



## Aligning Resources Across Georgia To Support Resiliency

### To Our Resilient Georgia Partners and Stakeholders:

As we begin a new month, we are thinking of all of you and are hopeful that these resources can provide you with support and guidance as we continue to navigate these challenging times as a community.

We are continuing 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 managing back-to-school anxiety, COVID-19, and racial equity.

We would like to highlight these resources from our partners:

- To mark our collective impact over the past year, we are pleased to welcome comedian Pat Williams, author of *Rabbit: A Memoir* and storyteller Chrishaunda Lee Perez for a virtual celebration on September 17 at 11:00 AM. Ms. Pat will share her story of resilience and strength after growing up on the westside of Atlanta where, by the age of 15, and known by her street name “Rabbit,” Pat was a single mother of two selling drugs. At 19 years of age, with two toddlers and a new husband, she was handed 4 more young children from her sister who was struggling with drug addiction. Rabbit is an unflinching

memoir of cinematic scope and unexpected humor. With wisdom and brutal honesty, Pat gives us a glimpse into her incredible and moving story.

- Register [here](#). The first 200 people to register will receive a signed copy of *Rabbit*.
- The work of the Stephanie V. Blank Center at Children's Healthcare of Atlanta is recognized in [this AJC article](#) about a recent child sex trafficking operation in Atlanta and Macon. The article details the vital role the Center plays in the child's recovery after the child has been rescued. In metro Atlanta alone, authorities estimate 300 young girls are lured into sex trafficking each month.
- Preventative mental health efforts by Resilient Georgia's Macon regional grantee Resilient Middle Georgia were recently [highlighted](#). As part of their broader work to create a more trauma-informed community in the region, the group recently launched two inspiring initiatives: "resilience bags" and connection cards. The bags will be distributed during drive-through food distributions, back-to-school events, and library programming and include handouts on topics like coping, compassion, and navigating the "new normal." The connection cards are specialized sticky notes that neighbors can post on each other's doors with encouraging notes and offers of connection.
- Two medical students from the Medical College of Georgia, a Pittuloch Regional Grantee and where Resilient Georgia board member Dr. Kathryn Martin is a faculty member, penned an [AJC opinion piece](#) on 'helping beyond social distancing' and how each of us can make a difference during the pandemic.

Please continue to share your resources and upcoming opportunities 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

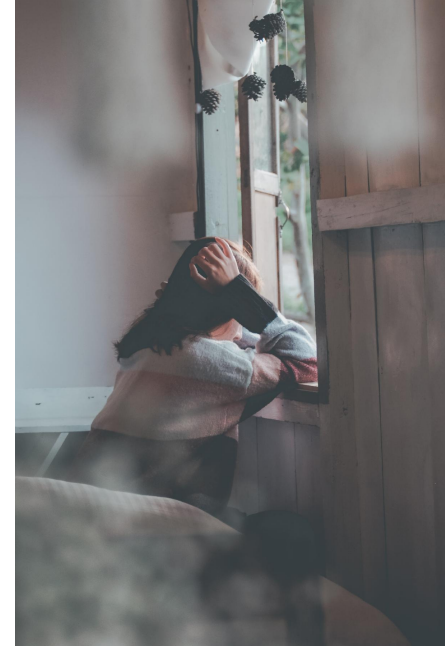
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## Mental Health is the Next Pandemic

Resilient Georgia board member Dr. Sarah Vinson was quoted in this [New York Times' overview](#) of the CDC's recently released data about 18- to 24-year-olds reporting the highest levels of symptoms of anxiety and depression, and a quarter of them saying they had seriously considered suicide. Dr. Vinson emphasizes how the fact that parents, professors, or mentors have not experienced this before can make it more challenging for young adults to process. Parents — or friends or family members — who are worried about young adults or adolescents should check in on them, ask how

they're doing, and should not worry that by asking about depression, mental health or suicide they are creating or exacerbating the problem.

To encourage community-wide preventative measures, available budget is critical. GBPI Senior Policy Analyst Laura Harker and Mental Health America of Georgia Executive Director Jewell Gooding discussed the effects of budget cuts this year and the ongoing need for more support for mental health services statewide. You can watch their discussion [here](#), and read more about the state's health care budget and cuts in the [2021 Georgia Budget Primer](#).



Lastly, As September is National Suicide Prevention Month, Mental Health America of Georgia is presenting two virtual trainings tomorrow, 9/10/2020:

- A Community Training entitled *My Life is A Gift: Suicide Prevention* from 12:00 to 1:00 PM EDT. Register [here](#).
- A Family Training on Youth Suicide Prevention entitled *Georgia's Children in Crisis* from 4:30 – 5:00 PM EDT. Register [here](#).

We will share additional September suicide prevention events in our next newsletter.

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## Managing Back-to-School Anxiety



As back-to-school is now in full swing, distance, hybrid, or in-person learning remains an adjustment for the whole family. Melanie Dallas, LPC and interim CEO of the Cobb County Community Services Board, discusses how as school opens, [children's mental health remains a priority](#). She includes some practical questions to ask young people when attempting to support them from the U.S. Department of Health and

Human Services.

Greater Good Magazine outlines [three key mindsets](#) for school leaders to adopt during the pandemic to create a climate of care in school this fall. The New York Times has created the ['2020 back-to-school list for teens' emotional well-being](#), which includes safe ways for teens to see their friends, time with other adults, and reliable routines.

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## COVID-19 Resources

- As a reminder, children who were

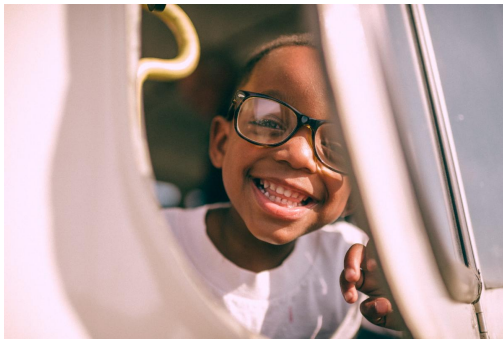
receiving free or reduced price lunch in school in March this year are eligible for Pandemic EBT, or P-EBT, and the benefit is \$256 per child. Children whose families are on SNAP are automatically enrolled, but if you are not on SNAP you must [apply by Sept 25 to receive the benefit](#). More than half of the kids who are not on SNAP but are eligible have not yet applied.

- This COVID-19 [Mental Health Resources in Multiple Languages](#) guide was created to help U.S. refugees and immigrants cope with the stress and hardships of the COVID crisis. Mental health guidance is available in Spanish, French, Arabic, Russian, Chinese, Swahili, Burmese, and other languages. Topics include how to manage stress, cope with social isolation, comfort children, and identify signs of anxiety and depression that might require additional attention.
- Read about opportunities for cross-sector alignment during the COVID-19 pandemic in the latest installment of the Georgia Health Policy Center's "[Finding Innovation and Resilience During the COVID-19 Pandemic](#)" series.



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## Racial Equity Resources



- BCDI-Atlanta has published its inaugural edition of *Nurture*, a peer-reviewed journal with high-quality original works based on the six NBCDI focus areas—early care and education, literacy, family engagement, child welfare, public policy, and health and wellness. The content from Nurture will influence practice, policy, and future research that will guide the experiences of Black children in families in their homes, communities, and learning environments. If you are not a member, you are invited to purchase Nurture [here](#) for \$9.99.
- ATL PBA's '[The Spotlight Is On Us](#)' focuses on the people of the coastal Georgia city Brunswick as they struggle with how to move forward as a community after the killing of Ahmaud Arbery. Readers are directed to [Glynn County Family Connection](#) for information about behavioral health and other services for children and families.
- The National Child Traumatic Stress Network has gathered their [fact sheets and resource guides](#) that offer information and suggestions for supporting African American children and families who have experienced trauma.

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

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“Show me someone who has done something worthwhile, and I’ll show you someone who has overcome adversity.”

– Lou Holtz

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Difference



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