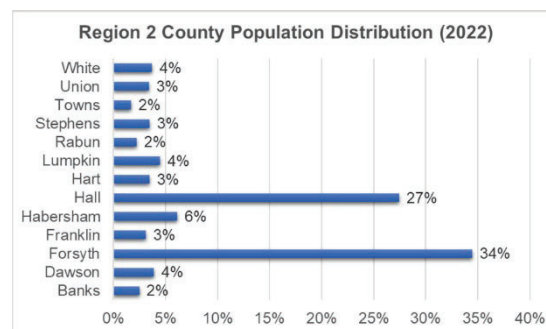
These training programs create an integrated behavioral health network of services and resources for Georgia's children and families. To learn more about training in parenting (Triple P), mental wellness skills (Community Resiliency Model), building caring connections (Connections Matter), and positive youth development skills (Reaching Teens) below, visit our website to learn more at <https://wellroot.org/our-programs/resilient/>.

A Look at Region 2

Region 2 has an estimated 774,842 residents. Of these, 23.8% are children under the age of 18. The racial and ethnic breakdown is shown below. The population is concentrated in two counties, Hall, and Forsyth. A breakdown of all county population is shown below.



Family Connections Region 2 data powered by Kids Count shows that children and families' wellbeing indexes are similar to state averages. However, when you look at the data county by county the story changes.



For example, seven of the thirteen counties have 20% or more of their children living in poverty. Ten of the counties have rates of abuse greater than the state average.

County	Families with children with annual incomes less than 150% of the federal poverty threshold % (2016-2020)	Children with a substantiated incident of neglect or abuse Total/ Per 1000 2020	Truancy Children absent more than 15 days from school 2021	Children living in poverty (100 percent poverty) (%) 2022	Teen Births 2022 data (15-19 at time of birth) 2022	Mental Health provider ratio 2022
Banks	27.4%	26/6.4	22.0%	17%	24.0	n/a
Dawson	17.9%	53/9.8	17.1%	13%	22	904 to 1
Forsyth	7.4%	64/1.0	11.5%	4%	5	1484 to 1
Franklin	34.2%	15/2.9	36.5%	16%	35	1383 to 1
Habersham	20.2%	41/4.0	9.3%	11%	27	2302 to 1
Hall	28.3%	205/4.1	17.8%	20%	29	1059 to 1
Hart	34.1%	16/3.0	15.7%	22%	31	3301 to 1
Lumpkin	22.3%	38/6.2	13.6%	16%	10	1103 to 1
Rabun	40.9%	33/11.6	11.5%	23%	27	720 to 1
Stephens	21.1%	46/7.8	23.1%	23%	33	1135 to 1
Towns	23.8%	6/3.6	15.3%	23%	14	3062 to 1
Union	39.3%	20/5.3	7.9%	21%	20	1208 to 1
White	21.6%	26/4.2	15.4%	20%	21	1296 to 1
State of Georgia	26.8%	9020/3.6	19.9%	20.0%	23	637 to 1

Data sources: County Health Rankings & Roadmaps <https://www.countyhealthrankings.org/explore-health-rankings/county-health-rankings-measures>; Well-Being Indicators (gafcp.org), <https://datacenter.aecf.org/>

MEET *our* TEAM



Christina Lennon

Chief Strategy &
Innovation Officer



Kelly Hogan

Community
Partnership &
Training Manager



Jill Alexander

Family Preservation
Program
Coordinator



Janet Walden

Consultant



Toni Brown

Family
Connections
Director Region 2



Kyndra Cohen

Hall County
Family
Connections
Director



Annaliza Thomas

Consultant



Erika Kaufman

Director of
Performance &
Quality
Improvement

Our Community Partnerships

Resilient North Georgia has had to not only build trusting relationships with community partners within the organizations that we work with but also with leaders that can approve and mandate systemic change through the counties we serve. Currently, RNG hosts Triple P Level 4 in direct partnership with Hall and Dawson County Juvenile Court System and White County and Lumpkin Juvenile Court. This process required approval by each circuit’s judges. In Hall County, Chief Judge Allison W. Toller, Judge Joe R. Diaz, Judge Amber R. Sowers, and Judge Matthew G. Leipold agreed that to make the program more effective for parents, the program must be mandated in a court order. In Lumpkin County, Judge Jeremy Clough also agreed on mandating Triple P as a part of a court order for cases in Juvenile court. RNG plans to continue building these same partnerships with each Juvenile Court program in Region 2. Resilient North Georgia is currently working to build relationships in the rural areas of north Georgia, specifically Rabun, Habersham, Stephens, White, Banks, and Franklin County. We set a goal to expand our training courses to rural communities with at least 300 youth serving professionals. Currently, we have trainings scheduled beginning this summer in Habersham and Stephens Counties. These trainings include Triple P Level 4 as well as Connections Matter. Creating awareness in the rural areas of North Georgia is one of our primary goals this year.

We have 45 current Community Partners

Public Sector Partners

- Criminal Justice Coordinating Council – Jay Neal, Executive Director
- DBHDD- MATCH Committee, Heather Stanley
- Department of Family and Children Services– Heather Easterwood, Social Services Administrator
- Gainesville Housing Authority – Griselda Saucedo, Resident Services Coordinator
- Hall County Juvenile Court – Allison Toler, Chief Juvenile Judge
- Jackson EMC – Kenny Lumpkin, Board of Directors
- Ninth District Opportunity – Ingrid Taimal,
- Northeast Georgia Medical Center

Private Sector Partners

- The Council of Juvenile Court Judges – Jessica Pennington, Statewide Director of CHINS
- In The Loop Consulting, Martha Kent, Founder
- White County Juvenile Court – Jordan Cooper, Probation Officer Manager

Community Partners

Family Connections Networks

- Dawson County -Rebecca Bliss, Director
- Forsyth County – Sarah Pedarre, Director
- Franklin County – Susan Harris, Director
- Habersham County – Donna Barrett, Director
- Hall County – Kyndra Cohen, Director
- Lumpkin County – Brigette Barker, Director
- Stephens County – Kelly O’Shields, Director
- Towns County – Amy Rosser, Director
- Union County – Katy Jones, Director
- White County – Mark Griffin, Director

Academic Partners

- Amana School – Ehab Jaleel, CEO
- Brenau University - Sahara Outler, Assistant Director of Alumni Engagement
- Emory University, Rollins School of Public Health, Fizza Sattar, Research Assistant
- Forsyth County Schools – Michelle Dugan, Assistant Principal

- Gainesville City Schools – Nosleivys Falcon, Hub Director
- Georgia State University - Natasha De Veause Brown, PhD, MPH
- Georgia Health Policy Center (GHPC), Population and Global Health
- Gwinnett County Give West Alternative School – Alexandra Thomas
- Hall County School System – Jacklyn Crow, School Social Worker
- Lumpkin County School System – Kerri Whitmire, Assistant Superintendent
- University of Georgia – Jennifer Elkins, MSW Director
- University of North Georgia – Sabrina Wall, Benefits Specialist, Well-Being Liaison, TAP Coordinator

Non-Profit Partners

- Centerpoint – Elaine Hortman, Mentor Coordinator
- Conference of the North Georgia United Methodist Church
- Dawson Hall CASA- Christie Ledlow-Hodges, Associate Director
- Family Resource Center of Northeast Georgia, Lynda Johnson, CEO
- Forsyth Family Promise – Tina Huck, Director
- Gainesville First United Methodist
- Gateway Domestic Violence Center – Jessica Butler, Director
- Georgia Center for Child Advocacy – Nikki Berger, Prevention Program Manager
- Georgia Highlands Medical Center – Todd Shifflet, CEO
- Georgia Partnership for Excellence in Education, Kathleen Da Silva, Regional Engagement Manager
- The Hub of Habersham – Todd Wolfe, Director
- The Place of Hope, Rabun – Elizabeth Adams, Director
- United Way of Hall County, Teigha Snowden, Director of Advocacy

Our partnerships continue to grow not only in number but in distance. This year RNG is working to develop more partnerships in the northern counties of our region. We have developed strong partnerships in Hall, Forsyth, Lumpkin, and Dawson Counties and are working toward increasing partnerships in Rabun, Habersham, Stephens, White, Banks, and Franklin Counties. We are doing this utilizing a variety of monthly collaborative meetings, community events, and individualized meetings with new stakeholders. RNG currently attends all collaborative meetings in each of these counties in efforts to build relationships and trust with the goal of developing new partnerships.

Meet Our Key Partners



Thank you!

RNG DEI/JEDI Statement

RNG Follows Wellroot Family Services DEI statement in practice. This statement was created in 2024 with input from Board and staff.

Wellroot believes ALL children are precious and families come in all shapes and sizes. We believe in the strengths of our differences, both seen and unseen. Our diverse staff, volunteers, and clients work side by side to shape programs and change systems that ensure each child, young adult, and caregivers can reach their fullest potential with dignity. We recognize to reach this goal Wellroot must be a place where everyone feels safe, respected, heard, and valued. That starts with how we lead, with humility, curiosity, and radical inclusivity.

RNG has also adopted the language Wellroot Family Services included in their most recent draft strategic plan.

DEI will serve as a core value of the organization.

- a. Wellroot will define DEI for the organization.
- b. Employees will operate from a lens of DEI.
- c. Wellroot will share its vision for a diverse workforce, leadership team, and board.
- d. Wellroot will identify key representation strategies to advance inclusion.
- e. All team members will practice trust as a core value.

To date RNG has worked to ensure all trainings are culturally competent. We also offer trainings in both Spanish and English for Triple P Level 4, and Community Resiliency Model. All class Triple P materials are provided in Spanish, and we have recruited a second bilingual trainer who will pilot virtual Spanish classes.

Message from Wellroot President and CEO

“We are proud to lead the collaborative work to create a radically resilient community in Region 2. This year, we are excited to share our progress in developing and implementing a new training series for youth-serving professionals and families.



With the endorsement and support of Dr. Ken Ginsburg, author of the Reaching Teens curriculum for the American Academy of Pediatrics, Wellroot has developed a training series that equips youth-serving professionals to address various behavioral risks and mental health issues from a strength-based perspective. Drawing from the rich content of Reaching Teens, the training integrates a trauma-sensitive model and reflects Dr. Ginsburg’s expertise in promoting positive youth development.

We believe that this new powerful tool will help our collaborative create trauma informed communities that surround and support youth with a better understanding of trauma, behavioral challenges, and Adverse Childhood Experiences (ACEs), while learning to increase resiliency and overcome stress, increasing positive health outcomes in our communities. We see momentum in our region and evidence that the collaborative work we are building is shifting everyday interactions, culture in organizations and community systems.

- Allison Ashe, President & CEO, Wellroot Family Services

Coalition Impact

RNG’s goals are aligned with, and supportive of the 5-pronged approach outlined in the [Resilient Georgia Strategic Map](#).

- Promote coordinated, trauma-informed practices
- Advance workforce
- Build awareness and a common language around adversity and resilience
- Advocate for policy and system change
- Expand Equitable Access

Since its inception, RNG has developed 45 partnerships and built the infrastructure to lead training on ACEs education, trauma-informed awareness, resiliency, and parenting/caregiver support. Our goal is to increase community understanding, prevention, and mitigation of the adverse consequences of childhood trauma. Our work continued to mirror the work we completed in Y1 in Hall County but expanded to the surrounding counties of Region 2.

Resilient Georgia’s Trauma Informed Training Roadmap is an extremely helpful tool for community members to understand the purpose and mission of Resilient Georgia. The coalition uses the roadmap to educate the community about the purpose of the training and the impact it can have on a child’s life and well-being. The roadmap provides easy-to-understand information about ACEs Prevention and Trauma-Informed care.

Wellroot Family Services has served the children, families, and communities of North Georgia for more than 150 years. At our core, Wellroot Family Services is driven by a belief that every family has the potential to thrive, an understanding that too many face obstacles making that almost impossible, and our commitment to make it easier for them to get through difficult situations. Wellroot helps children and families with open eyes, knowing that our societal structures and systems can put people in difficult situations. Thanks to Resilient Georgia, we have been able to provide substantial support to these families.

This year, our coalition, Resilient North Georgia has been able to provide over 100 families with parenting skills through our evidence-based program, Positive Parenting Program (Triple P) which provided positive, life changing impact to over 300 children in the North Georgia area. Through completion of this program, parents were able to significantly decrease their over reactions, lax and hostile tendencies. We saw between a 30% and 40% decrease in these key areas from the time they started the 8-week program until they completed.

As a part of our greater impact, RNG also provided a wide range of professional training to leaders, community members, families, faculty, and staff in Y3. These trainings include Community Resiliency Model®, Connections Matter, Reaching Teens, Mental Health First Aid for Youth and Adults, and Mindful Self Compassion. These trainings were offered not only in Region 2, but all across the state of Georgia. CRM® was offered on six different occasions throughout the year and 177 were trained on the impact of trauma and chronic stress and how resiliency can be restored or increased. Connections Matter was offered on seven different occasions, with 75

trained. Connections Matter training improves resiliency, prevents childhood trauma, and shows how our interactions with others can support those who have experienced trauma. Reaching Teens sessions were offered 83 times with over 941 trained in communication strategies to effectively engage with today's teenagers. **Overall, in Y3, RNG held over 69 individual trainings, training 1,333 individuals in 69 counties within Georgia. RNG continues to extend our reach to all counties in Northeast Georgia while also making a greater impact all throughout the state.**

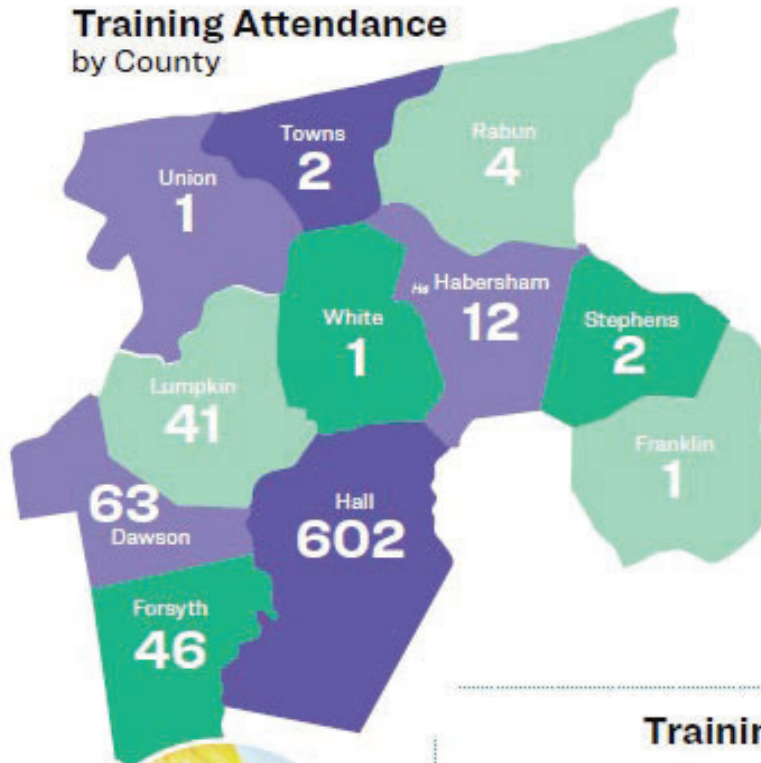
FISCAL YEAR 2024 AT A GLANCE



TRAINING Overview



Training Attendance by County



Forsyth	46
Dawson	63
Lumpkin	41
White	1
Habersham	12
Stephens	2
Hall	602
Franklin	1
Union	1
Towns	2
Rabun	4
TOTAL	1,333

of People Trained

1,333

Total number of people trained

Connections Matter	75
Community Resiliency Model	177
Reaching Teens	941
Triple P	140

Training Events by Type

7

Connections Matter

6

Community Resiliency Model

15

Triple P

83

Reaching Teens

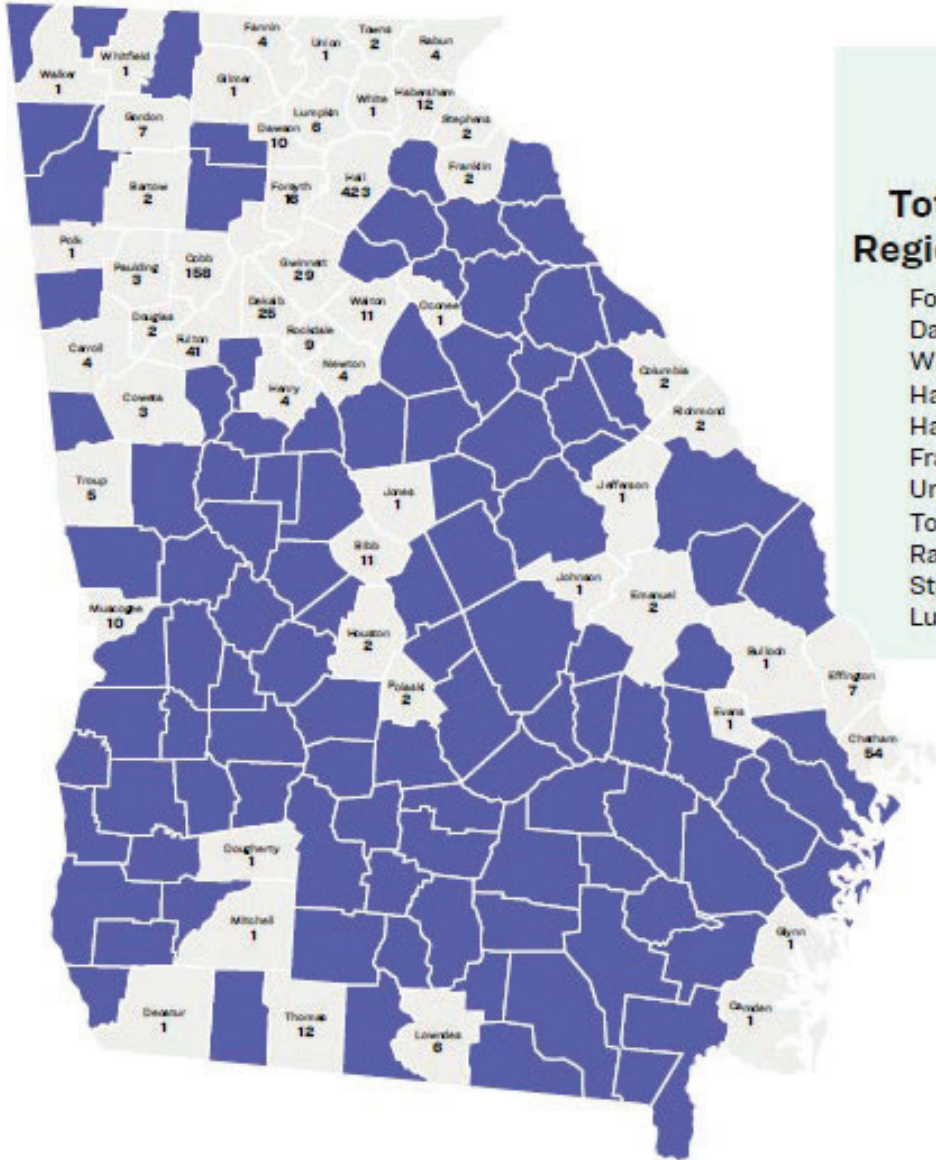
111

TOTAL TRAINING EVENTS

300

TOTAL TRAINING HOURS

Reaching Teens Training Overview



478

Total Trained in Region 2 by County

Forsyth	16
Dawson	10
White	1
Habersham	12
Hall	423
Franklin	1
Union	1
Towns	2
Rabun	4
Stephens	2
Lumpkin	6

941
Total number of people trained

41
Total number of trainings

83
Total Training Hours

A Look Back.....

Overview


In Y1 and Y2, RNG developed 38 partnerships and built the infrastructure to lead trainings on ACEs education, trauma informed awareness, resiliency, and parenting/caregiver supports. Our work continued to mirror work we completed in Y1 in Hall County but expanded to surrounding counties of Region 2.

In Y2, RNG trained 1,063 individuals in 13 counties across Region 2. Our impact extended substantially by attending 47 community events and two national events in Florida and Colorado.

Key Findings


- RNG is a new organization in some of these communities and even though our approach is collaborative, we have been met with resistance or distrust, especially in smaller communities where we are seen as “outsiders.”
- RNG has found that much of this work happens within large systems such as DFCS, school districts, and healthcare systems. By nature, breaking into these systems to build trust and connections is time-intensive and moves more slowly than even they would like. These large systems are exactly where big impact can be made.

Goals and Objectives Met



Prevention & Intervention

RNG trained 191 Parents in the intensive Level 4 Positive Parenting Program during year 1 and 2. We estimate a positive impact on over 600 children.



Education & Training

In year 1 and 2, RNG trained 2,461 individuals in ACE's and trauma through our educational course menu.



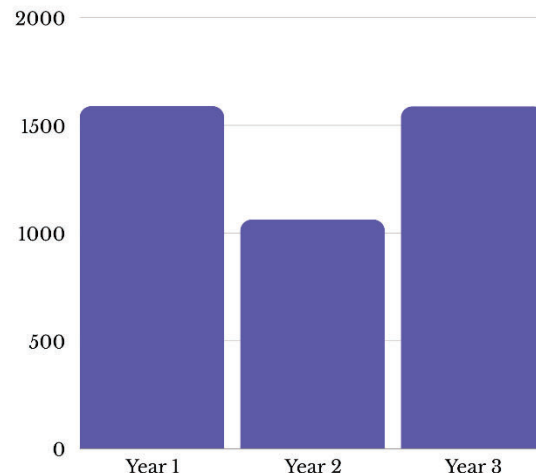
Advocacy & Policy

Since year 1, RNG has attended over 75 events directly involving advocating for change in policy.

Initiatives by Year

Initiative	Characteristics	Partnership Building
Year 1	Assess community need. Lead conversations. Build infrastructure.	37 partnerships built.
Year 2	Prevention & education programs identified and implemented.	38 partnerships built.
Year 3	Training programs fully established. Policy change education focus.	45 partnerships built.

Training #'s by Year



Our Progress

2023 & 2024 Goals

Over the last 2 years, RNG has made significant progress in our steps to provide prevention, intervention, education and advocacy to Northeast Georgia. Below, you will see where we are at in each phase of our strategic goals.

PREVENTION & INTERVENTION

- Expand Triple P L4 to 10 counties over the next 2 years & serve 356 families > On target
- Promote Handle with Care in every county of region 2 > Not started
- Assess the need for family resource centers in the region > Assessment complete; plans underway
- NEW - Pursue infant court pilot site > In progress
- NEW - Assess ability to pilot Georgia's first preventative legal advocacy program > In progress

EDUCATION & TRAINING OPPORTUNITIES

- Expand holistic model with Juvenile Courts into 2 new counties > In process
- Expand Hall County partnership to include first responders > In process
- Lead collaborative advocacy to reform the state process to become a Medicaid provider > In process
- Train 500 students over the next 2 years in CRM and ACEs Education > Not started

ADVOCACY OR POLICY STRENGTHENING ACTIVITIES

- Expand Reaching Teens from 5 to 10 organizations; Train 700 professionals > Target Exceeded
- Create Reaching Teens organizational assessment & curriculum > Complete
- Host Mental & Behavioral Health Day of 2024 > Complete
- Expand CRM trainings to northern counties; hold 30 trainings; Train 300 > In progress
- Connections Matter trainings & Mental Health First Aid trainings upon request > On target
- Attend 12 to 15 community events annually > On target
- NEW - Regional Reaching Teens Summit > On target (scheduled January 2025)

- | | |
|-------------------------------------|---------------------------------------|
| <input checked="" type="checkbox"/> | On Target / Complete |
| <input checked="" type="checkbox"/> | In Process / Initiated but incomplete |
| <input checked="" type="checkbox"/> | Incomplete |
| <input checked="" type="checkbox"/> | Not started |

Prevention/Intervention

Triple P, Positive Parenting Program

- *Training Description:* Triple P (Positive Parenting Program) is an evidenced-based parenting intervention that works to increase the knowledge, skills, and confidence of parents while also reducing the prevalence of emotional, and behavioral problems in children and adolescents. Triple P's body of evidence is the most extensive of any parenting program.
- *Accomplishments:* From our research, we know parenting support continues to be one of the predominant needs in our region of 13 counties, so we continue to offer Triple P Level 4 in these areas. This year, we did not offer many Triple P Level 3 classes but instead amped up our Level 4 program. RNG has maintained and developed new partnerships with over 15 different organizations to facilitate the Positive Parenting Program for parents in over six counties.



One of the most valued partnerships developed is the Ninth District Opportunity (NDO), which includes the Head Start childcare programs in four counties. See more details on this partnership in the section titled *Innovative Partnerships*.

- Triple P Level 4 is a group-based parenting intervention. The triple P Level 4 group is for parents who are interested in promoting their child's development or who are concerned about their child's behavioural

HABIT	W	T	B	S	S	
Brush teeth 2 times a day	X	X	X	X	X	2
Water intake	✓	✓	✓	✓	✓	5
Woke bed after waking up	X	✓	✓	X	X	2
Read 20 mins	X	X	X	X	X	0
Food of how many habits did	1	2	3 1/2	1 1/2	1 1/2	4

Behavior Chart created by parent during Sumer Triple P Cohort for Teens

— “ —

“It was great material with a fabulous instructor!”

-Anonymous Parent Graduate

— ” —

problems. Group sessions typically focus on topics such as positive parenting, helping children develop, managing misbehavior, and planning. Parents attend four weekly classes that build on the previous class, then receive three weeks of personal coaching as they implement best practices at home. The parent cohort comes back together for one last session to share learnings. These classes are a sizeable commitment, and parents are typically mandated to attend.

- Data:* In 2023/2024, RNG tracked data through the Triple P America Portal called ASRA. Parenting Scales were given to each parent during the first class and again at the final class. These scales reflect parent reactions to child/youth behavior in the home – categorized into three measures – over-reactivity, laxness, and hostility. Over reactivity factors consists of ten items reflecting mistakes such as displays of anger, meanness, and irritability. The laxness factor includes eleven items related to permissive discipline. These items describe ways in which a parent gives in, allows rules to go unenforced, or provides positive consequences for misbehavior. Hostility includes the use of physical or verbal force. Through these indicators, we have been able to determine that on a consistent basis, over reactivity, laxness, and hostility in parents significantly decreases upon completion of the program. There is an average decrease in these factors of 30%.

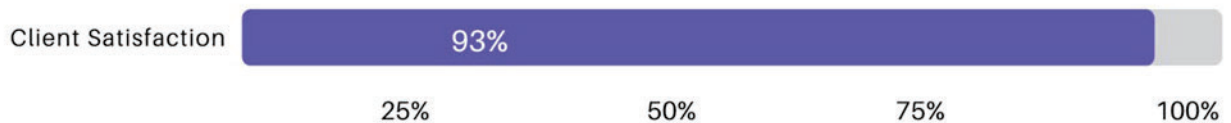
Parenting Skills Improvement

Is parenting improving in the home?



Parent Satisfaction

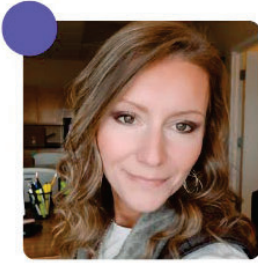
How happy were parents with the program?



Client Satisfaction was also assessed for every cohort. A maximum total score of 91 and a minimum total score of 13 are possible, with higher scores indicating greater program satisfaction. This year, 93% of all parents that completed the Triple P Level 4 program in both English and Spanish, were highly satisfied with the course.

our parents and partners that speak Spanish only. This flyer will not only provide information about the program but can be shared with all organizations that work with the Latino communities in their area.

MEET *our* TEAM



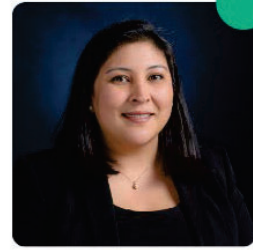
Kelly Hogan
Triple P Program
Manager



Kelly Hogan
Lead English
Triple P
Instructor



Elizabeth Oropeza
Lead Spanish
Triple P
Instructor



Annaliza Thomas
English Triple P
Instructor



Liza Cuevas
Spanish Triple P
Instructor



SarTaj Bush
English Triple P
Instructor

Introduction to our First Ever Virtual English Teen Triple P

This quarter, we introduced our very first virtual Triple P Level 4 class for parents with teens that speak English. We have recognized that there are transportation barriers and childcare barriers for many of the parents we work with. Virtual classes help mitigate these concerns for our families, giving them the opportunity to gain parenting skills without the stress off finding transportation and child

Family Resource Centers Regional Need

- Over the past year, Wellroot has completed a needs assessment including a review of the United Way of Hall County Community Game Plan; the Northeast Georgia Community Needs Assessment developed by Jackson EMC Foundation and the Wellbeing Project; and the Northeast Georgia Medical Center’s Community Health Needs Assessment. In addition, interviews were conducted with community stakeholders including representatives from the Hall County Division of Family and Children Services, Hall County Juvenile Court, Hall County and Gainesville City schools, the Community Service Center, Good News Clinics, Hall-Dawson CASA, Brenau University, Gateway Domestic Violence Center, Thrive Together, Newtown Florist Club, Georgia Legal Services Program, Family Law Information Center, City of Gainesville, Hall County Government and faith communities.
- Both the data and conversations with key stakeholders revealed five underlying concerning themes for North Georgia that need prioritization: 1) access to mental and behavioral health services; 2) truancy; 3) child abuse and neglect; 4) education; and 5) financial stability. As we drilled down in conversation, it became clear that families need help navigating complex systems – Juvenile Court, DFCS, immigration, health, benefits, housing, childcare, and family law. Language and cultural competencies are vital, as well as a trauma-informed approach when working with families. The need for a Family Resource Center in our community was evident, as were two programs needed to anchor this effort – Preventive Legal Advocacy (PLA) and the THRIVE Infant-Toddler Court Program.
- PLA is a strategically targeted effort to support families and promote social determinants of health by addressing upstream legal and practical issues that, if left unresolved, can result in unnecessary child welfare involvement. This multi-disciplinary model provides holistic advocacy including an **Attorney**, who provides legal counsel to the clients, as well as limited legal services, when appropriate; a **Social Worker** who prepares assessments and safety plans, builds the client’s self-advocacy skills, provides referrals, case management, and system navigation; and a **Parent Partner**, who brings personal experience and grounding in the community to provide support and intimate understanding of what the parents are going through. The **benefits** of early family advocacy include keeping families intact by preventing unnecessary separation, ensuring due process rights for families, reducing overrepresentation of families of color in the child welfare system, avoiding adversarial legal proceedings, and decreasing costs across the board.
- The Infant-Toddler Court Program (ITCP) improves the health, safety, well-being, and development of infants, toddlers, and families in the child welfare system, including those who have experienced or are at risk for significant maltreatment. ITCP has a separate court docket and the judge holds hearings at more frequent intervals than a

traditional dependency court. ITCP hearings typically occur every 30-45 days and have a less adversarial, more collaborative tone. Family Team meetings occur monthly.

- The program addresses gaps in evidence-based practice and systems coordination by using two-generation, trauma-informed interventions that simultaneously address the needs of parents and children and mitigate the transmission of multigenerational trauma. This work is led by the **community coordinator**, who works directly with each family to connect them to resources and needed services. The community coordinator also convenes local ‘Active Community Meetings’ which consists of community partners including parents and community members with lived experiences in the child welfare system, resource caregivers, parent advocacy organizations, community-based organizations, service providers, and other key stakeholders to collaborate on efforts to improve access to comprehensive prevention, early intervention, and therapeutic services and support for all families with young children. This work is also supported by a **certified peer specialist** who works with each family to provide peer support and assistance with identifying community resources. The ITCP uses the **Safe Babies approach** reframing the narrative of the child welfare system from individual parent responsibility to a shared responsibility to build coordinated and equitable social conditions.

Training

Reaching Teens

Reaching Teens provides communication strategies to effectively engage with today’s teenagers. As part of a culture change movement, it aims to shift how we view, interact with, and support young people by flipping the frame and advancing a strength-based perspective. Reaching Teens helps youth-serving professionals apply the principles found in these four theoretical frameworks: Positive Youth Development, Strength-Based Language, Restorative Practices, and Trauma-Sensitive Practices. It is an evidence-based model published by the American Academy of Pediatrics. Reaching Teens helps us be the adults youth deserve in their lives!



Reaching Teens Model Development

RNG began the work of taking this publication and creating series of trainings and organizational implementation model. In the last year we have tested a series of curriculum within five organizations while also completing academic research and exploring an assessment tool for individuals and organizations.

We have also been working on the National level with the American Academy of Pediatrics and the author, Ken Ginsburg, MD. They have recognized Resilient North Georgia as being the leader nationally in implementation of this work and have asked us to share best practices with other sites around the country. Allison Ashe and Christina Lennon traveled to Philadelphia to further the partnership and discuss intellectual property rights as we move forward. These conversations informed our work and will be ongoing. We also met with the University of Pittsburgh who has an interest in an evidence-based study. This visit resulted in Dr. Ginsburg agreeing to record new videos for our training series and coming to Georgia in January 2025 for a regional Reaching Teens Summit.



Dr. Ken Ginsburg, Author of Reaching Teens

To share the content more broadly and in response to a request by Juvenile Courts, a one-day virtual training was created and is now given monthly. The flyer (*see Appendix B*) has been

shared to hundreds of partners and we are getting interest from all over the state. RNG offers the training at no cost and secured CEU's through the Georgia Society for Clinical Social Work, having a positive impact on attendance. All four sessions provide a total of six CEU credit hours making each session worth 1.5 CEU credit hours if attendees break up the training. To ensure we are ready to meet the demand for training we had our first "train the trainer" event on May 7, 2024, increasing our trainers from two to six.

A key strategy for promoting the model is to present it at conferences. This year we presented National United Methodist Association Conference in Greenville, South Carolina on May 1, 2024. Resilient North Georgia will also present at the 2024 Summit: Georgia's Child Welfare Conference in December and the Georgia Conference on Children & Families 2024. Reaching Teens has also been included in the catalog of trainings Amerigroup promotes. The Child Welfare Training Institute also promotes Reaching Teens training and focused on Reaching Teens in a recent Knowledge to Action event.

We also provide in-person trainings series at five organizations including Hall & Dawson CASA, Hall DJJ, Give West Alternative School, CenterPoint Counseling Center, and Amana Academy.. In Reaching Teens, we have trained 1,328 youth-serving professionals. Each training is evaluated, see some of the highlights below:

Looking Forward:

Virtual training will continue each month and we will continue to pursue opportunities to offer more in-depth training series at organizations throughout the area. We expect to increase the number of people in trainings by 30% in the next year.

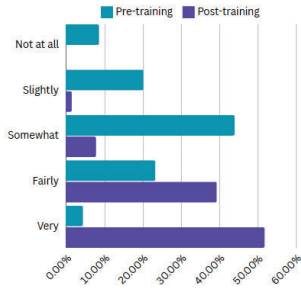
On January 30, 2025, we will hold the Reaching Teens Summit at Wesley Hall in North Gwinnett. We chose this location because of its convenience for people in North Georgia and Metro Atlanta to attend. The Hall can seat up to 800 and has been given as an in-kind partnership from the North Georgia Methodist Conference. Dr. Ginsburg will attend and is greatly reducing his fee as well. In addition to hearing from the creator of Reaching Teens we will have practitioner roundtables to share implementation strategies.

Also in January, we will be filming high-quality Reaching Teens segments with the creator, and other experts to be used in virtual trainings and on social media outlets. We know putting Reaching Teens skills into practice takes time. Resilient North Georgia has put into place some tools to share knowledge but want to build these out over the next year. We have a Facebook group and will begin to send out a monthly newsletter with practical tools and skills.

Evaluation:

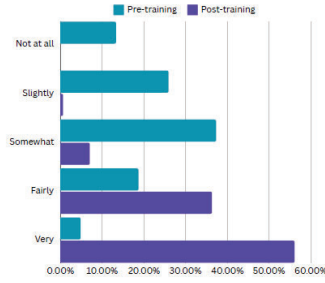
See a few examples of evaluation questions from Reaching Teens virtual trainings, sample size 172. All results can be seen at Appendix C.

My confidence level using radical calmness to co-regulate a young person is:



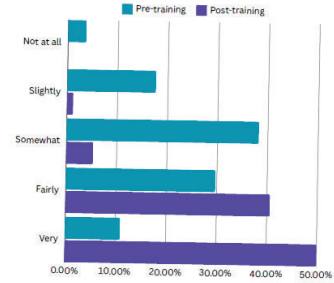
Increase of 49% in average score from pre- to post-training

My confidence level "reframing labeled youth" is:



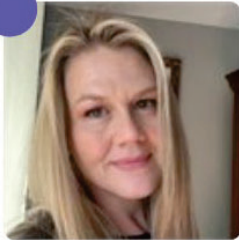
Increase of 62% in average score from pre- to post-training

My confidence level using "strength-based language" is:



Increase of 36% in average score from pre- to post-training

MEET *our* TEAM



Jill Alexander
Reaching Teens
Coordinator



Jenny Pavegio
Reaching Teens
Instructor



Annaliza Thomas
Reaching Teens
Instructor



Jessica Douglas
Reaching Teens
Instructor



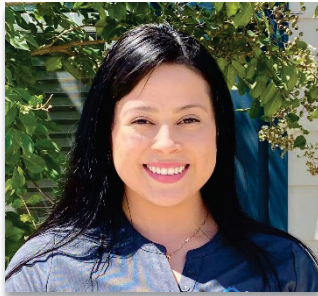
Robyn Smith
Reaching Teens
Instructor

Academic Partnerships

In May 2024, RNG and Brenau entered into a partnership agreement for a series of training courses for their faculty and staff over the next year. This was done through a series of both virtual and in-person training courses. Training sessions were initiated with our Connections Matter training and continued once per month over each month in the summer. These trainings included faculty, staff, and students. RNG provided these trainings to the university in hopes to bring more awareness on ACEs and the power of connection and relationships on the brain. RNG's goal in this partnership was to create a system of training requirements on ACE's and trauma for students and staff within the university on a consistent and ongoing basis.

CRM®, Community Resiliency Model

- **Training Description:** CRM® is a simple set of mental wellness skills that can be readily learned and practiced, enhancing the ability to withstand stress. In CRM® trainings, participants learn to understand the biology of their reactions to stress and trauma; they learn skills to track sensations connected to their wellbeing or resilience. CRM® has been shown to help relieve stress and anxiety across a wide range of populations including children, first responders, educators, and community aid workers.



Griselda Saucedo, Spanish CRM® Instructor

- **Accomplishments:** The Community Resiliency Model® training team facilitated over six training events for 177 individuals. RNG has trained teachers, social workers, political partners, advocates, mental health clinicians, parents, and families. This year, we have also successfully hired a new teacher of CRM® that will hold trainings all over the North Georgia Area, in Spanish. We are pleased to have Griselda Saucedo on our team!

Introduction to our First Spanish Speaking Community Resiliency Model® Training

Our first scheduled Spanish CRM® training will take place in Gainesville, Ga on November 9, 2024. This free event will include food and childcare. It will be open to all but hosted in one of the affordable housing complexes in Hall, reducing transportation struggles for families. We plan to expand and share this training with all counties in Region 2 over the next year through in-person and virtual class options.



Data: In year 3, RNG tracked data through an internally developed tool by our Community Resiliency Model trainers – Sharon Brewer and Mary Meyer. Through a series of questions, responses are consistently tracked and evaluated to help determine best practices and presentation in all CRM® training sessions. Client Satisfaction was assessed through every training session completed with 177 trained in 2024. 92% of respondents agreed that they learned a new skill beneficial to self-care. 95% of respondents found that the material was engaging and 95% reported a new understanding of trauma, stress and common reactions associated with them, as noted in the chart.

- *Looking Forward:* Over the next year we hope to offer CRM® in 10 of the 13 counties in Region 2. We also hope to train one instructor is Spanish speaking CRM® so that we can continue to help the Latinx communities we serve.

MEET *our* TEAM



Mary Meyer
CRM Teacher



Sharon Brewer
CRM Teacher



Griselda Saucedo
Spanish CRM
Instructor

Connections Matter

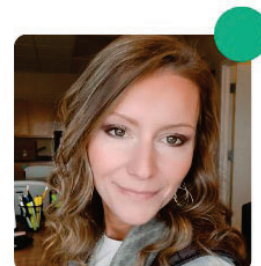
- Training Description:* Connections Matter is an in-person and virtual training designed to engage community members in building caring connections to improve resiliency, prevent childhood trauma, and understand how our interactions with others can support those who have experienced trauma. The **Connections Matter Georgia Initiative** focuses on effectively educating communities about Adverse Childhood Experiences (ACEs), trauma, and resiliency.
- Accomplishments:* RNG continued their partnership with Georgia Center for Child Advocacy providing trainings throughout the year including a two-part training with Ninth District Opportunity, training 63 Head Start childcare site staff in over 20 different counties, 13 of which were Region 2. RNG trained one new instructor to facilitate training.
- Data:* In 2023, RNG tracked data in partnership with Georgia Center for Child Advocacy. Client Satisfaction was accessed through every training session. 53% were highly satisfied. 38% of respondents were very satisfied and only 9% reported a neutral response.
- Looking Forward:* In 2024, we hope to train a bilingual Connections Matter instructor and to continue offering classes to the 13 counties.



MEET *our* TEAM



Martha Kent
Connections
Matter
Instructor



Kelly Hogan
Connections
Matter
Instructor

Youth Mental Health First Aid & Mental Health First Aid

- *Training Description:* Mental Health First Aid is a course that teaches individuals how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training provides the skills needed to reach out and provides initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. The course introduces common mental health challenges for youth and adults, reviews typical adolescent development, and teaches a 5-step action plan to help young people in both crisis and non-crisis situations.
- *Accomplishments:* RNG continues to be in partnership with the University North Georgia to offer this training to students. The North Point Community Church Network partnership developed in efforts to train church staff in both Youth Mental Health First Aid and Adult Mental Health First Aid.
- *Looking Forward:* RNG will continue offering training to those agencies that serve those with mental health concerns. This training can be for youth or adults. We will continue to maintain staff trained in the curriculum. Our partnership with North Point Community Church Network will continue growing as we plan to offer other training to each of their eight campuses in the metro Atlanta area.



RNG Website and Social Media

This year Wellroot Family Services completely rebuilt their website making all programs easier to navigate. Resilient North Georgia and trainings now have a landing page with detailed information and the ability to register for all trainings. www.wellroot.org



In Year 4 we want to increase the resources on demand on our website by curating helpful videos and sites. Because of our high volume of registrations, we plan to install dedicated training software, making it easier to track and communicate with registrants. We have also received feedback that our Spanish-speaking clients find our website difficult to navigate and translate. To increase cultural competence, we are currently getting bids to create an entire Spanish-language version.

Advocacy and Policy

Advocacy

At our core, Wellroot Family Services is driven by a belief that every family has the potential to thrive, an understanding that too many face obstacles making that almost impossible. Over the last year, we attended a variety of events, providing direct services to families, education to professionals, and marketing the training we offer.

In February 2024, we attended the Region 2 Family Connection Event at Lanier Technical College in Gainesville, Georgia. As a sponsor of the event, we were able to connect with over 75 agencies and over 135 in attendance.

Engaging with Stakeholders

RNG are regular attenders of Family Connections meetings across the Region 2, attending four to six counties monthly. As committee members of One Hall Health, we are advocates for current evolving policy change through House Bill 1013, Senate Bill 480, and House Bill 1839. This committee has one representative, Blake Fullenwider, who reports feedback from our committee members to the house meetings and reports back to us quarterly with updates on each step in reform. We are also advocating through the Georgia Association of Therapeutic Services for changes to the provider enrollment process for Medicaid. There is a shortage of mental health providers in the state and this will remain an issue until the Medicaid enrollment process is streamlined. Currently, it takes 58 steps, over a year, and is financially impossible for many nonprofits. **DBHDD has just announced that Developmental Disabilities enrollment is being simplified with a start date in late 2024. This is progress, increasing the number of high-quality providers will increase access across the state.**

Looking Forward:

RNG will continue to work towards the provider enrollment reform for Behavioral Health by setting up meetings with DBHDD leadership. In November, we are scheduled to meet with Stuart Portman, Executive Director, Medical Assistance Plans with Department of Community Health. We are also creating an advocacy plan with Polly McKinney of Lexicon Strategies.

Day of Resilience

Hall County Family Connections in partnership with RNG hosted a day of Resilience. It was held at the newly renovated Butler Center, located at 1300 Athens Street in Gainesville on Saturday, March 23rd from 11:00 a.m. to 3:00 p.m. The conference featured interactive classes, engaging speakers, various vendors showcasing their products, and networking opportunities for those who attended. There were food trucks, giveaways, and a raffle for a chance to win \$1,000 dollars at the event. The conference was free to the community and



aimed to increase resilience among parents, teenagers, and children. RNG provided training classes on Reaching Teens, Triple P, and CRM®.

We had 32 parents, caregivers, youth, and professionals attend our training. We received great feedback on each training, as well as requests to host them at next year’s conference. See *Appendix B* that highlights the content we covered and the flyers that were shared with the community.

Hall County Resiliency Conference Speakers Platform

Throughout Region 2, RNG has been working to use language consisting of resilience, trauma informed care, adverse childhood experiences, positive childhood experiences, and trauma. More specifically, the term resilience has gradually become more of a shared language across all counties in the region. This Resiliency Conference is a direct reflection of shared language between Hall County Family Connections and RNG.

Policy, Systems, and Environmental Change

The RNG overarching theme over the next two years is systemic change. In years 3 and 4 we want to embed our training courses and programs into existing systems. Whether it is Triple P, CRM®, or Reaching Teens, our goal is to work these tools into all sectors serving children and families and cement them as part of ongoing professional development, or client services.

One of the most successful systems of change movements we have made has been with the Juvenile Court System. Hall County Juvenile Probation sends direct referrals to RNG for the Triple P parenting education program, and Wellroot offers Functional Family Therapy for families facing significant behavioral challenges. The CHINS panel (Children in Need of Services) mandates Triple P for all cases of truancy. The system recognizes that the issue may be with youth behavior as well as the parents’ inability to provide consistent parenting and discipline in the home. These classes have produced statistically significant decreases in household hostility and laxness. This same referral program and partnership will also be kicking off in White and Lumpkin Counties this fall. This innovative approach was presented to Jay Neal and his team who oversee juvenile justice interventions for the entire state of Georgia. A new statewide CHINS Director is looking at models to replicate statewide. RNG also presented Triple P and Reaching Teens to the Front Porch staff, a project of the Chatham County Juvenile Courts.

Innovative Partnerships

Give West Alternative School

A highlight of our training is the success at Give West Alternative School. At this location, RNG provided a holistic approach to training staff in Reaching Teens and CRM®. We also had two Triple P Level 4 cohorts. While parents were participating their children had a special class learning the same soft skills, the main assignments were to work on projects together practicing skills learned in class. Our holistic approach allowed us to go deeper for families that needed it. We received several referrals for Wellroot’s Functional Family Therapy Program and were able to serve these families in crisis. Read one such success story here: [Give West FFT Success Story](#)

For the Give West faculty we offered a nine-part training series on Reaching Teens skills. Faculty would learn a skill on Tuesday and our trainer would return on Thursday for a reflective session on how to implement the skill. Typically, there were 40 in attendance, learning about ACEs and developing skills that build resilience within themselves and in the youth they serve. This series involved over 30 hours of training feedback was excellent. See a video testimonial below.

Alliance for a Trauma-Informed Georgia Project

A new cross-region alliance began when Christina Lennon traveled to Savannah to attend to be certified in Trauma Informed Yoga. She met with Vira Salzburn and began to discuss their respective programs and learn from each other with a goal of building a collective effort to better equip youth-serving adults and professionals across Georgia with trauma-informed awareness and care practices. The alliance, which includes Kennesaw State University (KSU), Wellroot Family Services, and Chatham County Safety Net Planning Council’s Safety and Resilience will collectively expand Kennesaw State University’s (KSU) micro-credential program, replicate proven evidence-based programs across regions and engage Lexicon Strategies to develop a comprehensive advocacy communication plan. The results will be a shared understanding of the importance of trauma-informed community ecology and access to a toolbox of skills for communities across the state. Funding is pending, but some of this work can begin now with Resilient Georgia funding.



Rabun Mental Health Task Force & HealthIE Georgia Corporation



Resilient North Georgia has recently partnered with the Rabun Mental Health Task. Rabun County Mental Health Sourcing is an independent non-profit organization supporting the quality and availability of all private and public mental health services in Rabun County (RC). It is a research committee formed in partnership with The Rotary Club of Clayton, Rabun County mental health professionals, and community leaders. As a part of the efforts of this partnership, Resilient North Georgia joined the work group called support for student mental health services. Since then, the Rabun Mental Health Task Force in a new partnership with [HealthIE Georgia Corporation](#) held an event on September 30, 2024 in Clayton County. Resilient North Georgia attended the event in an effort to bring more trauma-informed services to the area and join the efforts of this group.

Spotlight

Reaching Teens Participant Quotes:

“I think majority of the principles and concepts of reaching teens not only apply to the clients we serve but can also be applied to staff in hopes of assisting with retention. Another take away is that I want to read Dr. Ginsburg’s books. These concepts can be beneficial if you are a practitioner or a parent. The studies can assist individuals to understand their role differently and seeing individuals/teens in a position of strength.”

“Reaching Teens is applicable to far more than teens/ children. Will be useful for not only client interactions but also for coworker and personal relationships.”

“I now understand the importance of using a strengths-based approach in all aspects of care staff and clients.”

“ All of the strategies that I learned from Reaching Teens, has helped me be more calm in my classroom as well.”

[Give West Alternative School Live Testimonial](#)

Inspired Action

Resilient North Georgia would like to invite you to get involved:

- Join Resilient Georgia's Reaching Teen Learning Community. Contact Kelly Hogan at khogan@wellroot.org
- Schedule a training in your community today. Click here to learn more: <https://wellroot.org/our-programs/resilient/>
- Visit & Support our Reaching Teens Initiative: <https://wellroot.org/community-training/reaching-teens/>
- Support our work with a financial contribution. Click here to give: www.wellroot.org/give




Accomplishing Events



Community Resiliency Model Training
Dawson County
March 5, 2024



Rabun County Health Fair
July 16, 2024






CONNECTIONS MATTER

developing brain • relationships • community

GEORGIA

Brought to you by
Wellroot Family Services

May 14 3 - 7pm	<ul style="list-style-type: none">• Training is virtual and free to all, but registration is required so sign up today. Dates and registration links can be found by scanning the QR codes.
May 30 9am - 1pm	<ul style="list-style-type: none">• 4-hour interactive, discussion-based curriculum that helps people better understand trauma, brain development, resilience, and health
June 11 9am - 1pm	<ul style="list-style-type: none">• Concrete knowledge about Adverse Childhood Experiences (ACEs) using Georgia data.
June 27 3 - 7pm	<ul style="list-style-type: none">• Strategies for increasing and improving your own connections and tools for strengthening both personal and community resilience
July 9 3 - 7pm	<ul style="list-style-type: none">• Visit https://cmgeorgia.org/ to find out more about Connections Matter through the QPR method.
July 25 9am - 1pm	

Connections Matter Trainings
Summer 2024



Knowledge to Action



CONVERSATION

October 17, 2024
10 - 11:30 a.m.
Virtual Event

REGISTER HERE

Reaching Teens: Empowering Youth-Serving Professionals

Are you looking to make a lasting impact on the lives of the teenagers you serve? Join us for this practical discussion led by Christina Lennon. She'll share how her team created a training program to help youth-serving professionals solve these issues.

- Learn effective strategies to build a positive culture where teens feel heard, safe, and valued.
- Gain insights into how to help teens overcome obstacles, reach their full potential, and build resilience.

Don't miss this opportunity.

FIRST 30 REGISTRANTS WILL BE ENTERED FOR A GOOD PRIZE



Christina Lennon
Chief Strategy and Innovation Officer
Wellroot Family Services



In partnership with:
Fiona's Director of Family and Child Services

Knowledge To Action
Conversation
October 17, 2024

Appendix B: Training Collateral



Triple P Positive Parenting Program



Triple P

The Triple P - Positive Parenting Program is a highly effective, evidence-based system for parenting and family support. It aims to prevent and treat behavioral and emotional issues in children and teenagers, fostering strong family environments, and empowering parents with practical strategies to manage behavior and build healthy relationships.

Wellroot provides several one-hour parenting courses targeting a specific behavioral problem, and level 4 group classes, a six-session series that covers Triple P's 17 core positive parenting skills. Courses are available online and in person.

How the Program Works

Triple P helps parents and caregivers:

- Raise happy, confident kids
- Manage misbehavior so everyone in the family enjoys life more
- Set rules and routines that everyone can respect and follow
- Encourage positive behavior
- Take care of yourself as a caregiver
- Feel confident you're doing the right thing

Who is it for?

- Parents or caregivers who seek proven techniques to confidently manage their child's behavior

How Triple P Helps:

- Takes the guesswork out of parenting
- Offers tips to help handle challenging behaviors and answers common parenting questions
- Parents are actively involved throughout the 2-hour small group format discussions

Topics Covered:

- Dealing with disobedience
- Managing fighting and aggression
- Developing good bedtime routines
- Anger, anxiety, and coping skills for children and teens



Learn More
Visit wellroot.org/triplep to learn more.

Follow Us
Facebook and LinkedIn
[@WellrootFamilyServices](https://www.facebook.com/WellrootFamilyServices)

Contact Us
Wellroot Family Services
1967 Lakeside Parkway, Suite 400
Tucker, GA 30084
404-327-5820
PositiveParentingProgram@Wellroot.org

Sponsored in part by



Resilient **GEORGIA**



"I appreciate the parenting classes. They have given me a different perspective when caring for my son and dealing with my emotions in difficult situations."

- Sarah, Triple P Client





Triple P Programa de Crianza Positiva



Crianza Con Instrucciones

Triple P

El Programa de Crianza Positiva (Triple P) es un sistema altamente eficaz y comprobado con evidencia para la crianza y apoyo. Su meta es prevenir y tratar con la conducta y las emociones en los niños y adolescentes, fomentando ambientes de familias fuertes y capacitando a padres con estrategias prácticas para manejar la conducta y desarrollar relaciones saludables.

Wellroot provee el taller de Triple P, Nivel 3 en sesión de una hora, enfocado solamente en las capacidades necesarias para tratar con un problema de conducta específico, y las clases en grupo, Triple P Nivel 4, son una serie de seis sesiones que cubren las 17 capacidades de crianza positiva de Triple P. Los cursos están disponibles en línea y en persona.

Cómo Funciona el Programa

TRIPLE P te ayuda a:

- Educar a niños felices y seguros
- Aprender a manejar temas de conducta de forma más eficaz para que la familia pueda disfrutar más de el tiempo juntos
- Establecer reglas y rutinas que todos pueden respetar y seguir
- Aumentar la conducta deseada
- Come buscar maneras de cuidarte como padre
- Tener la confianza que estás haciendo lo correcto

¿Para Quien Es?

- Padres o tutores quienes buscan maneras comprobadas para manejar con confianza la conducta de sus hijos

Como Ayuda Triple P

- Elimina las conjeturas de la crianza de los hijos
- Sugiere maneras para ayudar a los padres a manejar las conductas difíciles y contesta preguntas comunes de la educación de sus hijos
- Involucra siempre a los padres durante la reunión de dos horas con un grupo pequeño de otros padres

Temas Para Tratar

- Enfrentando la desobediencia
- Manejando agresión y peleas
- Desarrollando rutinas buenas para la hora de dormir
- Enojo, ansiedad y capacidades para niños y adolescentes



Aprende Mas

Visita a Wellroot.org/TripleP para aprender mas.

Síguenos En

Facebook y LinkedIn
[@WellrootFamilyServices](https://www.facebook.com/WellrootFamilyServices)

Contactanos en

Wellroot Family Services
1967 Lakeside Parkway, Suite 400
Tucker, GA 30084
404-327-5820
PositiveParentingProgram@Wellroot.org



Sponsored in part by



Resilient **GEORGIA**



“Agradezco las clases para padres. Me han dado una perspectiva diferente a la hora de cuidar a mi hijo y lidiar con mis emociones en situaciones difíciles.”

- Sarah, Cliente Triple P



With the endorsement and support of Dr. Ken Ginsburg, author of *Reaching Teens*, Wellroot has developed a training series that equips youth-serving professionals to address various behavioral risks and mental health issues from a strength-based perspective. Drawing from the rich content of *Reaching Teens*, the training integrates a trauma-sensitive model and reflects Dr. Ginsburg's expertise in promoting positive youth development.

Session Descriptions

Session 1 - Understanding Teenagers & Trauma
Explore how life experiences and trauma shape the developing brains of adolescents. Learn how understanding the teen brain and leveraging this knowledge is a starting point to building strength-based relationships with teens.

Session 2 - Preparing Ourselves as Practitioners
Master the language of resilience and how demonstrating radical calmness can help teens manage stressful situations. Explore co-regulation and gain strategies to support self-regulation in teenagers.

Sessions 3 - Communicating Using a Strength-based Approach
Learn practical, strength-based communication skills to build resilience and independence in teens. This session also provides strategies to help teens cope with stress.

Session 4 - Sustaining Success
Learn what compassion resilience is and how to develop it to achieve professional longevity. This session gives practitioners self-care and resilience-building strategies to avoid burnout.

2024 Training Dates

- October 24 Virtual
- November 8 Virtual
- December 12 Virtual

Training Schedule

- Session 1 9:00 am - 10:30 am
- Session 2 10:45 am - 12:15 pm
- Session 3 1:00 pm - 2:30 pm
- Session 4 3:00 pm - 4:30 pm



Each session has been approved for 1.5 Core CE hours by the Georgia Society for Clinical Social Work.

Scan the QR Code to register
ReachingTeens@wellroot.org



American Academy of Child and Adolescent Psychiatry



ADVERSE Childhood Experiences

Research shows that having **Adverse Childhood Experiences (ACEs)**, causes unhealthy levels of stress, called **toxic stress**. These high levels of stress, which are frequent and prolonged, can dramatically change how the brain develops and increase the risk of health and social problems throughout a lifetime.

KIDS WITH A HIGHER NUMBER OF ACEs ARE MORE LIKELY TO:



Score lower on standardized tests



Have language difficulties



Be suspended or expelled



Fail a grade

ADULTS EXPERIENCING FOUR OR MORE ACEs COMPARED TO THOSE WITH ZERO ARE:



2.2x more likely to have a heart attack



2.3x more likely to report serious financial problems



3.6x more likely to have serious job problems



6x more likely to have clinical depression

10 TYPES OF STUDIED ADVERSE CHILDHOOD EXPERIENCES

ABUSE

- 1 Physical
- 2 Psychological
- 3 Sexual

NEGLECT

- 4 Physical
- 5 Psychological

HOUSEHOLD DYSFUNCTION

- 6 Substance abuse
- 7 Parent with mental illness
- 8 Incarcerated parent
- 9 Divorce
- 10 Domestic violence

3 OUT OF 5 GEORGIANS HAVE EXPERIENCED SIGNIFICANT CHILDHOOD TRAUMA

WE CAN PREVENT AND MITIGATE THE EFFECTS OF ACEs

RELATIONSHIPS ARE THE FOUNDATION OF HEALTHY BRAIN DEVELOPMENT AT ANY AGE



- In the absence of a caring relationship, trauma can disrupt healthy brain development
- Communities can promote healthy brain development through relationship building
- Promoting healthy brain development is essential to individual and community wellbeing

Positive experiences can buffer those bad experiences. Whenever we talk about ACEs, it is equally important to discuss relational wealth – being connected in a healthy way to a social network. Research reinforces that positive interactions and experiences for children and families foster healthy development. This can extend to the larger community, thus emphasizing that one caring adult can make all the difference.

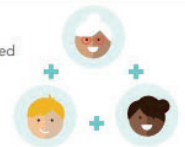
Finkelhor, D., & Browne, A. B. (1985). The traumatic impact of child sexual abuse: A conceptualization. *Psychological Review*, 92, 289-305.
 Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., ... Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults – The adverse childhood experiences (ACE) study. *American Journal of Preventive Medicine*, 14(5), 245-268.
 Stinson, R. (2014). Toxic Stress: How Too Many Bad Days At Work Could Be Killing You. *The Huffington Post*. TheHuffingtonPost.com, 23 Dec. 2014. "What Are the Benefits of Great Workplaces?" *Great Place to Work Institute*, 2012. Web.
 Rohman/Great Place to Work® Institute, Jessica. "The Container Store, Culture Impact Brief." With an "Employee-First" Mentality, Everyone Wins.

TRAINING THAT CAN IMPACT YOUR COMMUNITY

WHAT IS CONNECTIONS MATTER?

The Connections Matter Georgia initiative is an **in-person training** designed to engage community members in building caring connections to:

- Improve resiliency,
- Prevent childhood trauma, and
- Understand how our interactions with others can support those who have experienced trauma.



The Connections Matter Georgia initiative is a collaboration between the Georgia Center for Child Advocacy and Prevent Child Abuse Georgia, using curriculum developed by Prevent Child Abuse Iowa.

TAKE ACTION

Healthy minds enable individuals to reach their full potential. Businesses, child and family serving professionals, faith communities, and individuals can promote trauma-informed environments that help everyone manage stress and build stronger connections within the community.

1 Why attend a training?

- Interactive, discussion-based curriculum that helps people better understand trauma, brain development, resiliency, and health
- Concrete knowledge about Adverse Childhood Experiences (ACEs) using Georgia data
- Strategies for increasing and improving your own connections and tools for strengthening both personal and community resiliency
- Approved for 4 hours of CEU credit: LPCs, LMFTs, LCSW, Law Enforcement and Birth from the Start

2 Who should attend?

- Parents, Caregivers, and Community Members
- Child-Serving Professionals
- Medical/Human Services Providers
- Faith Organizations
- Educators
- Businesses



Contact a Trainer: Wellroot Family Services
 Kelly Hogan: khogan@wellroot.org



www.ConnectionsMatterGA.org



The Community Resiliency Model (CRM)[®]

CRM is a 90-minute training, focused on withstanding stress and increasing resiliency. After learning biological reactions caused by stress and trauma, participants are equipped with practical wellness skills that decrease anxiety and feelings of depression and increase their resilient zone.

Attend a Training

Participants will learn skills to track sensations connected to their wellbeing or resilience. The skills can increase the ability to return from adysregulated emotional state to a balanced state when overwhelmed.

Wellroot Family Services offers a 1.5-hour CRM introduction that will lay the foundation for understanding our nervous system's response to stress and trauma.

Reduce Stress and Anxiety

CRM has been shown to help relieve stress and anxiety across a wide range of populations including:

- Children and Parents
- First Responders
- Educators
- Community Aid Workers



Sign-Up Today!

- We will bring the training to your organization.
- Contact Kelly Hogan, Community Partnership and Training Manager
- Email: khogan@wellroot.org or by phone: (404) 836 - 3492



Quick tips for staying in your Resilient Zone

Name six colors you see in the space you are in

Push your hands against a wall or door slowly and notice your muscles pushing back

If you are outside, focus on the feeling of your hands and feet as they touch the surface of something in nature

Count backward from 20 as you walk around the room

Drink a glass of water, juice, or tea



THE COMMUNITY RESILIENCY MODEL (CRM)[®] WELLNESS SKILLS

Tracking

Pay attention to sensations in your body in the present moment

Notice what is happening inside
Recognize if the sensations inside are pleasant, neutral, or unpleasant
Bring your attention to the sensations that are pleasant or neutral.



Resourcing

Any person, place, thing, or memory (real or imagined) that provides you comfort, joy, peace, or happiness

Think about who or what uplifts you
Realize what or who gives you strength
Identify what gets you through the hard times



Grounding

Contact of the body or part of the body with something that provides support in the present moment. You can ground by sitting in a chair, standing against a wall, laying down, walking, or floating in water.

Download the free iChill App to practice these skills and learn more.
Available in English and Spanish on iOS, Android, or at ichillapp.com.

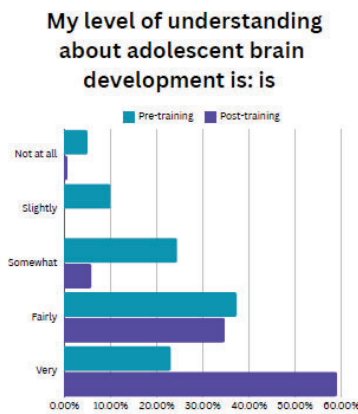


Appendix C

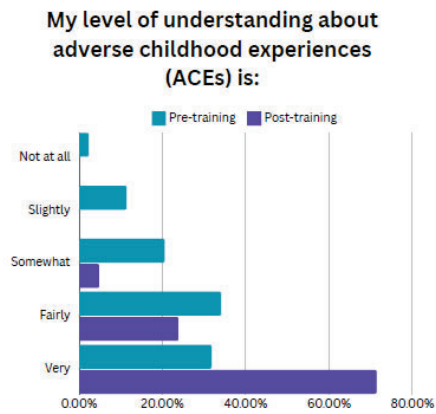


Reaching Teens Evaluation Data for Virtual Trainings

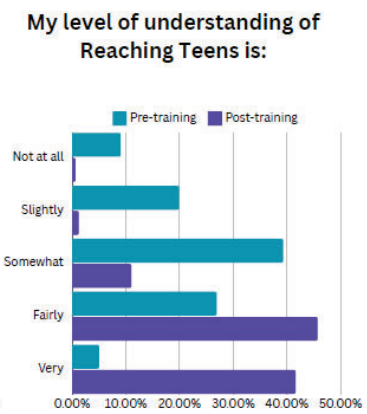
Compiled October 28, 2024 For Wellroot Family Services



Increase of **31%** in average score from pre- to post-training



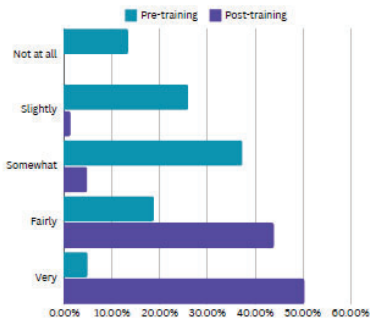
Increase of **24%** in average score from pre- to post-training



Increase of **43%** in average score from pre- to post-training

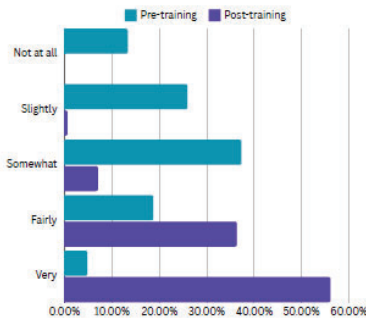
Results based on responses from 172 participants

My confidence level describing "The 7 Truths and Myths about Teens" is:



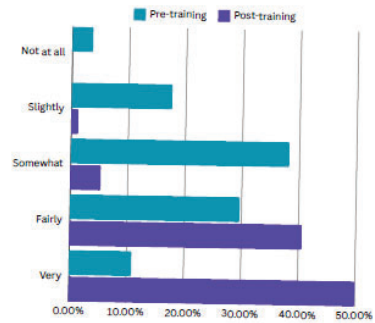
Increase of 56% in average score from pre- to post-training

My confidence level "reframing labeled youth" is::



Increase of 62% in average score from pre- to post-training

My confidence level using "strength-based language" is:



Increase of 36% in average score from pre- to post-training

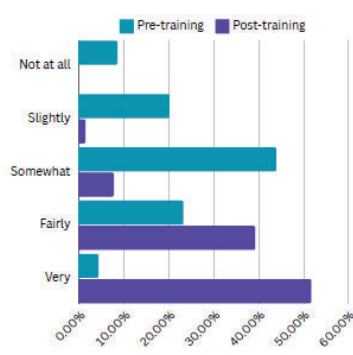
Results based on reponses from 172 participants

My confidence level in using appropriate body language when working with youth is:



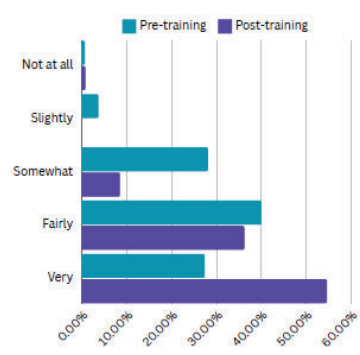
Increase of 33% in average score from pre- to post-training

My confidence level using radical calmness to co-regulate a young person is:



Increase of 49% in average score from pre- to post-training

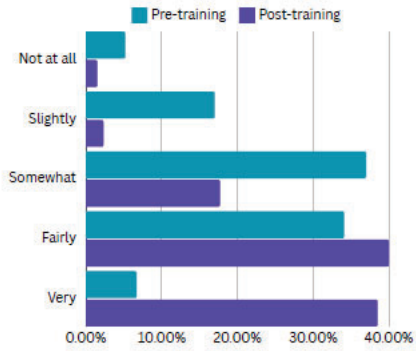
My confidence level using "active listening" is:



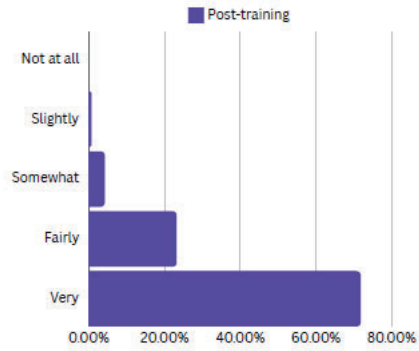
Increase of 14% in average score from pre- to post-training

Results based on reponses from 172 participants

My confidence level using "motivational interviewing" is:



How relevant was the content of this session to your work?



Increase of 29% in average score from pre- to post-training

Results based on responses from 172 participants