



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. 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:

- As the pandemic drags on and calls for racial justice echo all around us, Resilient Georgia is dedicated to healing adversity and promoting resilience in children and families through prevention and early intervention of Adverse Childhood Events (ACEs) and sharing best practices to support Georgia's System-of-Care implementation and coordination. In our latest brief, we make a compelling evidence-based '[Case for ACEs Prevention](#)' and an urgent call to action to invest in building resilience now-early intervention is more effective, less expensive, and imperative to averting the next pandemic: mental and behavioral health.
- We are proud of the work Morehouse School of Medicine is doing on several projects involving COVID-19 and disadvantaged communities. Morehouse is leading an initiative to fight COVID in minority, rural and socially vulnerable communities, creating a network of national, state and local organizations to deliver virus-related information to hard-hit areas. They are also working with UnitedHealth Group on researching the pandemic's racial health disparities, with a particular focus on the impact of COVID-19 on those with the sickle cell trait, which in this country is most common among African-Americans. Read more [here](#).
- The Georgia Department of Behavioral Health & Developmental Disabilities announces the release of [Support for Survivors of Suicide Loss](#), a free guide for anyone who has experienced the loss of someone to suicide.
- The Cobb Collaborative with support from the Greystone Power Foundation, present a half-day [Mindful Self-Compassion Workshop](#) on Wednesday, December 2nd.

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. See our story about two Albany, Georgia teachers below:

- Callie Evans and Audri Williams, teachers at Georgia's Monroe Comprehensive High School, have become viral internet sensations for their "What's Poppin?" video to get kids excited about returning to school & virtual learning. Both women have also started organizations to help others. Evans has created [iHoop](#) to build confidence in young girls, and Williams has two organizations called Stuck in the Middle and Stepping Out that are focused on mentoring middle and high school girls. Click [here](#) to read more about their encouraging efforts.

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

The Georgia Department of Behavioral Health and Developmental Disabilities released self care strategies for resilience divided into four categories: mind, body, soul, and scenery.

[Read More](#)



Facebook

Do you have a coping skill that works for you when you're feeling overwhelmed? If you would like more support, we shared Children's Healthcare of Atlanta Strong4Life post on coping strategies.

[Read More](#)



Mental Health is the Next Pandemic



Identifying your child's emotional and behavioral reactions to stress is crucial, experts say, especially when anxieties are high. This [New York Times article](#) highlights that when parents are aware of their children's needs, their kids function better, feel better, think more positively, and are better able to adapt to difficult

circumstances. In addition, remote learning has increased anxiety and depression among [teens in Covid isolation](#) and has heightened concerns about their mental health. The AAP has released the [Interim Guidance on Supporting the Emotional and Behavioral Health Needs of Children, Adolescents, and Families During the COVID-19 Pandemic](#) that describes how children and adolescents may behave differently when under the stress caused by the pandemic and how those signs vary by age and stage.

As the pandemic continues, [nearly 1 in 5 people are diagnosed with a mental disorder after COVID diagnosis](#). Researchers have found that people recovering from COVID-19 are more likely to be diagnosed with a psychiatric disorder such as anxiety, depression or insomnia within three months of their illness from the virus. Dr. Jessica Clemons, a top psychiatrist, released [5 ways she eases her own stress and anxiety](#).

Moreover, the [pandemic raises special concerns for those with obsessive-compulsive disorder](#). What's more, a [new study](#) finds that children who have already suffered previous traumas might be more susceptible to OCD and other mental health issues triggered by COVID-19. This NPR article cites [multiple studies](#) that have shown that the pandemic is exacerbating the symptoms of some people with COVID-19. The [Chopra Foundation](#) is partnering with Toronto-based medical technology company [Highmark Interactive](#) to help advance the study and benefits of digital therapies on [supporting mental wellbeing and resilience](#). Almost 41 percent of Americans struggle with mental health issues stemming from the COVID-19 pandemic, but many companies remain ill equipped to address the problem. McKinsey & Company provide [five ways to design a better mental-health future for a stressed-out workforce](#).

Adverse Childhood Experiences (ACEs)

With schools and most youth activities closing during the pandemic, few outside eyes are watching kids for signs of maltreatment. This [analysis by the California Health Report](#) breaks down if living through the pandemic itself is an adverse childhood experience or if it is increasing the chance of exposure to adversity.



Looking toward prevention, The Relationship Foundation introduces the Trauma-Informed approach, focusing on Relationship Education as an essential component of building resilience. This event will be hosted on Friday, November 20th from 6-7pm CST. Learn about the role of adverse childhood events on the “prison pipeline” by registering [here](#).

COVID-19 Resources

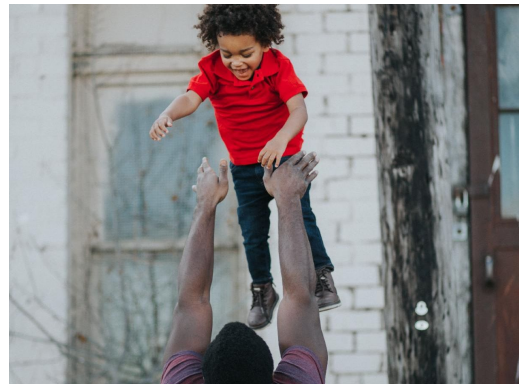
- 11Alive highlights CHRIS 180's community outreach efforts during COVID-19 to connect City of Atlanta residents with housing assistance thanks to a grant from the [United Way of Greater Atlanta](#). If you're a City of Atlanta resident, you may be eligible for mortgage, rent or utility assistance up to \$5,000. Watch the full story [here](#).



- The Jewish Family & Career Services of Atlanta present "[Tween & Teen Mental Health in the Age of COVID](#)" with Big Bang Theory's (keynote speaker) Mayim Bialik, Ph.D. in Neuroscience, Author, and Teen Mental Health Advocate.
- [A recent report by the CDC](#) finds that pregnant women are at an increased risk for severe illness from COVID-19. The CDC continues to monitor the impact of COVID-19 during pregnancy.
- As a gentle reminder, we will continue to provide [several hotlines](#) for emotional support, substance abuse challenges, peer support, and COVID-19 support.

Racial Equity Resources

- This [recent podcast episode of Code Switch by NPR](#) talks about what it means for Kamala Harris to be the United States' first Black-South-Asian-multiracial-female-vice-president-elect. The podcast highlights what her political prominence might mean in regards to how multiracial people are perceived and how Blackness intersects.
- Emmanuel Acho, a former Philadelphia Eagles linebacker, has further ignited his passion to take on racism with the official release of his book: "[Uncomfortable Conversations with a Black Man.](#)" His [YouTube series](#) with the same name has already generated over 65 million views in the past 5 months where he creates a safe space to have conversations about race.
- The Georgia Department of Behavioral Health and Developmental Disabilities partnered with the Yale School of Medicine to develop [Diversity Works: A Cultural & Linguistic Competency Series](#) for behavioral health providers and stakeholders across the state. This series of webinars and in-person trainings is designed to equip participants with new skills, tools, and strategies to have more meaningful conversations and thoughtful interactions across diverse populations when delivering services.



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

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome."

- Booker T. Washington

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Difference



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