

2021 Annual Report





Building a Common Language and Empowering Community Champions

Jill Vanderhoek

Executive Director

Community Partnership Bibb County Family Connection

Andrea S. Meyer Stinson Ph.D. LMFT

Associate Professor

Mercer University School of Medicine

Acknowledgements

Thank you to the following organizations for your support:

Pittulloch Foundation, Resilient Georgia, and Community Foundation of Central Georgia



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About the Resilient Georgia Regional Coalition Grants

[Resilient Georgia](#) has been working with 12 cities across Georgia and the surrounding counties to provide a regional 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 crossing both public and private sectors.

- Resilient Georgia serves as a supportive and guiding resource during each region's planning and implementation process.
- These regional action plans each address the behavioral health needs of individuals birth through 26 years old 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 can be the basis for systemic changes in a 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 one grant was awarded in Nov 2019 to regional coalitions based out of Athens, Augusta, Macon, Savannah, and surrounding areas. Round two 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.

Coalition Mission

The Resilient Middle Georgia (RMG) Project was one of four regions selected in 2019 to build a common language of adversity, trauma, and Adverse Childhood Experiences (ACEs). We believe a key aspect of the project is to empower change from within the community. Since our inception, we have continued to increase awareness on the importance of ACEs, while also identifying and empowering community champions to join the trauma-informed care (TIC) movement. Dr. Andrea Meyer, Ph.D. LMFT, and Mrs. Jill Vanderhoek, Executive Director for the Bibb Community Partnership, are the primary points of contact for the Resilient Middle Georgia Project.

Summary

The center of Resilient Middle Georgia is based in Macon-Bibb County. We have partnered with Family Connections Region 6 in disseminating this grant to Houston, Pulaski, Wilkinson, Putnam, Baldwin, Monroe, Jones, Crawford, Peach, and Twiggs Counties. The Central Georgia counties affiliated with Mercer’s School of Medicine and the Georgia Rural Health Innovation Center’s regional counties have also been included. Those additional counties are Jasper, Washington, and Hancock.

To date, we have held 8 coalition meetings where we have continued to introduce ACEs, resilience, and trauma concepts to coalition members. We have also partnered with community organizations and agencies to help face our challenges with empathy and bravery, and in turn, to enact long-term change and build resilience in individuals, families, and our community. The Resilient Middle Georgia’s One-Page Flyer (page 7) details our six primary steps to build resilience.



Coalition Meeting Guest Speakers (2021)

- **January 26th** - Resilience Activity by Maria Andrade of ABC Breath
- **April 20th** - Presentation by Kelly Davis and Dr. Simran Chaudhri of KINSHIFT, a newly formed organization, with a focus on trauma and resilient informed, anti-racist training and practice.
- **June 15th, 2021** - Presentations by Andrea Cooke (Macon Mental Health Matters Alliance) and Ade Oguntoye (Healing Centered Paradigms)
- **October 5th, 2021** - Presentation by Rebecca Richard with Pace Center for Girls presenting on Mental Health Training for Juvenile Justice.

To connect with our coalition’s progress, please visit us on the following media pages:

Website: www.resilientmiddlegeorgia.org
 Social Media: www.facebook.com/resilientmiddlega
 Email us at resilientmiddlega@gmail.com

Resilient Middle Georgia One-Page Flyer

Resilient Middle Georgia



-  www.resilientmiddlegeorgia.org
-  [www.facebook.com/resilientmiddle ga](https://www.facebook.com/resilientmiddlega)
-  resilientmiddlega@gmail.com

Leadership Team and Contributors

Dr. Andrea Meyer Stinson, Ph.D. LMFT

Associate Professor Mercer University School of Medicine



Mrs. Jill Vanderhoek

Executive Director of Community Partnership – Bibb County Family Connection



Coalition Partners

The Resilient Middle Georgia Coalition consists of 87 community members from diverse fields within the surrounding counties. The coalition has rural, urban, and suburban components through partnerships with organizations previously mentioned. Additional work will occur over the next 6 months to increase efforts to engage rural areas and collect rurality information via the evaluations utilized. Click here to view our full list of coalition participants. See [Appendix A: Resilient Middle Georgia Coalition Members](#) for list of coalition members.



Message from the Principal Investigator(s)

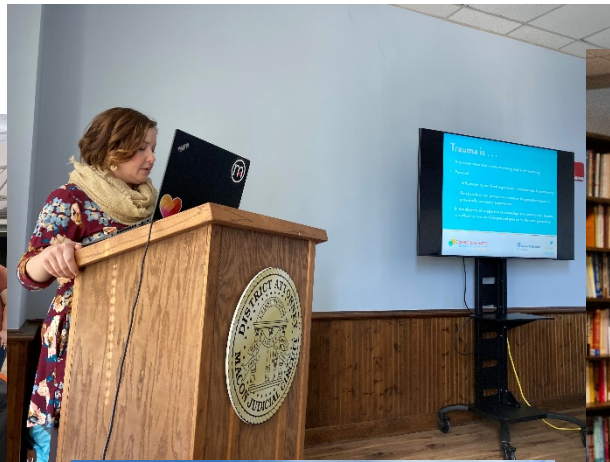


As primary stewards of the Resilient Middle Georgia Project, Jill Vanderhoek and Dr. Andrea Meyer Stinson are proud of the accomplishments over the last two years while also eager to continue this important work moving forward. In the middle Georgia community, we started with little awareness about adversity, trauma, and ACEs; however, from the first coalition meeting in November 2019 it was clear that many community members and organizations

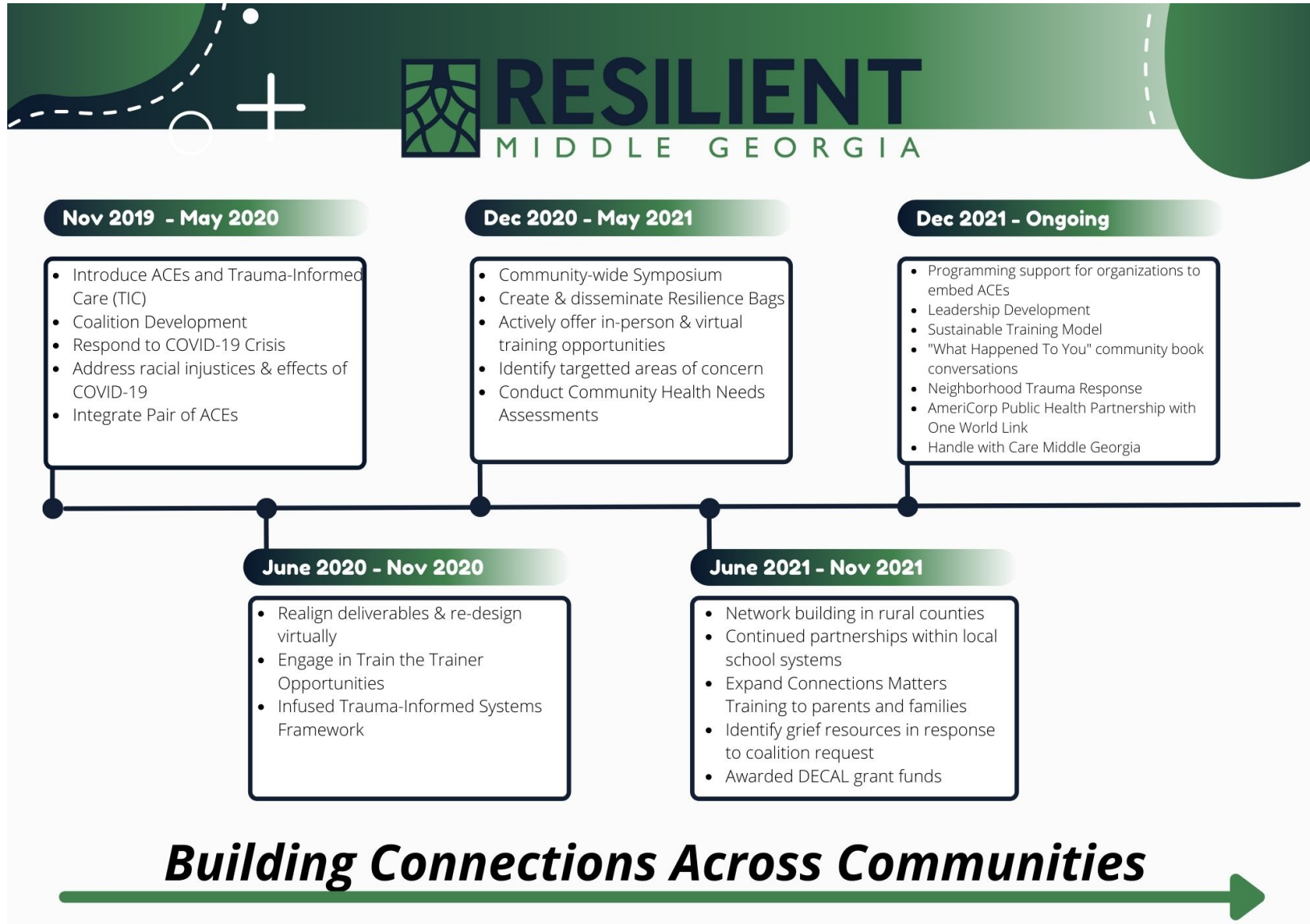
were willing to engage in the conversation and committed to change. Our coalition meetings have helped us to connect and support one another in our passion towards building a more resilient community. We have encountered difficulties along the way, including reorganizing goals and objectives due to COVID19. Despite these challenges, we have harnessed the healing power of resilience and encouraged others to be aware of the importance of resilience, particularly during tough times. We recognize the work of this project can be arduous, especially when different organizations and agencies struggle to come together and address how trauma is at the core of many adverse community environments. Nevertheless, moving forward we are empowered to advocate for a larger paradigm shift that must happen in order to improve the health and wellbeing of all individuals and families in the middle Georgia community.

Key Impacts/Accomplishments

Resilient Middle Georgia has successfully held eight coalition meetings within the middle Georgia area in the past two years. During these meetings, we have been able to plan for the coalition's next steps, discuss Trauma and Resilience Informed Systems, and connect with Macon Mental Health Matters Alliance to explore Healing Centered Approaches. As noted in our 2021 6-month report, we surveyed our coalition members to determine which RMG strategic areas they would like to specifically address within their workplace. Over the past year we have hosted a successful trauma and resilience symposium, continued with evidenced based training, built strong connections with core stakeholders, and laid the foundation for several large-scale projects to be completed during future years of Resilient Middle Georgia. At the core, the work to make a paradigm shift involves continuous conversations and alliances with partners in the community; this work takes persistence and patience along with tenacity about the vision and goals of RMG.



Resilient Middle Georgia Timeline



Description of Trauma-Informed Care (TIC) and Adverse Childhood Experiences (ACES)- Related Efforts

TIC/ACES Services – General



Partnership with Project Aware (Bibb & Houston County)

Resilient Middle Georgia is a collaborative partner of the Bibb County School District through the contribution of multiple Resilient Middle Georgia representatives who serve as members of the Bibb County School Climate Transformation Team (SCTT). This team meets monthly to review and discuss Bibb County School District (BCSD) programs and practices related to student wellness and resilience. The SCTT also serves as the advisory council to BCSD Project AWARE (Advancing Wellness & Resilience in Education), which is a school-wide initiative providing a wide range of social-emotional behavioral supports and interventions to students, families, and other community members. The efforts of Project AWARE include ongoing mental health awareness outreach, training (Connections Matter, Youth Mental Health First Aid, and Sources of Strength), universal behavior screening, student social-emotional behavioral skill-building groups, mental health consultation/screening, referrals, crisis intervention, and individual counseling services for BCSD students.

A significant accomplishment of BCSD SCTT & Project AWARE has been the implementation of universal behavior screening in all elementary, middle, and high schools in October 2021. This process involved the use of the Student Risk Screening Scale: Internalizing & Externalizing (for elementary students) and the Strengths & Difficulties Questionnaire (SDQ) (for middle and high students) in situations where parents did not withhold consent (opt-out). To date, behavior screening has been completed on almost 10,000 BCSD students. Since April 2021, 334 BCSD students have been referred by school counselors to Project AWARE for consultation and/or support/intervention. Project AWARE works with multiple RMG coalition partners including the Southern Center for Choice Theory, LLC, and the Family Counseling Center of Central Georgia to establish plans for therapy and related-supports. There is also a draft MOU pending between BCSD and Mercer University Marriage & Family Therapy Center for school-based mental health.

An additional SCTT/Project AWARE activity involves the expansion of Sources of Strength to at least 4 new schools during the 2021-2022 school year. Sources of Strength is a high-quality evidence-based prevention program for suicide, violence, bullying and substance abuse that focuses on student wellness and peer leadership. BCSD Project AWARE currently has 2 trainers who will train teams of staff advisors and peer leaders in each school.

BCSD staff, students and families benefit from professional development and related support provided by Resilient Middle Georgia. Awareness literature and other RMG materials (bags, etc.) are used by Project AWARE to promote youth mental health awareness at school and

community events. Approximately 500 RMG bags have been provided to families by Project AWARE. In addition, the BCSD Project



AWARE Coordinator partnered with other RMG trainers to provide 2 Connections Matter community trainings in 2021. (Project AWARE Clinicians have also completed Connections Matter training.) Connections Matter training continues to be a professional development opportunity for other Bibb County School District staff. We will continue to make the training available to BCSD staff through the new grant cycle.

Other Community Engagements



Macon Mental Health Matters: Resilient Middle Georgia has been an active participant in Macon Mental Health Matters (MMHM) Alliance, attending their monthly meetings and holding collaborative meetings together. On July 6th, Resilient Middle Georgia and MMHM held a meeting to discuss collaborative efforts of both initiatives on our delivery of resources and crafting a common language for trauma and mental health. An example of an effort we have been able to collaborate on is offering Mental

Health Training for Juvenile Justice. This is in partnership with Pace Center for Girls and MMHM, an evidence-based training that offers eight one-hour training modules with a focus on adolescent mental health, development, childhood trauma and behavioral health. To date, we have had three trainings on the second Friday of the month as a hybrid Lunch and Learn, see Table 1 for dates and total participants:

DATE	TOTAL PARTICIPANTS
October 11 th , 2021	11
November 3 rd , 2021	3
December 10 th , 2021	3

Table 1: Pace Center for Girls Evidence-Based Training Dates

Adversity & Resilience Symposium Follow Up: We hosted a conversation with Chris 180 regarding their neighborhood trauma response network. We invited community leaders from all sectors to ask questions. We are waiting on a training proposal from Chris 180 to see how we can adapt and implement a similar network in Macon that can also be supportive to the work of Macon Mental Health Matters and Macon Violence Prevention. Due to changes in Chris 180

leadership team, RMG did not receive a proposal from Chris 180 in time to enact the project during the 2019-2021 grant period. Dr. Meyer Stinson recently met with Kathy Colberson on December 6th to finalize a new request for proposal and to encourage this project to occur during the next two years of the grant cycle.

Prevention/Intervention

Resilience Bag Distribution

In 2021, we have disseminated **2,492** Resilience Bags to the community organization. See pie chart 1 for distribution:

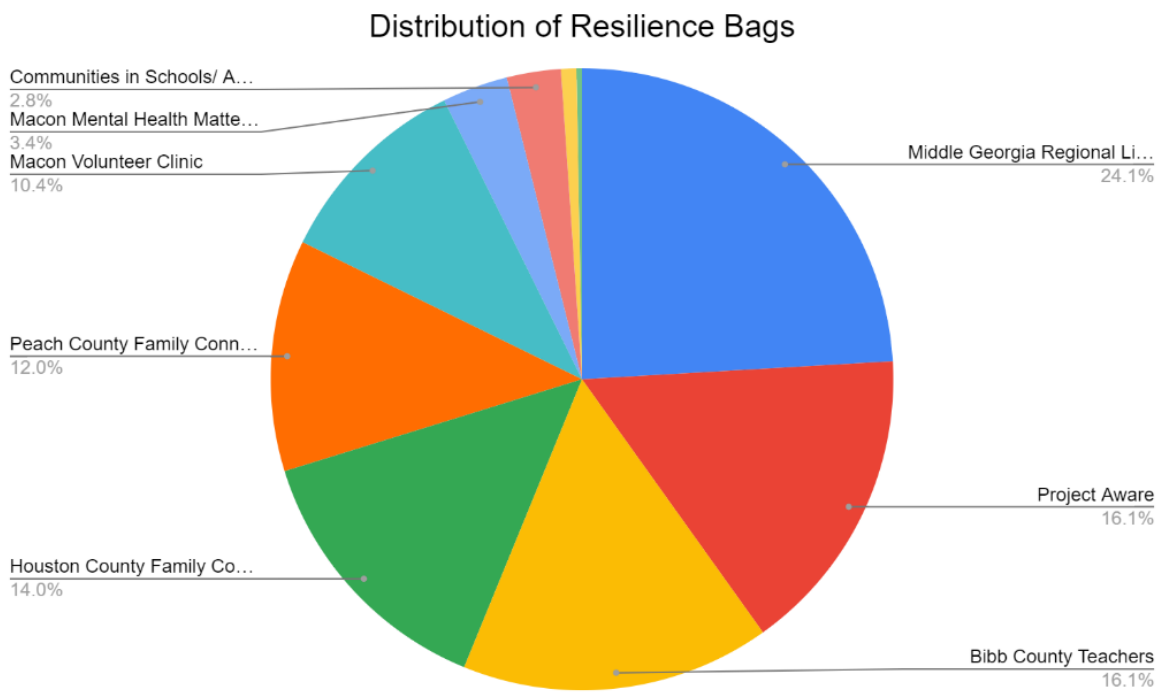
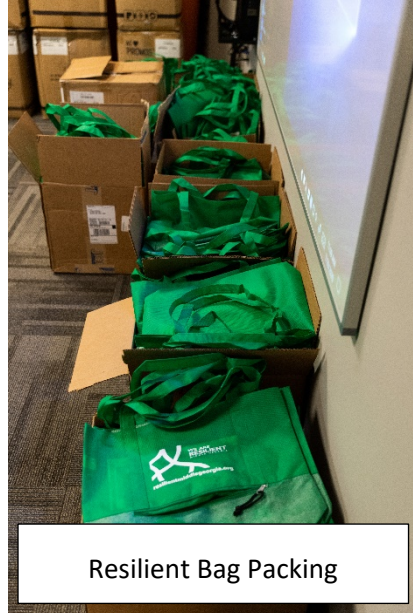


Chart 1: Total number of Resilience Bags disseminated



Twigg County Distribution



Resilient Bag Packing

Connect Now Presentations

To date, we have reached **287** community members through Connect Now Presentations, see Chart 2 for total attendants. In addition, we have been able to provide Connect Now Presentations to Bibb County PBIS Coaches on February 17th, along with three sessions in May for Mental Health Awareness Month. RMG also held a Virtual Screening of the film, “Resilience” in Houston County with thirty-one attendees on March 11th, 2021. About 53% of the attendees who completed our post-event survey expressed interest in attending a Connections Matter Training. We have also continued to build awareness within our service areas through the development of our community resilience infographics. See [Appendix B](#) for infographic example.

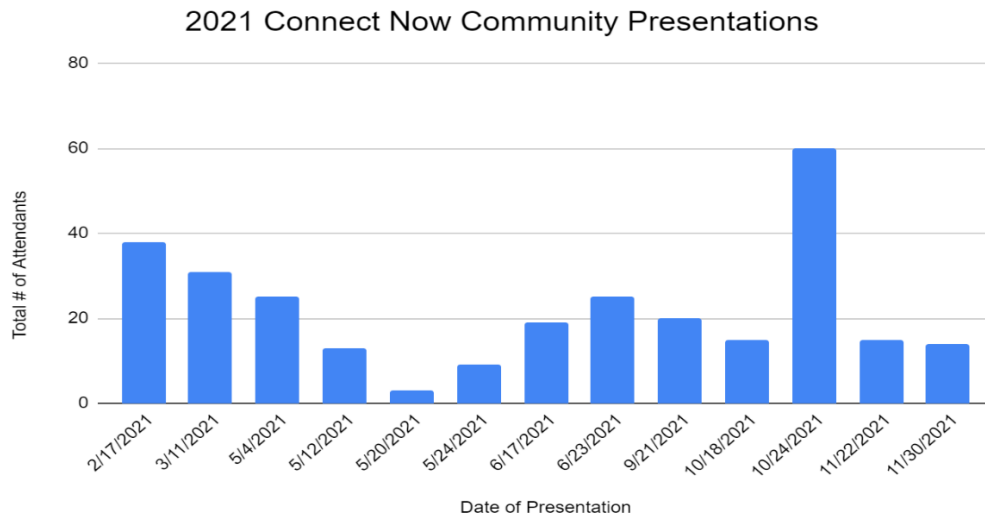


Chart 2: Total Number of Attendants at 2021 Connect Now Community Presentations

Date	Event/Organization
2/17/2021	Connect Now Presentation to Bibb County PBIS Coaches
3/11/2021	Virtual Screening of Resilience in Houston County
5/4/2021	Women’s Career Network - Presentation about Resilient Middle Georgia
5/12/2021	Connect Now Mental Health Awareness Month
5/20/2021	Connect Now Mental Health Awareness Month
5/24/2021	Connect Now Mental Health Awareness Month
6/17/2021	Met with Community members to discuss Pleasant Hill Neighborhood Trauma Response Project, from CHRIS180
6/23/2021	Connect Now Event - MGA Master of Nursing Emersion Day
9/21/2021	Training with Pediatric Residents at Atrium on Recognizing PTSD in Children and how to refer
10/18/2021	Facilitated guest speaker, Dr. Benesh to speak at GCAPP Community Event for Middle Georgia
10/24/2021	STAR 2021 Trauma Informed Care Conference, Dr. Meyer was a featured Speaker
11/22/2021	Dr. Meyer gave a presentation to Internal Medicine and Psychiatry Student Groups about ACEs
11/30/2021	Presentation with Crisis Line and Safe House

Table 2: List of Community and Connect Now Presentations

Advocacy and Policy

Meeting with Bibb County Mayor

In October, Jill met with the mayor of Macon-Bibb, Lester Miller to present the goals of RMG and discuss the awareness work of building a common language. The work of Resilient Middle Georgia was offered as a supportive resource for Mayor Miller’s current and future initiatives



as Jill reiterated the coalition’s eagerness to engage and collaborate with community partners. RMG plans to pursue partnerships and potential funding opportunities that will be made available as part of this community wide effort.



One Safe Place in Ft. Worth, TX

Partnership with New Family Justice Center

Resilient Middle Georgia serves on the steering committee of the new Family Justice Center, a compassionate resource for Macon-Bibb survivors and children who have been affected by family violence, with a focus on domestic violence. This effort will improve coordination and collaboration among agencies serving individuals and families affected by family violence. Jill was part of the 18-member delegation that visited One Safe Place in Ft. Worth, TX on October 19-20. She had the

opportunity to tour the facility and met with One Safe Pace in Ft. Worth for ideas on the facility that will open in Macon-Bibb County in year 2023.

This upcoming facility will provide early intervention in a multi-generational approach with the goal of breaking the generational cycle of family violence, with services and resources located in one centralized location. Resilient Middle Georgia will work with the new Family Justice Center to provide trauma and resilience training to employees, staff, and community partners. There is also an early discussion with the Family Justice Center to be part of a larger Handle with Care Middle Georgia Project, in which the Family Justice Center will serve as front line workers making Handle with Care reports to the school system. Currently, Jill Vanderhoek serves as the co-chair of the Operations and Service Delivery committee and Dr. Andrea Meyer Stinson serves as the co-chair of the Community Outreach and Engagement & Education committee. Both will be present in January 2022 for the strategic planning process for the Family Justice Center.



Delegation Visit to Ft. Worth, TX



In conjunction with the Family Justice Center, Resilient Middle Georgia will be working alongside Camp HOPE America, a program of Alliance for HOPE International. This is the first and largest evidence-based camping and mentoring program in the United States focused solely on children impacted by domestic violence, sexual assault, and child abuse. The vision for Camp HOPE America is to break the generational cycle of family violence by offering healing and hope to children who have witnessed family violence. Camp HOPE America began in California and is now creating affiliated Camp HOPE America programs across the nation. Macon, Georgia has been

selected as one of seven communities nationwide for the 2022 Camp HOPE America Readiness Cohort and will be the first site in the state of Georgia. With the support of community partners, Macon will be bringing its first group of kids to camp in Summer 2023!

Research

Pediatric Grant with Children's Health Center

In the last year, Children's Health has strengthened and expanded its partnerships with several local and national organizations that provide resource support to patient families as well as others in the Macon community. Through a national American Academy of Pediatrics (AAP) quality improvement project, "Addressing Social Health and Early Childhood Wellness," (ASHEW), Children's Health has identified several areas for expansion of our services, including these new or strengthened initiatives:



Through a national American Academy of Pediatrics (AAP) quality improvement project, "Addressing Social Health and Early Childhood Wellness," (ASHEW), Children's Health has identified several areas for expansion of our services, including these new or strengthened initiatives:

- Behavioral Health screening at all eight targeted early childhood well checks
- Behavioral Health resource referrals for patients & patient families of all ages.
- Screening for transportation problems and for food insecurity
- Redecorating the clinic to create a diverse and inclusive environment
- Additional training of physicians and staff in trauma-informed care and strengths-based, resiliency enhancing approaches.

RMG will partner with Children's Health on this grant to provide education, training, and support, specifically related to trauma informed practices and ACEs/resilience education for providers, staff, and patients. The Children's Health Center is in the process of finalizing the hiring summary to move this project forward. Dr. Meyer Stinson is assisting in outlining the primary responsibilities and outcomes that will be delivered. Hiring will take place in early 2022.

Summer Scholar MD and Rural Health Ph.D. Project

We had the opportunity to partner with a Medical Student and three Rural Health Science Ph.D. Students from Mercer University School of Medicine through the Summer Scholar Program. For six weeks, they helped to expand into rural counties of Middle Georgia. Mr. Tirth Patel (MD student) was assigned Jasper, Putnam, Monroe, Jones, Crawford, & Peach counties, while Ms. Dahlia Al-Haleem, Ms. Stephanie Basey, and Ms. Joy Joseph (Ph. D. students) were assigned to Pulaski, Twiggs, Washington, Wilkinson, Hancock, and Baldwin Counties. Click [HERE](#) to view the report from MD student and [HERE](#) to view the report from the Ph. D. Students

Each student became familiar with the Building Community Resilience (BCR) Approach, specifically focusing on the first two steps of the BRC approach to help identify additional community partners in our rural counties using the Community Resilience Mapping Asset Guide. The [Community Resilience Mapping Asset Guide Template](#) was taken from George Washington University's Center for Health and Health Care in Schools. Once the Community Map was completed, students conducted a Community Needs Assessment to start building connections in each county. Unfortunately, there were only fourteen total responses completed by community partners in all the counties identified.



Many lessons were learned by the participating students and RMG regarding the process of engaging rural partners. Student reports emphasize that moving forward the model for engagement with rural partners should shift to a focus on partnering with one individual in the rural area and then bringing any training or

resources available to the county. Moving forward into the next two years of the grant cycle, RMG will provide small stipends and financial support to rural partners to help assist in this important work. Based on this shift in engagement, RMG hopes to build more rural coalition members and have a broader reach. Evidence for this has occurred already when Dr. Meyer Stinson met with Dr. Mac Bullard, Twiggs County School Superintendent, and Joan Anderson, Georgia Rural Health Innovation Center, to discuss a partnership between Mercer School of Medicine, Resilient Middle Georgia, and Family Connections Twiggs County to provide resilience and trauma training as well as mental health resources to the community.

Community Needs Assessment

The Community Needs Assessment is an ongoing effort to compile data on what the perceived needs are of the counties and communities associated with Resilient Middle Georgia. Data is collected via a survey that is provided at the end of RMG events, trainings, and presentations, in which participants are first asked to provide demographic information about themselves, then to share their level of familiarity with the concept of ACE's and which community factors they believe need the most work and attention (transportation, employment, education, etc.).

Trainings

Connections Matter Trainings

In 2021, RMG completed thirteen (13) Connections Matters Trainings with a total of **277** individuals participating from the middle Georgia region. See chart 3 for total number of attendees per event:

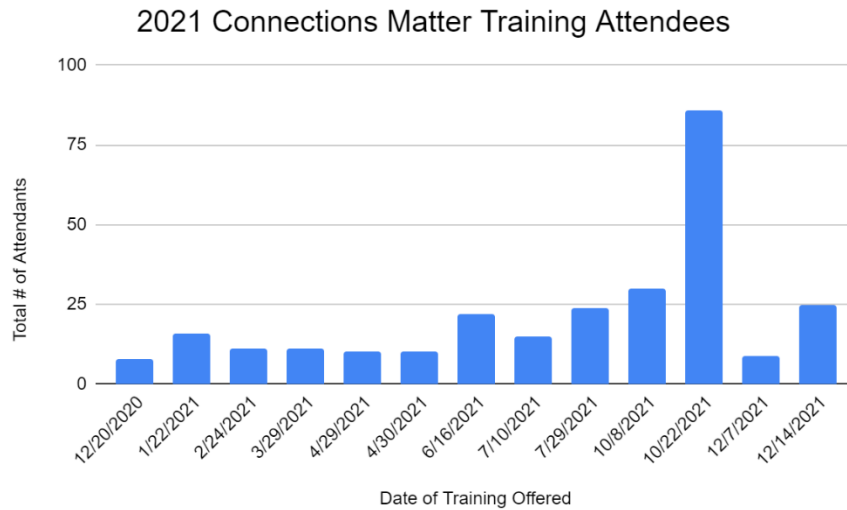


Chart 3: Total Number of Attendees at Connections Matters Trainings

Date	Event/Organization
12/20/2020	Atrium Navicent Health/Crescent House
1/22/2021	Georgia Rural Health Innovation Center and Communities in Schools Southwest
2/24/2021	Community Based
3/29/2021	Healthy Start Georgia
4/29/2021	Community Based Part I
4/30/2021	Community Based Part II
6/16/2021	Macon- Bibb EOC
7/10/2021	Foster Care Parents
7/29/2021	Jones County Pre-K Part I
10/8/2021	Jones County Pre-K Part II
10/22/2021	Middle Georgia Regional Library System
12/7/2021	Community Based
12/14/2021	Macon-Bibb County District Attorney’s Office

Table 3: List of Events/Organizations that received Connections Matter Trainings

Community Resiliency Model

In 2021, RMG supported ten (10) Community Resiliency Model Trainings with a total of **125** individuals participating from the middle Georgia region. See chart 4 for total number of attendees per event:

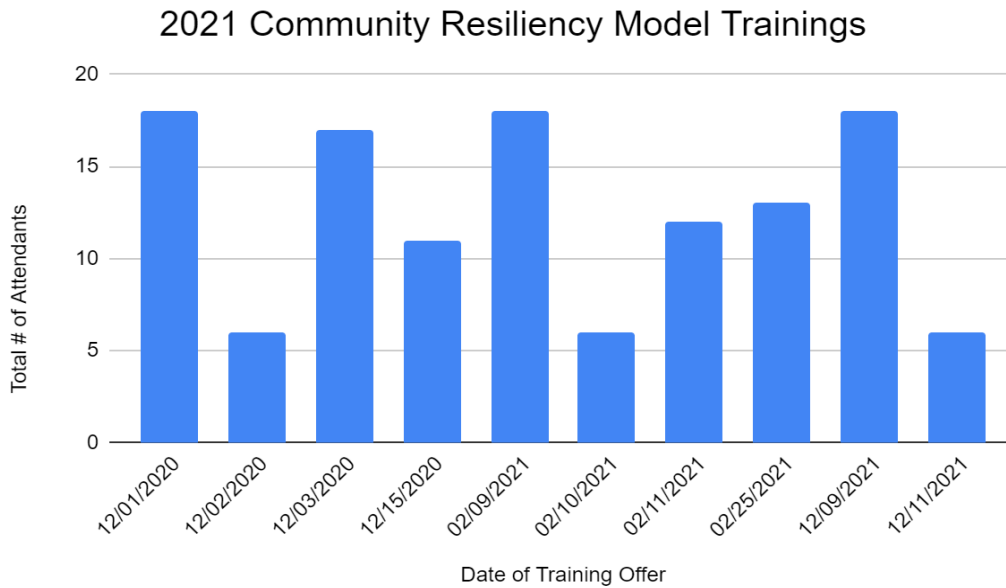


Chart 4: Total Number of Attendees at Community Resilience Model (CRM) Trainings

Date	Event/Organization
12/01/2020	CRM Introductory Training
12/02/2020	CRM Introductory Training
12/03/2020	CRM Introductory Training
12/15/2020	CRM 3 Hour Training
02/09/2021	CRM Introductory Training
02/10/2021	CRM Introductory Training
02/11/2021	CRM Introductory Training
02/25/2021	CRM 3 Hour Training
12/09/2021	CRM Intro Trainings 1 Hour DECAL Convo (See Appendix C for Flyer)
12/11/2021	CRM Intro Trainings 1 Hour DECAL Convo (See Appendix C for Flyer)

Table 4: List of Events/Organizations that received CRM Trainings

Adversity & Resilience Symposium

This year's virtual Adversity and Resilience Symposium had over **350** attendees from communities across the state of Georgia. Resilient Middle Georgia's coalition building efforts and our partnership with Atrium Navicent Health allowed us to host several presenters from a wide variety of fields and disciplines. Ten presentations and panel discussions hosted throughout the day provided attendees with insights on how to implement a trauma-informed approach into various areas of their communities, including mental and physical health, law enforcement, education, and local government. Click [HERE](#) to view the Final Report

Session	Title	# Of Attendants
Keynote	Summoned: Why This Is More Than Just a Job with Kevin McNeil	119
Morning Session	Handle with Care: Providing a Safe Harbor at School for Children Exposed to Trauma with Judge Michael Key and colleagues	25
	The Community Resilience Model for Middle Georgia with Dr. Linda Grabbe and Bria Davis	19
	Voices in Silence: Suicide & Trauma with Lisa Ibekwe	51
	Connect Now with Jill Vanderhoek	21
Afternoon Sessions	Sextortion with Shannon Martucci	41
	Let's Talk About It: LGBTQ and You with Dr. Jacob Warren	14
	Child Physical Abuse 101 with Dr. Verena Brown	19
	Addressing Trauma from within Communities with Alfred Garner	29
Panel Discussions	Our Hidden Pandemic: Understanding the Long-Term Effects of Childhood Adversity and Envisioning Systems of Empathy with Dr. Stan Sonu	98

Table 5: Adversity & Resiliency Symposium Program and Total Number of Attendants

Other efforts that do not fall into the categories listed above?



Jones County Partnership & Book Distribution

Jones County Family Connection purchased 300 books for our children ages birth to 5 in Jones County. A sticker will be placed inside the front cover of each book acknowledging Resilient Middle Georgia as the donor. This donation worked as a match for the current DECAL Trauma Responsive Grant award that Jones County currently holds along with three other Georgia communities.

The author of Riley the Brave, Jessica Sinarski, does a fantastic job of describing emotions to children through various characters, and then dedicates the back half of the book to speak to parents, teachers, and caregivers as she explains how they can help their child understand their emotions. In addition, there are so many resources available on the website <https://www.rileythebrave.org>, including lesson plans and a parent corner. These concepts marry perfectly with our trauma-responsive work.

We received the book in November after delays in shipping. Unfortunately, this put us behind in our original plans to introduce the book to parents and children at PreK. With that, we now have plans to incorporate the book into a parent/student remote day of learning scheduled in February. The students will be read the book at school, receive their personal copy of Riley the Brave to take home, and then work through a couple of lessons with their parents.

For our children at Head Start, we plan to read the book to the students in February as part of "Read Across Jones" during the week of February 28 - March 4, 2022. Each Head Start student will then receive their book to take home with a similar lesson for the child and parent to share as they read through the book together.

In addition, a copy of Riley the Brave will be donated to the Jones County Public Library, and thus the Middle Georgia Regional Library System, as part of our continuing effort to build a resilient and trauma-responsive community. Finally, any additional copies will be shared with foster parents in Jones County to use as they welcome children into their homes.

Innovative Partnerships

Middle Georgia Regional Library

One of our strongest partnerships is with the Middle Georgia Regional Library system. We have had multiple conversations in how to best support staff in becoming trauma informed. To date, we



MIDDLE GEORGIA
REGIONAL LIBRARY

have provided a system wide Connections Matter training on their professional learning day on October 22, collaborated on creating Resilience building bookmarks, and provided resilience bags for staff to distribute with curbside pickup or library activities. The library has also built in organizational care activities to support the wellness of their employees.

Communities In Schools



Communities
In Schools

Another strong partnership is with Communities in Schools (CIS). To date, CIS has distributed resilience bags to students and staff in the Southwest zone for Bibb County School District along with copies of The Deepest Well. In addition, the CIS Empowerment

coaches have participated in Connections Matter trainings and also Kate's Club grief trainings. RMG connected CIS of Central Georgia with Kate's Club to offer Grief Training for 14 participants. Looking ahead, RMG will be partnering with CIS to provide a program with called Building Resilience by Defining Vision:

- Vision Challenge project focused on building resilience in the students served. This project will support mental health and college/career programming CIS of Central Georgia offers as a part of our Integrated Student Services (wrap around services) model (see below for model description). The proposed programming anticipates serving at least 750 students in grades five through twelve in the Spring Semester of 2022 with a possibility of expansion in the future.
- Currently CIS of Central Georgia serves students in twelve schools throughout Bibb County. CIS of Central Georgia positions an Empowerment Coach at each school. All CIS of Central Georgia staff including Empowerment Coaches will receive Vision Challenge training from the author of and developer of the actual Vision Board Challenge. Once trained, the Empowerment Coaches will implement small group programming engaging students defining a vision for their future and then creating a visual of the vision to help them further their resilience.

Collaboration with Family Justice Center Macon

RMG Leadership Team serves as a part of the steering committees working to create the Family Justice Center. Through this partnership, RMG will continue to work with partners to provide trauma-informed trainings to partners and community. The Family Justice Center has also agreed to support and assist with Handle with Care implementation in middle Georgia.

Spotlight

Adversity and Resilience Symposium



On April 13th, 2021, Resilient Middle Georgia co-hosted the Adversity and Resilience Symposium with Atrium Health Navicent. This symposium grew from a year of conversations about expanding the traditional child abuse prevention conference that has occurred for many years via the local hospital. RMG offered to provide support to host the event in an online format. Atrium Health Navicent provided support in the main speaker fee and marketing for the event. The symposium was a resounding success and had over 350 attendees from communities across the state and middle Georgia. Resilient Middle Georgia's coalition building efforts and our partnership with Atrium Navicent Health allowed us to host several presenters from a wide variety of fields and disciplines. Ten presentations and a panel discussion occurred throughout the day provided attendees with insights on how to implement a trauma-informed approach into various areas of their communities, including mental and physical health, law enforcement, education, and local government.

One of the most impactful components of the symposium was a presentation followed by a panel discussion: Our Hidden Pandemic: Understanding the Long-Term Effects of Childhood Adversity and Envisioning Systems of Empathy with Dr. Stan Sonu. Participants in the panel discussion included:

- Dr. Curtis Jones, Superintendent of Bibb County School District
- Dr. Yameika Head, Medical Director of Crescent House, Atrium Health Navicent
- Tonika Keith, Bibb County Director Georgia Division of Family and Children Services
- Elaine Lucas, Bibb County Commissioner
- Anita Howard Reynolds, Macon Judicial Circuit District Attorney
- Sheriff David Davis, Bibb County Sheriff Department
- Dr. Andrea S. Meyer Stinson LMFT, Associate Professor, Mercer University School of Medicine, Resilient Middle Georgia

As a result of this event, RMG has been in consistent contact with the District Attorney's Office for Macon-Bibb County. Asha Ellen, Director of Outreach, Engagement & Diversity recently contacted RMG to host an office wide training in Connections Matter Georgia. On December 14th, Jill and Andrea will complete this training, which is a direct result of the work that occurred in planning the symposium and conversations that have continued after the symposium. There are continued conversations happening with Bibb County Schools System, the Sheriff's Office, and Bibb County Department of Family and Children's Services in ways to implement training and partnership opportunities, such as Handle with Care Middle Georgia.

Kate's Club

At each RMG coalition meeting, the focus is to update and provide resources to community partners. In addition, RMG seeks feedback from community partners



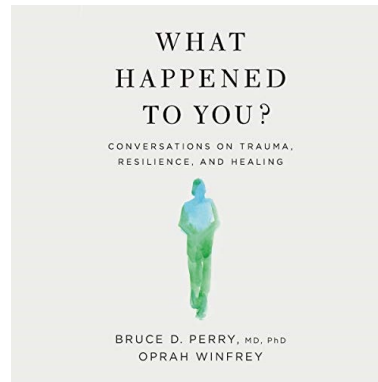
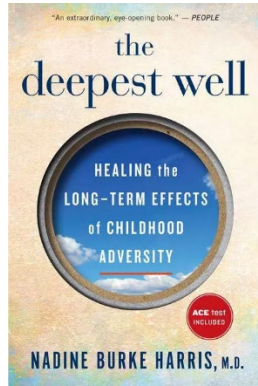
about areas of concerns in the community that are common across stakeholders and disciplines. In the October 2021 coalition meeting, an overwhelming theme of the feedback was the lack of grief and loss resources available to children, teenagers, and families in middle Georgia.

Based on this feedback, RMG sought a meeting with Kate's Club, which is based out of Atlanta. On October 29th RMG and Kate's Club met to discuss a partnership and how to bring these resources to middle Georgia. Kate's Club hopes to expand into communities outside of the Atlanta area as part of their new strategic plan. In the discussion, Kate's Club offered training and school-based support resources to help increase the grief and loss resources to the communities. RMG discussed connecting Kate's Club with the community partners to make this work happen. As a result, on November 29th, Kate's Club facilitated a grief and loss training with Communities in School of Central Georgia (14 in attendance). RMG and Kate's Club are working towards community-based presentations to begin in January 2022, which will occur primarily through community champions in the coalition.

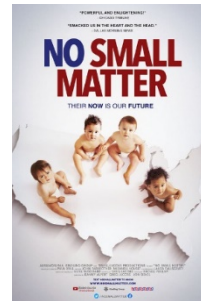
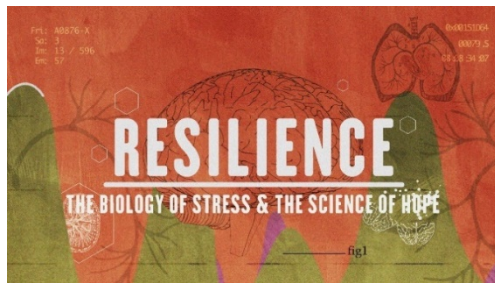
Future plans with Kate's Club involve a collaboration between Communities in Schools, RMG, and the Mercer Family Therapy Program. In this partnership, Mercer MFT students would be trained as school-based grief educators and placed in Bibb county schools to provide support directly to students. RMG's essential work of building relationships and connecting partners is exemplified by this example.

Inspired Action

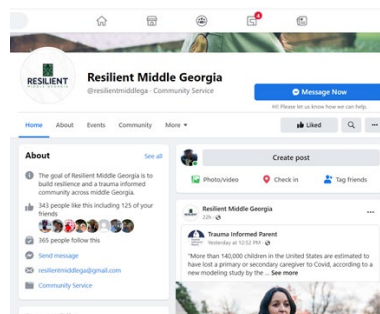
Book conversations: We have provided free copies of *The Deepest Well* throughout the community to inspire ideas and conversation. Looking ahead, we are planning alongside Middle Georgia Regional Library System a community conversation with “What Happened to You?” by Dr. Bruce Perry and Oprah. We also have copies of the book to distribute to encourage participation.



Community Screenings: Inspired by the DECAL funded conversations in December, we are circling back to our original plans to show community wide *Resilience* documentary showings and also documentaries focused on the importance of early childhood development such as *No Small Matter*.



Social Media Engagement: The Resilient Middle Georgia Facebook page is a simple way for page followers to receive reminders of resilience building activities along with upcoming events.



Income and Expenses/Financials

Year 2 Resilient Middle Georgia: Percentage of Actual Amount Spent

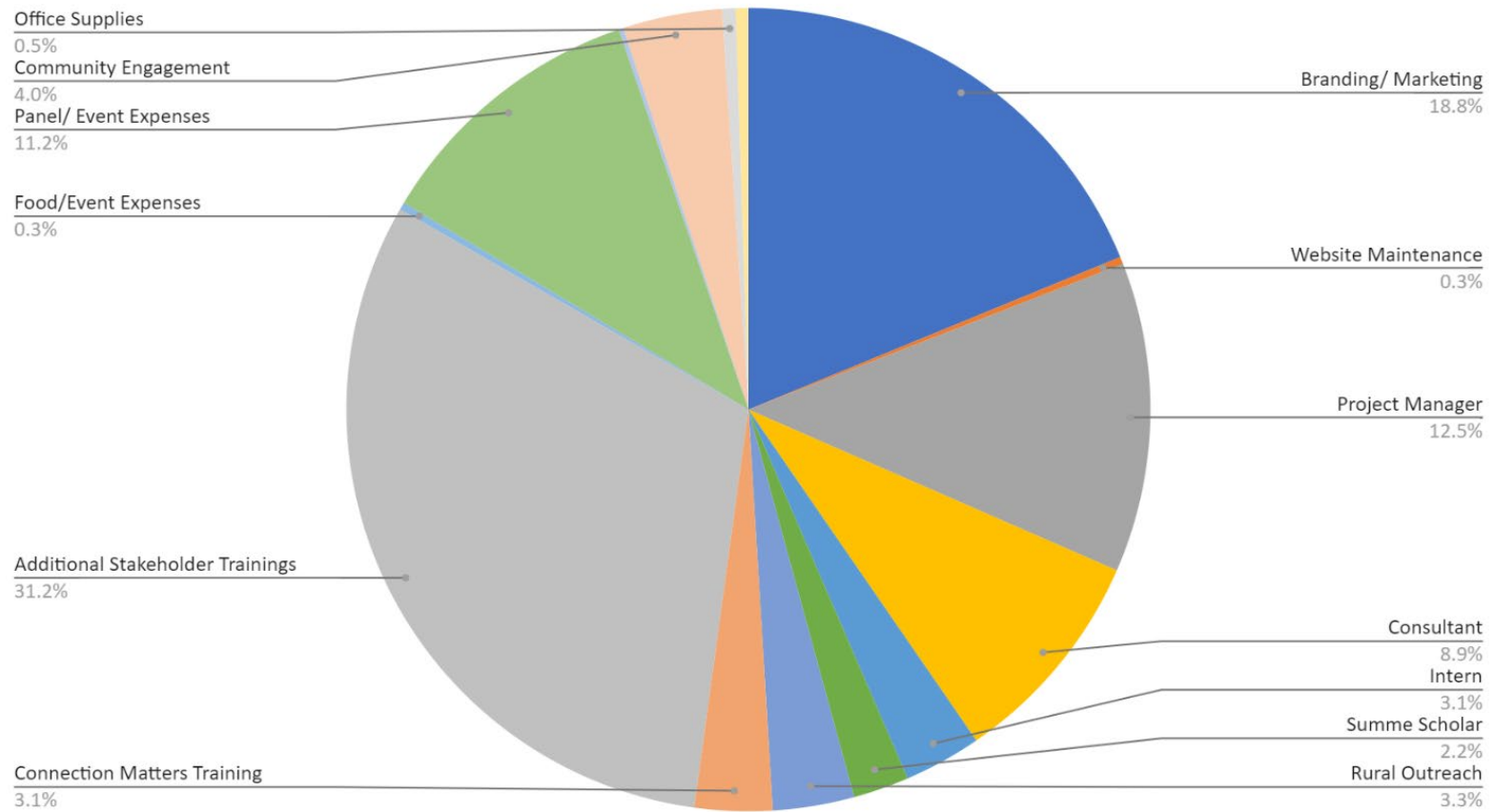
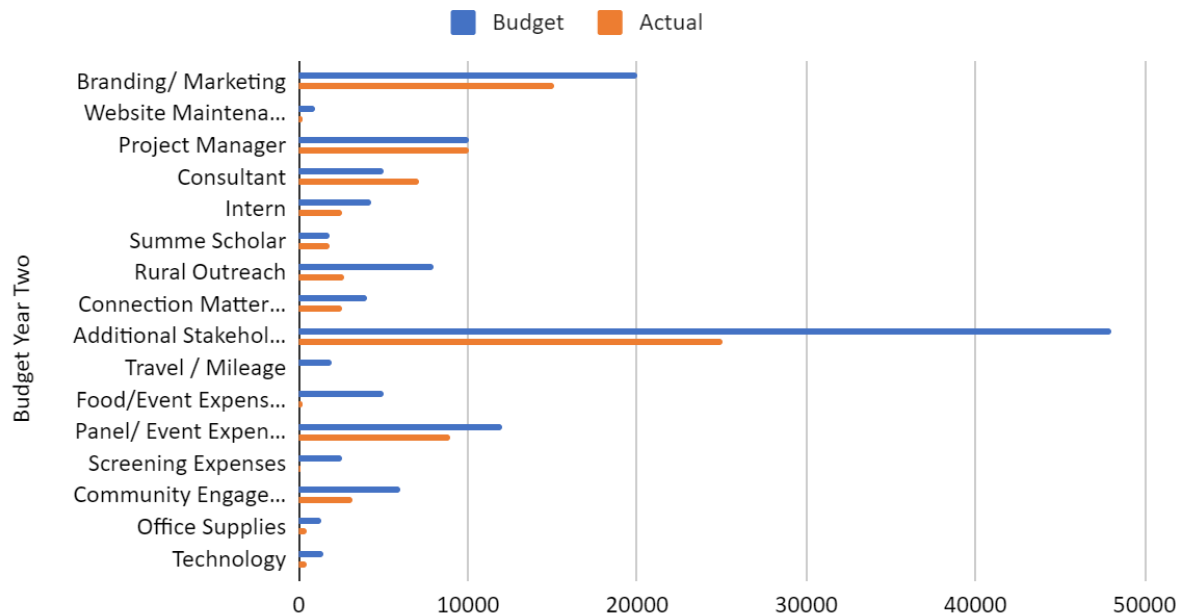


Chart 5: Year 2 RMG Percentage of Actual Amount Spent

Year 2 Resilient Middle Georgia Budget



Explanation of Expenses

The majority of funds were spent on building awareness through evidence based trainings and book purchases to give to community partners and leaders as we continue to expand the conversation to a larger audience.

We also spent a significant portion of the budget on technology and event support for the Adversity & Resilient Symposium that was in partnership with Atrium Navicent. Furthermore, we continued to expand the distribution of the resilience bags in the community which allowed for more awareness.

We do have a remaining balance of \$52,190 that we would respectfully request we can rollover over to Year 3 in 2022. This approval would allow us to continue building on the conversations and relationships that have been built since 2019.

We have a remaining grant balance because of two outstanding project goals.

1. KINSHIFT which would provide anti-racist, trauma-informed professional development for community leaders to change policy within large systems. The proposal we received was for \$70,000. With this significant cost we have reached to peers for advice on how to move forward with a smaller proposal while also creating a list of leaders to invite to the collaborative training opportunity
2. Neighborhood Trauma Response Network provided by Chris 180. We met with staff in June of 2021. The meeting was very inspiring for our local community partners and there is eagerness to receive a proposal on cost of training for Macon and consultant to adapt the Trauma Response Network to local neighborhoods. We have not received the proposal yet due to organizational changes at Chris 180.

Appendices

Appendix A: Resilient Middle Georgia Coalition Members

First Name	Last Name	Organization	Organization Type
Andrea	Meyer Stinson	MUSM MFT	Academic
Andrew	Benesh	MUSM MFT	Academic
Bonny	Dickinson	MUSM	Academic
Dahlia	Al-Haleem	MUSM	Academic
Erika	Taylor	Mercer University	Academic
Joy	Joseph	MUSM	Academic
Paula	Kamara	Mercer University	Academic
Rebekah	Hazlett	Middle GA State	Academic
Rena	Laster	Central Georgia Technical College	Academic
Stephanie	Basey	MUSM	Academic
Susan	Cline	MUSM	Academic
Tirth	Patel	MUSM	Academic
Zach	Mildren	MUSM	Academic
Liz	Fabian	The Center for Collaborative Journalism at Mercer University	Academic
Sonya	Green	Center for Collaboration Journalism (CCJ)	Academic
James	O'Neal	Middle GA Regional Library	Community
Amanda	Russo	Community Member	Community
Angela	Butler	Community Member	Community
D'Anthony	Harris	Community Member	Community
Jacqueline	Jackson	Community Member	Community
JD	Granade	First Baptist	Community
Katherine	Duncan	Community Member	Community
Lea	Toney	Twiggs Family Connection	Community
Sheknita	Davis	Bibb Mt. Zion Baptist Church	Community
Simran	Chaudhri	Community Member	Community
Sonya	Ayears	Community Member	Community
Vickia	Johnson	Community Member	Community
Allison	McAfee	Family Connections	Community
Chsandra	Johnson	Macon Aim	Community
Flo	Martin	Women's Interfaith Alliance	Community
Maria	Andrade	ABC Breathe	Non- Profit
Ade	Oguntoye	One World Link	Non- Profit
Amanda	Juarez	United Way (student intern)	Non- Profit
Darice	Oppong	Community Health Care Systems, Inc.	Non- Profit

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Dion	Walker-Smith	GCAPP	Non- Profit
Emily Anne	Vall	Resilient Georgia	Non- Profit
Ivey	Hall	Habitat for Humanity Macon	Non- Profit
Judy	Sexton	Loaves and Fishes Ministry	Non- Profit
Kayla	Isom	Griffith Family Foundation	Non- Profit
Keisha	Callins	Community Health Care Systems, Inc.	Non- Profit
Kelly	Davis	KINSHIFT	Non- Profit
Nancy	Cleveland	Community Foundation of Central GA	Non- Profit
Patty	Gibbs	Family Counseling Center of Central Georgia	Non- Profit
Susan	Johansen	Crisis Line & Safe House of Central GA	Non- Profit
Lacey	Resch	Community Health Works	Non- Profit
Taryn	Collinsworth	Community in Schools of Central Georgia	Non- Profit
Tian	Foss	Houston Family Connections	Non- Profit
LeAnn	Gunter Johns	Hospice Care Options	Private
Alicia	Gregory	Reflections Psychotherapy	Private
Andrea	Cooke	Southern Center for Choice Theory	Private
Gloria	Cissé	Southern Center for Choice Theory	Private
Sommer	Lewis	WellCare	Private
Lisa	Ibekwe	The Comfy Place, LLC	Private
Marsha	Weaver	Middle Georgia Community Action Agency	Public
Kemberlie	Sanderson	Crescent House, Navicent	Public
Missy	Upshaw	Navicent Health	Public
Alicia	Wright	Macon Bibb County Health Department	Public
Edward	Rowell	Bright from the Start DECAL	Public
Angela	Brown	DFCS	Public
Brittney	Stewart	North Center Health District DPH	Public
Carol	Babcock	Atrium Navicent	Public
Chevonna	Jones	Atrium Navicent	Public
Lawanda	Scott	Atrium Navicent	Public
Sharonda	Hill	Office of Congressman Sanford Bishop	Public
Tajalyn	Woodruff	School Justice Partnership, DA's office	Public
Tamika	Fluker	Macon Public Defender Office	Public
Amanda	Stables	First Choice Primary Care	Public
Sarah	Schanck	Family Justice Center of Macon Site Coordinator	Public
Angela	Solomon	Bibb County School District	Public
Beverly	Stewart	Bibb County School District	Public

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Christian	Jordan	Houston County Health Department DPH	Public
Christina	Sikes	Houston County Health Department DPH	Public
Felecia	Cornelius	First Choice Primary Care	Public
Holly	Johnson	North Center Health District DPH	Public
Jill	Vanderhoek	Bibb Community Partnership – Family Connections	Public
Johnny	Williams	Medical Center Navicent Health	Public
Jordann	Cohen	River Edge Behavioral Health	Public
Joy	Carr	Jones County Family Connection	Public
Katherine	McLeod	First Choice Primary Care	Public
Kerisia	Wasztyl	Healthy Communities Navicent	Public
L.	Howard	WellCare Centene	Public
LeKeisha	Young	Macon Bibb County Health Department	Public
Maggie	Bloodworth	Pulaski Family Connections	Public
Rhonda	Miller	Macon Housing Authority	Public
Tamiko	Horne-Williams	Twiggs Family Connections	Public
Tara	Combs	Health Department - Program Director for Region 6	Public
Tiffany	Hill	River Edge	Public

Appendix B: Community Adversity Infographic example

RESILIENT
MIDDLE GEORGIA




Community Adversity in Baldwin County

Nearly **1 in 3** children are living in poverty

Over **10%** of children have missed at least 2 weeks of school


Nearly **10%** of 9th graders report alcohol use in the last month

Adverse childhood experiences (ACEs) can negatively impact a child's mental health and impact their ability to form healthy relationships.


In 2018, 71 children were victims of substantiated abuse and/or neglect--furthering the cycle of ACEs.


6.4% of parents in the county also did not have stable employment--fostering unstable family environments.




Children can even be impacted by maternal ACEs before they are born. Maternal ACEs can increase a child's chance to develop depression and high blood pressure.

We believe our strength is in our ability to adapt and overcome, together.
Together we become resilient!

 Schedule a training
resilientmiddlegeorgia@gmail.com

 You can help create change
www.resilientmiddlegeorgia.org

Appendix C: Early Childhood Mental Health CRM Training



Resilient Middle Georgia & DECAL present:


EARLY CHILDHOOD MENTAL HEALTH

Gathering together to discuss the impact of trauma, ACEs, and toxic stress on infants and children in Middle Georgia!

Two opportunities to engage:




- Thursday December 9th, 12-2pm
@ President's Dining Room (Mercer University UC)
- Saturday December 11th, 12:30-2:30pm
@ Professional Learning Center (Bibb County School District)

Includes introduction to:
Community Resiliency Model



Center for
Interrelational
Science and Pediatrics

Registration is limited: <https://forms.gle/FWjuHrh4guHxzjoN6>
In-person participants will receive a complimentary boxed lunch
Childcare providers and parents are eligible for attendance incentive



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Appendix D: Quick Access to Tables and Charts

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- [Chart 2](#) – Total Number of Attendants at 2021 Connect Now Community Presentations
- [Chart 3](#) – Total Number of Attendees at Connections Matters Trainings
- [Chart 4](#) – Total Number of Attendees at Community Resilience Model (CRM) Trainings
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- [Table 2](#) - List of Events/Organizations that received Connect Now Community Presentations
- [Table 3](#) - List of Events/Organizations that received Connections Matter Trainings
- [Table 4](#) - List of Events/Organizations that received CRM Trainings
- [Table 5](#) - Adversity & Resiliency Symposium Program and Total Number of Attendants