



RESILIENT

MIDDLE GEORGIA



2023 ANNUAL REPORT

PHOTO FROM INAUGURAL 2023 CAMP HOPE AT CAMP TWIN LAKES

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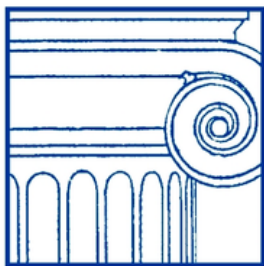
Acknowledgments

Thank you to the following organizations for your support:

*Pittuloch Foundation, Resilient Georgia, and
Community Foundation of Central Georgia!*



THE PITTULLOCH FOUNDATION



**COMMUNITY
FOUNDATION**
of Central Georgia, Inc.

About 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 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 to 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 1 grants were awarded in Nov 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.
- In their third year of partnership with Resilient Georgia, Round 1 coalitions have bolstered their work to create bold, systemic, sustainable change in consistent ways across statewide issues, to affect policy, systems, and environmental (PSE) change and incorporated a Justice, Equity, Diversity, and Inclusion (JEDI) lens in their action plans.

Leadership Team & Contributors



JILL VANDERHOEK
Executive Director
Community Partnership
Bibb County Family Connection



ANDREA S. MEYER STINSON PH.D LMFT
Director of Workforce
Strategy & Initiatives
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AMANDA JUAREZ
Project Coordinator
Resilient Middle Georgia



DEBRA JACKSON
Public Health
AmeriCorps Member

RMG Overview

VISION

To inspire long-term healing, build resilience, and empower community champions to join the trauma-informed care movement

MISSION

RMG seeks to empower the cities and counties in Middle Georgia to face adversity and trauma with empathy and bravery.

SERVICE AREAS

- | | |
|----------|------------|
| Baldwin | Monroe |
| Bibb | Peach |
| Crawford | Pulaski |
| Hancock | Putnam |
| Houston | Twiggs |
| Jasper | Washington |
| Jones | Wilkinson |



Annual Highlights

5

**COALITION
MEETINGS**

23

**TRAINING
EVENTS**

66

**COMMUNITY
CONNECTIONS**

63

**AWARENESS
EVENTS**

80

**ORGANIZATIONS
REPRESENTED**

118

**COALITION
MEMBERS**

17,623+

**PROMOTIONAL
ITEMS
DISTRIBUTED**

683

**TRAINING
PARTICIPANTS**

Short Term Goals



1

Inform and introduce the impact of PACEs to community members by hosting numerous awareness events, developing marketing strategies, and engaging in community conversations/presentations. Reevaluate the total number of outreach opportunities every 6 months.



2

Strengthen the current network of RMG coalition members by holding bi-monthly coalition meetings, exploring how the mission of RMG aligns with organizational goals and following up with partners at least once a month. Expand the coalition through awareness presentations and targeting specific areas like (1) law enforcement, (2) early childhood, and (3) Pediatrics (4) Community members.



3

Provide at least one of the following evidence-based training every month: Connections Matters, CRM, Becoming a More Resilient Parent, Mental Health First Aid, KINSHIFT. Track the distribution of informational handouts. Evaluate every 6 months.



4

Offer an internal assessment to all coalition members to assess their current trauma-informed status. Once identified, RMG will provide targeted step-by-step tools, resources, support groups, etc. for organizations/community groups to implement trauma-informed practices within each of the coalition members' organizations. RMG will encourage participation from coalition members by offering public recognition, certification, and awards.

ACHIEVEMENT BADGES





Long Term & Ongoing Goals



1

Inform individuals, families, and communities about PACEs science in order to **empower change from within** the community and support sustainable long-term change.



2

Build community capacity to meet the needs & develop a stronger trauma-informed workforce. An increased trauma-informed workforce will expand quality care and reduce workforce burnout in social service areas.



3

Support organizational leaders and coalition partners to **implement trauma-informed and PACEs practices into their organizational structure** to more effectively engage, empathize, and understand their target populations.



4

Facilitate and promote various leadership training opportunities, like the KINSHIFT program. Collect data on current trauma-informed practices and re-evaluate every 6 months to see the progress.



5

Embed trauma-informed practices into organizations to achieve a systems-level change. We will capture the participation rate of each training and assess individual commitments to establishing trauma-informed practices into their networks.



6

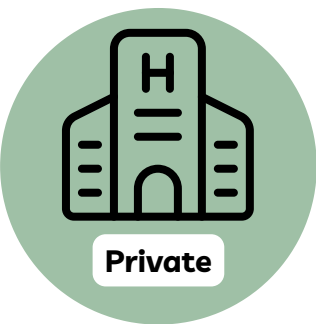
Strengthen our leadership team to **identify metrics, measure, and track the progress of trauma-informed initiatives.** We will also partner with external agencies to help develop our capacity to achieve this goal over time.

ACHIEVEMENT BADGES

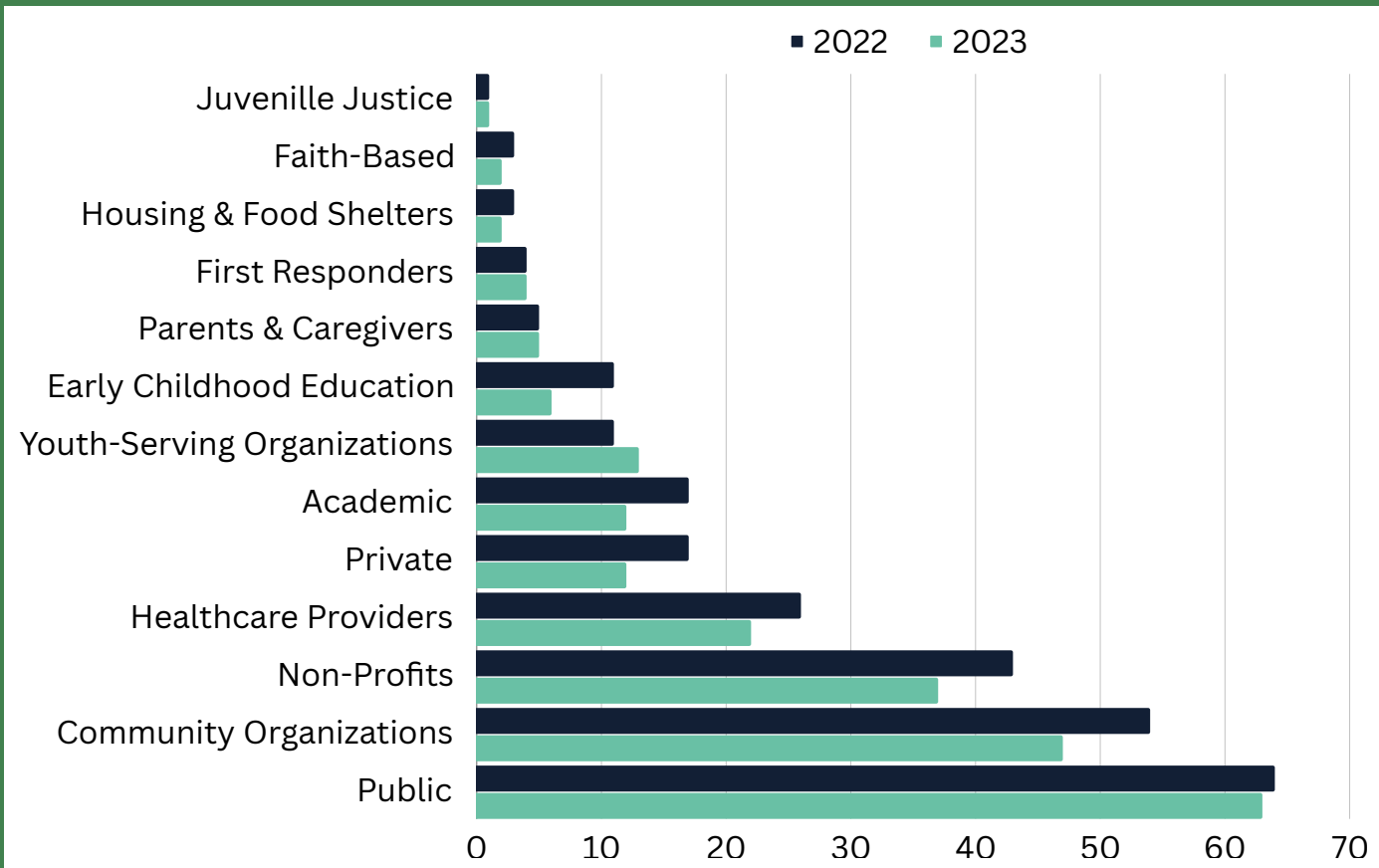




Coalition MEMBERS



Coalition Member Distribution



- ABC Breathe
- Amedisys Hospice
- Atrium Health Navicent - Healthy Communities
- Atrium Healthy Families
- Atrium Navicent
- Baldwin County Family Connections
- Baldwin County Schools
- Bibb Community Partnership – Family Connections
- Bibb County Family Connection
- Bibb County School District
- Bibb County Sheriff's Office
- Bibb Mt. Zion Baptist Church
- BOE Campus Police
- Bright from the Start DECAL
- Central Georgia Technical College
- Child Care Resource & Referral of Southeast Georgia
- Cirrus Academy + St. Luke Baptist
- Community in Schools of Central Georgia
- Crawford County Family Connection
- Crescent House, Navicent
- Crisis Line & Safe House of Central GA
- Division of Family & Children Services
- DSTO Photography
- Family Counseling Center of Central Georgia
- Family Health Center
- Family Justice Partnership
- First Choice Primary Care
- Fort Valley State University
- GA Child Abuse Prevention
- Georgia Department of Labor
- Georgia Department of Public Health
- Georgia Family Connection Partnership
- Georgia Rural Health Innovation Center
- Girls Dig Deeper Initiative
- Graduate Student Intern, Texas A&M University
- Habitat for Humanity Macon
- Hancock County Family Connection
- Hancock County Schools
- Houston County Family Connection
- Houston County Health Department DPH
- Houston County Project AWARE
- In The Door, Workforce GA
- Jasper County Family Connection
- Jones County Family Connection
- Juvenile Court
- Macon-Bibb County Health Department
- Macon-Bibb EOC
- Macon Public Defender Office
- Medical Center Navicent Health
- Mercer University
- Middle GA Regional Library
- Middle Georgia Community Action Agency
- Middle Georgia State University
- Mercer University School of Medicine
- Mercer University School of Medicine, Marriage and Family Therapy (MFT)
- National Incarceration Association (NIA)
- Navicent Health
- North Center Health District DPH
- Office of Congressman Sanford Bishop
- One World Link
- PACE Center for Girls
- Peach County Family Connection
- Primary Pediatrics
- Project Aware- Bibb County School District
- Pulaski Family Connections
- Reflections Psychotherapy
- River Edge Behavioral Health
- Solicitor General
- Southern Center for Choice Theory
- The Center for Collaborative Journalism at Mercer University
- The Comfy Place, LLC
- The Council on Drugs and Alcohol
- The Methodist Home
- The PEACH Pit
- Twiggs Family Connection
- Unite Us
- United Way of Central Georgia
- VECTR (Georgia Veterans Education Career Transition Resource Center)
- Washington County Family Connections
- WellCare

RMG Leadership Team Reviewed and Removed Inactive Members during 2023 Mid-Year Report

2023 Coalition Meetings

January 2023	Discussion of Handle With Care model with Lizann Roberts, Executive Director of Coastal Georgia Indicators Coalition	42 Attendees
April 2023	Celebration of our Kinshift learning collaborative and a larger discussion of accomplishments as a coalition	27 Attendees
June 2023	Annual Planning Meeting and check-in discussion of the needs within our Middle GA communities and organizations	15 Attendees
September 2023	Consensus Workshop with Dr. Ann Price to create alignment about coalition members and help identify coalition goals and next steps. Groundwork for Theory of Change Model	24 Attendees
November 2023	Final Coalition discussion with Darice Oppong on coalition development and planning for 2024	25 Attendees

Evaluator Introduction



DR. ANN WEBB PRICE

Owner & President of
Community Evaluation Solutions, Inc.
<https://www.communityevaluationsolutions.com/>

Dr. Ann Price is a Community Psychologist and evaluator and is President of Community Evaluation Solutions, Inc. a consulting firm she founded in 2004. Much of Ann's work is with community coalitions and nonprofits with a focus on systems change. Ann and her team conduct evaluations in many areas, including mental health, youth substance abuse prevention, youth development

foster care advocacy, education, nutrition, and public health. Ann is an active member of the American Evaluation Association (AEA) and the Atlanta Affiliate of AEA. She conducts workshops and training throughout the country on coalition development, coalition evaluation, community engagement, and evaluation capacity. She is a regular presenter at the AEA national conference and the AEA/CDC Summer Institute. Ann is known for making the evaluation process easy to understand and uses a participatory approach to build clients' confidence and capacity.

Her work is published in several peer-reviewed journals on topics related to coalitions as a mechanism for social change, success stories, prevention, and evaluation. Her book with co-author Dr. Susan Wolfe, *Community Consulting: A Practical Guide to Collaborating with Communities* was published in March 2023 by Cambridge Press. She has a podcast called *Community Possibilities* where she speaks to community leaders doing the hard work of community and systems change.

RMG partnered with Dr. Ann Price to better understand Resilient Middle Georgia's impact and to review past efforts and data collection to date. We engaged in the following three activities:

- **Consensus Workshop:** Created alignment among coalition members and helped identify coalition goals and next steps.
- **Building a Region of Resilience:** Reviewed findings from consensus workshop to ensure all voices were heard as the coalition moves forward.
- **Theory of Change:** RMG Leadership worked with Ann to consolidate coalition feedback and develop a visual map of RMG's theory of change to clarify the coalition's purpose, vision, & mission.

Consensus Workshop



Building a Region of Resilience



Theory of Change



Evaluation Plan for 2024-2025



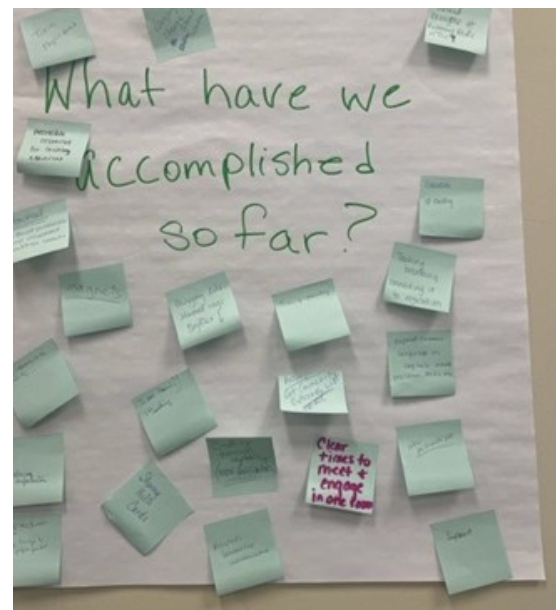
Consensus Workshop

Dr. Ann Price: “What have we accomplished so far?”

COALITION REPSONSES

- Trained physicians and partners
- Accessible resources for training clinicians
- Build awareness and increase outreach
- Magnets
- Getting information to the community
- Bringing like-minded organizations together
- Parenting training
- New partners and coalition members
- Community outreach list
- Clear times to meet and engage in one room
- Teaching breathing and connecting it to regulation
- Expand common language in Region 6 (Resilience, ACES, etc.)
- Language change about trauma
- New partnerships
- Support
- Sharing ‘Hello’ cards
- Kinship Leadership Collaborative
- Building training capacity (more facilitators)

COALITION REPSONSES



Building a Region of Resilience

Dr. Ann Price: “What do we want to accomplish together in the coming year as we collaborate to move our work forward?”

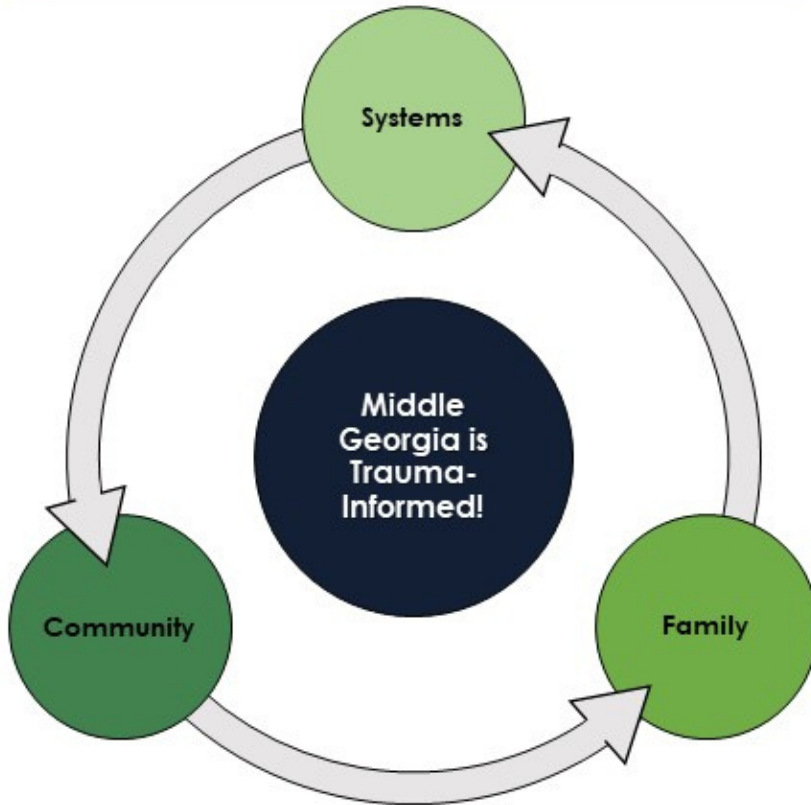
<p>Community Engagement & Outreach</p>	<p>Engage community members Expand to rural areas Create inspirational marketing (billboards) Involve more youth Increase community participation at the grassroots level Increase community awareness to reach the masses</p>
<p>Resource Management</p>	<p>Pool resources Improve matching of resources to community members' needs Improve sharing of resources throughout the region Increase community education of resources available Create a community resource guide</p>
<p>Education, Training, and Professional Development</p>	<p>Train and fund more facilitators Increase community training (reach 10% of the community) Train more frontline workers Expand Community Resiliency Model (CRM) Training</p>
<p>Measure and Celebrate Success</p>	<p>Measure progress on our mission Share personal stories from resource recipients Report collective wins and success stories Share accountability stories of our embedded work Acknowledge partner and coalition progress and success</p>
<p>Coalition Development</p>	<p>Conduct an asset assessment for the coalition Bring key partners to the table to do the work Implement Handel with Care (HWC) in 3+ counties</p>



Building a region of resilience, we aim to inspire long-term healing and empower community champions to join the trauma-informed care movement

Accessible Trauma-Informed **S**ervices
 Thriving Trauma-Informed **W**orkforce
 Coordinated Trauma-Informed **O**rganizations
 Collaboration Across All **S**ectors

Sense of Belonging
 Civically Engaged Community Members
 Safe & Inclusive Neighborhoods
 Involved & Trained Communities
 Social Determinants of Health are Addressed



Financially & Emotionally Secure
 Connected to Each Other & Their Community
 Welcomed & Supported when Receiving Services
 Knowledge & Skills to Address PACEs

Region-Wide Commitment

Education Across all Sectors

RESULTS

Compassionate, Inclusive, & Diverse Community

Reduced Stigma Related to Trauma & Mental Health

Intentional Use of Positive & Adverse Childhood (PACEs) Language

Removing Judgement & Building Equitable Support

Address Adverse Community Environments & Adverse Collective Historical Events

Trauma-Informed Practices Are Embedded in All Sectors

Capacity Building

ORGANIZATIONAL DEVELOPMENT

RMG is partnering with **Darice Oppong** to complete a Coalition-Building Project in preparation for the 2024 Grant Cycle. She is creating short-term and long-term plans for coalition building and engagement, building on the strength and acknowledging the challenges in Middle Georgia. Her work includes:

- Researching best practices from the literature and existing resilience organizations
- Meeting with statewide experts and Resilient Georgia coalition partners to understand existing strategies and challenges
- Building on Dr. Ann Price's work to address coalition capacity needs and facilitate a plan for future years of funding
- Identifying strategies for maintaining coalition engagement moving forward
- Delivering a presentation of project findings at the November Coalition Meeting

MARKETING & OUTREACH

RMG aims to expand our reach! **Amanda Juarez**, project coordinator, updated and expanded marketing materials. Additional strategies for outreach and engagement include rack cards (in English and Spanish), pens, notepads, stress balls, bubbles, website updates, and digital communication. RMG worked with **Morgan McClendon**, MPH intern, to update the county-specific PACEs infographics, which will soon be posted onto the new and updated website.

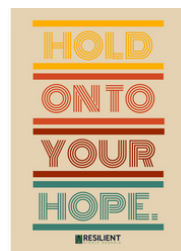
AMERICORPS

We've renewed our partnership with One World Link and their Public Health AmeriCorps Program. AmeriCorps member **Debra Jackson** has returned for a second year! This year, she will continue to focus on building community trust and listening to community voices. In addition, she will help connect individuals and organizations to the Resilient Middle Georgia Initiative in Macon-Bibb. Debra will help connect RMG with the pulse of the community at the grassroots level.

Marketing & Outreach Materials

As we continue to share information about RMG, our marketing, and promotional materials are expanding to include:

- Bookmarks
- Notepads
- Stress Balls
- Emotion Wheel Magnets
- Fidget Popits
- County Specific Infographics
- Resilience Bags
- Learning Cards
- T-Shirts
- Coffee Mugs
- Rack Cards
- Newsletters



New Rack Card (English)



Service Areas

- | | | |
|----------|---------|------------|
| Baldwin | Jasper | Putnam |
| Bibb | Jones | Twiggs |
| Crawford | Monroe | Washington |
| Hancock | Peach | Wilkinson |
| Houston | Pulaski | |



You can create change in your community.



Resilient Middle Georgia encourages you to build resilience by:

- Building Connections
- Fostering Wellness
- Finding Purpose
- Embracing Healthy Thoughts

Our Services

Resilient Middle Georgia offers **free training and resources** to organizations and community members to understand:

- The impacts of stress and adversity on children and adults
- Ways we can promote positive experiences
- How to create resilience through connection



"Our injuries aren't flaws; they are the fabric of a better world."

Learn more or schedule a training

- 🌐 resilientmiddlegeorgia.org
- ✉ resilientmiddlega@gmail.com
- 📘 [facebook/resilientmiddlega](https://facebook.com/resilientmiddlega)
- 📷 [instagram/resilientmiddlegeorgia](https://instagram.com/resilientmiddlegeorgia)

New Rack Card (Spanish)



Áreas de Servicio

- | | | |
|----------|---------|------------|
| Baldwin | Jasper | Putnam |
| Bibb | Jones | Twiggs |
| Crawford | Monroe | Washington |
| Hancock | Peach | Wilkinson |
| Houston | Pulaski | |



Puedes crear un cambio en tu comunidad.



Resilient Middle Georgia te estimula a aumentar la resiliencia mediante:

- La creación de conexiones
- El fomento del bienestar
- El descubrimiento de un propósito
- El abrazo a pensamientos saludables

Nuestros Servicios

Resilient Middle Georgia ofrece **capacitación y recursos gratuitos** a organizaciones y miembros de la comunidad para comprender:

- Los impactos del estrés y la adversidad en niños y adultos
- Formas en que podemos promover experiencias positivas
- Cómo crear resiliencia a través de la conexión





*"Nuestras heridas no son defectos;
Son el tejido de un mundo mejor."*


Obtenga más información o programe una capacitación

- 🌐 resilientmiddlegeorgia.org
- ✉ resilientmiddelega@gmail.com
- 📘 [facebook/resilientmiddelega](https://facebook.com/resilientmiddelega)
- 📷 [instagram/resilientmiddlegeorgia](https://instagram.com/resilientmiddlegeorgia)


County-Specific Infographics

Baldwin County's Information



Adverse Childhood Experiences (ACEs) can negatively affect a child's overall health and their ability to form relationships.




Children in Poverty

Close to 1 in 3 children in Baldwin County are living in poverty.

ACE Risk Factor Score


Over 50% of children in Grades 6-12 living in Baldwin County have reported to have experienced at least one ACE. These children are at a greater risk of developing adverse health outcomes such as high blood pressure and depression.

Georgia Student Health Survey (2017 - 2019)



53.5%

<h4>Baldwin's Health Ranking</h4> <p>#91 of 159</p> <p><small>across all counties in Georgia.</small></p>	<h4>Baldwin's School Attendance</h4> <p>9.3%</p> <p><small>of teens ages 16-19 missed 15 or more days of school in 2021.</small></p>	<h4>Baldwin's Community Resilience Estimate</h4> <p>28.83%</p> <p><small>of the population reported 3 or more risk factors for vulnerability to a disaster.</small></p>
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You can create change in your community. Strength comes from the ability to build resilience. Resilience is the ability to thrive, adapt, and cope despite tough times.

Resilient Middle Georgia encourages you to build resilience by:

- Building Connections
- Fostering Wellness
- Finding Purpose
- Embracing Healthy Thoughts


Learn more or schedule a training at www.resilientmiddlegeorgia.org

ACE Protective Factor Score

43.89% of children in Grades 6-12 living in Baldwin County scored above the state median for the ACE protective factor score. This percentage represents the rate of children who self-reported factors that mitigate the effects of ACEs.

Georgia Student Health Survey (2017 - 2019)



43.8%

<h4>Self-Harm Rates</h4> <p>53.14%</p> <p><small>of students in Baldwin reported self-harm behaviors or thoughts.</small></p>	<h4>Substance Use</h4> <p>54.32%</p> <p><small>of students in Baldwin reported the use of substances such as, alcohol, unprescribed drugs, and smoking.</small></p>	<h4>Anxiety/Depression</h4> <p>39.38%</p> <p><small>of students in Baldwin reported symptoms of anxiety or depression.</small></p>
<h4>Single Headed Households</h4> <p>43%</p> <p><small>of families in Baldwin are single-parent or getting into a physical altercation.</small></p>	<h4>Bullying/Fighting</h4> <p>52.34%</p> <p><small>of children in Baldwin reported being bullied or getting into a physical altercation.</small></p>	<h4>Unemployment Rate</h4> <p>7.6%</p> <p><small>of adults ages 21-54 in Baldwin are unemployed.</small></p>
<h4>Feeling of Belonging</h4> <p>47.16%</p> <p><small>of students in Baldwin reported that they felt a sense of belonging in school.</small></p>	<h4>Positive School Environment</h4> <p>48.52%</p> <p><small>of students in Baldwin reported a positive school environment.</small></p>	<h4>Positive Student Interaction</h4> <p>41.12%</p> <p><small>of students in Baldwin reported prosocial behaviors with other students.</small></p>

Association between ACEs and Increased Risk of Negative Outcomes

Early Adversity has Lasting Impacts

Learn more or schedule a training at www.resilientmiddlegeorgia.org

Research

Annual Survey of Trauma-Informed Practices

Our coalition has been actively gathering data on current and future trauma-informed practices that we plan to implement. In our second annual survey, we received responses from 49 coalition members.

The top 3 areas of Trauma-Informed Practices that respondents would like to implement in the future:

#1 Future Practice

Trauma informed
training for
leadership/admin
istration/board
of directors

#2 Future Practice

ALL workforce
training on
trauma-informed
care

#3 Future Practice

Trauma-
informed training
for ALL
onboarding new
employees

SEE NEXT PAGE FOR SURVEY RESULTS OF CURRENT PRACTICES









ANNUAL COMPARISON OF CURRENT PRACTICES

2022

2023



indicates percentage increase between 2022 to 2023

	2022	2023
Internal assessment of current trauma-informed practices 	15%	39%
Develop a Steering committee or workgroup to implement trauma-informed practices 	20%	27%
Trauma informed SCREENINGS for patients, clients, participants	25%	20%
Trauma informed ASSESSMENT for patients, clients, participants	25%	16%
Trauma informed training for leadership/administration/board of directors 	30%	45%
ALL workforce training on trauma-informed care	30%	20%
SOME workforce training on trauma-informed care 	25%	35%
ALL workforce training on secondary traumatic stress and/or vicarious trauma	20%	10%
SOME workforce training on secondary traumatic stress and/or vicarious trauma	25%	6%
Trauma specific treatment provided for patients, clients, participants	20%	14%
Trauma-informed training for ALL onboarding new employees 	15%	18%
Trauma informed review of current POLICIES/PROCEDURES 	15%	22%
Trauma-informed review of current ENVIRONMENT/WORKSPACE/BUILDING	10%	10%
Wellness and/or mental health OPPORTUNITIES for employees and workforce	65%	55%
Wellness and/or mental health POLICIES/PROCEDURES for employees and workforce	40%	22%
Feedback in governance of agency/workplace sought from people involved in recovery, trauma survivors, and/or those receiving services	25%	8%
Budgeted for trauma-informed practices	15%	12%
Evaluated implementation of any trauma informed practice	25%	8%

Research

ADVERSE CHILDHOOD EXPERIENCES: THE LINK BETWEEN EARLY LIFE ADVERSITIES WITH POOR HEALTH OUTCOMES

ADVERSE CHILDHOOD EXPERIENCES: THE LINK BETWEEN EARLY LIFE ADVERSITIES WITH POOR HEALTH OUTCOMES

AUTHORS Morgan McLendon

AFFILIATIONS



ABSTRACT

A quarter of all children will experience or witness a potential traumatic event which can lead to an increased risk of an Adverse Childhood Experiences (ACEs) exposure.¹ These experiences can be caused by abuse, neglect, death, and other negative events perceived by the child. Research has been found to link the association between ACE scores and poor mental, physical, and health outcomes later on in life. This poster is designed to show the correlation between ACE Scores, Positive Childhood Experience (PCE) Scores and County Health Rankings.

INTRODUCTION

ACEs are potentially traumatic events occur within an individual's childhood. Previous research has proven that 61% of America's have experienced one ACE within their childhood, and at least 16% have reported to have endured 4 or more ACEs.² A person with more ACEs is at a higher risk of adverse health conditions compared to a person with little to no ACEs. A comparison of 14 counties will be reviewed to determine the levels of ACE and PCE prevalence within Middle Georgia. The PCE score indicates the percentage of protective factors that can mitigate the effects of ACEs. Preventing ACEs from occurring has been proven to reduce the number of adults who have adverse health problems, such as depression.

METHODOLOGY

The ACE and PCE Scores were collected through a survey conducted by Emory University's Injury Prevention Research Center.³ The surveys were distributed among students in grades 6 through 12. The overall ACE prevalence within each county was determined by the number of children living in poverty, substance usage within a community, anxiety/depression scores, and multiple other adverse risk factors. A higher ACE risk score in a community indicates a greater percentage of students reporting ACE behaviors. A lower PCE score in a community indicates that there are fewer protective factors that can mitigate the overall impact ACEs have on an individual. It is important to analyze these factors to understand the overall impact trauma has on the 14 counties observed. Understanding the risk of ACEs can allow for intervention and trauma-informed programs to better serve these communities.

RESULTS/ FINDINGS

10 out of the 14 counties analyzed were found to have above average ACE scores. This indicates that the students in those counties have more exposures to ACEs than the average Georgia resident. 10 out of the 14 counties were found to have below average PCE scores. This indicates that these students have a limited number of positive experiences that can combat adverse experiences. Out of all 14 counties 9 of them are below average in their health county ranking. Lower health rankings have been associated with higher ACE scores in previous research. According to the data collected these counties have shown that there is a significant relationship between lower health quality and higher percentages of ACEs.

COUNTY HEALTH RANKINGS, ACE SCORES & PCE SCORES

County and Health Ranking	ACE Score	PCE Score	County and Health Ranking	ACE Score	PCE Score
Baldwin #91 out of 159	53.52%	43.89%	Monroe #59 out of 159	48.09%	54.85%
Crawford #98 out of 159	58.42%	41.98%	Peach #104 out of 159	54.31%	43.32%
Hancock #159 out of 159	53.05%	38.70%	Pulaski #63 out of 159	54.49%	47.53%
Houston #25 out of 159	51.02%	53.56%	Putnam #41 out of 159	54.13%	50.30%
Jasper #64 out of 159	52%	34%	Twiggs #150 out of 159	48.95%	44.26%
Jones #32 out of 159	53.84%	47.08%	Washington #81 out of 159	54.17%	50.76%
Macon-Bibb #129 out of 159	55%	46.72%	Wilkinson #148 out of 159	51.70%	43.40%

ACE Risk Factor	54.5%	51.8%	48.8%	54.5%	54.5%	PCE Factor	60.4%	54.6%	50.4%	45.8%	34.6%
Composite Score:	-62.1%	-54.4%	-51.7%	-62.1%	-62.1%	Composite Score:	-78.1%	-60.3%	-54.5%	-50.3%	-45.7%

CONCLUSION

In conclusion, ACEs can impact any family within Georgia. However, ACEs are still highly prevalent in Middle Georgia, and are affecting the lives of children and adults of all races, socioeconomic background, and educational levels. It is important to recognize the impact ACEs can have on a person's overall health and quality of life. As the number of ACEs experienced increases so does the risk of chronic diseases, substance usage, mental illness, and overall risky behaviors. Educating communities on the impact of ACE awareness can lead to long-term healing, resilience, and community strength.

RELATED LITERATURE

- Centers for Disease Control and Prevention. (2022, April 18). [Self-harm: Preventing adverse childhood experiences \(ACEs\) and promoting resilience](https://www.cdc.gov/ncjrs/vlbi/nij/docs/ncj254434.pdf). Retrieved April 20, 2023, from <https://www.cdc.gov/ncjrs/vlbi/nij/docs/ncj254434.pdf>
- Centers for Disease Control and Prevention. (n.d.). [Adverse childhood experiences \(ACEs\)](https://www.cdc.gov/ncjrs/vlbi/nij/docs/ncj254434.pdf). Retrieved April 20, 2023, from <https://www.cdc.gov/ncjrs/vlbi/nij/docs/ncj254434.pdf>
- ACEs and web application. (n.d.). Retrieved April 20, 2023, from <https://www.emory.edu/injury-prevention-research-center/ace-scores/>
- U.S. Census Bureau. (2021, April 29). [Child welfare in the United States: 2021](https://www.census.gov/hhes/children/youth/child-welfare.html). Retrieved April 20, 2023, from <https://www.census.gov/hhes/children/youth/child-welfare.html>
- McLendon, M., & McLendon, M. (2022, April 20). [Resilient Middle Georgia: Resilient Middle Georgia](https://www.resilientmiddlegeorgia.org/). Retrieved April 20, 2023, from <https://www.resilientmiddlegeorgia.org/>
- How healthy is your county? [County Health Rankings: County Health Rankings & Roadmaps](https://www.healthyrankings.org/). (n.d.). Retrieved April 20, 2023, from <https://www.healthyrankings.org/>

“This poster is designed to show the link between ACE scores, Positive Childhood Experiences (PCEs) scores and county health rankings (in the RMG counties). ACE and PCE scores were collected through a survey conducted by Emory University’s Injury Prevention Research Center. Ten out of 14 counties analyzed were found to have above average ACE scores. This indicates that the students in those counties have more exposure to ACEs than the average Georgia resident. Ten out of 14 counties were found to have below average PCE scores. This indicates these students have a limited number of positive experiences that can combat adverse experiences. Out of all 14 counties, 9 counties are below average in their health county ranking.”

Research

BUILDING A TRAUMA INFORMED PEDIATRIC WORKFORCE: A PILOT STUDY ON A BRIEF TRAINING MODEL



Building a Trauma Informed Pediatric Workforce: A Pilot Study on a Brief Training Model



Andrea Meyer Stinson Ph.D. LMFT, Amanda Juarez BS, Morgan McLendon MPH, Morgan A. Stinson Ph.D. LMFT

Purpose

Adverse childhood experiences (ACEs) are potential traumatic events that occur during a child’s life which can increase risk for many negative health outcomes. Providing trauma-informed health care is an essential strategy to help mitigate the impacts of ACEs on children. Workforce shortages, especially in trauma-informed practices, remain a significant obstacle. Providing trainings to the full outpatient pediatric primary care workforce is foundational.

Participants (n=63)

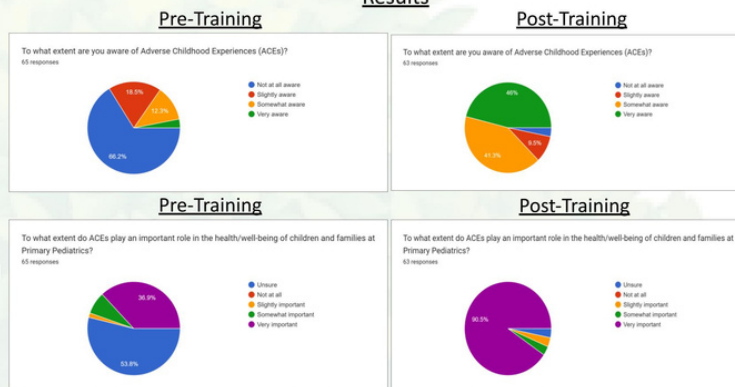
- Primary Pediatrics
- Largest pediatric outpatient clinic in Middle Georgia
- Well & sick visits, family pharmacy, lab, aftercare services

Role Type	Percent
Medical Provider	29%
Admin/Front Desk	35%
Billing Associates	12%
Lab Technicians	20%
Custodian/Security	4%

Methods

- Pre- and Post-Test Survey
- 5 Brief Questions
- 1 Hour “Connect Now” Presentation

Results



Qualitative Quotes

- “It will help me speak with more empathy and patience and be more aware of what others are experiencing.”
- “To practice patience, love, and compassion to children and parents in all situations and provide resources when available.”
- “I will work to know different aspects of my patients’ lives so that I can see their health as a whole.”

Summary

- The initial results of this pilot study indicate that a brief trauma-informed training program for the whole pediatric workforce can:
 - increase awareness of ACEs &
 - increase perceived importance of ACEs
- Brief training can potentially lead to a more trauma-informed overall pediatric workforce.



“ In this poster, a brief training on ACEs, positive childhood experiences (PCEs), and relational health is evaluated. The training took place in an outpatient pediatric primary care setting in partnership with a regional trauma-informed community organization. Sixty-five participants completed the pre-test survey, while 63 completed the post-test survey. The training was completed by a variety of participants, including: 29.23% medical providers, 35.38% administrative/front desk staff, 4.62% coding specialists, 6.15% billing associates, 20% lab technicians, and 4.62% custodians/security. Prior to the brief training, 66.2% were “not at all” aware of ACEs, whereas after the training 87% reported being either “somewhat aware” or “very aware”. In the pre-training survey 53.85% of the respondents were ‘Unsure’ if ACEs played an important role in the health and wellbeing of children and families. After the brief training, 90.47% of participants responded that ACEs play a ‘Very Important’ role. Preventing ACEs from occurring in childhood is essential; therefore training the full outpatient pediatric primary care workforce is paramount. The initial results of this pilot study indicate that a brief trauma-informed training program for the whole pediatric workforce can significantly increase awareness of ACEs, increase perceived importance of ACEs for children and families, and can potentially lead to a more trauma-informed workforce. ”

Trainings & Presentations

Description of Regional Trainings & Events

RMG continues to provide training opportunities across middle Georgia to a variety of participants and stakeholders. Our six primary avenues of training include:

CONNECT NOW

Provides an overview of the Adverse Childhood Experiences (ACEs) study and a glimpse into Connections Matter Georgia, a more in-depth 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.



CONNECTIONS MATTER

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.

BECOMING A MORE RESILIENT PARENT

Two-hour training that is geared for parents and caregivers to learn about the body's stress response, the impacts stress can have on individuals, and ways to promote positive childhood experiences to build resilience.



TRAUMA RESOURCE INSTITUTE

COMMUNITY RESILIENCY MODEL

CRM's goal is to create "trauma-informed" and "resiliency-focused" communities by understanding the impacts of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

Both Andrea and Amanda are trainers for CRM!

KINSHIFT




Learning collaborative engaging participants in technical and adaptive leadership strategies toward effective trauma-informed/anti-racist project implementation in health and social service settings. Kinshift includes (6) two-hour sessions.



STRENGTHENING FAMILIES GEORGIA

A research-informed framework and approach to preventing child abuse and neglect, focusing on family and community strengths and protective factors. SFG includes (6) two-hour modules

Both Andrea and Amanda are trainers for SFG!

TRAINING	DATES	ATTENDEES
 <p>Connect Now Presentations</p> 	<ul style="list-style-type: none"> • JAN 9TH Connect Now Presentation - Houston County Family Connection • JAN 17TH Connect Now Presentation - Bibb County School District PBIS Coaches • JAN 24TH Connect Now Presentation - Primary Pediatrics • JAN 30TH Connect Now Presentation - Pastor's Lunch & Learn • FEB 14TH Connect Now Presentation - Peach County • FEB 15TH Connect Now, Porter Elementary, RMG Presentation • FEB 21ST Hancock County Connect NOW Presentation • MAR 14TH Crawford County Family Connection: Connect Now Presentation • MAY 11TH Twiggs County Connect Now Presentation • OCT 19TH Connect Now Training -Middle Georgia State University 	<ul style="list-style-type: none"> • 1/9 - 40 attendees • 1/17 - 35 attendees • 1/24 - 21 attendees • 1/30 - 12 attendees • 2/14 - 33 attendees • 2/15 - 17 attendees • 2/21- 29 attendees • 3/14 - 12 attendees • 5/11 - 16 attendees • 10/19 -18 attendees <p>TOTAL ATTENDANCE: 233</p>
	<ul style="list-style-type: none"> • JAN 4TH Connections Matter Training - LH Williams Elementary School Staff • OCT 16TH Connections Matter Training -DA's Office RISE Program staff members and ambassadors 	<ul style="list-style-type: none"> • 1/4 - 35 attendees • 10/16 - 33 attendees <p>TOTAL ATTENDANCE: 68</p>
<p>CRM Training</p>	<ul style="list-style-type: none"> • FEB 17TH Community Resiliency Model (CRM) Information Session • MAR 10TH Medical students received CRM 2 hour introduction across all Mercer campuses 	<ul style="list-style-type: none"> • 2/17 - 9 attendees • 3/10 - 180 attendees <p>TOTAL ATTENDANCE: 189</p>
	<ul style="list-style-type: none"> • DEC 8TH KINSHIFT Leadership Collaborative -Session 3 • JAN 12TH KINSHIFT Leadership Collaborative - Session 4 • FEB 9TH KINSHIFT Leadership Collaborative - Session 5 • MAR 9TH KINSHIFT Leadership Collaborative - Session 6 • APRIL 5TH Coalition Meeting & Kinshift Celebration 	<ul style="list-style-type: none"> • 12/8 - 18 attendees • 1/12 - 16 attendees • 2/9 - 17 attendees • 3/9 - 18 attendees • 4/5 - 27 attendees <p>TOTAL ATTENDANCE: 96</p>
<p>Becoming a More Resilient Parent Training</p>	<ul style="list-style-type: none"> • MAR 16TH Becoming a More Resilient Parent Training • MAR 17TH BMRP Training for MaconAim participants • MAR 30TH Becoming a More Resilient Parent Training -Baldwin County AARP • APR 16TH Becoming a More Resilient Parent -Moxie Moms and Centenary Community 	<ul style="list-style-type: none"> • 3/16 - 50 attendees • 3/17 - 3 attendees • 3/30 - 21 attendees • 4/16 - 17 attendees <p>TOTAL ATTENDANCE: 91</p>
	<ul style="list-style-type: none"> • APRIL 21ST YMHFA Training -Hutchings Career Center 	<ul style="list-style-type: none"> • 04/21 - 6 attendees <p>TOTAL ATTENDANCE: 6</p>

Awareness Events

Awareness Events include opportunities in the community where RMG shared, presented, and/or discussed PACEs, trauma, & resilience information.

<p>JANUARY</p>	<ul style="list-style-type: none"> • 12/08/2022 Jasper County Handle With Care Discussion • 1/04/2023 Resilience Screening + ABC Breathe Training, Ballard Hudson Middle School • 1/11/2023 Bloomfield Health Screening Event for Seniors • 1/14/2023 Macon Mental Health Matters Pop-up Gym • 1/21/2023 Repack the backpack Community Event • 1/28/2023 Jasper County Building Confidence and Self Esteem 101 Workshop
<p>FEBUARY</p>	<ul style="list-style-type: none"> • 2/10/2023 Crawford County Handle With Care Presentation • 2/11/2023 Macon Mental Health Matters Pop-up Gym • 2/18/2023 Crawford County Resource Fair • 2/25/2023 Pleasant Hill Black Family Reunion
<p>MARCH</p>	<ul style="list-style-type: none"> • 3/1/2023 Ballard Hudson Middle School Career Fair • 3/11/2023 Macon Mental Health Matters Pop-up Gym • 3/14/2023 Resilience Documentary Screening - Peach County • 3/16/2023 Lunch and Learn for Mercer SOM • 3/17/2023 Central High School Family Cookout-Career Fair • 3/18/2023 Crawford County Parent Mentor Resource Fair • 3/18/2023 Hispanic Health Fair at St. Peter Claver • 3/23/2023 Hancock County- Handle With Care Information Session
<p>APRIL</p>	<ul style="list-style-type: none"> • 4/11/2023 Resilience Screening Jasper County • 4/13/2023 Resilient Georgia General Meeting: Trauma Informed Healthcare • 4/13/2023 Clergy Council meeting • 4/14/2023 Luncheon with Appling Middle School 8th Female Students • 4/18/2023 Resilience Screening Houston County (Houston Healthcare) • 4/23/2023 Resilience Screening at Douglass Theatre -Macon-Bibb • 4/24/2023 Career Day - RMG book reading and presentation • 4/26/2023 Trauma Sensitive Yoga & Breathing Practices • 4/26/2023 National Crime Victims' Rights Week Ceremony • 4/27/2023 Goodwill Career Fair • 4/29/2023 Middle GA GLRS Transition Resource Fair
<p>MAY</p>	<ul style="list-style-type: none"> • 5/07/2023 Open Streets Macon • 5/09/2023 Crawford County Family Connection -Resilience Screening • 5/13/2023 Macon Mental Health Matters Pop-up Gym • 5/19/2023 Grand Rounds Presentation with OSPM - Family Medicine • 5/20/2023 Stop the Violence Resource Fair • 5/21/2023 Community Mindfulness Day • 5/24/2023 Hancock County Resilience Screening • 5/25/2023 Macon Magazine Soiree • 5/31/2023 Women in Business Soiree

JUNE

- 6/08/2023 Baldwin County Resilience Screening
- 6/09/2023 District Attorney’s Changing the Face of Justice Event
- 6/09/2023 Middle Georgia Justice Ribbon Cutting Ceremony
- 6/10/2023 Macon Mental Health Matters Pop-up Gym
- 6/15/2023 MSN Summer Immersion Day Program
- 6/15/2023 Live Well Twiggs Health Fair
- 6/22/2023 Bike Walk Macon Appreciation Celebration
- 6/24/2023 Climb out of the Darkness Event

JULY

- 7/12/2023 Teen Resiliency Summit
- 7/20/2023 Jones County Back-to-School Bash
- 7/21/2023 Macon Mental Health Matters Back to School Bash
- 7/21/2023 Houston County Back-to-School Bash
- 7/22/2023 Back to School Bash - Brittany Parks Melodies Food Market
- 7/22/2023 Back to School Bash - Cirrus Academy
- 7/28/2023 Hancock County Back-to-School Bash
- 7/29/2023 Back to School Epic Bash (Macon) -Farmer's Market
- 7/29/2023 Monroe County Back to School Rally

AUGUST

- 8/02/2023 Crawford County Back to School Bash
- 8/22/2023 Service Dog Awareness Event
- 8/26/2023 Bibb County Kids Expo
- 8/27/2023 A Friend in Me Event - Wesleyan College

SEPTEMBER

- 9/20/2023 RMG Presentation (Putnam Collaborative)
- 9/28/2023 Be Kind to Your Mind Event -Putnam County

OCTOBER

- 10/07/2023 Play Streets -Bike Walk Macon
- 10/07/2023 Voting Rights Restoration Event
- 10/12/2023 Night To Unite Event
- 10/17/2023 Primary Pediatrics Health Fair Planning Meeting
- 10/21/2023 Primary Pediatrics Health Fair

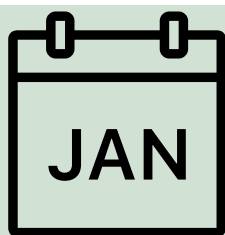




Community Connections



Community Connections represent discussions within the community, with coalition members, or with collaborators seeking PACEs information, partnership with RMG, or integration of trauma-informed practices into their organizations.



DEC 8TH Fort Valley State University VALUE grant meeting
DEC 9TH Peach County MOU Discussion and Stratford Meeting
DEC 12TH meeting with Juvenile Court Judge Young
JAN 23RD Meeting with Street to Success (Ray Rover)
JAN 26TH Bibb Community Partnership Collaborative Meeting
JAN 30TH PBIS District Leadership Meeting (Bibb)



FEB 2ND Winter Soiree
FEB 3RD Primary Pediatrics Planning meeting with Dr. Sonu & Dr. Meyer
FEB 8TH OneMacon Business Education Partnership (BEP) Meeting - Bibb County School District
FEB 9TH Workgroup meeting for One Safe Place Macon
FEB 10TH Macon Mental Health Matters Alliance Meeting
FEB 17TH Community Resiliency Model (CRM) Information Session
FEB 23RD Bibb Community Partnership Collaborative Meeting



MAR 2ND Meeting with Primary Pediatrics & Dr. Charles Scarborough & Business Education Partnership (BEP) Principal for a Day
MAR 9TH Workgroup meeting for One Safe Place Macon & Soirée: a Macon Magazine Women in Business gathering (4-6pm)
MAR 10TH Macon Mental Health Matters Alliance Meeting
MAR 23RD Bibb Community Partnership Collaborative Meeting
MAR 28TH On the Table: A Million Little Things: Navigating Work(over)load
MAR 29TH On The Table: Breaking the Stigma of Trauma
MAR 30TH Monroe County Schools Discussion & On the Table Talks
MAR 31ST On the Table Talks



APR 6TH Mayor's Literacy Alliance Strategic Planning Session
APR 12TH Pinwheel Ceremony Macon-Bibb & Hancock Counties
APR 14TH Tubman Museum (Macon Magazine Event), Macon Mental Health Matters Alliance Meeting
APR 27TH Bibb County Family Connection Collaborative Meeting, Mental Health Initiative Discussion for Washington Library



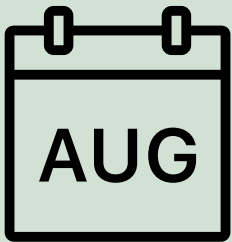
MAY 11TH Wesleyan Coordinated Community Response Team Meeting
MAY 12TH Macon Mental Health Matters Lunch & Learn
MAY 18TH Workgroup Meeting for One Safe Place Macon
MAY 19TH Mental Health Awareness Men's Panel Discussion
MAY 23RD Training Discussion with Middle Georgia State University
MAY 25TH Bibb Community Partnership Collaborative
MAY 31ST Bibb County AWARE Focus Group Discussion - Community Advisory Committee



- JUNE 6TH** RMG Merchandise distribution - Bibb County
- JUNE 9TH** Macon Mental Health Matters Alliance Meeting
- JUNE 29TH** One Safe Place PR Proposal Review



- JUL 11TH** Meeting with Ayanna Buckner
- JUL 18TH** Interview with News Station 13WMAZ
- JUL 20TH** Check-in with Primary Pediatrics



- AUG 8TH** RMG + Macon Mental Health Matters Event Planning Meeting
- AUG 24TH** Bibb Community Partnership Collaborative
- AUG 31ST** Georgia Essentials for Childhood | 2023 Annual Meeting



- SEPT 1ST** Meeting with Deborah Chosewood (GDOE Project AWARE)
- SEPT 5TH** Handle With Care Discussion (Jasper County)
- SEPT 8TH** Macon Mental Health Matters Alliance Meeting
- SEPT 19TH** Meeting with Kathryn Rhodes (CFCGa)
- SEPT 22TH** Meeting with Susannah Maddux (Macon Magazine)
- SEPT 26TH** Meeting with Dr. Davies, Atrium Health
- SEPT 26TH** Primary Pediatrics Health Fair Planning Meeting
- SEPT 28TH** Bibb Community Partnership Collaborative
- SEPT 29TH** Wesleyan CCRT Meeting @ Crisis Line & Safe House
- SEPT 30TH** Trauma-Informed Mall Security Meeting



- OCT 3RD** Meeting with Lasharn Ferroudj (Bibb County School District)
- OCT 17TH** Handle With Care Information Session -Peach County, and Primary Pediatrics Health Fair Planning Meeting
- OCT 20TH** Meeting with Irene Barton (Cobb Collaborative)
- OCT 24TH** Meeting with Elizabeth Hyde (Macon-Bibb DA's Office)
- OCT 26TH** Bibb Community Partnership Collaborative
- OCT 31ST** Meeting with Rachael Jones (The Methodist Home)



- NOV 10TH** Macon Mental Health Matters Alliance Meeting
- NOV 14TH** Bibb County Collaborative Meeting
- NOV 15TH** Georgia THRIVE Discussion -Juvenile Justice
- NOV 16TH** Workgroup meeting for One Safe Place Macon

Rural Partnership Highlights

In June 2022, Amanda Juarez joined the RMG Team as our Project Coordinator. In this role, she supports administrative tasks, conducts rural outreach, and monitors daily operations of RMG. To date, Amanda has connected with 11 of the 14 counties in the region. See below for the list of activities:

- **Baldwin County**

- Hosted BMRP training on 3/30 (21 attendees),
- Hosted Resilience documentary screening 6/8 (12 attendees)

- **Crawford County**

- Hosted Handle With Care Information Session with the school superintendent and local law enforcement 2/10 (9 attendees)
- Connect Now/RMG Presentation to Collaborative 3/14 (12 attendees)
- Hosted Resilience documentary screening 5/9 (16 attendees)

- **Hancock County**

- Connect Now/RMG Presentation to Collaborative 2/21 (29 attendees)
- Hosted Handle With Care Information session 3/23 (12 attendees)
- Hosted Resilience documentary screening 5/24 (10 attendees)

- **Houston County**

- Connect Now/RMG Presentation to Collaborative 1/9 (40 attendees)
- Hosted Resilience documentary screening 4/18 (4 attendees)
- Handle With Care implemented 2022/2023 school year

- **Jasper County**

- Hosted Handle With Care information on implementation sessions on 12/8 (5 attendees), 8/22 (7 attendees), and 9/5 (5 attendees)
- Hosted Resilience documentary screening 4/11 (12 attendees)
- Working to provide CRM teacher training to school social worker.

- **Peach County**

- Connect Now/RMG Presentation to Collaborative 2/14 (33 attendees)
- Hosted Resilience documentary screening 3/14 (28 attendees)
- Hosted multiple Youth Mental Health First Aid Training sessions 7/25, 9/29, 10/11
- Hosted Handle With Care information session 10/17 (7 attendees)

- **Putnam County**

- Working to include RMG trauma-informed training into annual planning
- Annual planning meeting 2/16 (10 attendees)
- RMG Presentation to collaborative 9/20 (25 attendees)

- **Twiggs County**

- Connect Now/RMG Presentation to Collaborative 5/11 (16 attendees)



Rural Partnership Highlights



Jones County Updates:

- Connections Matter training has been provided for Jones County PreK, Head Start, and Jones County School System Counselors (49 total attendees).
- Becoming a More Resilient Caregiver training was provided to the Kinship Care group LIV – Leaders in the Village, focusing on kinship and foster parents within the Jones County School System. (19 total families, including 29 adult caregivers).
 - This included a similar age-appropriate lesson with coloring books and crayons provided by RMG (52 children).
- Suicide Prevention (SP) efforts are recognized as part of the Trauma Responsive Community model. Jones County Family Connection continues to convene the Jones County Suicide Prevention Coalition. The work continues to promote positive emotional health strategies as well as providing QPR (Question, Persuade, Refer) Gatekeeper Training.
 - To date, more than 100 individuals have completed the training, including members of the Jones County Police Department and the Regional Police Chiefs Association, Jones County School System, and Pulaski County Family Connection Partners.



Spotlight: One Safe Place Macon

Camp HOPE Central Georgia is the first Camp HOPE affiliate in the state of Georgia, serving seven counties: Bibb, Crawford, Houston, Jones, Monroe, Peach, and Twiggs. Camp HOPE Central Georgia started in 2023 with large support from Resilient Middle Georgia, among other community partners. All volunteers undertake a minimum of 10 hours of training in trauma-informed and hope-centered practices.



Camp HOPE America is a national out-of-school learning program for children ages 7-17 who have experienced or been exposed to domestic violence, sexual abuse, or child abuse with two key components:

- Pathways to HOPE: Year-round activities and mentorship with trauma-informed Hope Coaches
- Camp HOPE: 5-night overnight summer camp with a trauma-informed and hope-centered curriculum



All experiences and programs are free to participants and their families!

In its inaugural year, Camp HOPE Central Georgia took 28 elementary aged kids and 21 adult volunteers to camp at Camp Twin Lakes in Rutledge, GA.



QUOTES FROM CAREGIVERS & CHILDREN



“ My kids will come to everything Camp HOPE has. They loved it, and so did I. They have experienced a lot of really bad things, and I want them to know that their life can mean more than that. **We have lost family, but this has become a new type of family for them, and I am really grateful.** ”

Danielle (mom of two campers, ages 7 and 8)

“ I didn't really understand the word influential was positive until my counselors gave me a Character Trait Award for it. Everyone has always told me I was a 'bad influence.' It's cool to learn that **being an influence is actually a good thing, and I can choose to make it that way.** ”

Kimberly, age 11

KINSHIFT LEADERSHIP COLLABORATIVE

Building Resilience by Implementing Trauma-Informed & Anti-Racist Training in Health & Social Service Organizations

PROJECT GOAL

Support human-serving organizations in middle Georgia with trauma-and-resilience-informed and anti-racist systems transformation

CORE OBJECTIVES

Upon completion of the learning collaborative, participants have:

1. Developed a deeper understanding of how to apply trauma-and resilience informed/anti-racism principles in their organizations
2. Begun implementation of a trauma-informed/anti-racist project of their choice with the support of experts
3. Collaborated with a community of like-minded individuals who are engaged in similar work at their organizations
4. Tools and confidence to carry on this work independently (including customized communication templates, TIP sheets, etc.)



LEADERSHIP COLLABORATIVE PARTICIPANTS

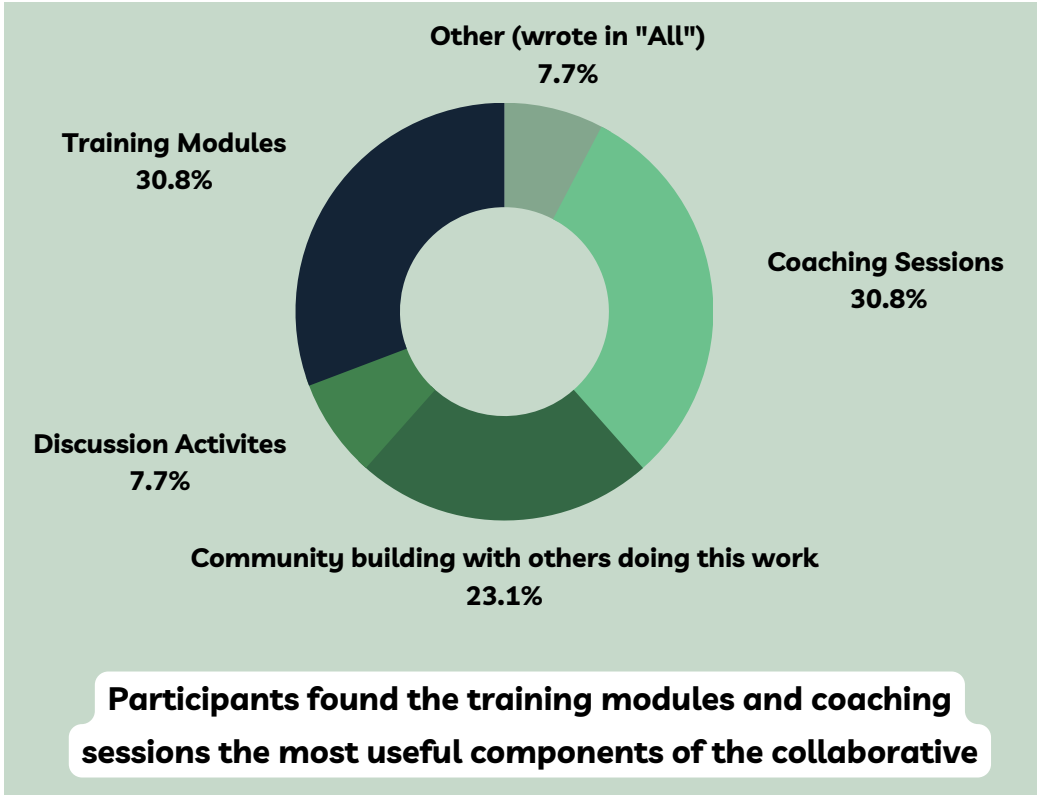


Solicitor General's Office
Victim's Advocates

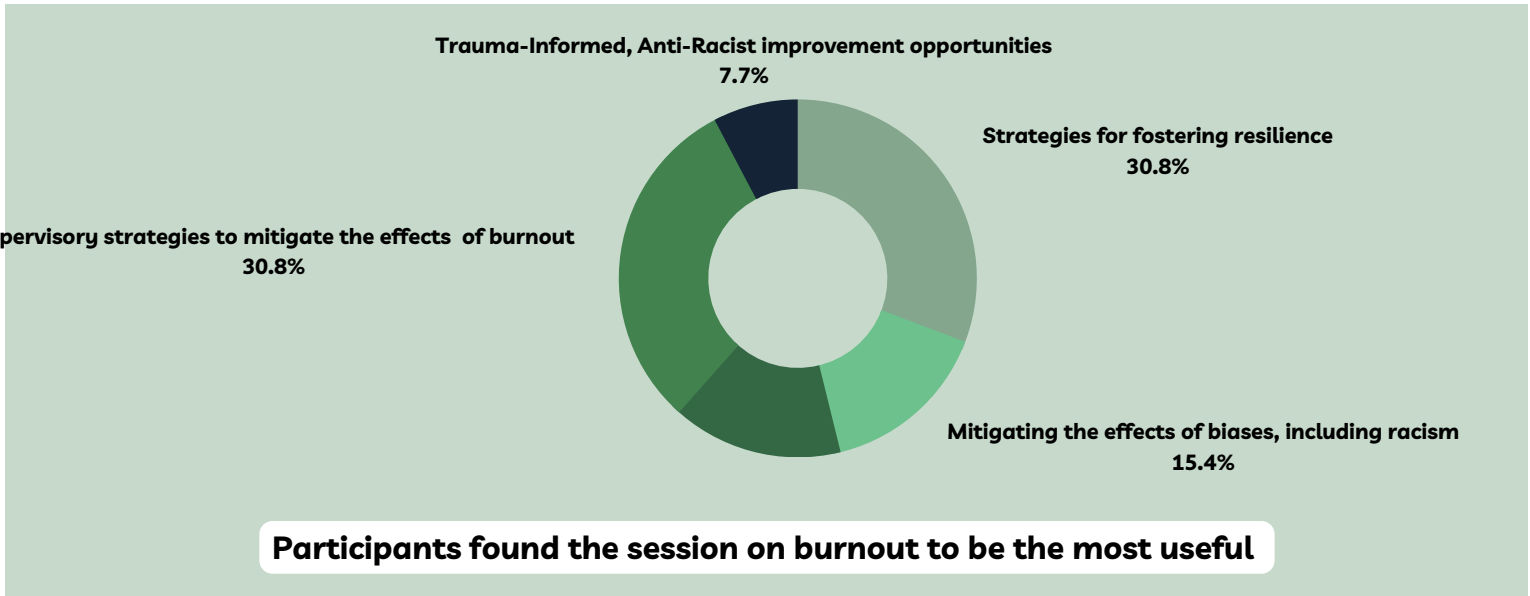


* Not pictured – Positive Choices, LLC

KINSHIFT LEADERSHIP COLLABORATIVE EVALUATION RESULTS



- 100% (n=13) of participants found the level of content for the training components to be just right
- 100% of participants found the 1.5-hour length of each session to be just right
- 69% of participants found the 6-month length of the entire collaborative to be just right
- 100% of participants found the facilitators were effective, knowledgeable and responsive.
- 77% of participants found the collaborative extremely useful in helping to move their project forward
- 100% found the collaborative useful to build community with other individuals doing similar work



COACHING SESSIONS

- 20 coaching sessions completed
- The most sessions attended by a single participant was 5
- 100% of participants attended at least 1 coaching session
- 100% of participants intend to act on something they learned in coaching
- 69% of participants found the coaching sessions to be extremely helpful in addressing their issues

KINSHIFT PROJECTS

Baldwin County Nutrition, Milledgeville, GA

A'Keti Mayweather, Farm to School-Wellness Project Manager, represented Baldwin County Office of Nutrition in the Kinshift, Resilient Middle Georgia Initiative. She participated in the following:

- Six virtual learning collaborative sessions from October 13, 2022 - March 9, 2023
- The in-person celebration for the completion of the learning program with her peers on April 5, 2023
- Due to a technical delay, stipend payments were received on May 8, 2023

Because of the stipend payment delay, the project completion summary deadline was extended from mid-June to the end of September.

SUMMARY OF PROJECT

The Baldwin County School Office of Nutrition set as its goal to offer Wellness Activities to Nutrition employees to help with the self-management of Chronic Illnesses such as diabetes, heart disease, cancer, arthritis, etc. Employees would participate in a six-week Chronic Disease Self-Management Program (CDSMP). The program teaches participants important skills they can use to lead healthier lives such as action planning, problem solving, decision making, working with their healthcare team, and relaxation and guided imagery techniques. A'Keti Mayweather is a certified CDSMP facilitator, and she was able to host 1 workshop with six (6) participants. Here are the program results:

Measure	Results	Comment
No. of Participants	6	
No. Completers (Participants who attended 4 or more classes)	6	
No. Female / No. Male	6 / 0	
No. Black / No. White	4 / 2	
No. Setting Weight Loss Goals	6	100% set goals
No. Setting Exercise Goals	6	100% set goals
Av. Weight Loss since July 2023	21 lbs.	
No. Reporting Physical Activity Level Increase	5	3 out of 6 participants reported joining fitness gym 83% increase activity level
No. Reporting improved lab numbers, blood pressure, etc...	3	4 Participants reported improvements in blood pressure and blood sugar. 2 have been able to get off medication or reduce the amount of medication.
No. who would recommend to other staff.	6	100% of participants said they would recommend this program to other staff

“Each recipient received a \$60.00 stipend for completing the program. Because the classes are held via conference call, no more than 6 people can participate in a CDSMP Workshop at one time. Because the workshops are for six consecutive weeks, we were only able to complete one workshop during the 2022-23 fiscal year. A’Keti service contract is with the CSRA Regional Commission and her new contract for services will not be completed until the fall. We will offer another session this fall, winter and spring for 18 additional employees. Our goal is to reach 50% of our staff with self-management classes by May 2024. Based on results from our first workshop, we believe these sessions will benefit our other staff as well. We also want to offer trauma training for our staff in the next few months. Thank you, Resilience Middle Georgia for this opportunity.”

BUDGET

Description	Cost
Stipends for 6 Program Participants	\$60.00 x 6 = \$360.00
Total Expenditures to Date	\$360.00

TO BE SPENT

Description	Cost
Stipends for Program Participants	\$60.00 x 18 = \$1,080.00
Employee Wellness Event	\$560

KINSHIFT PROJECTS

Primary Pediatrics: Stress Recognition and Management Project

INTERVENTIONS

- Collecting stress levels for families during vitals assessment
- Providing appropriate resources if >5 for stress level response
- Partnering with provider for Positive Experiences Poster for visual aid in patient rooms

PROGRESS

- Stress level screen created
- Stress Response Resource Packet/Guide created
- Idea proposed to chosen provider hall; reviewed initial ideas about screening and resource guide with Dr. Cawely, Joni Milner, Ashley (check in), and Laney (tech).
- Stress guide reviewed by Resilient Middle GA partners, manager, and MFT intern for any updates/changes/etc.

IMPACT

The project was temporarily paused for a Health Fair event and personal needs. Primary Pediatrics provides training on Trauma Informed Care and collaborates with community partners such as Strong4life, Mercer, and Behavioral Health Connections to increase resource sharing and provider awareness. They have also implemented changes such as a "behavioral health" visit type and hiring a wellness navigator to improve patient care. These efforts have led to increased provider attendance at the health fair, better communication with patients about policies, and more time for behavioral health assessments. Additionally, there is greater confidence in how Trauma Informed Care positively impacts practice and advocacy for changes has improved.





BUDGET

Description	Cost
<p>Staff Training & Incentives</p> <p>Training provided by outside members (stress focused training) Training in house for how to utilize stress scale and guide Lunches or small wellness giveaways for participating staff members</p>	<p>\$300-\$500</p>
<p>Canva</p>	<p>\$12.99/month for one year (\$155.88)</p>
<p>Printing Costs</p>	<p>\$400-\$500</p>

“Potential future ideas include hosting mental health awareness events for staff, implementing quality improvement steps such as reducing patient load and stress levels of staff/providers, and increasing staff satisfaction and appreciation to improve retention.”



KINSHIFT PROJECTS

Other Projects Include:

**Are you OK?
Suicide Prevention**

Positive Choices

DEI Task Force

The Methodist Home

**Forms & Flow:
Trauma-Informed
Inclusivity**

Family Counseling Center

**The Grace Project:
Providing Time & Space
for Staff Healing &
Recovery**

Bibb County School
System

**Why Do You Stay?
Meeting with Front Line
Staff**

First Choice Primary Care



“
 I have **never** been a part of such a **productive, incentive based and awesome collaborative group** like this, ever! I love your work and passion to help others help the community. God bless you and all you set out to do and achieve!
 ”



“
 I have learned so much from this collaborative. Thank you for allowing me to be a part of this process. I have grown so much, and Kelly has lit a fire within me that I have not allowed to dim since our coaching session.
 ”

“
 This was truly a monthly healing. The work and the tone always feels like a big hug to keep me on fire until our next meeting. I'll miss it!
 ”

KINSHIFT LEADERSHIP COLLABORATIVE QUOTES



“
 My life is much better because of this **safe space!**
 ”

“
 Thank you! Your supportive and challenging program has **moved our agency forward.**
 ”



“
 “This was a wonderful experience and really **opened my eyes around the issues of trauma and its impact.** Special thanks to Kinshift and RMG for shedding light on this important issue. I look forward to seeing the impact it will make in the lives of our employees.”
 ”



Want to join the Resilient Middle Georgia movement?

We aim to build a common language and understanding of adversity, trauma, and Adverse Childhood Experiences (ACEs) while also identifying and empowering community champions to join the trauma-informed care (TIC) movement. A key aspect of this project is empowering change from within the community while building a common language between stakeholders. Andrea Meyer Stinson, Ph.D. LMFT, Jill Vanderhoek, Executive Director for the Bibb Community Partnership, and Amanda Juarez, Project Coordinator, are the primary points of contact for the Resilient Middle Georgia Project. For more information about the coalition, you can connect with us on our website, by email, or visit our social media pages!



www.resilientmiddlegeorgia.org



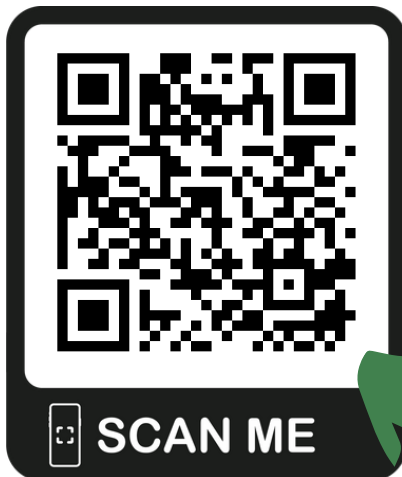
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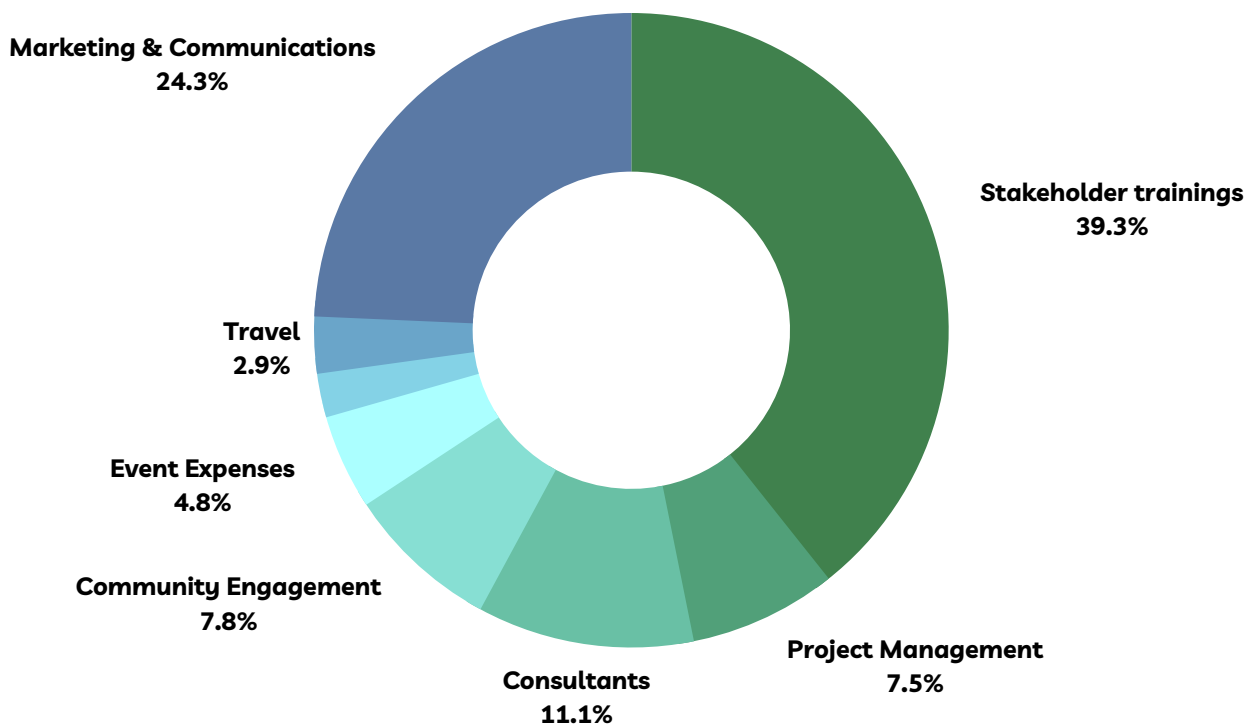
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2023 Annual Financial Report

\$240,902.17

Total expenses for Resilient Middle Georgia from Dec 2022 - Dec 2023



FOR A MORE IN-DEPTH SUMMARY OF COALITION EXPENSES AND FINANCIALS, SEE ADDENDUM A ON PAGE 44

Resilient Middle Georgia currently has an estimated \$39,927 in projected expenses for the remainder of 2023. Grant expenditures have continued to accelerate with the increase of capacity-building, coalition strengthening, rural outreach efforts, and evaluation work. Please see below for an explanation of the projected expenses for the remainder of the year:

- RMG Coordinator, Project Manager, and Consultant fees will also be paid for work completed in November and December.
- There are some variances in the branding/marketing and community engagement budget line items due to increased participation in rural outreach and community events. The variances will be adjusted in the Year 5 and 6 addendum to reflect higher expenses in those areas.
- Community Resiliency Model (CRM) train the trainer has begun regionally. Currently, three coalition members have completed the 40-hour training module. There are additional three coalition members that are working to schedule the training module. We anticipate another 4-5 coalition members committing to the training certification in 2024.
- One additional RMG coalition meeting is scheduled for 2023. The event will be hosted at The Methodist Home, and lunch will be provided.
- Resilient Middle Georgia is currently waiting to receive an invoice from One World Link for participation in the Public Health AmeriCorps program. The invoice will be paid by the end of 2023. The partnership allows RMG to increase its participation and visibility in community events regionally.
- There are outstanding monthly subscriptions for technology platforms that will be paid in November and December. In addition, RMG is currently updating the website. The work was scheduled for earlier in the year; however, delays in finding a website designer to work in the current platform took longer than anticipated.

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**Resilient Middle Georgia's 2023 Annual Report
was prepared by Darice Oppong.**

Darice is a current Master's student in Organizational Leadership at Mercer University. She offers contract reporting and organizational development services to initiatives and small businesses. With a background in Public Health, she is able to assist healthcare organizations in developing strategies for change, increasing overall organizational efficiency, and supporting the establishment of systems. If you are in need of services, kindly send any and all inquiries to daricecudjoe025@gmail.com.



WE ARE
RESILIENT
MIDDLE GEORGIA