



Aligning Resources Across Georgia To Support Resiliency

To Our Resilient Georgia Partners and Stakeholders:

As we all embark upon a new school year when uncertainty is at an all-time high, Resilient Georgia is here to support you and share as many helpful resources as possible. In this edition of the newsletter, we are focusing on the ongoing conversation centered around mental health being the next pandemic, particularly as the school year begins.

Additionally, we are very excited to share our second roundtable discussion in our Mental Fitness for Resilience series produced in partnership with Georgia Public Broadcasting. This discussion focused on the trauma of racism and is available to view on YouTube [here](#). We are so grateful for our partners who worked to make our second panel a great success.

As you can see, our newsletter looks a bit different this week. We've adopted a new format in an effort to make our resources easily digestible for our readers. Please continue to share your thoughts and resources with us as we will continue to highlight opportunities for collaboration and hope throughout these challenging times.

Sincerely,

Mental Health is the Next Pandemic



While we have only been able to be responsive to COVID-19, we now have an opportunity to act more preventatively in addressing its impact on the mental health of children, adolescents, young adults, and their families.

In late May, the [World Health Organization](#) shared how medical professionals' biggest concern post-pandemic was mental health as Americans cited [higher levels of emotional distress](#). In thinking about prevention, [EdSurge](#) makes an urgent call for an increase in funding and solutions that address a three-tiered approach to mental health supports. [GlobalMed](#) emphasizes the importance of access to telehealth.

This [two-page guide](#) from Children's Healthcare of Atlanta provides guidance on how to support children's transition into the new normal, and here are some [five-minute coronavirus stress resets](#) from The New York Times. A key aspect of prevention for children, adolescents, and young adults is ensuring they have a healthy outlet for their emotions, so as not to further contribute to feelings of isolation. An innovative approach to this was taken by five teens who started a podcast from a bedroom which has become a lifeline for listeners. Read more about "Teenager Therapy" [here](#).

[The Center for American Progress](#) provides recommendations for how schools can address the unique mental health needs for children of color during and after the pandemic. Youth and young adults in the justice system are also more at risk. Watch this compelling six-minute video from the Compassion Prison Project, "[Step Inside the Circle](#)", which explores the significant correlation between childhood trauma and the lives of the men and women who are incarcerated.

Managing Back-to-School Anxiety

Children's Healthcare of Atlanta has created a [back-to-school landing page](#) to provide guidance for parents, educators, and staff, whether school is opening virtually or in-

person. Ways to incorporate healthy habits for kids and a special toolkit for youth programs are also included. The Georgia Department of Education and Department of Public Health have created a [toolkit](#) for the path to recovery for K-12 schools. The Georgia Chapter of the American Academy of Pediatrics have created [The Pediatrician's Toolkit for School Re-Entry and Children's Health in the Time of COVID-19](#).



The School-Based Health Alliance developed a comprehensive resource entitled [Hallways to Health: Creating a School-Wide Culture of Wellness](#)

GPB Education, in collaboration with the Georgia Department of Education (GaDOE), is providing digital learning resources that adhere to Georgia's state standards to foster at-home learning across all subjects and grade levels through The Georgia Home Classroom. These resources are available at gpb.org/learn. The initiative also includes an instructional broadcast schedule airing across GPB's nine-station statewide television network.

Additional Resources:

- [How to Support Your Child for a Very Different School Year](#) from PBS
- [How to Handle Anxiety Over Back-to-School Decisions](#) from the New York Times
- WABE outlines how Metro Atlanta and surrounding counties' school systems try to navigate their way back to school at [Back to School 2020?](#)

COVID-19 Resources



- Children's Healthcare of Atlanta together with their primary academic partner, Emory University School of Medicine, is seeing [promising results](#) from the first COVID-19 vaccine trial tested in the United States. The final phase of the study is expected to start later this month.

- Cobb County Government has extended its partnership with SelectCobb to offer Non-Profit Relief Grants and a second round of Small Business Relief Grants. [Non-profit applications open on August 27 and 10 a.m. and close on](#)

Sept. 11 at 5 p.m. The deadline for the [small businesses application](#) is **August 21st at 5 PM.**

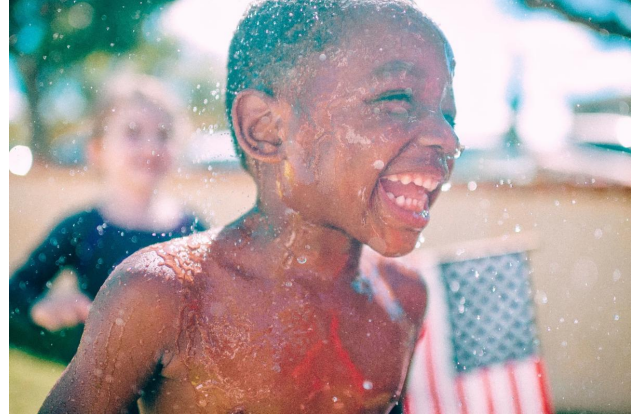
- With schools closed due to COVID-19, parents are looking for different ways to entertain the kids while at home. Fulton County has put together a list of [Georgia attractions](#) that are helping parents out by entertaining kids virtually.

Racial Equity Resources

- Georgia-based Dr. Fleda Mask Jackson and colleagues published [A Prematurity Collaborative Birth Equity Consensus Statement for Mothers and](#)

[Babies](#) in the Maternal and Child Health Journal.

- The Black Child Development Institute Atlanta [Remembers the Legacy of Civil Rights Icon Congressman John Lewis](#).
- United Way of Greater Atlanta has launched the United for Racial Equity and Healing Fund to invest in structural solutions to catalyze effective, long-lasting change, address the root causes of racial inequity and prioritize hope, healing, and care during this unprecedented time. The purpose of the fund is to reduce and prevent racial inequities across systems that impact child well-being (education, health, housing and economic stability) across the Greater Atlanta region. Learn more about the [fund here](#).
- CLASP's Child Care and Early Education team offers a new report, [An Anti-Racist Approach to Supporting Child Care through COVID-19 and Beyond](#). CLASP is a national, nonpartisan, anti-poverty nonprofit advancing policy solutions for low-income people.



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

"You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages...."

-Michelle Obama

Join Us in Making a
Difference



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