



Resilient Georgia Regional Grantee

Year 3 Annual Report - 2024





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About the Resilient Georgia Regional Coalitions

[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 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.
- In November of 2019, Resilient Georgia began partnering with Round 1 regional coalitions based out of Athens, Augusta, Macon, Savannah and surrounding areas. Round 2 partnerships began in July 2020 with regional coalitions based out of Albany, Columbus, Rome, Thomasville and surrounding areas. Round 3 partnerships began in March 2021 with regional coalitions based out of Clayton, Cobb, Gwinnett, Valdosta and surrounding areas. Round 4 partnerships began in December 2021 with regional coalitions based out of Atlanta, Brunswick, Gainesville, and Waycross and the surrounding areas.
- In their third and fourth years of partnership with Resilient Georgia, 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.

Coalition Mission

Our purpose is to lead a cross-sector cohort of child-serving organizations to deepen and broaden the understanding that trauma exists; that trauma has effects on the ability of children and families to learn, work and live meaningful, productive lives; and that empirical research shows that future trauma can be prevented and resiliency can be built at the individual and community levels.



Summary

The goal of our Mind Your Mind mental health awareness and resiliency-focused campaign is to make Cobb County a place where all children and family-facing individuals, organizations, agencies and systems understand that 1) trauma exists; 2) trauma can have long-term impacts and affects the ability of children and families to thrive; and 3) empirical research shows that future trauma can be prevented and resiliency can be built at the individual and community levels.

Cobb County is a diverse community in metro Atlanta, with our two school districts being minority-majority. Knowing that our work serves children, families, and communities that range in race, ethnicity, religion, socio-economic level, education, background, sexuality, geographic region, and politics, we are dedicated to approaching our work with a JEDI focus and strategy to effectively and ethically reach our community members who need greater support. While we do serve all of Cobb County, our primary objective is to saturate 1) our child-facing agencies (particularly those serving young children); 2) two-generation partners providing services to low-resourced parents and children; 3) youth involved in the juvenile justice and foster care systems; and 4) children and families living in poverty with resources, training, and knowledge around trauma, while highlighting everyone's role to create positive childhood experiences. The coalition employs a multi-layered environmental strategy that includes:

- Trauma-credential trainings on ACEs, resiliency, suicide prevention, mindful self-compassion, child abuse prevention and secondary trauma
- Robust social media campaigns
- Podcast
- Town Halls/Panel Presentations
- Quarterly digital magazine
- Digital Toolkits on Website
- Film Screenings
- Community tabletop events and speaking engagements
- Multilingual print resources
- Curated resources for specific populations
- Tactile and sensory friendly fidget items

We are fortunate that Cobb County has many organizations and agencies that align with our mission and work, which allows us to tackle issues together with partners that bolster our work through a cross-sector coalition of nonprofits, local and state governmental agencies, secondary and post-secondary education, healthcare providers, civic associations, residents, first responders, and policy makers.



Snapshot

SNAPSHOT OF KEY IMPACTS FROM YEARS 1 TO 3

Over the past 3 years, Cobb Collaborative has delivered a variety of trainings to partnering organizations and the community.

Cobb Collaborative has also provided resources to partners and to the public at community events. Here is an overview of how many people we have been able to support.

YEAR ONE

Mental Health Community Events

92 with a total of 1567 attendees

Trauma-Informed Trainings: 51

Attendees at Trainings: 903

YEAR TWO

Mental Health Community Events

78 with a total of 2,156 attendees

Trauma-Informed Trainings: 89

Attendees at Trainings: 2,127

YEAR THREE

Mental Health Community Events

106 with a total of 1,966 attendees

Trauma-Informed Trainings: 101

Attendees at Trainings: 1,952





Leadership Team and Contributors

Irene M Barton

Executive Director, Cobb Collaborative

Kaitlyn Ball

Director of Strategic Initiatives and Partnerships, Cobb Collaborative

Lesleigh Knotts

Mental Health Program Coordinator, Cobb Collaborative

Kimberly Duncan

Director of Marketing and Communications, Cobb Collaborative

Jennifer Yankulova

Managing Attorney, Cobb Legal Aid; Board Chair of the Cobb Collaborative

Mallori Bruning

COO, LiveSafe Resources; Treasurer & Chair of Finance Committee of the Cobb Collaborative

Ana Murphy

Assistant Director of Student Support Services for Cobb County School District; Past Board Chair of the Cobb Collaborative

Christine Ramirez

Director of Early Learning, Marietta City Schools

LaSondra Boddie

Cobb Director, Dept. of Family and Children's Services and Cobb Collaborative Immediate Past Board Chair

Dr. Allison Garefino

Clinical Director, Children and Family Programs at Kennesaw State University

Contributors

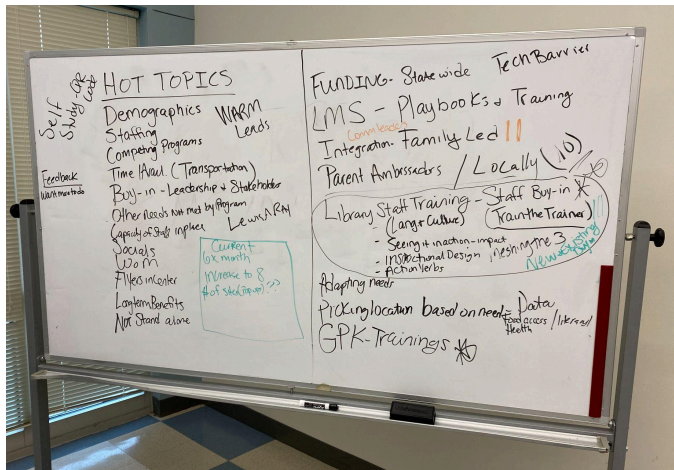
Self Discovery: Pain, Positioning and Purpose - Venessa Abrams, Founder
Cobb County School Social Workers - Dr. Karen Schwartz and Bethany Miller
Ser Familia - Belisa Urbina, Co-Founder

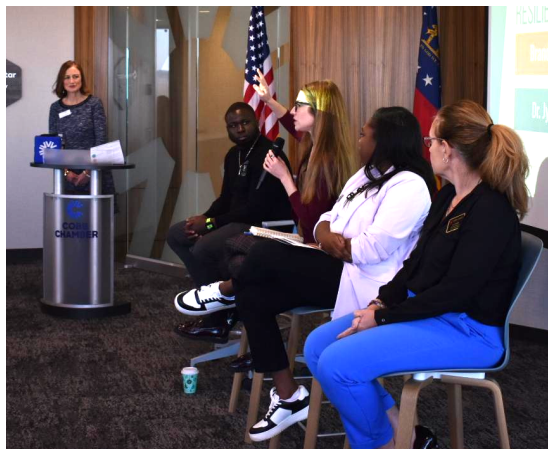


JED Services - Julie Davis, Founder
Hybrid Academy - Margret Younis, Founder & Principal
Avery, Loose & Associates - John Avery, Founder
McCarty & Co - Ellen McCarty, Founder & Principal
Atlanta Center for Self-Compassion - Diane Hilleary, Founder
Prevent Child Abuse Georgia - Dr. Jyll Walsh, Deputy Director and Jennifer Stein, Director
Child Welfare Training Collaborative at Georgia State University
SAM Foundation - Julie Smith, Co-Founder

Coalition Partners

K-12 Public School Systems - Cobb County and Marietta City
District Attorney's Office -AikWah Leow, Communications Manager
DFCS Cobb County - LaSondra Boddie, Director
Ser Familia - Belisa Urbina, Executive Director
Cobb Community Foundation - Shari Martin, Executive Director
Cobb County Public Library - Teresa Tresp, Division Director Branch Services
Children & Family Programs at Kennesaw State University (KSU) - Dr. Allison Garefino
United Way of Greater Atlanta Northwest Metro - Nicole Lawson, Regional Director
Highland Rivers Behavioral Health - Rodney Moore, VP of Marketing
Cobb Douglas Public Health - Alison Curtis, Chronic Disease Prevention Manager
Cumberland Counseling Center – Alexandra Thompson, Clinical Director
Tommy Nobis Center- Meagan Davis, Director of Development
Cobb County Government - Cobb Board of Commissioners Chairwoman Lisa Cupid
Cobb Probate Court - Tara Riddle, Associate Judge
Cobb State Court - Tami Nichelson, Chief Probation Officer
Cobb Magistrate Court - Chief Judge Brendan Murphy
City of Powder Springs - Pam Conner, City Manager
City of Austell - Ollie Clemons, Mayor
City of Smyrna - Latonia Hines, City Councilwoman
Dept. of Early Care & Learning - Bridgette Washington-Collier, Community Engagement
Cobb Juvenile Court - Janesta Nairn, Court Support Manager
HOPE Family Resource Center - Carolyn Turner, Founder
First Christian Church of Mableton - Barry Smith, Executive Pastor
Mission 1:27 - Jennifer Jones, Director of Training and Staff Development
Cobb Mentoring Matters - Anjeanette Foster-Baker, Director
Paint Love - Chloe Young, Family Programs and Grant Manager, Mandy Noa, Program Director
Mableton Improvement Coalition - Ray Thomas, Chair







Messages from Coalition Members:



"I can't tell you how much I enjoyed the Resiliency Summit last month. I have used the information learned several times to help communicate (from a scientific perspective) why we do what we do at Mission 1:27. The HOPE foundation is integral to our purpose and vision. Thank you so much for making this available to us, as well as so many other groups and organizations."

- **Jennifer Jones, Director of Training and Staff Development, Mission 1:27**



"Thank you for allowing me to participate in today's resiliency retreat. It was a FABUIOUS experience. The importance of self care should not be underestimated. My mind, body and sound truly benefited from this most thoughtful program. My wish is this becomes an annual event ! My sincere thanks to all those that made this event come to fruition. With a grateful heart and kindest regards,"

- **Cheryl Wagon, RN , BCSCR, Cobb Douglas DPH**



"As a mother I can say that I so enjoy these events offered by MELC in collaboration with Cobb Collaborative. This allows us to have a unique connection with our children, to be able to learn a little about my son's learning, how to be able to teach by playing with him, and not only that, but it also allows us to connect with other families"

- **Angie, Parent and Basics Workshop Participant**

Key Impacts/Accomplishments



Trauma-Informed Trainings

101 trainings with **1,952** attendees

106 Mental Health Events

Resiliency Week: **112** attendees in total

Social Media Stats

Platform	Reach/Engagement
Facebook	Facebook Reach: 4,387 Facebook Engagement: 2,834
Instagram	Instagram Reach: 19,568 Instagram Engagement: 1,372
LinkedIn	LinkedIn Impressions: 39,182

Over 25% of posts dedicated to to Suicide Prevention and ACEs

MYM Website Stats

Overall Mental Health (MYM Related Posts)

- Mind Your Mind Webpage: **830 views**
- Suicide Prevention Webpage: **210 views**
- MYM Toolkit Page: **866 views**
- ACEs Webpage: **214 views**
- Spanish - Suicide Prevention Webpage: **404 views**
- Spanish - ACEs Webpage: **86 views**

Cobb Connection

40,452 newsletter opens across 12 months; average of **911** readers per month

MYM Magazine

2,829 magazine reads

MYM Podcast

24 Episodes
764 Downloads



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

Prevention/Intervention

As our work has expanded in Year 3, so have the opportunities for upstream prevention and intervention programming. Years 1 and 2 laid the groundwork for creating a trauma-informed network, which we are still continuing to strengthen. Year 3 has led us into strength-based programs and shifting from awareness of ACEs to awareness and importance of PCEs (Positive Childhood Experiences).

Resiliency Week (detailed in Spotlight) introduced our network to the HOPE framework (Healthy Outcomes from Positive Experiences), with the building blocks of relationships, environments, engagement, and emotional growth. These four building blocks are vital to creating experiences in a child's life in which they can develop optimally. This also gives us another opportunity to look through our JEDI lens, as prevention and intervention is a way for us to break cycles of generational trauma, develop emotional growth with our children, and give adults the chance to understand their own challenges and where to go for support. We know that higher numbers of ACEs are more likely to occur in lower-income, under-resourced communities, women, LGBTQ+, and minority groups, so we focus our efforts in reaching those communities directly or indirectly through staff and organizational trainings and resource sharing.



As we keep learning and growing, we keep expanding the resources we have available to the public, in both digital and print format, and in various languages. Many of our resources are available in English and Spanish, with some of our Basics print resources available in Portuguese. This gives families the chance to be connected and understand how to navigate resources in a language that is native and comfortable to them.

Our early learning initiative, The Basics Cobb County, expanded exponentially in Year 3, reaching over 1,000 parents and caregivers of young children across our community. The Basics was birthed out of the Achievement Gap Initiative at Harvard University by Dr. Ron Ferguson, because of the developmental skill gaps researchers were witnessing in children by the age of two, showing up most prominently in communities of color. The Basics seeks to provide equity



with access for every child, every parent, and every background. In addition to this, The Basics principles incorporate the Positive Childhood Experiences needed to mitigate the effects of ACEs. Through community trainings, text messaging, print resources, and parent/caregiver workshops, families and organizations are receiving critical information surrounding Infant and Early Childhood Mental Health, and how early experiences impact brain development and lifelong learning and success, and overall health, for better or for worse.

In addition to this, our work with Kennesaw State University's Children and Families Program is allowing those studying within the program access to trauma-informed training and curriculum before entering the workforce, equipping these emerging professionals with information surrounding trauma-informed care. This program is also supporting students on campus who are parents and caregivers themselves, allowing them to receive the support needed, whether personally as a parent, or in their journey as a student. It is our hope that with these critical wrap-around supports, graduation rates for this demographic of students will improve, providing hope and access for their future, and breaking cycles such as intergenerational poverty. In addition to this, these student parents also receive access to our trauma-informed trainings such as the Community Resiliency Model (CRM), Connections Matter, and The Basics.

KSU is also bringing us in to lead a variety of 3-hr to 7-hr CRM workshops, Basics sessions, and Connections Matter to their Masters of Social Work Students. These students will come out of their educational track with a series of trauma-informed trainings that will spread into the broader community, taking this info across the state into metro and rural counties to create a more saturated understanding of a trauma-informed approach and care.

We have begun our third year as the lead agency for Prevent Child Abuse Cobb, and those prevention efforts align nicely with our Resilient Georgia work. We appreciate the words of Prevent Child Abuse Georgia leadership who instruct us that everything that we do to strengthen families prevents child abuse. As such, the HOPE framework, lifting up PCEs and our resilience-focused resources complement our PCA prevention work. In Year 3, we distributed PCA kits to 15 partners that included pinwheels, lapel pins, magnets, and findhelpga.org fliers. Because of Resilient Georgia's investment, we secured a grant from Help For Children to boost our communication and training efforts in Year 3.

Lastly, many of our partner organizations are in a direct service role. In our role, we have the opportunity to ensure they and their staff are equipped with trauma-informed trainings and resources to support themselves, their staff, and the clients they are serving. For example, we trained the Juvenile Court staff in Adverse Childhood Experiences and the Community Resiliency Model, knowing this critical information and resources will further equip them in supporting the families they are serving and assist them in operating through a trauma-informed and strengths-based approach. This is critical to developing that common language around trauma that helps to make our entire community trauma-informed and eventually, trauma-responsive.



Advocacy and Policy, Systems and Environmental (PSE) Changes

Cobb Collaborative has built an impressive reputation in the community of providing valuable, research oriented, and evidence based practices that make a difference in the lives of those we serve, and those who are serving. We've been able to make small but significant movements towards PCE changes, and below are some of those accomplishments:

Cobb Collaborative Efforts:

- On September 7, 2023, we co-hosted a Behavioral Health Cobb County Coordination Meeting with Cobb Douglas Public Health and Cobb County Chairwoman Lisa Cupid. Attendees included the Cobb County Sheriff, Police Chief, District Attorney, Public Safety Director, Chief Judge from Probate Court, City of Marietta council representatives, and other representatives from various sectors (e.g., local government, public health, nonprofits, agencies). This will expand to a 3-part series in 2024 and has led our county to commit to investing ARPA funding to build out a findhelpga.org portal for local resources. Our first convening in 2024 will be a recap of the 2024 Georgia General Legislative Session and will include a keynote address from Kim Jones, President of NAMI Georgia followed by a bi-partisan legislative panel comprised of members of the Cobb delegation.
- In the early learning space, our multi-layered environmental strategy is focused on deepening, broadening, and strengthening support that early learning centers in Marietta receive. Fifty-eight teachers/staff members attended a trauma-informed workshop in late March 2023 and were eligible to receive coaching with fidelity checks. We expanded this beyond Marietta in the fall by partnering with DECAL to bring Connections Matter training to 51 early education professionals at West Georgia Technical College. This supports our efforts to affect environmental change in the Birth-5 space by building a trauma-aware and trauma-responsive workforce.
- As of October 1, 2023, there are 16 classrooms at six different early education centers that are implementing the 5 SEL components as supported by Marietta City Schools' Literacy + Language Liaison with fidelity. Teachers received resources that support their implementation of the morning meeting components such as Visual Schedules, I Love You Rituals/Connecting Activities, Greetings Cards and Emotion Posters and Key Rings. These fall under the evidence-based Conscious Discipline methodology, and we have financially committed to support this systems-level change in classroom management.
- We collaborated with the Cobb Chamber of Commerce, Cobb County Government, Worksource Cobb and DECAL in the fall of 2023 to create a grant process for childcare centers. We worked with our DECAL community engagement manager to prioritize the "pain points" of center directors. Using ARPA funding, the Chamber managed a grant application and approval process to support early learning centers with employee



retention and recruitment grants. More than \$4.5 million was distributed to these centers. Watch the video [here](#).

CRM Staff Trainings:

More and more, we see human resource managers responding to the overall wellness needs of their employees, which includes mental health. We learned that the City of Powder Springs sponsors “wellness Fridays” on a rotating basis for their various departments to pursue a wellness activity, which may include volunteering. This has led us to offer CRM to all of the employees of the city, including the Powder Springs Police Department which held a mandatory 3-part CRM training for officers and leadership. Other organizations that have offered trauma-credentialed trainings include:

- QCC held mandatory CRM and Connections Matter staff trainings
- Cobb Juvenile, State, and Probate Courts offered an optional series of CRM offerings to staff
- Cobb Chamber hosted an optional CRM training for its employees
- LiveSafe Resources hosted a CRM training for its staff

Resiliency Stations:

- Through partnership with Cobb County Juvenile Court, South Cobb High School, Pebblebrook High School, Marietta Middle and High School, Osborne High School, and Cobb County’s Family Advocacy Center, we have provided stationary towers full of resilience-focused resources for students, families, and individuals.
- These stations include resources for individuals and families such as FindHelpGA.org flyers, 988 magnets, flyers, and stickers, GCAL cards, journaling tips, positivity stickers, sensory strips, resiliency activity booklets, pop-it stress balls, and more.
 - *“We are so thankful for the partnership with Cobb Collaborative! The gadgets and written material are inspiring, bring awareness, and support the productivity of our external and internal stakeholders.” - Cobb Juvenile Court*
- We also hosted pop-up events in partnership with Sources of Strength, reaching over 1,300 students at Campbell Middle School, providing them with journals and resiliency booklets.





Next Steps:

- Legislative recaps with Nichola Hines, our Vote Your Voice Coordinator
- VYV Coordinator educating community members about how to contact legislators and the importance of being involved with your local leaders

Research

Over Years 1-3 of this project, we have partnered with the Children & Families Program (CFP) at KSU's Wellstar College of Health & Human Services. Dr. Allison Garefino serves as the Clinical Director of this lab. In Years 1-2, they were welcomed into several Cobb County Schools to work with afterschool staff, paraprofessionals, and teachers to provide trauma-informed workshops and training in ACES. During the summer of 2023, there was a shift in procedures required by outside programming and questions about the approval process to allow entry into schools. These barriers led to a delay in some of the work with the schools. To overcome these barriers, we re-imagined how to bring the latest research and information to families. This resulted in a shift from schools to Cobb County Public Libraries. Dr. Garefino and her interns have been invited to visit Cobb County libraries to promote mindfulness and research-backed principles on child behavior and family dynamics to preschool and elementary aged students, along with their caregivers and parents. A summary of these activities is shown as [Appendix A](#).

Another initiative that CFP has focused on in Year 3 is how to offer trauma-informed micro credentials to the largest possible audience, while eliminating barriers. Dr. Jennifer Wade-Berg, the Associate Dean for Student Success, recommended exploring how to list the micro credentials as a course for credit across the entire university. Dr. Melissa Osborne, Chair of the Interprofessional Professional Education (IPE) working group for WCHHS, determined there is a gap in training for IPE students and the proposed micro credential could fill that gap. That will require creating two more modules (in addition to the original 5 that were created as part of support from the Pittuloch Foundation) so that the length could be long enough for 3 credits and create a 7-week course. Also, by creating it as an IPE, it can be cross-listed across all majors.

The purpose of creating it as an IPE course is to promote effective collaboration of students from multiple professions as they learn about and from each other to obtain a common goal. Students from the fields of social work, health, and education have the opportunity to integrate what they already know into new competencies in their study, such as learning trauma-informed practices and psychosocial behavior. There has been a global realization in the healthcare field that future reform should include team-based approaches that include interprofessional collaboration (Nagel et al., 2024). This approach helps make health service delivery safer, coordinated, and is ultimately more holistic. After completing the modules, students will be able to use this practice in their field of study as they deliver services to their clients. Future goals include building the 2 additional modules. Week One would be an overview



of why trauma-Informed care is important to those seeking IPE courses. Week 7 would be a capstone case study bringing all the previous modules together in one project. Below is an example of the template to create Week One.

List all Module Objectives (3-5) objectives should be written using SMART format.
Objectives 1: Identify the importance of understanding what interprofessional education is
Objectives 2: Describe why having a course on IPE is so important
Objectives 3: Implement and analyze the research on interprofessional education
Objectives 4: Understand why trauma informed interprofessional education is imperative for supporting those we serve

Outcome 1: Models of human psychosocial behavior
Understanding what IPE is and why TIC is important.

We are excited about the prospect of this work. The goal is to have the micro-credentialing available by the fall semester 2025. We have made a financial commitment to support this research and systems change in Year 4.

Training

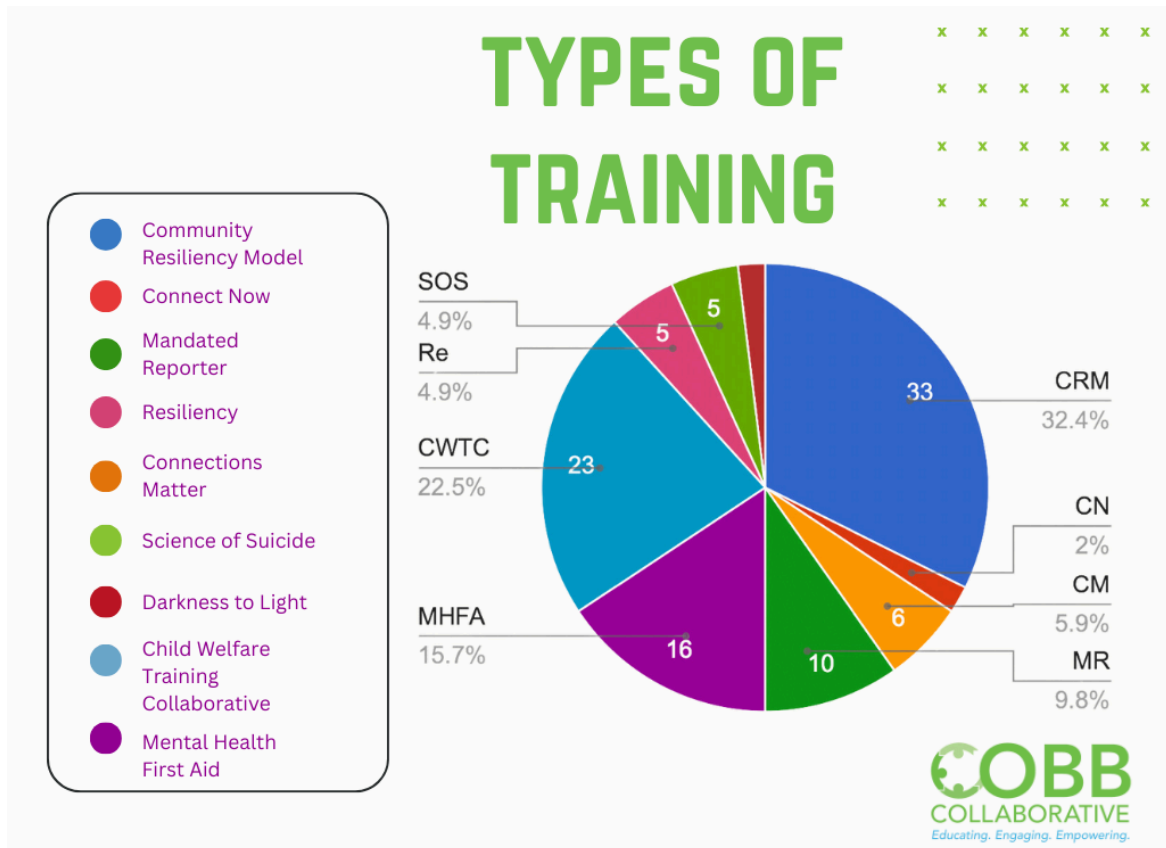
In the last year, Cobb Collaborative made slight changes that prioritize our mission to raise awareness, reduce stigma, and promote resiliency, in part by bringing trauma-informed trainings across the many sectors with whom we already have a deep connection. Our Director of Strategic Initiatives and Partnerships, Kaitlyn Ball, completed her CRM Teacher training in July 2023 to expand the offerings we can provide to the community. This addition enabled us to create a series of workshops and trainings that fit the schedules and needs of our incredibly busy, community-serving individuals, as well as community members themselves. Kaitlyn has conducted a series of workshops with the Cobb County Superior and State Court judges, clerks, probation, and parole officers, the entire staff of the City of Powder Springs (parks & rec, sanitation, community development) and the officers in the Powder Springs Police Department, to name a few. We've also been able to conduct training with students at South Cobb High School, while providing them with resources to continue their wellness journey after the training. Conducting these series of trainings vs. one-off trainings has allowed us to develop



deeper connections and relationships with the various staff and stakeholders. This connection creates a lasting impression that these organizations then share with their networks, opening new doors and avenues for us to reach more and more individuals.

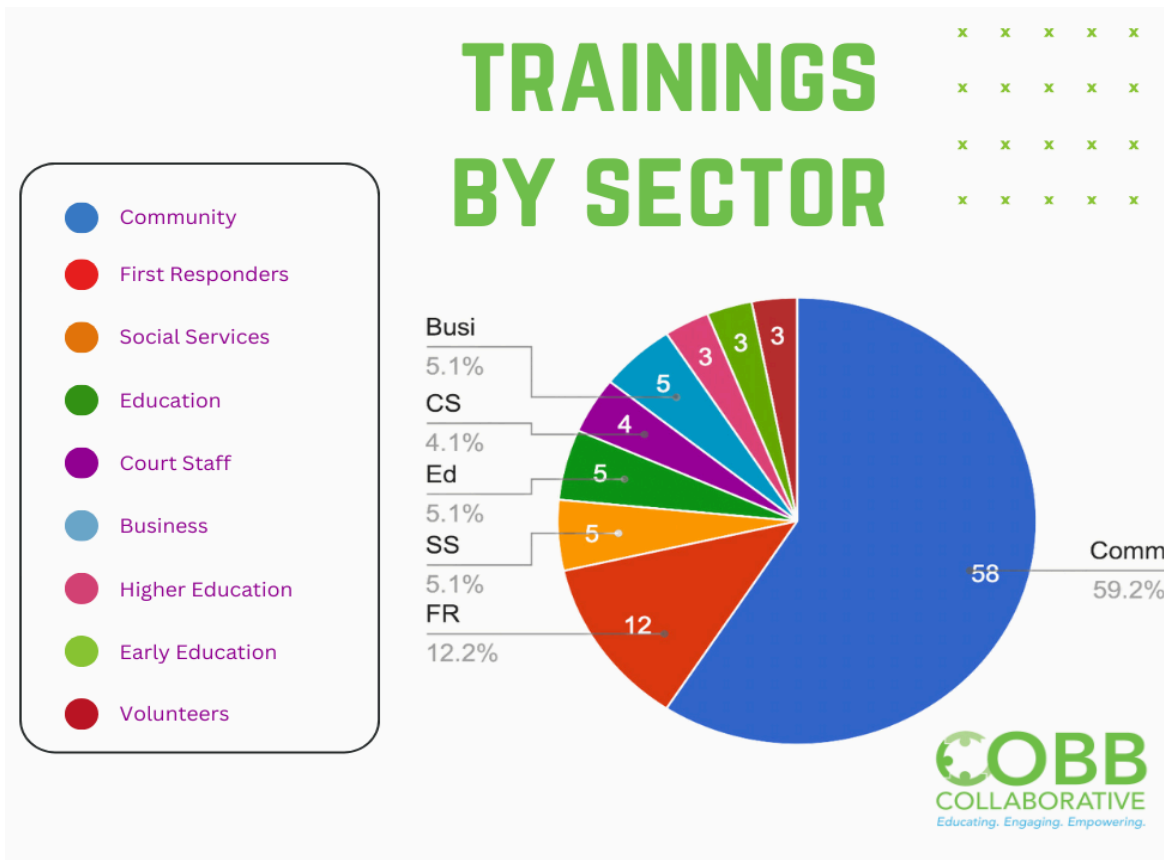
In October 2023, we created a role specifically for this purpose with the addition of Lesleigh Knotts, our Mental Health Program Coordinator. This position has a dedicated focus on creating more connections in our work to bring new and existing mental health programs and resources to our communities that can benefit greatly. Lesleigh completed her CRM Teacher training in March 2024, continuing our expansion of capacity to provide more capacity-building opportunities in this space. We consider it an advantage that our staff is certified to deliver many of the trainings that are included in Resilient Georgia’s roadmaps as this allows us to be responsive to our community’s needs and also receive updates, training materials, and remain connected to other thought leaders like the Georgia Center for Child Advocacy, Prevent Child Abuse Georgia, Trauma Resource Institute and the Wellstar College of Health & Human Services.

In addition to our CRM expansion, we continued to offer a menu of other trauma-informed trainings and events as seen in the graphic below.





We offer a variety of community trainings each quarter, shifting locations each time to increase access across Cobb County. Virtual formats are also available in order to reach more people where they are. In addition to our community offerings, our trainings are also set up on a request basis, allowing us to bring tailored presentations that fit the needs and goals of staff or community training. For example, we have offered 60-90 minute workshops for organizations in the business sector who are more interested in skill-building CRM sessions, while also offering more rigorous 3-hr workshops on CRM and Connections Matter to child and family facing services and staff. It is important that we are curating a plan that is worthwhile for those receiving it. This has allowed us to be in front of staff including educators, social workers, court staff, first responders and law enforcement, parents and caregivers, MSW students, non-profit staff, and volunteers.



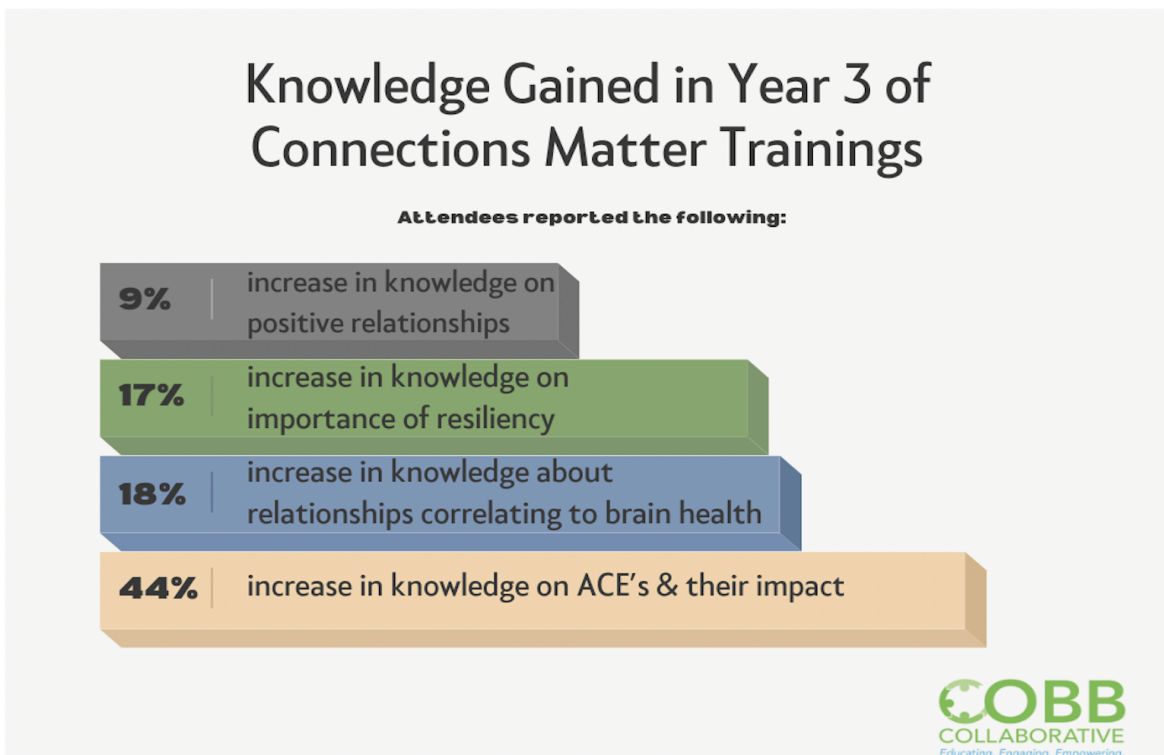
These trainings provide the opportunity for trained individuals to bring information back to their agencies, where it is anticipated that the gained knowledge will be used to identify opportunities to implement trauma-informed and trauma-responsive care, adjust processes, and train teammates, leading to improved client outcomes, a more stable work force and ultimately, more stable families and communities. Families will gain understanding of their



actions and how to manage their stress in positive ways and the early life experiences needed for our children’s social, emotional, and cognitive development, leading to more resilient homes and communities.

As we continuously think through how our mission, programs, policies, and leadership emulate our commitment to JEDI, we recognize the need to meet the individuals and families we serve where they are, and in a language that is familiar and comfortable to them. If we are trying to help families weave these evidence-based practices and frameworks into their lifestyles, we cannot do that by adding language barriers and deterring willing participants. Our next steps are to build our bi-lingual network of trainers to increase our reach in a culturally sensitive way that welcomes all. We aim to do this by developing partnerships with currently certified bi-lingual trainers in CRM and other trainings we offer, as well as hiring and training bi-lingual facilitators for the Basics Playground Paloozas (previously known as Basics Workshops).

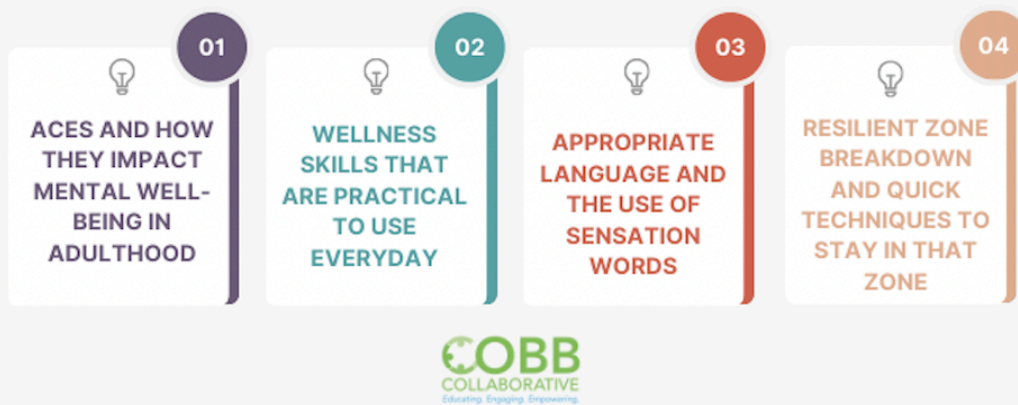
The impact that these capacity building opportunities offer are demonstrated by the following graphics:



Community Resiliency Model Training

In year 3, we delivered **33 CRM trainings** to various organizations, including 4 to the general community. There were **496 attendees** overall.

Here are the average responses of knowledge gained, taken from evaluations:



Quotes from CRM training participants taken from CRM evaluations:

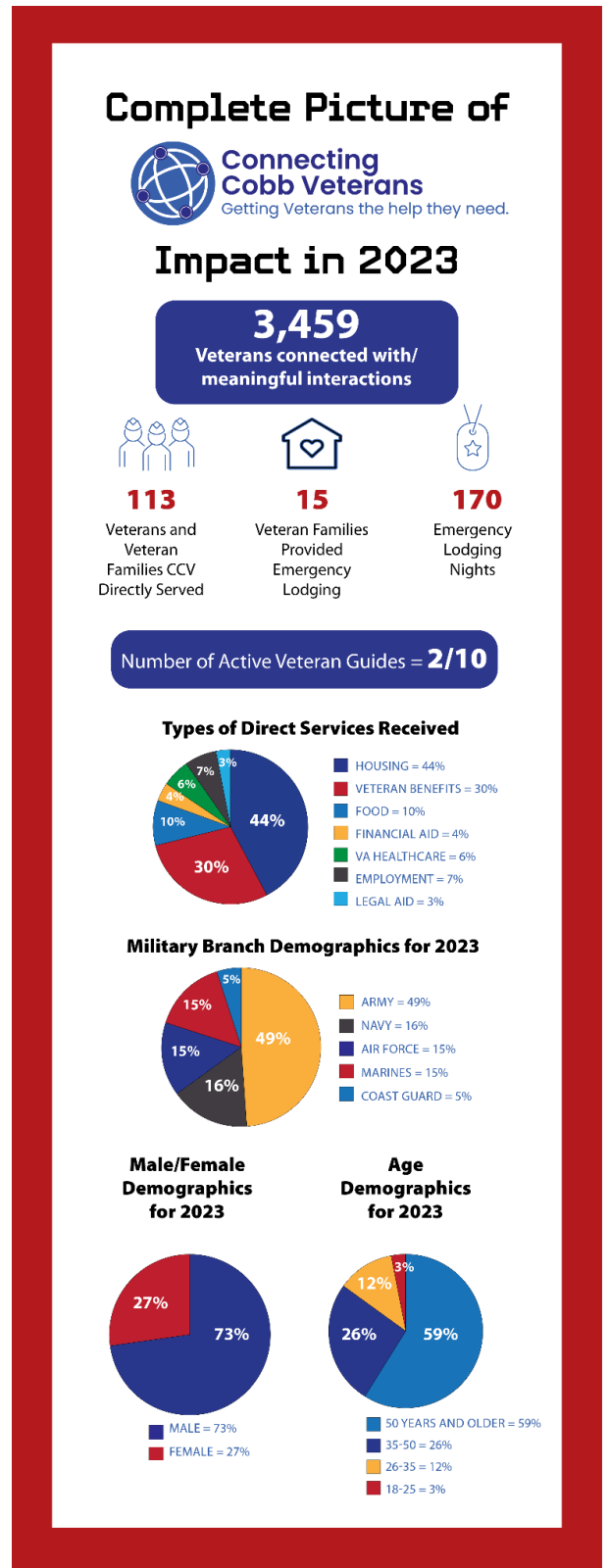
- "I tried to stay open to the training and was shocked by the emotional response I had throughout. Excellent session!" - *ELI*
- "Overall, it was a great workshop! The instructor is very knowledgeable and prioritized the comfort and well-being of the participants as we went through training. The research being included was also helpful in understanding how to apply the skills in my future career." - *KSU MSW Student*
- "The small and intimate group made it feel very personal and allowed us to share stories and be vulnerable. It also taught me better ways to work on my emotions." - *Jerusalem House*
- "I loved learning about grounding and understanding how it can get you back to your resilient self. The visuals were also great with the brain activity and body sensations." - *Community CRM*
- "The best part of the workshop was that the skills were easy to understand and implement. The tangible techniques and takeaways, along with the time to experience and practice the skills myself, made the workshop a worthwhile use of my time." - *Cobb Chamber of Commerce*

Other complementary efforts that support our work

Another area we are passionate about is our **Civic Engagement** initiative, which consists of various opportunities to be engaged civically and socially. Research from the Georgia Civic Health Index informs us that communities with high levels of civic engagement have better outcomes for their residents, including public health, employment, safety and education.

Connecting Cobb Veterans -

- One of our focused strategy teams that has evolved into a signature program is Connecting Cobb Veterans (CCV). We officially launched this effort in 2023 with ARPA funding, after meeting informally for a couple of years prior to that. While there are a number of Veteran-serving organizations in Cobb, many are operating in silos, offer limited services, and/or have restrictions on their programming, leading to confusion and inefficiencies and tragically, leaving vulnerable Veterans under-served and in need of support. We serve as a focal point for all Veterans and their families and provide guided case management, regardless of discharge status, branch of service, combat v. non-combat, gender, age, etc. While we did not anticipate this, we find ourselves moving into a direct service role by providing emergency housing for a limited number of qualified Veterans. It is challenging for persons who are unsheltered to create and act upon a plan of action. We offer up to 7 nights of shelter in an extended stay hotel when we have funding so that qualified Veterans can bridge to their next





opportunity, whether that be a deposit to an apartment, a higher-paying job, a housing voucher or another type of housing arrangement. While we would like to help more Veterans, we prioritize homeless female Veterans with children, females, and then males. The Veteran must have a plan of action in order to be eligible. These Veterans work with our Veteran Connection Manager to be connected to the identified resources. This is why Veteran-specific suicide awareness training remains important to us, as well as other mental health trainings around PTSD and trauma.

- The CCV convenes community partners on a quarterly basis, with average attendance of 60 persons at each meeting, including our county DA and Sheriff, both of whom are Veterans.

Vote Your Voice

- Under guidance from the Vote Your Voice grant through Southern Poverty Law Center, we are dedicated to reaching young, first-time, BIPOC, and low-income populations to create a more equitable landscape in voter education and participation.
- These efforts remain non-partisan, with broad focuses on voter education, voter registration, and voter mobilization to ensure our communities are empowered to take action with their voices with educated and informed decisions.
- We have already started recruiting and hiring interns at our local high school and college campuses so we can reach our young voters and educate them in a way that resonates through peer influence. This approach also brings their voices to the forefront by having them lead the way.

Coffee with the Collaborative

- Bi-monthly networking and engagement opportunities to connect and build relationships with other nonprofits, businesses, government officials, funders, etc.
- Space to share resources and develop a common language throughout our community because it is a cross-sector collaborative space
- Many great connections and partnerships develop as a result of these coffees
- We vary the location, so we are meeting in different parts of the community
- In year 3 - we hosted six Coffees, with 152 attendees.

General Membership Meetings

- General Membership Meetings are quarterly convenings that allow our members to network over lunch, discuss partnership opportunities and share with the group as a whole any upcoming events, needs, opportunities, etc. These meetings typically average 55 attendees.
- Each meeting has an overarching theme with a keynote speaker. In Year 4, we will be focusing on the HOPE framework.



Innovative Partnerships

Partnerships are what makes our organization thrive; they are the foundation we were built upon, and we are honored to be held in such positive regard in the community. This year in particular, we wanted to highlight our partnership with Paint Love, a non-profit organization providing trauma-informed arts programming to youth.



Paint Love has given us a unique opportunity to explore trauma-informed work in a non-traditional way that incorporates art and emotional regulation and play, all to provide a creative outlet where we can process our stress and traumas in a restorative manner. The support of Resilient Georgia this year allowed us to partner with Paint Love in a variety of ways through workshops and special events. Our Basics + Paint Love Workshops merged aspects of both

The Basics Principles and Paint Love's approach to creating, play, and healing. Full of singing, dancing, moving our bodies, and firing up our creative brains, this workshop also had a special appearance from Austell's Mayor Ollie Clemons (also a part of our work with Mayor's Reading Club), who read to and engaged with the children and families.

We were able to facilitate another incredible partnership between Cobb Collaborative, Paint Love, and the Cobb County Juvenile Court. Court rooms and waiting rooms can be a cold and uninviting place that can re-traumatize or create discomfort for many individuals, especially the youth involved. Cobb County Courts have a progressive approach to punishment and value restorative practices; so when they came to us asking for help sourcing art for their walls to make their space more inviting, we immediately thought of Paint Love. After a collaborative meeting, we set up a multi-part series where Paint Love came into the courts to conduct art sessions with the youth enrolled in one of the court programs. The youth themselves were given a chance to be involved with something that could help them process and heal their traumas, learn new skills and ways to manage their feelings, and see the art they created hung up on display to liven the environment that was giving them a second chance.

In addition to this hands-on programming, Mandy Noa, Program Director, contributed to the [second issue](#) of Mind Your Mind Magazine, writing a piece on Paint Love's approach to healing trauma with various mediums of art, and the impacts of the youth they are working with directly in Cobb and Metro-Atlanta areas. Most recently, Chloe Young, Paint Love's Family Programs and Grant Manager, was one of our four panelists for the 2024 Resilient Cobb Summit where she discussed the importance of art and healing through a trauma-informed approach, and how this plays into the HOPE framework and creating PCEs.

This also helps us expand our JEDI work, giving youth and families an opportunity to access trauma-informed art to expand their outlet for coping and emotional growth in a free and easy-to-do way that any family can adopt into their lifestyle.



Spotlight

Year 3 brought many successes, but the year culminated in [Resiliency Week](#). Even before the week began, the City of Smyrna (where our office is located) honored us with a proclamation declaring the week of February 5-9th as Resiliency Week. Staff and board members were on hand to receive the proclamation from Councilwoman Latonia Hines (see picture above.) As we continue to grow as a presence in the community with a goal of creating a common language around the impacts of trauma and PCEs, we knew we wanted to expand this annual event into something that would start a ripple effect in the community shifting towards resilience. That's when the idea of Resiliency Week was born - we wanted to offer a week full of activities that would appeal to community members of all ages, professions, and backgrounds in order to build wellness skills, resiliency, and a sense of community throughout Cobb.



RESILIENCY WEEK

MIND YOUR MIND
GROWING RESILIENCE IN COBB

MONDAY Feb. 5	Partner Appreciation Breakfast
TUESDAY Feb. 6	Resilient Cobb Summit
WEDNESDAY Feb. 7	Basics + Paint Love Workshop Nature Wellness Walk with CRM
THURSDAY Feb. 8	Resiliency Dinner
FRIDAY Feb. 9	Resiliency Retreat

Connect with us on Social Media.
#ResilientCobb

f /cobbcollaborative

Scan to see the full agenda and registration details.

COBB COLLABORATIVE
Educating. Engaging. Empowering.

MIND YOUR MIND
A COBB COUNTY MENTAL HEALTH INITIATIVE

Resilient GEORGIA

Day One kicked us off with a Partner Appreciation Breakfast. This breakfast was designed to bring together many of the community partners we work with throughout the years who make our programs possible, and to honor their efforts with a healthy breakfast and gift bag of resources to build practices of self-care. The bag included items such as a gratitude journal, eucalyptus and sage scent pouch, sensory strip, positivity stickers, pop-it and fidget tactile items. To our delightful surprise, we also had new community members in attendance who found out about Cobb Collaborative and the week of events through EventBrite.

Day Two saw us host our 3rd Annual Resilient Cobb Summit, bringing more than 50 community leaders and key stakeholders together for learning and engagement around trauma-informed conversations, and shifting to a preventative and strength-based approach through [HOPE](#). Our 50+ attendees heard our keynote speaker, Dr. Stan Sonu, lead a thought-provoking discussion around Systemic Empathy. We then had a panel

discussion featuring Brandon Jones from [Skrews 4 Life](#), Dr. Jyll Walsh from [Prevent Child Abuse Georgia](#), Chloe Young from [Paint Love](#), and Ana Murphy from [Cobb County School Social Workers](#) discussing the HOPE framework.

Day Three was our Wellness Walk at Cochran Shoals Trail, a local walking trail along the Chattahoochee River, with moments for CRM skill building. A small group of us gathered to take a leisurely walk to reconnect with nature and ourselves. We paused for grounding and resourcing exercises as we took in the fresh air.

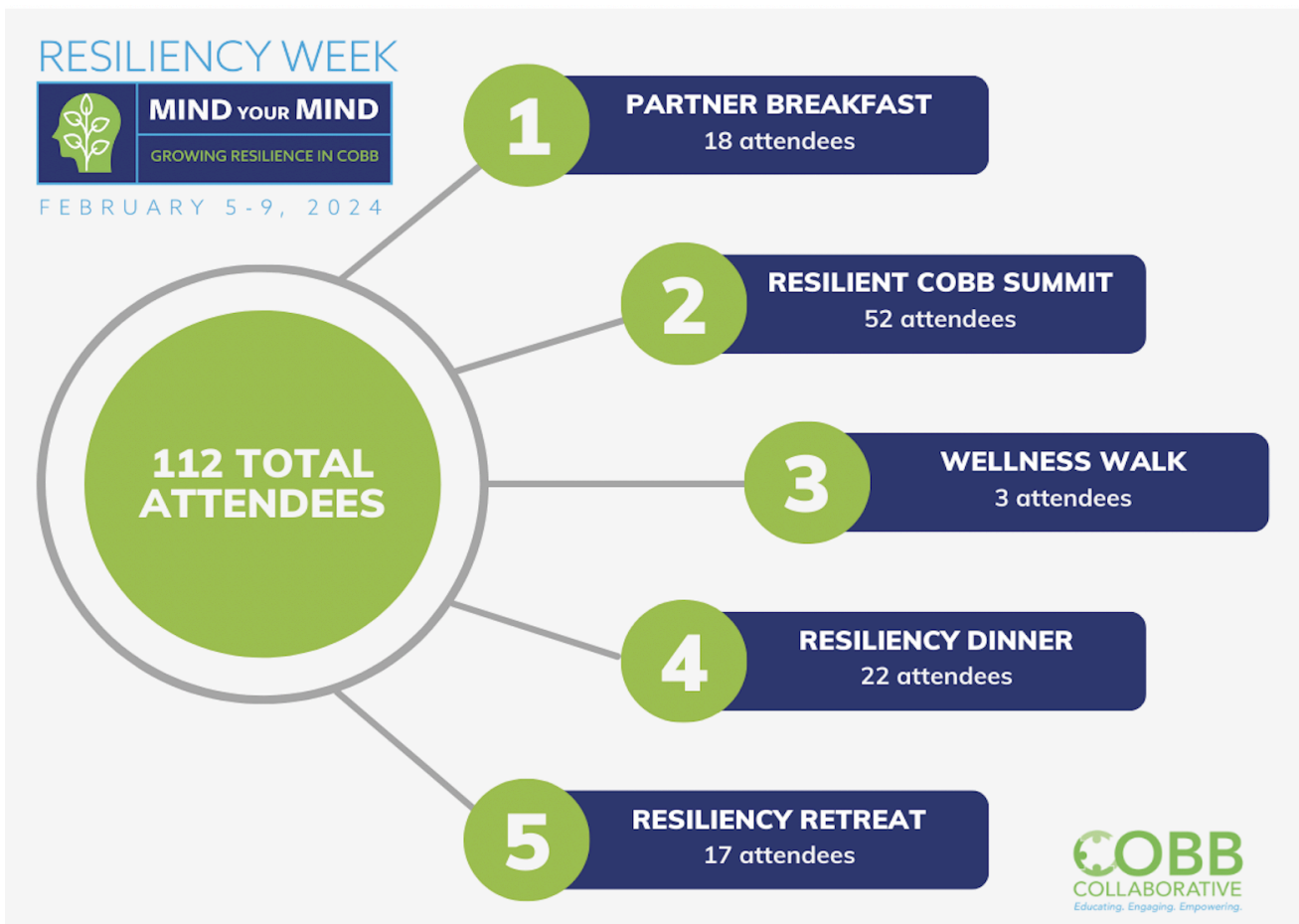
Day Four was our Resiliency Dinner at the HOPE Family Resource Center, modeled after the Community Cafe/Parent Cafes with facilitated conversation around resilience. Our table talk included the questions:

- Think of someone who loves you. What would they say your strengths are?
- How do you overcome challenges or disappointments in your life?
- How do you balance taking care of yourself with taking care of others?
- What brings you peace as a person? As a parent?
- How has your resilience changed over the past five years?



This model was incredibly popular with the attendees, many of whom worked in roles where they could emulate the dinner and bring a variation that fits the needs and desires of their specific community. We heard from the Mableton Improvement Coalition, HOPE Family Resource Center, and Cobb County School Board Member Tre Hutchins that they would like guidance on how to set these up to bring them to their residents in the South Cobb area, a geographic region in Cobb where there are greater pockets of under-resourced families.

We closed out the week with a Resiliency Retreat. This was a full day of skill building, relaxation, reflection, and self-care, broken up into an AM session and a PM session. AM included morning yoga, CRM conversations, and a journaling workshop. We came together for lunch, which was followed by the PM session of chair yoga, CRM skill building, and a sound bath to end the day. Our retreat was a cumulation of the week's focus: intentional reflection on the **relationships** we share with others and ourselves, examining the **environments** in which we are able to host these opportunities and where we can offer more, offering experiences for **engagement** with others and the community around them, and making time and space for **emotional growth** with self-regulation skills and prioritizing well-being.



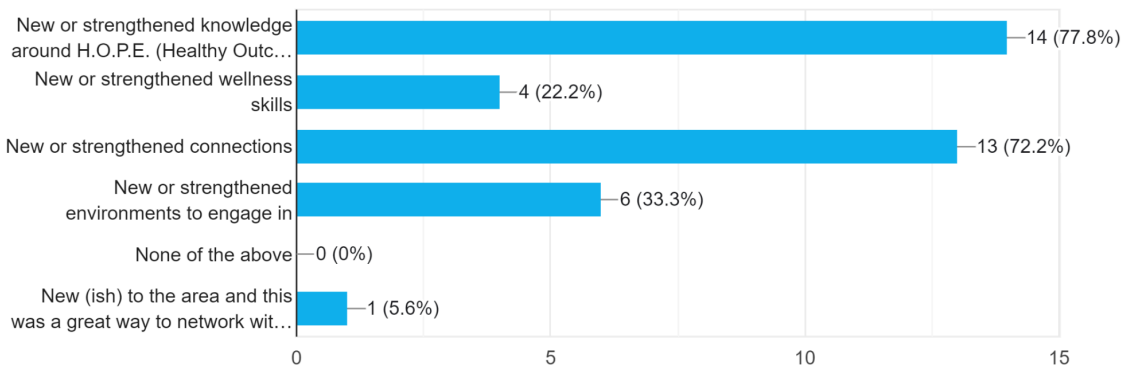


This week was planned very intentionally with JEDI in mind. All of our events were free to attend and open/advertised to partners, members, and the general public. Serving all of Cobb County, we hosted various events catered to the whole spectrum of the lifespan, with activities to appeal to different interest, skill, and engagement levels.

The feedback we received from attendees acknowledges the fact that we need more time for self-reflection, building our toolkit of wellness skills that actually work for us, and connecting the importance of caring for our own mental health in the same way we care for our communities. Many community leaders expressed the desire to take some of the concepts we exposed them to during Resiliency Week, like the Community Cafe/Parent Cafe style dinner or a CRM session for their staff. As a result, we are leading a CRM workshop with Center for Family Resources, DFCS, and more. We are honored to play this vital role in bringing mental health to the forefront of Cobb County’s mind, across all sectors and community members.

Resiliency Week Survey Respondents:

Did the activities/events you participated in help you gain any of the following
18 responses



94% of the respondents reported that they were very likely to attend another Cobb Collaborative event in the future.

When asked what they liked best about RW:

“The content of the Summit on Tuesday and the way everything moved quickly between speakers. It made it easy to stay focused and engaged. The materials was [sic] new to me and I have followed up on several points/resources.”

“Hearing from Dr. Sonu - positivity in relational connection with families, children, and youth in our communities”

“Loved the schedule, speakers, food, books, swag, painting kits, etc. from both events I attended (Tuesday - Summit & Friday - Retreat).”



PARTNER APPRECIATION BREAKFAST



RESILIENCY DINNER



2024 RESILIENT COBB SUMMIT

RESILIENCY WEEK

highlights

“It was so much fun and *needed* as a parent and person who works in a *help-serving* role. It was a great reminder *to be present* and take care of myself — thank you!”

- RESILIENCY WEEK ATTENDEE -



BASICS + PAINT LOVE WORKSHOP



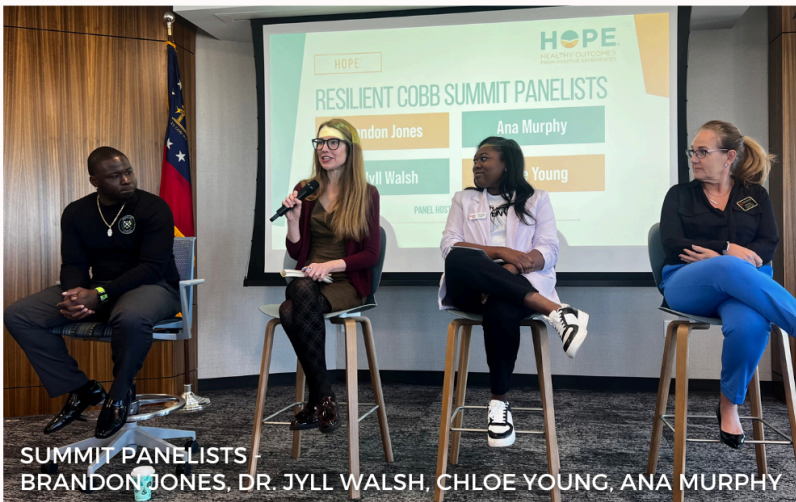
WELLNESS WALK



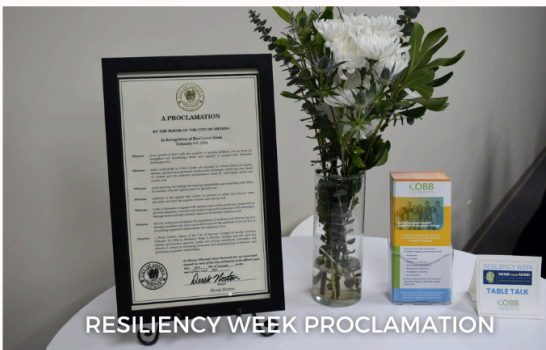
PARTNER APPRECIATION BREAKFAST



DR. STAN SONU - KEYNOTE SPEAKER



SUMMIT PANELISTS - BRANDON JONES, DR. JYLL WALSH, CHLOE YOUNG, ANA MURPHY



RESILIENCY WEEK PROCLAMATION

"I have become very encouraged and grateful for our Cobb County community connecting the dots in order to better serve our community with a wholeness approach; physical, financial, economic, spiritual and mental!"

- RESILIENCY WEEK ATTENDEE -



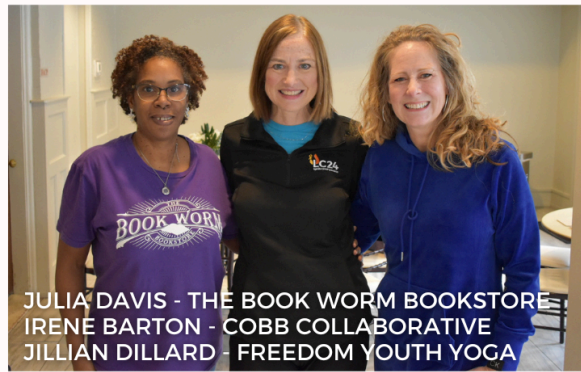


RESILIENCY WEEK
highlights

SOUND BATH - MEDELLA SOUND THERAPY

“Thank you for allowing me to participate in today’s resiliency retreat. It was a FABULOUS experience. The importance of self care should not be underestimated. My mind, body and sound truly benefited from this most thoughtful program. My wish is this becomes an annual event ! My sincere thanks to all those that made this event come to fruition.

- RESILIENCY RETREAT ATTENDEE -



JULIA DAVIS - THE BOOK WORM BOOKSTORE
IRENE BARTON - COBB COLLABORATIVE
JILLIAN DILLARD - FREEDOM YOUTH YOGA



MORNING YOGA



CONVERSATIONS ON RESILIENCE



JOURNALING WORKSHOP





Inspired Action

We invite our stakeholders to be involved in the efforts to become trauma aware and ultimately, to make Cobb County a trauma-informed community. Here are some ways that you can support our coalition:

- Subscribe to our [newsletter](#) which includes training offerings , partnership opportunities and community events and provides access to our quarterly Mind Your Mind digital magazine
- Follow us on social media: [Facebook](#), [Instagram](#), [LinkedIn](#), [Youtube](#) and [Twitter](#).
- Share or repost our events or social media posts
- Read/share our [blog posts](#)
- Subscribe to our [Mind Your Mind Speaks podcast](#)
- Request to be a guest on MYM Speaks podcast
- Attend (or arrange for) a screening of Resilience or Paper Tigers
- Review our digital [Mind Your Mind Toolkit](#)
- Join us at a quarterly general member meeting
- Attend a [trauma-credentialed training](#)
- Schedule a [training](#) for your workplace (or other group that you a part of)
- Host a Community Café/Parent Café style dinner in your community
- Lead a wellness walk as a group, such as staff or a parent group
- Host a series of [Basics Playground Paloozas](#)
- Provide/make [resources](#) available for your community, including Findhelpga.org, 988, Cobb Collaborative's Mind Your Mind campaign, The Basics, CDC Milestone Tracker, NAMI, Highland Rivers, Resilient GA, suicide prevention, apps for teens, etc.
- Become involved in one of our [strategy teams](#) (Birth-5, Children and Families, Connecting Cobb Veterans) or networking opportunities
- Participate in [Prevent Child Abuse Month \(April\) Activities](#)
- Donate to our PCA Month Fundraiser



INCOME

Grant Revenue - Resilient Georgia	\$200,000
Grant Revenue - Matching Funds	\$169,650
Individual Contributions	\$3,500
Earned Income	\$5,500

Total Program Revenue	\$378,650
In-Kind Support	\$23,550

TOTAL PROGRAM SUPPORT	\$402,200
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EXPENSES

Programming	\$233,460
Supplies/Marketing	\$59,229
Management	\$15,872
Fundraising	\$6,639

TOTAL EXPENSES thru 2/28/24*	\$315,200
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**Remaining funds include \$72K in grants received & still in process.
Remaining Resilient GA funds of \$15K to be spent in 2Q24.

FOUNDATION DONORS

- Branan Foundation
- Cobb Community Foundation
- Help for Children Foundation
- Health 1st Foundation
- Jesse Parker Williams Foundation
- GA Health Foundation
- Deal Center for Early Language & Literacy

GOVERNMENT FUNDING

- American Rescue Plan Act
- Cobb Douglas Public Health



APPENDIX A: Additional community work by KSU’s Children & Families Program

TIC and ACES mentoring and therapy services, parenting programs, community events, partnership events, speaker series etc.

ACTIVITIES	TIC and ACES	Mentor Service	Parenting Programs	Community Events	Partnership events	Speaker Series	REACH
2 Pop-Up Shop for student parents		X	X	X	X		Over 200 faculty students & staff
Communication Strategies for Social Change				X	X	X	Offered
Research Briefing: 2Gen Data Snapshot of Families with Low Incomes			X		X	X	Offered
2Gen Partner Mixer			X	X	X	X	Offered
2 The BASICS		X	X	X	X		Offered
TIC with Dowell Teachers	X	X	X	X	X		**
2 Hickory Hills Parent Outreach	X		X	X			40 + parents, kids, and interns
Atlanta Two-Gen Academy			X	X	X	X	50+ participants
Participated in Research and Engagement Day with Cobb Collaborative	X			X	X	X	Offered to all of WCHHS
Triple-P Seminars	X	X	X	X			** offered
GNTC parent training sessions	X	X	X	X	X		** offered



TIC with Hollydale	X	X	X	X	X		**
Community Rep for school counselors-			X		X		Offered
GA Essentials	X	X	X	X	X	X	** Offered
2-Gen Quarterly Meetings	X	X	X			X	Offered
Georgia Association for Infant Mental Health: Birth to Five	X	X	X	X	X		** Offered
Cobb 2020	X			X	X		** Offered
Student Parent Office Hours	X	X	X				** Offered
Curriculum Map Design (research micro-credential)	X	X			X		** Offered
2 Connections Matter	X	X	X	X	X		**
2 CRM	X	X	X	X	X		**
6 Student Parent Workshop	X	X	X	X			**
Unmasking the Trauma of Bullying	X	X	X	X		X	12
Becoming a Resilient Parent	X	X	X	X	X	X	**
Team Science Skill Series						X	** Offered
Home for the Holidays: A Webinar on Injury Prevention	X		X	X		X	** Offered
United Way community event				X	X	X	** Offered
ASP Hollydale	X	X		X	X		**
ASP Dowell	X	X		X	X		**



Mindful Self-Compassion	X			X	X	X	**
KSU School Social Work Advisory Committee Luncheon	X			X	X		**Offered
Research Town Hall					X	X	Offered to WCHHS
Peer-to-Peer Open House at The Well-Nest	X	X		X	X		Offered to all of KSU
OneHealth Research	X	X			X		Faculty across all colleges
Resiliency Week	X	X		X	X	X	**Offered
IPE Work Group	X	X		X	X		**Offered
WCHHS networking event				X	X		WCHHS
VR-Home Safety	X	X					**Offered
West Cobb STEAM	X		X	X	X		65 caregivers and interns and children
4 Community engagement events at Cobb county libraries	X		X	X	X		Planning; scheduled for Stratton, North Cobb and Kemp

- Pop-Up Shop for student parents- *community event*
- Communication Strategies for Social Change
- Research Briefing: 2Gen Data Snapshot of Families with Low Incomes- *speaker event*
- 2Gen Partner Mixer- *parenting program*
- The Basics- *TIC and ACES mentoring and therapy services*
- Worked with Dowell Teachers in Spring 2023 – *TIC and ACES mentoring and therapy services?*
- Hickory Hills Triple-P Seminar – *parenting event*
- Atlanta Two-Gen Academy
- Hickory Hills Triple-P Seminar offered in Spanish – *parenting event*
- Participated in Research and Engagement Day with Cobb Collaborative: presented on CRM – *partnership event*
- Day 1 of Triple-P Seminar – *parenting event*
- Day 2 of Triple-P seminar – *parenting event*



- Day 3 of Triple-P seminar – *parenting event*
- Day 1 of GNTC parent trainings – *parenting event*
- Day 2 of GNTC parent trainings – *parenting event*
- Day 3 of GNTC parent trainings – *parenting event*
- Teacher Training Day at Hollydale *TIC and ACES*
- Community Rep for school counselors- *community event and TIC and ACES mentoring and therapy services*
- GA Essentials - *TIC and ACES mentoring and therapy services*
- 2-Gen Quarterly Meetings
- Georgia Association for Infant Mental Health: Birth to Five - *Partnerships*
- Cobb 2020 *Partnerships*
- Student Parent Office Hours *parenting event and community event*
- Basics *parenting event and community event*
- Curriculum Map Design (research micro-credential) *partnership*
- Connections Matter *community event, TIC and ACES, Parenting*
- CRM - *TIC and ACES mentoring and therapy services*
- Student Parent Workshop – *parenting program*
- Unmasking the Trauma of Bullying - *TIC and ACES mentoring and therapy services*
- Becoming a Resilient Parent – *parenting program*
- KSU Caregivers Pop-Up Shop – *community event*
- Team Science Skill Series - Managing, Leveraging, and Mitigating Conflict
- Student Parent Drop-In Session – *parenting program*
- Successful United Way Proposal - *speaker event*
- Home for the Holidays: A Webinar on Injury Prevention During the Holiday -
- ASP Hollydale
- ASP Dowell (began in January of 2024)
- Student Parent Workshop
- Introduction to Mindful Self-Compassion - *TIC and ACES mentoring and therapy services*
- KSU School Social Work Advisory Committee Luncheon Invitation
- Brief Connection Matters
- Research Town Hall (presented)- *speaker and community event*
- Peer-to-Peer Open House at The Well-Nest *community event*
- Networking Event - OneHealth Research
- Resiliency Week with Cobb Summit- *community event*
- IPE Work Group
- WCHHS networking event
- VR-Home Safety
- Partnership with KSU OwlSwap, Wellbeing at KSU, and KSU Care Services
- West Cobb STEAM
- Planning for KEMP North Cobb and Straton Libraries