



## Aligning Resources Across Georgia To Support Resiliency

### To Our Resilient Georgia Partners and Stakeholders:

As we head into a holiday season that feels quite different from years past, we hope you are all managing to remain resilient as we continue to navigate these difficult times. Resilient Georgia continues to be here to support you and share as many helpful resources as possible.

**Please join us and save the date for our next RG General Meeting on December 10th from 11-1** (calendar invite coming soon). We will be sharing and celebrating the work each of our 8 Resilient Georgia Regional Grantee Coalitions have done to date. Each RG Coalition is working hard to provide a regional emphasis on trauma informed awareness and care, ACEs prevention, and child sexual abuse prevention efforts crossing both public and private sectors.

In this edition of the newsletter, we are maintaining our focus on taking a preventative approach to addressing the impact of the global pandemic on mental health. We will also continue to provide additional resources on Adverse Childhood Experiences (ACEs), COVID-19, and racial equity.

We would like to highlight several resources and news updates:

- The STAR 2020 Trauma-Informed Care Conference had nearly 200 people attend over the two-day conference accomplishing their goal of bringing students and community members together from different academic institutions and fields. The diverse expertise from their keynote speakers and workshop facilitators increased attendees' awareness of trauma across sectors and helped them to identify personal and community wide resiliency tools. Recordings of the [first](#) and [second](#) day of the conference are now available on STAR's Youtube channel.
- We join [Interfaith Children's Movement](#) (ICM) in celebrating 20 years of landmark legislative accomplishments and their continued critical advocacy work on behalf of Georgia's children addressing juvenile justice, child sex trafficking, school suspension policies and more. A recording of their 2020 ICM Interfaith Prayer Celebration & Children's Sabbath can be found [here](#).
- The Community Foundation of ATL is highlighting a [series of free virtual trainings](#) in partnership with nonprofits that have mental health and wellness expertise, providing nonprofit leaders with tools and resources that help them maintain their own mental wellness.
- Healthcare Georgia Foundation presents a two-part interactive grant writing workshop with Alisa Smallwood, CFRE. Register [here](#).
- We would like to highlight our summer intern Kiran Thapa's impressive work on the [landscape of ACEs related data from national surveys](#) Kiran is currently a PhD student in Epidemiology and Biostatistics at the University of Georgia. His work was completed during his RG internship under the guidance of his faculty advisor, Dr. Janani Thapa. Dr. Janani Thapa is the Asst. Professor & Director of the Economic Evaluation Research Group in the Dept. of Health Policy and Management at UGA's College of Public Health.

During the holiday season, we plan to share one uplifting, positive story in each newsletter, as we could all use such good news more than ever. Please submit any stories you may enjoy about local problem-solvers and unsung heroes helping to address youth's behavioral health needs in their communities to [info@resilientga.org](mailto:info@resilientga.org). See our story about 12-year-old C.J. Matthews below:

- As people around the world come together to contribute to helping the world heal from the COVID-19 pandemic, C.J. Matthews wants to do his part. After his family lost a loved one, he was inspired to create "[Blankies 4 My Buddies](#)," which provides blankets to kids healing from traumatic situations. His current pandemic efforts include distributing "Comfort Bags" to homeless kids and essential workers. Read more about C.J.'s inspiring story [here](#).

Lastly, thank you as always for your continued partnership and support, and for continuing to share helpful resources and training with us to disseminate as we all work collectively towards a more resilient and trauma-informed Georgia!

Sincerely,

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

## Join the Conversation with Resilient Georgia on Social Media!

Be sure to join the conversation on our [Instagram](#) and [Facebook](#) pages, which represent additional opportunities for us to share helpful content.

Here are two recent posts from our social media pages:

### Instagram

With all the unknown and uncertainty of this year due to COVID-19, we share how one nonprofit is developing multiple resources to combat bullying that can be used by educators with students across all levels to improve the culture at their schools.

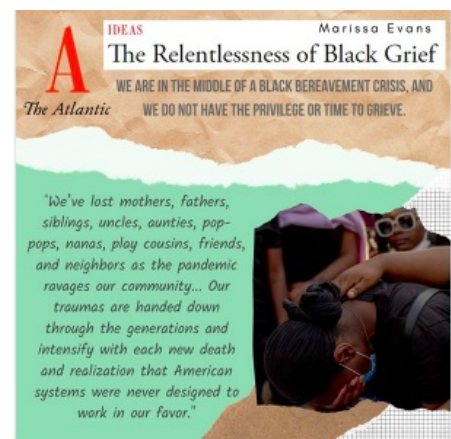
[Read More](#)



### Facebook

While resiliency is crucial to emotional survival, enduring black stress and trauma is not easy. Written by Marissa Evans from The Atlantic, [The Relentlessness of Black Grief](#) is a riveting and necessary piece to today's emotional and physical turmoil.

[Read More](#)



## Mental Health is the Next Pandemic

Uncertainty, instability, and self-doubt have been common themes that continue to be explored in the lives of students and remote workers as plans shift due to the coronavirus pandemic. Inside Higher Ed reveals a [new survey](#) that anxiety and loneliness were the [overriding concerns of college students](#) during the fall semester and coronavirus pandemic. As an example of positive counterforce, Microsoft



Teams is launching [new features](#) in the first half of 2021 to better support remote workers mental well-being and reduce stress, including a virtual commute experience, a collaboration with Headspace, helping remote workers schedule time in their calendars for focused work, social break, personal commitments, etc. If you feel as though your coping skills are worn out, CNN provides [a dozen ways to cope](#) to boost your well-being and strengthen your endurance during

this stressful time.

As the pandemic continues to exacerbate the challenges for children's mental health, Dr. Tara Narula, senior medical correspondent for CBS News, shows how programs [teaching students to process their feelings](#) can help them tackle those challenges. In addition, a recent report from the Child Mind Institute offers a comprehensive look at the [research on telehealth for children's mental health](#) and gives families practical information about its benefits and drawbacks.

According to a group of researchers at the University of Vermont's Computational Story Lab, Sunday, May 31st, 2020 was the saddest day recorded by the lab in the last 13 years. This was a week after George Floyd was killed, near the start of the protests that would last all summer. Through a random sampling of 10% of all public tweets, the online tool, [Hedonometer](#), calculates a kind of national happiness average based on which words are dominating the discourse. By [examining digital data for insights into well-being](#), researchers are able to look at a diverse variety of individuals to gauge public sentiment during the pandemic.

Looking toward resources, the STAR Center has launched a podcast entitled "Pediatric CARE: Childhood, Adversity and Resiliency Education", where you can tune in to hear conversation for pediatricians and other healthcare providers working to address social determinants of health in their pediatric setting. Search for "STAR Center" on [iTunes](#), [Google Play](#) or [SoundCloud](#). SAMHSA's GAINS Center is offering a training program called "How Being Trauma-Informed Improves Criminal Justice System Responses 2021". Click [here](#) to learn more and apply today (due November 13, 2020).

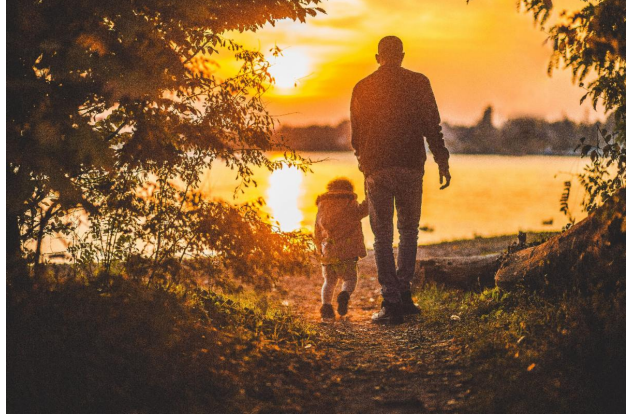
---

## Adverse Childhood Experiences (ACEs)

This summer, Medi-Cal announced a [new Family Therapy Benefit that changes the entire mental health landscape in California](#). Medi-Cal has broadened its eligibility requirements to include life experiences for family therapy. The coverage, a true game-

changer, applies retroactively to the beginning of 2020 and elevates mental health to the same level of support as physical health for the very first time.

Looking toward prevention, CHRIS 180's New Generation program presents a free two-hour Infant Early Childhood Trauma Virtual Workshop that will introduce how trauma impacts young children and how families can respond effectively to challenging behaviors. Click [here](#) to register. Moreover, the Colorado School of Public Health is offering a webinar on November 23rd called "Promoting economic stability to reduce child maltreatment: Evaluating a policy approach." You can register [here](#).



---

## COVID-19 Resources

- Quoted in a [New York Times article](#), Matthew Woodruff, an immunologist at Emory University and lead author of the new [research on autoantibodies](#) found in some Covid survivors, believes this study may help explain why so-called "long-haulers" continue to experience symptoms long after the virus has left their bodies.
- Although most children recover quickly, it has become increasingly apparent that they are not immune to becoming Covid "long-haulers". [These Covid "long-haulers"](#) continue experiencing a range of symptoms, including exhaustion, dizziness, shortness of breath, and cognitive impairments. Children are generally at significantly less risk than older people for serious complications and death from Covid-19, but the long-term impacts of infection on them, if any, have been especially unclear.



COVID-19 Emotional Support Line: 866-399-8938.

- As a reminder, the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) provides free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling & is available from 8 am - 11 pm ET.

---

## Racial Equity Resources

- Minnesota Association for Children's Mental Health, Child & Adolescent Mental Health Research Summit presents "Protective Factors in Suicide for African American

Adolescents and Young Adults." This presentation will focus on suicide prevention strategies for adolescents and young adults from communities of color. Register [here](#).

- The [NAMI website](#) provides a full page of mental health resources for Black or African American adults. In particular, "Sharing Hope" is an hour-long program to increase mental health awareness in African American communities and also highlights how and where to find help.



*Be sure to read additional resources on the topics above, and more, [here](#).*

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

- Marianne Williamson, A Return to Love

Join Us in Making a  
Difference



ResilientGEORGIA  
[www.resilientga.org](http://www.resilientga.org)  
[info@resilientga.org](mailto:info@resilientga.org)

Contact Us



Visit our  
website

