


The Healthy Blue Initiative and PACEs Connection






Resiliency Pause



What or who uplifts you?
What or who gives you strength?
What or who helps you get through hard times?





The Healthy Blue Initiative

December 2021 - November 2022

Bladen, Brunswick, Guilford, New Hanover, Pender, Robeson

Team Members: Carey Sipp, Amy Read, Kelly Purcell, Melanie Garner, Kristy Blackwell, Bonnie Jordan



WHY:

Children in the foster care system often experience high levels of adverse childhood experiences (ACEs), leading to increased likelihood of physical and mental health problems, risky behaviors, poor life and work outcomes and premature death.

By offering caregivers, families, children, and the community at large tools to help people become aware of and track stress in their bodies, become grounded, identify and widen their “resilience zones” and more, we will wrap foster care children in a community that understands the “why” and help children use the tools to create and reinforce a sense of agency, having a common language, being safe, and belonging.

We also plan to create community-led, culturally appropriate positive community experiences, which a John Hopkins Study on Positive Childhood Experiences has shown to be important to adult mental health.

What is the Healthy Blue Initiative?

- Multi-county initiative in North Carolina funded by Healthy Blue involves resiliency initiatives already in or new initiatives to the PACEs Connection Cooperative of Communities
- Working to improve the health and well-being of foster children and families, as well as caregivers.
- Making trainings available about the science of positive and adverse childhood experiences (PACEs) and a skills-based stabilization program, the Community Resiliency Model (CRM)®, which helps users restore the natural balance of the central nervous system to better recognize, reduce and manage stress.

How:

The program centers on making a set of six key resiliency skills from CRM trainings available to foster care workers, family members and children in hopes of reducing stress, increasing the ability to respond to stress from a regulated, or “learning brain” state as opposed to a stressed, or “flight-fight-freeze” state of mind.

By using the internationally acclaimed (CRM) training – widely used in several of the program’s counties – participating caregivers, families, and children alike will have this common set of tools and language to help recognize and reduce stress.

By “dovetailing” on existing opportunities to see workers, caregivers, families and children, program leaders can make the most of frequent and brief trainings, which should make attending trainings easier and more attractive. The program also strives to create memorable and community-led positive childhood and community experiences for children and families in foster care.

WHO:

Program involves community mental health leaders, Department of Social Services staff, families and children in the foster care system, as well as community organizations which come into contact with children and families.

These include guardian ad litem workers, educators, faith leaders, law enforcement, mental health and health professionals, coaches, managers of recreation programs and social groups. Program is led by community resiliency initiative leaders, many of whom are already CRM teachers.



Goals/Objectives for Today

Share updates, collaborate to get ideas to create
sustainability and ways to involve more youth
and families



Summary of initial meeting responses about what would help youth and families in the foster care system

- Common language for youth and families
- Resiliency skills
- Resiliency events and activities for youth
- Support groups
- Communication supports for foster parents

HEALTHY BLUE INITIATIVE

COMMUNITY

PACEs COOP

Website & online community building

Task force & coalition support

Networking & collaboration

Resilience Film Screenings



STAFF

Resilience Intro & Awareness
(NHC, Pender, Brunswick, Bladen, Guilford)

CRM workshops:

DSS Staff
(NHC, Pender, Guilford)

GAL Staff & Volunteers
(NHC, Pender, Robeson)

Educators/School Staff
(Pender, DC Virgo)



FAMILIES

Pender County Foster Parents

YWCA Foster Grandparents
(rescheduled)

YWCA Family Event



YOUTH

Youth Participation in the Initiative



Updates and Celebrations

- Attending monthly local initiatives and sharing resources, Creating Resilient Communities program, PACEs Connection site and resources
- Building connections and support with local and state DSS folks and local and state GAL folks
- 164 people received CRM trainings 2-3 hour CRM trainings
- Tri-County Collaboration Efforts and Film Screening
- Brunswick Resilience Film Screening 105 people
- 77 MOAs signed to date in the six counties
- Multiple-sector impact
- Participation of youth voice
- Supporting school working to be trauma-informed
- Robeson and Bladen initiative MOAs created and distributed

CRM Trainings and Meetings

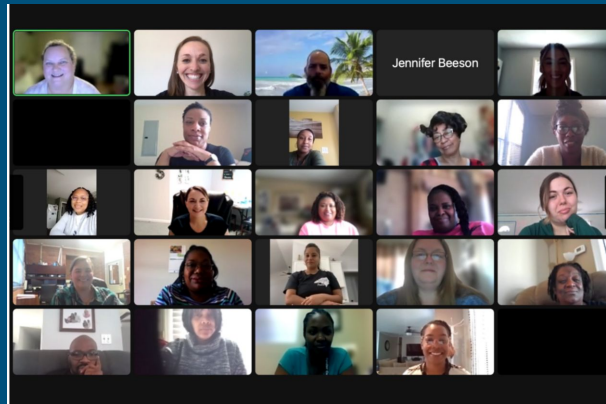


“What a wonderful training opportunity..... I believe the material taught will be so *very useful*. Staff are already “practicing” and have been excited about the information they received. The pace and flow of the training worked well. Subject matter and techniques given were phenomenal. I truly appreciate the time that both you and Amy took to give our staff tools to help themselves. I thoroughly enjoyed being an active participant.”

Local Teachers Receive 3 Hour CRM



Healthy Blue Initiative meets with State DSS Staff



Healthy Blue Initiative to Support Wellness Skills Workshop for Staff Supporting Children in Foster Care in Pender County

PACEs Connection Presentations Tracker Tool

	Organization	Presenter	Attendance	Date	Sector	Subsector	Additional Sectors
1	Pender and New Hanover GAL Volunteers	Community Resiliency Model Workshop (3 hours)	14	2022-02-04	Justice System	None	Youth Organizations
2	Pender DSS	Community Resiliency Model Workshop (3 hours)	21	2022-03-14	Social Services		
3	Resilient Brunswick	Resilience Film Screening	105	2022-02-07	Education	Community college	Community Service Organizations, Education, Education 12+
4	Resilient Brunswick - Follow Up Skills from Screening	Community Resiliency Model Workshop (3 hours)	10	2022-03-15	Education	Community college	Community Service Organizations, Youth Organizations
5	Pender DSS	Community Resiliency Model Workshop (3 hours)	24	2022-03-17	Social Services		Social Services
6	Pender County Schools	Community Resiliency Model Workshop (3 hours)	11	2022-03-22	Education		Education
7	Brunswick, New Hanover, Pender County and Cape Fear Collective	Resilience Film Screening and Data Presentation	14	2022-04-28	Community Initiatives		Business, Child Care, Community Service Organizations, Education, Health, Social Services
8	Robeson County GAL	Community Resiliency Model Workshop (3 hours)	2	2022-04-26	Social Services		Social Services
9	Pender County Foster Parents	Community Resiliency Model Workshop (2 Hours)	7	2022-04-28	Social Services		Child Care
10	Guilford Systems of Care Collaborative	Community Resiliency Model (2 hour workshop)	45	2022-05-10	Community Service Organizations	Behavioral health	Community Service Organizations, Education, Social Services

Showing 1 to 10 of 11 entries

Previous

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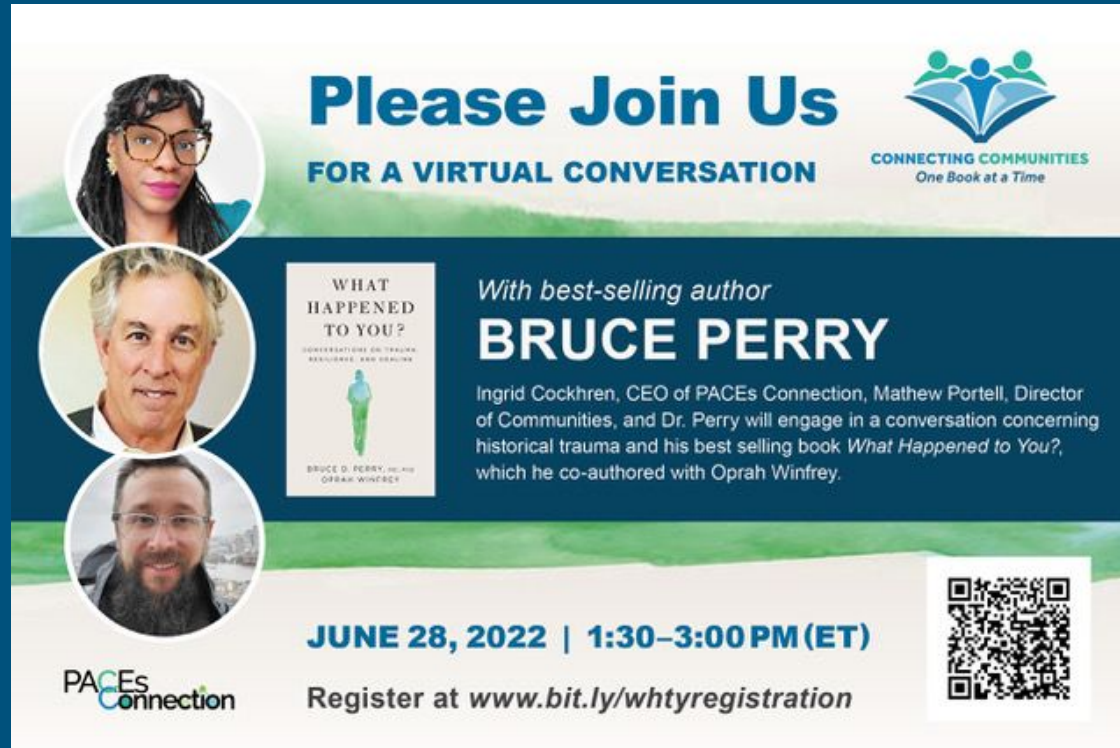
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Next


Possibilities

- Increase number of CRM Teachers in the Healthy Blue Initiative Counties.
- Continue to provide CRM workshops to DSS, GAL, foster parents, and multiple sectors
- Encourage/support participation in book study for *What Happened To You?* Opportunity.
- Utilize available funding to make wellness packets for resiliency kits
- Involving youth in initiative: Provide leadership opportunities, CRM workshops
- Dovetailing into community events for positive childhood experiences





What Happened to You? Book Study



Please Join Us
FOR A VIRTUAL CONVERSATION



CONNECTING COMMUNITIES
One Book at a Time




WHAT HAPPENED TO YOU?
CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING
BRUCE D. PERRY, MD, AND OPRAH WINFREY


With best-selling author
BRUCE PERRY

Ingrid Cockhren, CEO of PACEs Connection, Mathew Portell, Director of Communities, and Dr. Perry will engage in a conversation concerning historical trauma and his best selling book *What Happened to You?*, which he co-authored with Oprah Winfrey.

JUNE 28, 2022 | 1:30–3:00 PM (ET)



Register at www.bit.ly/whtyregistration



Dr. Bruce Perry and Upcoming Book Study

Dr. Bruce Perry and Up Coming Book Study

on **June 28 from 1:30-3:00 p.m. ET** for a virtual conversation with best-selling author Bruce Perry. Ingrid Cockhren, CEO of PACEs Connection; Mathew Portell, PACEs Connections' director of communities, and Perry, a psychiatrist and neuroscientist, will engage in a conversation concerning historical trauma and Perry's best-selling book "What Happened to You? Conversations on Trauma, Resilience and Healing," which he co-authored with Oprah Winfrey.

We want to hear from you:

What thoughts do you have about keeping this initiative sustainable?

What are other ways we can connect with families and children?
Other opportunities to amplify positive experiences.

What else would you like us to know? What are our blindspots?

What events are happening that we should know about to dovetail into?

Want to Learn More about HBI:

Contact one of our team members for more information.

Carey Sipp csipp@pacesconnection.com

Amy Read aread@coastalhorizons.org

Kelly Purcell resilientsenc@gmail.com

You're always welcome to join our meetings
The first and third Wednesday at 4:00-5:00 p.m.

<https://us02web.zoom.us/j/87823847858>

Meeting ID: 878 2384 7858



PACEs Connection



What PACEs Connection has to Offer You:

Ways to **TRACK** and **FIND** important data to support the work you do.

Loads of **FREE** Resources about PACEs (**Positive and Adverse Childhood Experiences**).

Shareable **RESOURCES** for your organizations and the people you work with.

Opportunities to learn at your own pace based on your our own interests.

FREE webinars and links to information to grow and expand our personal and community resilience.

SHARE and highlight the amazing work you are doing and **EXPAND your reach!**

Presentations Tracker

[Presentations Tracker](#)

<https://vimeo.com/705809168>

How to Join PACEs Connection

[How to join PACEs Connection](#)

Free Learning Opportunities Creating Resilient Communities Program

<https://vimeo.com/705759407>

[Register for Introduction to PACEs Connection](#)

[Creating Resilient Communities Accelerator Program](#)

How to Post on PACEs Connection

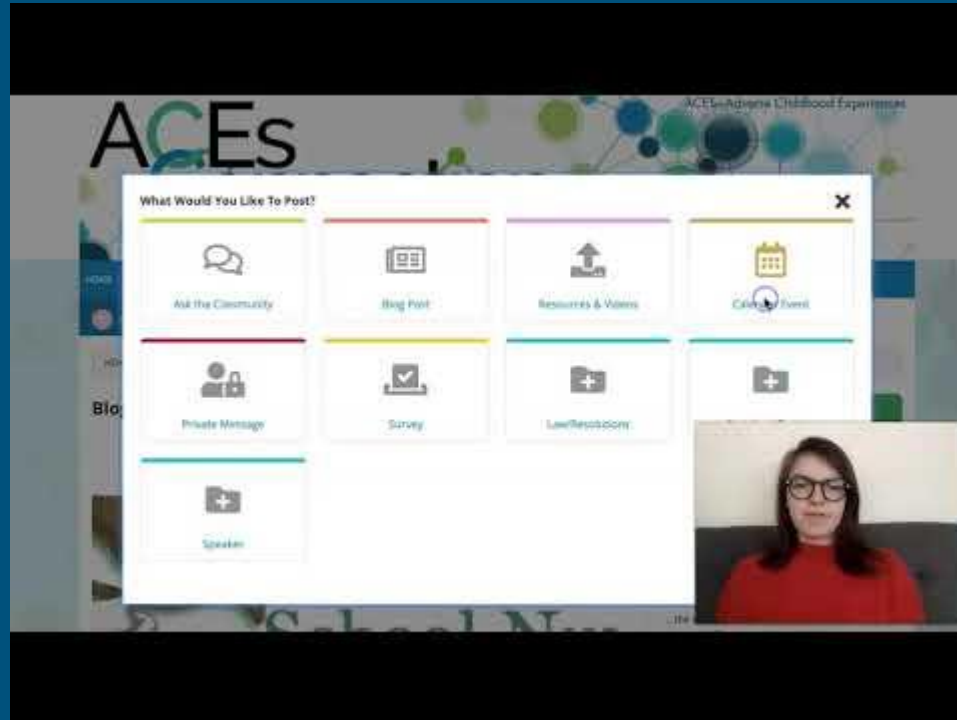


The screenshot shows a Facebook post from the user 'jenna@pacec.org'. The post features a banner image with a portrait of a woman in clerical attire on the left and a logo for 'FAMILY SPIRIT CENTER' with the tagline 'SYNERGY TOGETHER' on the right. The logo consists of three stylized leaves. Below the banner, the text of the post reads: 'Hello, ACEs community! I want to invite you to a complimentary workshop I am putting on via Zoom this Saturday April 18 from 3-5 pm PDT called "Junk Journaling for Resilience During COVID-19". This is an activity that came to me during a time of incredible turmoil and hardship for my family, and it quickly became my go-to practice to shift out of fight-or-flight, gain perspective in my situation, find

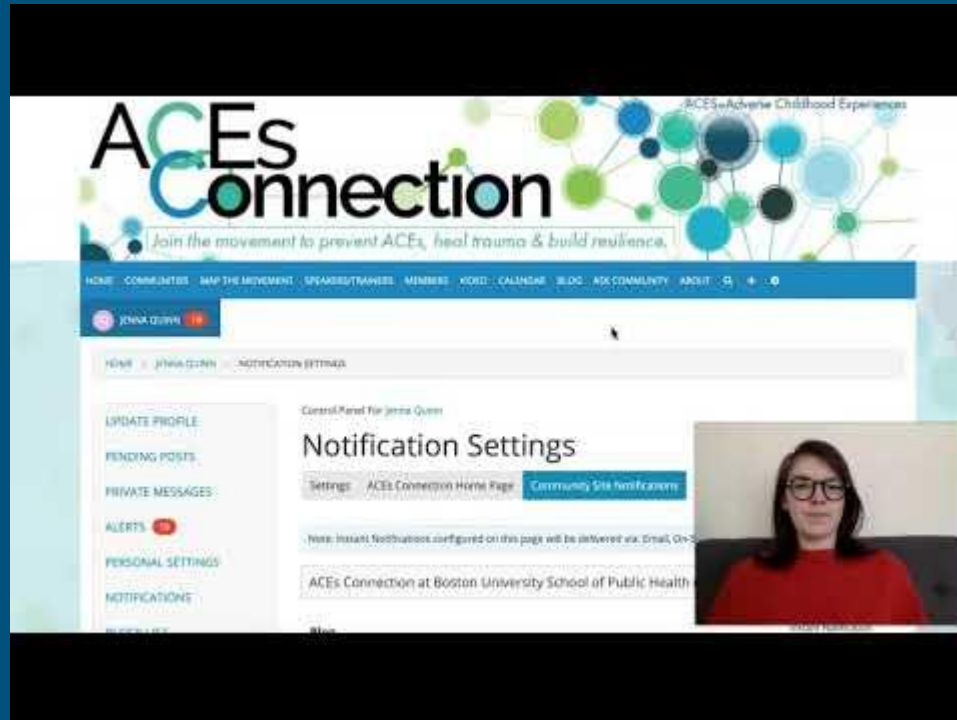
On the right side of the post, there is a 'Comments' section with one comment: 'What is the duration of this workshop? It is hard to find time to find junk materials, so need to be sure this is an overwhelming request!' with 20 replies. Below the comment is a video thumbnail showing a woman with glasses speaking.

At the top of the page, there is a navigation bar with links for HOME, COMMUNITIES, MAKE THE CONNECTION, SPANISH/SPANOL, WEBinars, WIGWAG, ONLINE, BLOG, ALL COMMUNITY, and ABOUT. The page also shows 'Online Now' statistics: Current Visitors: 402 (28 members, 407 guests).

How to add Calendar Events to PACEs Connection



How to Customize Email Notifications for your PACEs Connection Community



The screenshot displays the ACEs Connection website interface. At the top, the logo "ACEs Connection" is prominently featured, with the tagline "Join the movement to prevent ACEs, heal trauma & build resilience." Below the logo, a navigation bar includes links for HOME, COMMUNITIES, MAP THE MOVEMENT, SPACES/STORIES, MEMBERS, KIDS, CALENDAR, BLOG, AND COMMUNITY. The user profile for Jenna Quinn is visible, showing a notification bell icon with a red badge. The main content area is titled "Notification Settings" and includes a "Settings" dropdown menu with options for "ACEs Connection Home Page" and "Community Site Notifications". A note states: "Here, instant notifications configured on this page will be delivered via Email, On-Site, or Mobile App." Below this, a notification preview is shown: "ACEs Connection at Boston University School of Public Health". A video inset in the bottom right corner shows a woman with glasses and a red top, likely the presenter.

How-Tos of PACEs Connection

- How Tos Directory

Have any other questions? They might be answered in our general [How To Directory](#). Still looking for an answer? Reach out at communitymanager@pacesconnection.com