



Resilient & Thriving Communities Week
June 6-12, 2022
Resource Guide

Introduction

Welcome North Carolina local community collaboratives and other North Carolina partners to the “Resilient NC Collaborative Coalition’s “Resilient & Thriving Communities Week” June 6-12, 2022 Resource Guide!

The Resilient North Carolina Collaborative Coalition (RNCCC) is a state-wide voluntary group that gathers local community collaborative leaders and other interested community members and partner organizations to identify and advocate for policy action related to resilient communities at the state and local levels. As part of our work this year, we requested a statewide Proclamation from the Governor’s Office to declare June 6-12, 2022 as “Resilient and Thriving Communities Week” throughout North Carolina. We also want to encourage all of our local community collaboratives and communities across the state to adopt the same week as “Resilient and Thriving Communities Week.”

What does that mean? The RNCCC assembled this resource guide so that local community collaboratives and local communities could follow, share, and like media posts on Facebook, Instagram, and Twitter in May preceding the Proclamation week, and everyday, during the week of June 6-12. We also included a draft local “Resilient & Thriving Communities Week” proclamation that we hope local community collaboratives and local communities will copy, adapt and submit to their own county commissioners, town and city councils, and local school boards during the month of May to proclaim June 6-12, 2022 “Resilient and Thriving Communities Week” in your own communities!

Further, we provided “50 Activities for Communities” in this guide (with accompanying details) that your local community collaboratives and local communities can use during the week of June 6-12 to accompany “Resilient & Thriving Communities Week 2022.” Please know that these activities can be used not only during this week, but at any time by your local community collaboratives and communities! In addition, we will continue to share additional resources throughout the month of May, 2022 that your local community collaboratives and communities also can use during our Proclamation week and beyond!

Thank you in advance for considering participation in the RNCCC’s first “Resilient & Thriving Communities Week in North Carolina! We look forward to partnering with you to increase awareness and promote resilient and thriving communities throughout our state!

Resilient North Carolina Collaborative Coalition

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Ways to Participate

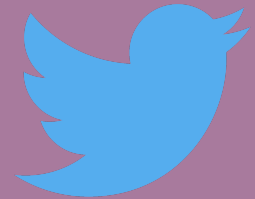
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State & Local Advocacy

We would love to “blanket” our state during the week of June 6–12 with local “Resilient & Thriving Communities Week” proclamations! Attached is a [letter/guide recommending how to seek a local proclamation](#) prior to this week in your local community. In addition, we are attaching a [sample local proclamation](#) that you can use or adapt for your local community! Because of the time it takes to approve local proclamations, we recommend beginning immediately in your own community!

Before the end of May, we look forward to sharing more advocacy talking points, advocacy infographics, and other advocacy materials for your local use!

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51 Activity Ideas for Proclamation Week

RNCCC wants every North Carolina community to be involved in Resilient and Thriving Communities Week. We recognize that this will look different across our state. From rural eastern counties, to urban cities, to Appalachia, all communities have their own strengths, capacities and needs. Please use the following suggestions as a guide to begin brainstorming your own participation in Resilient & Thriving Communities Week.

RNCCC empowers each community to choose activities that are the best fit for your community, and encourages collaboration and communication in selecting and implementing activities. The activities/resources included in this guide are suggestions to celebrate Resilient & Thriving Communities Week in your community (and beyond!), and are not sponsored or run by RNCCC. Please seek applicable local permissions and follow all local and state Covid-19 guidelines when participating in the activities.

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51 Ideas for Communities

Take a look at the following pages for more information on the following ideas.

Ways to Spread Awareness

1. Participate in the RNCCC photo project
2. Share social media posts from RNCCC
3. Submit a local proclamation
4. Wear a colored ribbon
5. Include local media personalities
6. Post on social media with the hashtag #ResilientThrivingCommunities
7. Engage with your local media
8. Attend local government meetings
9. Write letters for a cause
10. Make a Banner
11. Post community resources in public spaces
12. Hand out Wellness Wheels
13. Provide resources to the community
14. Endorse, support or lead policy change with your community, or other groups

Ways to Host Community Events

1. Partner with family serving agencies to plan local events
2. Host a book reading related to resilience
3. Share Sesame Street in Communities
4. Host a community pizza night
5. Create a story walk
6. Put together an art exhibition
7. Host yoga/ mindfulness in the park
8. Organize a caregiver night out
9. Give away resilience boxes
10. Host a Resource Fair
11. Host Community Need Forums
12. Host a Volunteer Day
13. Show up at community events

Ways to Provide Continuing Education

1. Host Virtual Community Conversations
2. Attend/ promote RNCCC Screenings
3. Attend/ promote RNCCC Trainings
4. Organize panels with local content experts
5. Organize local training opportunities
6. Offer Harm Reduction & Narcan Trainings
7. Offer Active Bystander Intervention

Ways to Raise Money for a Cause

1. Organize percentage nights at restaurants
2. Seek donated materials or services for those in need
3. Make a raffle basket
4. Host a silent auction
5. Lead a food or supply drive
6. Put donation jars in local businesses

Ways to Create Partnerships

1. Think outside the box
2. Highlight local coalitions, organizations or businesses on social media
3. Create a Peer Support Group
4. Create a Cohort of Ambassadors

Ways to Promote Local Business

1. Leave Positive Reviews
2. Follow Local Businesses on Social Media
3. Create a Shop Local Scavenger Hunt
4. Support local activities (theater, sports)

Ways to Involve Children

1. Share resilience based lesson plans
2. Invite guest presenters to class
3. Create a high school art contest

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50 Ideas for Communities

Endorse: Low Engagement

Communities share materials but are not actively giving any time or resources.

1. Share social media posts from RNCCC
2. Attend/ promote RNCCC Screenings
3. Attend/ promote RNCCC Trainings
4. Share resilience based lesson plans
5. Share Sesame Street in Communities
6. Endorse policy positions of other groups

Support: Medium Engagement

Communities give a limited amount of time & resources, but do not actively plan or host events.

1. Submit a local proclamation
2. Support local activities (theater, sports)
3. Highlight local coalitions, organizations or businesses on social media
4. Put donation jars in local businesses
5. Leave Positive Reviews
6. Post on social media with the hashtag #ResilientThrivingCommunities
7. Follow Local Businesses on Social Media
8. Participate in the RNCCC photo project
9. Wear a colored ribbon
10. Post community resources in public spaces
11. Hand out Wellness Wheels
12. Provide resources to the community
13. Organize percentage nights at restaurants
14. Host a Volunteer Day
15. Include local media personalities
16. Engage with your local media
17. Attend local government meetings
18. Write letters for a cause
19. Invite guest presenters to class
20. Show up at community events
21. Support policy positions of other groups

Convene/Lead: Short Term High Engagement

Communities actively plan/ host one-time events.

1. Partner with family serving agencies to plan local events
2. Host a book reading related to resilience
3. Host a community pizza night
4. Create a story walk
5. Host yoga/ mindfulness in the park
6. Host Virtual Community Conversations
7. Organize local training opportunities
8. Offer Harm Reduction & Narcan Trainings
9. Offer Active Bystander Intervention
10. Seek donated materials or services
11. Make a raffle basket
12. Lead a food or supply drive
13. Create a high school art contest
14. Make a Banner

Convene/Lead : Short Term Very High Engagement

Communities actively plan/ host one-time events.

1. Host a silent auction
2. Organize panels with local content experts
3. Create a Shop Local Scavenger Hunt
4. Host a Resource Fair
5. Give away resilience boxes
6. Put together an art exhibition
7. Organize a caregiver night out
8. Lead/convene on a particular policy

Convene/Lead : Long Term High Engagement

Communities plan/ host ongoing activities

1. Create a Peer Support Group
2. Create a Cohort of Ambassadors
3. Host Community Need Forums
4. Think outside the box for partnership

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50 Ideas for Communities

Ways to Spread Awareness

1. Participate in the RNCCC photo project- What does resiliency or thriving look like in your community or organization? Share a photo or video with #ResilientThrivingCommunities and your answer. An example of a photo is included (Appendix A).
2. Share social media posts from RNCCC- Follow RNCCC! Share our posts on your pages!
Facebook: Resilient North Carolina Collaborative Coalition
Twitter & Instagram: @resilientnccc
3. Submit a local proclamation to your county- A sample proclamation is included (Appendix B).
4. Wear a colored ribbon- We suggest green for mental health awareness, or any color ribbon not widely known for a cause can work. You can also choose to support a cause and wear their ribbon!
5. Include local media personalities- Do you have local celebrities? Ask them to promote Resilient and Thriving Communities Week. Some examples include local personalities sharing social media posts, doing interviews, participating in events, etc.
6. Post on social media with the hashtag #ResilientThrivingCommunities- Create your own posts!
7. Engage with your local media- Get the word out with an article in the local newspaper or a radio spot on the local station.
8. Attend local government meetings- Attend County Commissioner, City or Town Council, or Board of Education meetings to advocate for a cause, get involved, or observe!
9. Write letters for a cause- You can send them to local, state, or national politicians & organizations. You can also choose to write to be a penpal with a purpose! Write letters of kindness and compassion to children in local schools, individuals in nursing homes, military personnel, individuals who are hospitalized, etc.(Tip: Make sure these are screened before being sent out.)
10. Make a Banner- Decorate a banner and (with permission), post it for your community to see!
11. Post community resources in public spaces- With permission, share resources, QR codes, and words of resilience in public spaces, such as bus stops, restrooms, break rooms, etc.
12. Hand out Wellness Wheels- Hand them out in meetings! A wellness wheel is included (Appendix C).
13. Provide resources- Share resources or information about programs & services available!

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50 Ideas for Communities

Ways to Host Community Events

14. Partner with agencies to plan local events- Partner with your local Smart Start agency, school system, library, parks and recreation, etc. to plan local events for children and families.
15. Host a book reading related to resilience- Everybody loves a book club! Choose a book and start a book club with community members. Book examples here: <https://www.wataugacci.org/books.html>
16. Share Sesame Street in Communities- Share these on social media! These videos can be found online at: <https://sesamestreetincommunities.org/>
17. Host a community pizza night- Choose any food, a location, and get your community members together, in a safe way!
18. Create a story walk- A story walk is an outdoor space that posts pages of a story along a path for individuals to read as they walk a trail. Further instructions are included (Appendix D).
19. Put together an art exhibition- Invite community members to use their artistic abilities and share the talents of your local community. Individuals can paint, sculpt, write, create abstract art, woodwork, create pottery, etc.
20. Host yoga/ mindfulness in the park- If your community has yoga studios or other mindful activities, partner with instructors to host a yoga or mindfulness evening in the park. Consider providing dinner or childcare, if possible.
21. Organize a caregiver night out- Coordinate with local childcare, schools, or volunteers to host a couple hours of childcare! Caregivers can take a night out. Communities are encouraged to partner with licensed childcare providers to make sure that all state child care safety laws are followed.
22. Give away resilience boxes- These can be small or big! Include a couple different activities and give them away to community members. Examples of things to give away are included (Appendix E).
23. Host a Resource Fair- Gather community organizations and providers together for a resource fair.
24. Host Community Need Forums- Listen to what your community wants or needs! Ask specific questions or have open forums. Further instructions are included (Appendix F).
25. Host a Volunteer Day- Encourage community members to volunteer at a local organization.
26. Show up at community events- Does your community already have events planned? Ask to have a table, some information, or an activity at other community events.

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50 Ideas for Communities

Ways to Provide Continuing Education

27. Host Virtual Community Conversations- Talk to your community about their needs, strengths, and the ways that you all find resilience and strength. Further instructions are included (Appendix G).
28. Attend/ promote RNCCC Screenings- Attend screenings that RNCCC has organized or share on social media! More information and sample discussion questions are included (Appendix H).
29. Attend/ promote RNCCC Training- Attend training that RNCCC has organized or share on social media! More information is included (Appendix H).
30. Organize panels with local content experts- Gather local experts or individuals with lived experience to host panel Q & A discussions. Consider hosting these virtually and recording them.
31. Organize local training opportunities- Host your own training based on the individual needs and knowledge of your community.
32. Offer Substance Recovery/ Narcan Training- Host training related to substance recovery or Narcan administration. More information is included (Appendix I).
33. Offer Bystander Intervention Bar Training- Host training related to interpersonal violence prevention training. These are great for restaurants, bars, and breweries! More information is included (Appendix J).

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50 Ideas for Communities

Ways to Raise Money for a Cause

34. Organize percentage nights at restaurants- Partner with restaurants to donate a specified percentage of their proceeds to a cause.
35. Seek donated materials or services for those in need- Consider donating to local organizations and supporting a cause.
36. Make a raffle basket- Raffle off local admission tickets, gift cards or prizes!
37. Host a silent auction- If your community has a group of individuals, organizations, or businesses that are able to donate services, consider hosting an auction. These can be in-person or online.
38. Lead a food or supply drive- You can either host a manned table outside of grocery stores or leave boxes around the community. A list of commonly needed items is included, but check with your local organizations for local donation needs (Appendix K).
39. Put donation jars in local businesses- Ask local businesses if you can leave donation jars near their cash registers.

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50 Ideas for Communities

Ways to Create Partnerships

40. Think outside the box- Think about new community partnerships with new organizations or systems. Have you partnered with your Chamber of Commerce, Faith communities, Local law enforcement, Higher Education, or Hospitals among others?
41. Highlight local coalitions, organizations or businesses on social media- Every community has its resources and strengths! Shine some light on yours.
42. Create a Peer Support Group- These can be related to anything!
43. Create a Cohort of Ambassadors- Do you have a group of people who are already using trauma-informed practices in their business or organization? Consider creating a cohort of ambassadors to highlight why this work is so important.

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50 Ideas for Communities

Ways to Promote Local Business

44. Leave Positive Reviews- This is one of the best ways to support local businesses.
45. Follow Local Businesses on Social Media- This is another great way to promote local businesses.
46. Create a Shop Local Scavenger Hunt- Collaborate with local businesses to create a punch card or scavenger hunt. Put up QR codes in local businesses for participants to scan, or create a punch card for a variety of businesses to stamp. Consider pairing this with positive reviews, following on social media, or buying something small to show support. Collaborate with business owners to see what will be most beneficial to them.
47. Support local activities- Support local crafts and trades by buying tickets to games or shows. Show your support for athletic, artistic and all other skills in your community.

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50 Ideas for Communities

Ways to Involve Children

48. Share resilience based lesson plans- Encourage teachers and other school or childcare personnel to share emotional regulation or resilience-based lesson plans. These can be anything from emotional literacy, to mindfulness, to art activities or other activities. Sample activities are included (Appendix L).
49. Invite guest presenters to class- Do you know anyone with a skill or interesting knowledge? Invite them to be guests and present to classes. Presenters get to share their knowledge and expertise, while children get to learn something new from someone in their community!
50. Create a high school art contest- Involve students in a competition! Whether it's an art competition, competition of all skills, athletics, etc., involve students to highlight their resilience and how the children of your community are thriving.

Appendix A-Photo Project Example

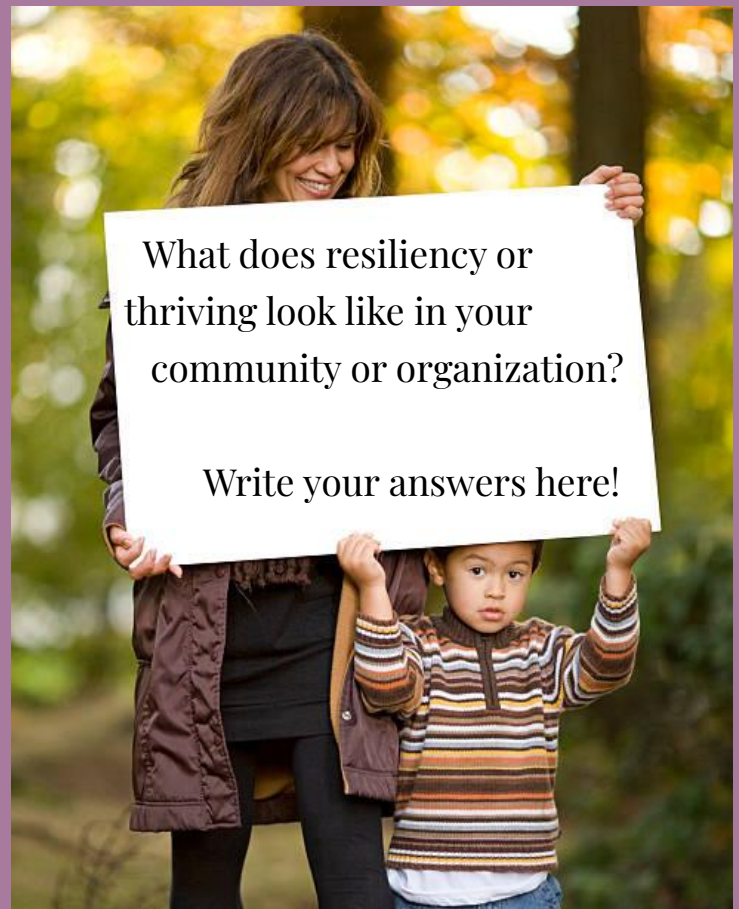
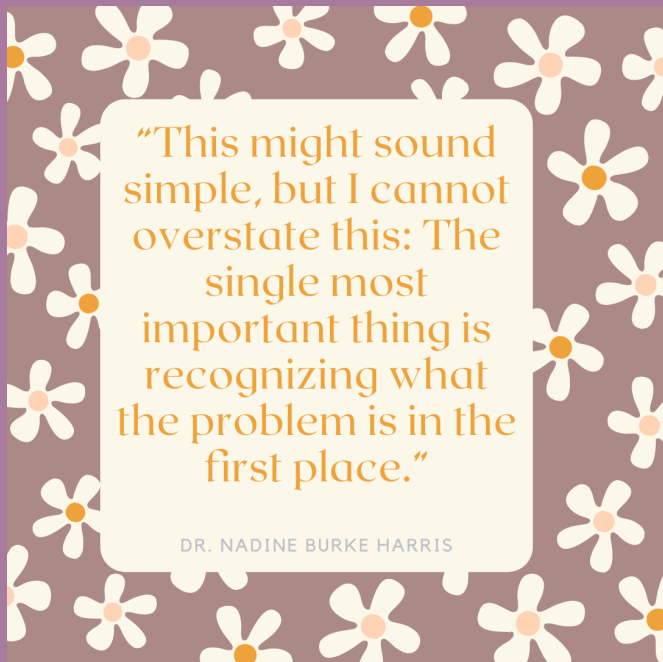
You can post any photos or videos related to the question:

What does resiliency or thriving look like in your community or organization?

Post photos of your community!

Make social media posts with quotes and post graphics!

Post photos of individuals holding a sign with the prompt and answer!



Appendix B- Guidance & Sample Proclamation

Dear Local Community Collaborative Colleagues and Other Local Communities:

As you may know, a group of people from local community collaboratives throughout North Carolina, staff from state child and family-serving organizations, state human services staff, and university faculty formed the Resilient North Carolina Collaborative Coalition (RNCCC) in August, 2019 to advocate together for policies that support children, families, individuals, and communities to be healthy, resilient, and thriving.

This February, 2022, the RNCCC submitted our first [Proclamation](#) request to Governor Roy Cooper's office to declare June 6-12, 2022, "Resilient & Thriving Communities Week." In addition, we are hoping that each community will seek a Proclamation from their county commissioners, city and town councils, Boards of Education, &/or other governing community bodies during this same week, June 6-12, 2022. We would absolutely love for as many of our North Carolina communities as possible to submit county-level or other community-level proclamations, and "blanket our state" during the week of June 6-12th with our resilient and thriving community messages!

If you are interested in participating, here are the steps we recommend:

1. Discuss with your local collaborative your interest in asking your county commissioners or other governing bodies to proclaim the week of June 6-12, "Resilient & Thriving Communities' Week in your county/community;
 - a. If yes, make a copy of the "Sample/Draft Local Proclamation" (next page of this guide), and adapt to your county/community;
2. Contact the clerk to your board of county commissioners or your other governing bodies to determine the process & timing for submitting a request for a proclamation prior to June 6, 2022. You can find the phone number for each of the counties at: [North Carolina Association of County Commissioners](#).--either by clicking on the county in the map, or using the dropdown menu, "Explore Our Counties." For city or town councils, Boards of Education, or other local governing bodies, conduct internet searches for contact information to determine how to submit a request for a Proclamation
3. Email us if your county is declaring June 6-12, 2022 "Resilient & Thriving Communities Week";
4. Use any of the social media, activities, or advocacy talking points that the RNCCC is able to provide in our Guide, &/or develop your own resources to publicize during this week in your county/community;
5. Consider participating in any awareness & advocacy activities that we are able to plan in Raleigh; and
6. Share with us what you are doing in your community, and if you are interested in joining us in Raleigh.

We hope to increase awareness and build momentum across our state regarding our efforts to make each community, county, and the state of North Carolina more resilient and thriving for all of her community members! Thank you so much for considering this request and opportunity with your local collaborative.

Please share with us what you are planning in your local community!

Resilient & Thriving Communities Week 2022

WHEREAS, resilient and thriving communities are vital to our county's future health, success, and prosperity to ensure a strong foundation for everyone at all ages and stages of life; and

WHEREAS, the science is clear that resilience is built, and that communities and systems play a key role in promoting safe, secure, nurturing environments for all; and

WHEREAS, adverse childhood and life experiences, adverse community environments, and adverse climate events impact overall quality of life and wellbeing of an entire community; and

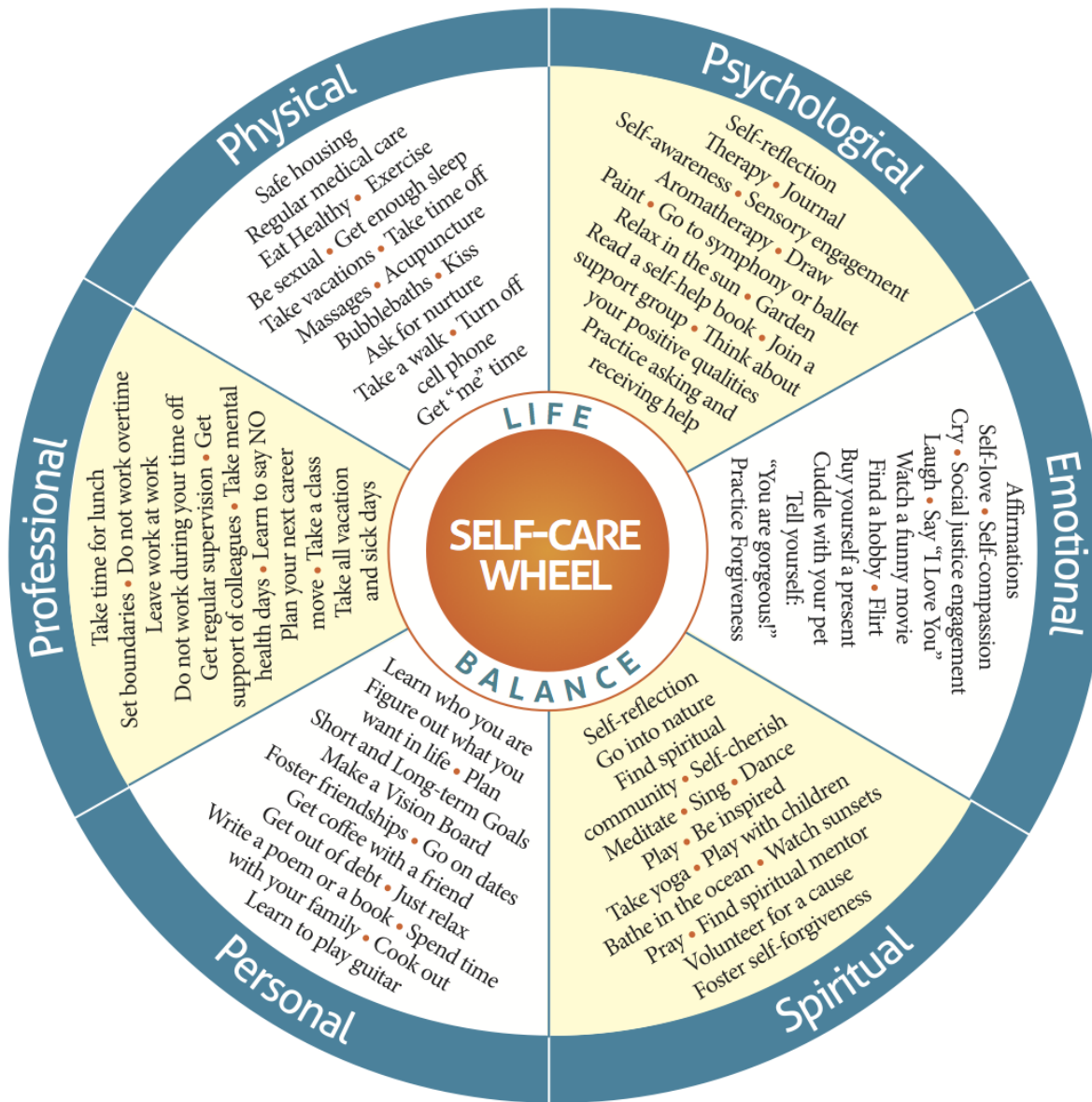
WHEREAS, it is our collective responsibility to promote positive experiences, secure relationships, and supportive environments to buffer stress and adversity; and

WHEREAS, investing in policies, programs, and strategies that address adversity and strengthen community resilience is essential to the health of our county; and

WHEREAS, _____ County encourages all agencies, schools, faith-based organizations, healthcare systems, elected leaders, businesses, and individuals to collaborate to strengthen our communities; and

NOW, THEREFORE, we, the _____ County Board of County Commissioners does hereby proclaim **June 6 through June 12**, as **Resilient & Thriving Communities Week** in _____ County and encourages all residents to become informed about the impact of adversity to create a county aware of and actively practicing resilience strategies that benefit all individuals toward communities of hope and healing.

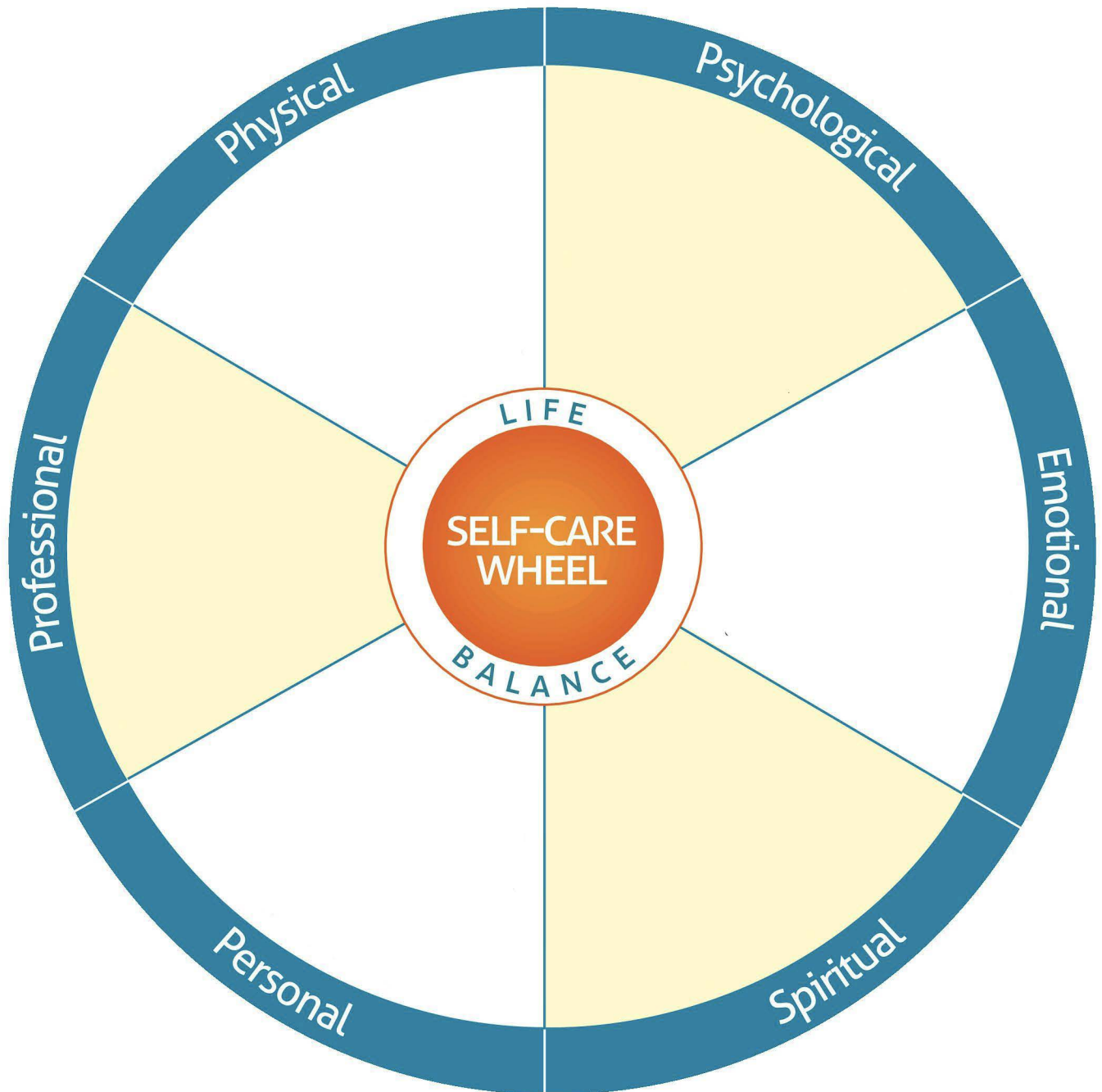
SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from “Self-Care Assessment Worksheet” from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).
Dedicated to all trauma professionals worldwide.

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SELF-CARE WHEEL



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Dedicated to all trauma professionals worldwide.

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Appendix D- How to Create A Story Walk

The following information further instructions can also be found at:

<https://www.ascel.org.uk/sites/default/files/uploads/GrowingWell/ResourcesLibraries/Further%20reading%2C%20background%20and%20other%20materials/Planning-a-Storywalk-guide-and-templates-TRIAL-version-Nov2017%281%29.pdf>

A storywalk is an outdoor trail for families, which combines reading children’s books with a physical activity, and sometimes other activities too. Families follow pictures left as clues or “checkpoints” along the trail that relate to characters or elements from the book that have been hidden around the outdoor space. The whole event could take place in a park, or the pictures could be along the route between the library and another community venue.

- Choose or create a story. Choose a children’s book that relates to the place you are exploring or the additional activity. The storywalk may start or end by reading the whole story. Or you could read a section of the story at each “checkpoint”.
- Plan the path. Plan where you are going and where you will stop along the way. The storywalk could take place within one outdoor space such as a park, or between two places, such as the library and the children’s center.
- Print each page separately. Laminate and post each page separately along a path and post with stakes along the planned path. Print each page large enough that it can be read from the trail.
- Consider adding an activity for a group walk with a facilitator.

Appendix E- Resilience Boxes

The following are examples of things that can be included in a mindfulness or resilience box. This is not an exhaustive list.

- Things to smell
 - Aromatherapy
 - Lavender
 - Candles
- Things to taste
 - Tea
 - Mini chocolate
 - Small snacks
- Things to touch, squeeze or see
 - Stress balls
 - Materials for a glitter mindfulness jar
 - Sensory bag
 - Fidget materials
- Things to hear
 - Music boxes or noise makers
- Things to do
 - Journals
 - Colored Pencils & Adult Coloring Pages
 - Bath salts, bath oils, or bath bombs

Tips:

- Include instructions for how to use each of the materials
- Include community resources or business cards that can be helpful
- Consider multiple pick up spots, delivery, or handout as a part of a program to make boxes more accessible

Appendix F- Community Needs Forums

Public forums and listening sessions are a valuable resource in upholding open lines of communication with the public. Citizen participation in community projects can help identify and solve problems.

WHY CONDUCT THEM?

- They can offer your group valuable insights into the community
- They can provide a database for guiding and explaining actions
- They can help link your group with people who are able and willing to help
- They can provide the group with feedback
- Public forums, also referred to as town meetings, are open to everyone in the community. These public meetings offer people from diverse backgrounds a chance to express their views about key issues of concern to you and what can be done about them.

HOW SHOULD YOU CONDUCT A PUBLIC FORUM?

- Designate a discussion leader or group facilitator who is known and respected, who is neutral on the topic, who has good listening and group process skills, and who can keep things moving and on track.
- Introduce the leader of the community initiative and the discussion leader. If time and group size allow, let all participants introduce themselves.
- Agree upon an ending time, and keep to it.
 - Try to keep working groups to smaller than 30-40 participants.
 - If over that number, divide into smaller groups.
 - Designate a recorder for each group.
- Provide information about your own organization, if appropriate. You can also pass around a sign-up sheet to get on a mailing list or to help out in other ways.
- Consider allowing some time for addressing each of the following topics: issues and concerns; barriers and resistance to addressing the issues and concerns; community resources for change; recommended alternatives and solutions.
- Use newsprint to record the discussion on each of the topics.
- Conclude with a summary of what was achieved and a preliminary plan of action. Announce the next meeting if possible.
- Prepare a written summary of brainstorming ideas and mail to all participants, with thanks, and with mention of opportunities for further involvement.

For more information:

<https://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/conduct-public-forums/main>

For questions, contact resilientnccc@gmail.com

Appendix G- Community Conversations

Submitted by; Watauga Compassionate Community Initiative

What are they?

An informal, unstructured interaction between 5-10 people that not only shares information, but connects around mutual experiences. This guide serves as an outline for community conversations surrounding resilience. It is meant to be adapted for individual groups based on their needs and wishes.

Purpose:

- Build relationships
- Connect around experiences
- Share information
- Learn about our neighbors

Meeting 1: Introductions & Community Questions

Introductions: General introductions of facilitators and participants.

Let your contact person take the lead in whether the group would appreciate a chance to introduce themselves or find it annoying. Also if it's more than a few people, be aware that saying anything more than a name and maybe 1 very brief piece of info can take at least a minute apiece, and consider time issues. Also if you are Caucasian and with a community of color, facilitation or co-facilitation is best conducted by or with a trusted member of the community.

Keep It Positive, Upbeat—Attentively listen- This is about them more than us!

Possible Community Questions: Pick just 2 or 3.

1. What is something you love about your community?
2. What's something good in your community?
3. I'm from a _____(visual/ sensory word) community.
4. What kind of food do you connect with in your neighborhood?
5. How do other people in your community describe your community to others?
6. What is something you feel like the rest of the county doesn't know, understand or appreciate about your community?
7. Who are the adults in this community people can go to?
8. What makes your community strong?
9. What are your dreams for your community?

Possible Resilience Questions: Pick just 2 or 3

1. What is something that brings you energy?
2. How do you recharge?
3. Can you pinpoint the moment in your life where you were the happiest?
4. What are your hobbies?
5. How do you calm yourself down when you're upset?
6. How do you recognize when you're getting overwhelmed?
7. Who is another adult that you go to whenever you are stressed or need support?
8. What is your favorite quality about yourself?
9. Who are you closest to in your family?

To End:

1. Much appreciation for their time and participation.
 - a. If appropriate, share 1 thing that you learned or appreciated from the meeting.
2. Ask others to share the same.
 - a. If it seems the group would like to continue the conversation, ask them what that would look like, what would they be most interested in
 - b. Please reach out (to who) for questions or more information

If people are hesitant to talk, we could try an icebreaker.

Be aware that some older adults and people whose trust of you might be low, may perceive the idea of a "game" as condescending/disrespectful and/or a silly waste of their time. Just saying you have a couple of questions for them will likely be received better, felt as more honest and direct. Teens and younger adults are likely to be more responsive to the game idea, as well as groups who already tend to meet together and are already playful together.

Possible Icebreakers: (if facilitator feels the group warrants these)

- Community Based Icebreaker Question- Light questions related to the purpose. See page 1.
- Crumpled Ball: In this activity, individuals will write a fact about their community on a sheet of paper. (What is important about your community that should be better known or understood? Or, What's most important to you about your community?) They will then crumple the ball, throw it into a pile. Papers are randomly dispersed to be read by the group. Can just toss notes into a pile.
- Question Game (Dice, Marbles, Anything with multiple colors/ numbers)- Each person rolls the dice/ gets a marble, etc. There is a different question for each color/ number. The individual answers the question based on the number/ color they roll. (For dice, each individual will answer a question for the number on their dice roll). Use questions on page 1, or questions can be created by the facilitator & contact person.

A schedule of speakers, training and events will be available at the end of May.

Follow RNCCC on Social Media for reminders about upcoming events and access to the most up to date information.

Appendix I-Harm Reduction & Narcan Trainings

Narcan is a medication that can be administered nasally to temporarily reverse the symptoms and assist individuals who are experiencing an opioid overdose . Widely available Narcan is a commonly used, highly successful method to prevent opioid overdose fatality in America.

(<https://www.hhs.gov/surgeongeneral/reports-and-publications/addiction-and-substance-misuse/advisory-on-naloxone/index.html>)

Generally, anyone who can distribute Narcan is also able to conduct training about the administration of Narcan. Contact your local health department, EMS providers, or substance use prevention coalition, or your local substance use prevention professionals for more information on Narcan training & distribution in your community.

Consider the following for your community

- Narcan Administration Trainings
- Narcan Distribution Programs
- Needle Exchange Programs

Additional Resources for North Carolina:

[North Carolina Naloxone Distribution Toolkit](#)

List: [North Carolina Health Departments that Offer Naloxone](#)

Webinar: [Opioid Overdose Prevention & Naloxone Training for North Carolina](#)

Webinar: [Expanding Naloxone Access in North Carolina.mp4](#)

Additional Information to learn more:

[What We Do | National Harm Reduction Coalition](#)

Appendix J- Active Bystander Intervention Bar Training

The Active Bystander Intervention Training is a training that explores intimate partner violence (IPV), warning signs, and ways to intervene if someone witnesses or suspects warning signs for IPV. Some training may also include community resources and ways to support survivors of IPV.

To schedule an Active Bystander Intervention Training, contact local violence shelters or your local social services department to see what training is available in your area.

Consider the following for your community

- Bystander Intervention Training
- Posting handouts for the 4 D's of Active Bystander Intervention

Additional Resources & Information:

[Bystander Intervention Archives - Right To Be](#)

[Prevention Resources | NC Coalition Against Sexual Assault](#)

Appendix K- Commonly Needed Food/ Supply Drive Items

** Always ask your local food banks what items they need most!

Food Bank Commonly Donated Items:

Peanut butter
Canned soup
Canned fruit
Canned vegetables
Canned stew
Canned fish
Canned beans
Pasta (most prefer whole grain)
Rice (most prefer brown rice)
Meals in a box/ Instant Meals
Crackers
Granola Bars
Applesauce
Cereal
Juice Boxes

What do people always forget?

Cooking oils
Spices
Powdered Milk
Pet Food
Fresh Fruit & Veggies (varies)
Baby Food & Formula
Can Openers

Supply Drive Items

Toilet Paper
Toothbrush/ Toothpaste
Floss
Shampoo/ Conditioner
Body Wash
Other Hygiene Items
Paper Towels
Diapers & Wipes
School Supplies
Tampons & Pads
Household Cleaners
Chapstick/ Other Moisturizers
Laundry Detergent
Trash Bags

Appendix L- Sample Activity Plans for Childcare/ Schools (4)

1. Emotional Vocabulary, but make it fun! You can find emotional literacy around just about any holiday or using animal pictures. Print out these examples and blank pages and allow children to draw their own.



With older children, consider doing a feelings check in with animals!



CALMING GLITTER JAR

Purpose: Emotional Regulation, Calm, Focus

Best for ages: 3+

Materials:

- Small jar (make sure it will hold liquid tightly)
- Clear glue
- Glitter (any colors you like)
- A few drops of food coloring
- Hot water
- Whisk or a stick

Directions

1. Pour glue and hot water (tap water is okay) into the jar and mix with a whisk. The glue gives the liquid a different thickness and makes impressive swirls of glitter.
2. Add some glitter. You can start with 1-2 tablespoons of glitter. I prefer to combine both chunky and finer glitter. For a pink jar I used red hearts, purple, pink and iridescent glitter. Iridescent glitter will give a nice lighter look, so be sure to try it out.
3. Add a drop or two of food coloring to give it more excitement.
4. When everything is blended, put the lid on and give it a good shake so the glitter is dispersed throughout.
5. Then let it cool without the lid.
6. You can secure the lid with super glue.



PAINTING SOUNDS

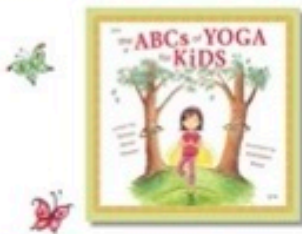
Materials:

- Paper
- Some type of color (paint, watercolor, marker, crayons, colored pencils)
- Speaker with music
- Playlist with the following 4 songs
 - 1. Pop & upbeat
 - 2. Loud & includes screaming
 - 3. Soft & Calming
 - 4. Any song!

Directions

1. Set each child up with their paper & coloring materials
2. Ask each child to split their page into 4 squares, or give each child 4 separate pieces of paper
3. Tell each child to paint/ draw/ color what they hear. They can draw anything that sounds like music.
4. Play 1 minute of the first song. (Consider doing a practice run if you think it would be beneficial)
Allow the children to draw freely to the music.
5. Repeat for all four songs.
6. Once the four minutes are up, ask the children to look at their art. Ask age-appropriate questions.
Why did you choose to draw those shapes/ lines for _____ song?
Why did you choose those colors?
What made _____ picture different from _____ picture?
Think about ways to further children's thinking. Ask probing questions to allow them to further explain their drawings.
7. Ask children to now think about how our tone of voice can affect someone listening to us.
Why is it different if we yell versus if we talk calmly?
Can you tell if someone is happy or sad just by the way they talk?





the ABCs of YOGA for KiDS



A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box



K Kite



L Lion



M Mouse



N New Pose



O Otter



P Peacock



Q Queen



R Rag Doll



S Swan



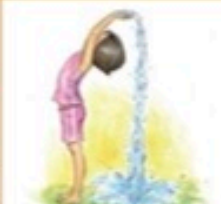
T Triangle



U Unicorn



V Volcano



W Waterfall



X

Y



Z Zero

