



## 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.

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) managing back-to-school anxiety, COVID-19, and racial equity.

We would like to highlight several resources and news updates:

- The Community Resiliency Model (CRM) is an innovative, preventative, mental wellness and trauma recovery intervention that focuses on biologic and sensory-somatic techniques. It is a low-cost, low-intensity training, which involves a simple set of mental wellness skills that can be readily learned and practiced. Because of its universal approach and ease-of-use, CRM skills are currently being taught all over the world and across Georgia in a myriad of settings, including with health and public safety professionals. To learn more about CRM and training opportunities in Georgia, please visit the [CRM Georgia](#)

[website](#).

- The 2020 annual convening of the Metro Atlanta Coalition to End Human Trafficking, including Callahan Walsh's presentation on the impact of child exploitation during the pandemic, can now be viewed [here](#). Each portion of the convening can be viewed separately.
- A free one-day [Mindful Self Compassion: 1-Day Workshop \(MSC1D\)](#) training is taking place on 10/28/20. Register and learn more [here](#).

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. See our first story below:

- If you frequently walk or jog down PATH400, Walter Dixon will need no introduction. The Buckhead Coalition has recently welcomed Walter to its team as CID Program Coordinator. Walter was introduced to the BCID through [Georgia Works!](#), a program that serves men who have experienced homelessness, addiction, or criminal convictions, and it seeks to help them overcome these challenges and live productive lives. Read more about the announcement [here](#).

Lastly, be sure to take a look at and follow our [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

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## Mental Health is the Next Pandemic



The outsized impact of the global pandemic on the mental health of parents and caregivers continues to be explored. NPR details how with juggling financial stress and caregiving, parents are ['very not OK'](#) in the pandemic. 60% of households with children across the country have lost jobs, or businesses, or have had wages reduced during the pandemic, according to a [poll released](#) by NPR, the Robert

Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health. The

pandemic has also revealed that [children's well-being relies upon parents' psychological health](#), making it even more critical for parents to get the mental health care they need.

WABE reports how [the pandemic is taking a heavy toll on the brain health](#) of many in Georgia and across America, which can show up as forgetfulness or memory loss. One way to preserve brain health, says [Dr. Andrea Klemes](#), is diet, exercise, keeping yourself and your brain active, making sure you are reading, and working to not be socially isolated.

Looking toward resources, the Division of Behavioral Health's Week of Webinars (WOW) Learning Series begins October 26 and lasts through October 30th. The goal is to provide a forum for supportive learning to address best practices in treatment, and prevention as well as emerging research related to child, adolescent, and adult mental health and addictive diseases. Two 90-minute workshop sessions are offered each day focused around a specific topic area. You can register [here](#). Mental Health America of Georgia is offering three types of community trainings to support mental well-being during this time: outreach wellness learning webinars, question, persuade, refer (QPR) webinars, and youth mental health first aid webinars. Learn more and register [here](#). The Emory Healthcare Veterans Program is offering treatment to post 9/11 veterans and their families from across Georgia and the US via telehealth at no cost to the veteran. Learn more about the program [here](#) and the telehealth opportunities [here](#). Finally, Lancet reports on why investing in quality mental health to [improve individual and societal resilience](#) is more important than ever.

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## Adverse Childhood Experiences (ACEs)

ACEs can have a profound effect on the body. The Harvard Gazette reports on how [childhood trauma can speed biological aging](#). "Violent or traumatic experiences led to accelerations in pubertal development, brain development, and cellular aging, while neglect and chronic poverty did not, though they can affect physical and cognitive development in other ways."

Dr. Nadine Burke Harris, California's first surgeon general, [separately speaks to the impact of multigenerational adversity, SEL in the classroom, and the transformational powers of meditation when addressing trauma's physical effects](#). "Educators can deliver the daily doses of healing interactions that truly are the antidote to toxic stress. And just as the science shows that it's the cumulative dose of early adversity that's most harmful, it also shows that the cumulative dose of healing nurturing interactions is most healing."



While we cannot control the circumstances brought by the COVID-19 pandemic, [healthychildren.org](#) speaks to how we can work to [strengthen our relationships during this time while building our children's resilience](#). The best way to protect our

children is to shape the lessons gained during this difficult time. We do so best when we intentionally manage our own feelings and experiences with an eye toward helping them build resilience.

Finally, as part of the ACEs and Child Maltreatment Prevention Research-in-Progress Webinar Series, sponsored by the National Peer Learning Team on Child Maltreatment Prevention, a webinar on *Community-level interventions to address ACEs: Successes and lessons learned* will be taking place on December 8, 2020 from 1 to 2 PM. You can register [here](#).

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## Managing Back-to-School Anxiety



In considering your school's reopening plan, there's no such thing as zero risk, but certain practices can lower the risk of an outbreak at school and keep kids, teachers and families safer - [NPR lays out what to look for](#) and how to weigh the key elements of a school reopening plan. [The Child and Family Blog](#) provides six top tips for parents on at-home learning and includes additional tips from other researchers on remote learning.

In honor of October being National Bullying Prevention Month, the Monique Burr Foundation for Children has created [Bullying Prevention Lesson Plans \(K-12\)](#). The lesson plans include a review of the 5 Safety Rules from the *MBF Child Safety Matters®* and *MBF Teen Safety Matters®* prevention education program.

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## COVID-19 Resources

- The Georgia Primary Care Association has created a snapshot of the COVID-19 response of all 34 of its Federally Qualified Health Centers across Georgia since April 4th, and the impact of the pandemic on patients and staff. View the snapshot [here](#).
- The NIH has awarded \$18.2 million to Children's Healthcare of Atlanta Hospital, Emory and Georgia Tech to Continue Verification of COVID-19 diagnostic tests. A total of \$54 million has been awarded to the Atlanta institutions for RADx projects, an initiative designed to transform innovative technologies into widely accessible COVID-19 diagnostic testing. Read more [here](#).
- United Way of Greater Atlanta and the Community Foundation for Greater Atlanta announced an open application process for the [Greater Atlanta COVID-19 Response and Recovery Fund](#). The Fund "actively seeks applications from



organizations founded and/or led by Black, Indigenous and people of color (BIPOC) and organizations with annual budgets under \$2 million that are responding to local needs.” Learn more [here](#).

## Racial Equity Resources

- Georgia Health Policy Center has launched the [Achieving Health Equity in Georgia Web Series](#), which will engage community, clinical, and other partners in building a community-level understanding of health equity by exploring the root causes of persistent inequities and providing evidence-informed, practical tips and tools to address these inequities in Georgia.
- United Way of Greater Atlanta’s [Tocqueville Society](#) recently convened their second Coffee & Conversation event to talk about how to address the racial inequities that persist in our communities. Read about their conversation [here](#).
- Latisha Springer, an Atlanta entrepreneur, created the grassroots mutual aid organization [Free99Fridge](#) to help combat food insecurity in Atlanta, with the first community fridge launching in the West End.



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

"Success is not final; failure is not fatal; it is the courage to continue that counts."  
- Winston Churchill

Join Us in Making a  
Difference



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