



Aligning Resources Across Georgia To Support Resiliency

To Our Resilient Georgia Partners and Stakeholders:

We hope you are all managing to find a healthy rhythm as we head into the fall. Resilient Georgia continues to be here to support you and share as many helpful resources as possible.

In this edition of the newsletter, we are continuing our focus on taking a preventative approach to addressing the impact of the global pandemic on mental health, with a specific focus on suicide prevention. We will also continue to provide additional resources on wellness, COVID-19, and racial equity.

We would like to highlight several resources from our partners:

- Hosted by HSTAT, the 2020 Trauma-Informed Care Conference is a free interdisciplinary training experience to address adverse childhood events and implement trauma-informed practices. The conference is led by the [Student Taskforce on ACEs and Resilience \(STAR\)](#) and is open to all health professions students and professionals across Georgia. It will be held virtually on Saturday, October 3rd from 10 am to 1 pm and Sunday, October 4th from 2 pm to 5 pm. Register [here](#). The event is sponsored by Resilient Georgia.
- Shared with Resilient Georgia by the Georgia Department of Administrative Services, in partnership with First Lady Marty Kemp and the GRACE

Commission, [Tyler Perry](#)- a world-renowned filmmaker and philanthropist-released a [public service announcement](#) urging Georgians to join the fight against human trafficking. The PSA calls viewers to action by imploring them to participate in the [First Lady's Human Trafficking Awareness Training](#) to learn about warning signs and who to contact for help.

- In honor of National Suicide Prevention Awareness Week, World Suicide Prevention Day and National Recovery Month, all held in September, there are several relevant resourced and upcoming events:
 - Vira Salzburn, Program Director of Prevent Suicide Today and Pittulloch Regional Grantee, has created a [comprehensive document](#) that includes informational, crisis, and awareness resources for Suicide Prevention Awareness Month. The document also includes additional information on Prevent Suicide Today, which is a community-based evidence-based suicide prevention and resilience-building program managed by Chatham County Safety Net Planning Council, Inc. and Gateway Community Service Board, supported by the Chatham County Commissioners and implemented through the collaboration of over 20 dedicated and passionate partner organizations.
 - Held by Mental Health America, a Counseling on Access to Lethal Means (CALM) Training is taking place on September 30, 2020 from 10:00am - 12:30pm. Register [here](#).
 - On October 10th, NAMI is hosting NAMIWalks, which will be a virtual experience taking place across the country. You can walk a 5K— through your neighborhood, around your backyard, on your treadmill. Or you can do something else meaningful and fun to celebrate our virtual walk day. Click [here](#) to participate and create a walk team.
 - NAMI Georgia offers a non-crisis HelpLine that can provide information about resources for persons with mental illnesses and their family members in Georgia. Available Monday-Friday, 9am to 5pm, you can call the HelpLine Number at 770-408-0625.
 - NAMI offers two [virtual support groups](#):
 - NAMI Connection Recovery Support Groups offer respect, understanding, encouragement and hope for those living in recovery.
 - NAMI Family Support Groups are for families, caregivers and loved ones of those who live with mental health challenges.

Lastly, be sure to take a look at and follow our new [Instagram](#) and [Facebook](#) pages, which represent additional opportunities for us to share helpful content. Please continue to share your thoughts and resources with us as we will continue to highlight relevant insights throughout these challenging times.

Sincerely,

Brenda Fitzgerald, MD
Executive Board Chair
&
Emily Anne Vall, PhD
Executive Director

Mental Health is the Next Pandemic

Parents and caregivers of young children are experiencing increased stress relative to other Americans, [recent studies show](#). New and expectant mothers and parents struggling financially are at increased risk of anxiety and depression. Financial worries have also shown to be one of the reasons why COVID-19 has tripled the rate of depression symptoms for all U.S. adults, from 8.5% to 27.8%, according to a [study](#) in *JAMA Network Open*. The rise is much higher than after previous major traumatic events.



Looking toward preventative resources, the Georgia Department of Behavioral Health and Developmental Disabilities' Office of Behavioral Health Prevention and Federal Grants launched the [Resiliency & Wellness Toolkit](#) on Monday, September 21st. The new toolkit is filled with wellness resources and tips for students, parents, and educators.

Vira Salzburn, mentioned above as the Program Director of Prevent Suicide Today and Pittulloch Regional Grantee, is offering a 10-minute “Let’s Talk Wellness” Webinar, which can be viewed on YouTube [here](#), includes resources on:

- Recognizing the need for health promotion
- Understanding the importance of health eating habits
- Discussing the benefits of physical activity
- Identifying simple ways to improve your health

As [early studies](#) suggest that teen and youth anxiety and depression are getting worse since COVID lockdowns began in March, experts say they fear a corresponding increase in youth suicide. Parents and caregivers can decrease feelings of overwhelm by reviewing this [Child Mind Institute guide](#) to get their children they help they need. The guide stresses that if you have any reason to suspect your child may be contemplating suicide, don’t ignore it.

COVID-19 Resources

- JAMA Network published a [COVID-Viewpoint article](#) co-authored by Emory's Dr. David Stephens, which details the two key paths to adaptive immunity that are being unraveled as well as vaccines exploiting this knowledge that are in rapid development.
- Cobb County is offering a new program to help people stay in their homes during the pandemic. Details on the program can be found [here](#), and details on additional Cobb Country COVID-19 assistant



programs can be found [here](#).

- Intersecting with racial equity, [NPR reports](#) that the vast majority of children dying from COVID-19 in the United States are Hispanic, Black, and/or Native American, a new CDC report finds. The data show that 121 kids died from COVID-19 between February and July. Of those deaths, a staggering 78% were children of color.

Racial Equity Resources



- The founders of a new organization, the AntiRacist Table, offer research-based strategies you can use to work against prejudice and inequality in this [Ten Keys to Everyday Anti-Racism](#) publication.
- WABE's Peabody Award-winning podcast [Buried Truths](#), hosted and produced in collaboration with Pulitzer prize-winning Emory professor, Hank Klibanoff, and his students, will investigate Ahmaud's Arbery's death and the circumstances around it in its third season.
- United Way of Greater Atlanta Public Policy

Chair Katina Asbell authored [this piece](#) about our country's history of discriminatory lending practices and its effect on Atlanta's current housing crisis.

Read and listen to additional resources [here](#).

“So often in life, things that you regard as an impediment turn out to be great, good fortune.”

-Ruth Bader Ginsburg

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Difference



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