



Aligning Resources Across Georgia To Support Resiliency

To Our Resilient Georgia Partners and Stakeholders:

We hope you are all managing to stay safe, well, and resilient as the new school year begins. Resilient Georgia is here to support you and share as many helpful resources as possible.

In this edition of the newsletter, we are continuing this month's 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 managing back-to-school anxiety, COVID-19, and racial equity.

We would like to highlight a few resources from our partners and board members:

- Georgia DPH, Georgia DFCS, and Georgia Essentials for Childhood have recently released a fact sheet titled ['Preventing ACEs through Positive Connections & Policies'](#) which summarizes the 2016 & 2018 Adverse Childhood Experiences module data of the Behavioral Risk Factor Surveillance System.
- Marc Welsh, Director of Wellness at Children's Healthcare of Atlanta, penned a powerful piece titled: ['A Black Father's Perspective on Racism and Parenting'](#).
- Resilient Georgia board member Dr. Sarah Vinson was featured in The New

York Times' overview of how to respond '[When Things Aren't OK With a Child's Mental Health](#)', alongside two other Georgia-based health professionals.

- The United Way of Greater Atlanta, Northwest Region and the Cobb Collaborative is offering a workshop on *Leading in Times of Crisis*, taking place on September 10th from 9:00 AM to 10:30 AM EST. The workshop will be led by executive Ellen McCarty, principal of McCarty and Co. You can learn more and register [here](#).

Lastly, take a look at 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

ResilientGEORGIA

Mental Health is the Next Pandemic

The need to be responsive to COVID-19-related mental health challenges is even more clear as the [CDC recently published data](#) sharing that one quarter of young adults contemplated suicide during the pandemic and that it has had a "broad impact on mental health" for people of all ages. The CDC also just released the [2019 Youth Risk Behavior Surveillance Report](#), which is helpful to understand how more recent survey outcomes compare.



Looking toward prevention, the American Academy of Pediatrics' [healthychildren.org](#) publication shared [nine signs to look for](#) that indicate your teen may need more support with their mental health. The Georgia Parent Support Network recently shared a tip sheet entitled, '[Parents Chime In: Our Self-Care Strategies While Supporting Loved Ones with Mental Health Conditions During a Pandemic](#)'.

Stanford University details how embodying a [journey mindset](#) can help you cope with increased stress and tragedy, according to new research. For healthcare leaders in particular, McKinsey & Co. offers a deeper dive into [four actions they can take](#) to address behavioral health surrounding the COVID-19 pandemic.

Managing Back-to-School Anxiety



NPR published an article discussing what to look for when [assessing your child's school's reopening plan](#), from everything to the bus ride, lunchtime, and recess.

For school leaders, Healthier Generation and Kaiser Permanente created a 10 to 15 question [Quick Start Health Assessment](#) that offers a streamlined way to identify, prioritize, and build support around key health practices. JAMA

Pediatrics provides a viewpoint of [operational considerations](#) from the American Academy of Pediatrics when planning for K-12 school reentry.

Pandemic EBT (P-EBT) is a newly available benefit available for children who were receiving free or reduced-price lunch at school. Children who are already receiving SNAP will automatically receive the benefit without applying. Eligible children who are not on SNAP must [apply for P-EBT](#) by September 25th to receive the benefit.

Voices for Georgia's Children's Executive Director Erica Fener Sitkoff recently participated in a special edition of *GPB On Second Thought* focusing on the central question: [are Georgia schools prepared to support youth mental health in the coming school year?](#) Yahoo! Life shares [eight back-to-school mental health resources](#) specifically for BIPOC students. Finally, tomorrow, August 27th, from 4:00 to 5:30 PM Eastern, NAMI is offering an Ask the Expert Webinar on Supporting Families and Children Returning to School In-Person, Virtually, and Everything In Between. You can register [here](#).

COVID-19 Resources

- You can now call the Georgia COVID-19 Emotional Support Line at 866-399-8938 from 8:00 AM to 11:00 PM daily to receive free and confidential assistance if you are in need of emotional support or resource information as a result of the COVID-19 pandemic.
- The City of Atlanta has allocated \$22 million from the Coronavirus Relief Fund to help keep renters in their homes. Administered by the United Way of Greater Atlanta, the program will provide rental, utility or security deposit assistance to more than 6,700 City of Atlanta residents. Apply for relief funding [here](#).
- The perspective of Dr. Eun-Hyong Lee, an immunologist at Emory University, is included in a New York Times article: [Scientists See Signs of Lasting Immunity to COVID-19, Even After Mild Infections](#).
- A psychologist and social worker created a free, colorful picture e-book titled *A Kid's Guide to Coronavirus*. The book aims to explain what the virus is, how it spreads, and what they can do to help. You can download your copy [here](#).



Racial Equity Resources



- BCDI-Atlanta President Dr. Bisa Batten Lewis served on a panel for a webinar hosted by Duke University to discuss how COVID-19 has exacerbated existing problems within the childcare system. Visit BCDI's [blog post](#) to check out key points for children, families and communities of color.
- United Way of Greater Atlanta President and CEO Milton J. Little, Jr. wrote about the importance of this work and his personal connection to the Fund's mission in an [Op-Ed piece for the Atlanta Journal Constitution](#). In it, he describes how racism is a deeply entrenched reality in America, affecting Black and Brown communities across systems.
- At the intersection of COVID-19, mental health, and racial equity, a [News Tribune article](#) details how Black mental health patients were hit especially hard by the pandemic and how they "were already at a breaking point".

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

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it.”

-Maya Angelou

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Difference



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