

COMMUNITY IMPACT REPORT 2017-19

We envision a region where every community has the strengths, social connections and community experiences needed for every individual to thrive.

WHY WE DO THIS

Our story is right there in the name.

TRACEs. Yes, it's an acronym: trauma, resilience and adverse childhood experiences.

But the real story happens when these letters are put together to form a word that means shadows, echoes, and imprints—like the long-lasting effects of trauma. This movement is about teaching people to see the traces; to see the shadows that trauma such as generational poverty, historical oppression or adverse childhood experiences casts on health, school, substance abuse, relationships, employment, and happiness.

But it's not enough to remove the blinders. ***The real power of this work is recognizing that there is an antidote to the pain of trauma: resilience.***

We are still learning, but researchers do know that resilience is the common thread uniting people who move through adversity to “navigate their way to the psychological, social, cultural and physical resources that sustain their well-being,” (Ungar, 2011).

The TRACEs movement in Central Oregon is about digging deep into the work of nurturing resilience. It's about so much more than grit and bootstraps, though. It's about making it easier to be resilient. It means having more positive, caring relationships and community experiences. It's about supporting a massive partnership of individuals, organizations, schools and community groups working together to measure it, track it, celebrate it, and learn together.

It's about creating a place where we all belong.

Yes, when we talk about TRACEs we are talking about fundamental system change. It's one of the reasons United Way has adapted to community needs by offering coordinating services for large-scale initiatives dedicated to system change. United Way, along with the other four members of the TRACEs steering committee--Better Together, Central Oregon Health Council, Early Learning Hub of Central Oregon and Littledeer-Evans Consulting--help remove barriers for partners as they create conditions to nurture resilience.

What has been accomplished with their support and the partnership of more than 100 community groups, organizations, agencies and individuals across our region is remarkable and we are excited to share a sampling of the efforts and next steps in the following pages.

The most important work, however, is impossible to capture in words and photos. The most important work is about taking the time to see and believe and respect the life experience of every person, and to earn the trust of community members who have been pushed to the edges for decades and even centuries. It is about seeing the invisible effects of our systems and how they influence people and organizations. As you read this community impact report we invite you to consider how you can support the TRACEs movement in removing the blinders, allowing us to see the real solutions that will enable all of us to thrive.

trauma: a physically or emotionally harmful event or series of events experienced by an individual that has a lasting negative effect on the individual's mental, physical, social, emotional or spiritual well-being.

resilience: a positive outcome or adaptation in the face of adversity.

LAND ACKNOWLEDGEMENT

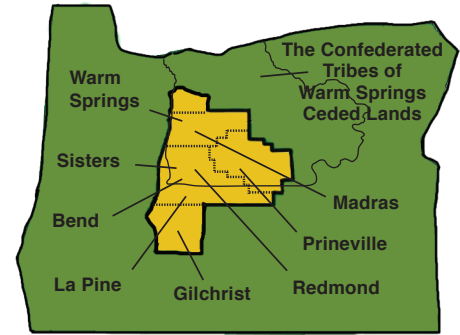
TRACEs would like to recognize and acknowledge the indigenous land of the Molalla, Paiute, Klamath, Modok, Yahooskin Band of Snake Indians, Confederated Tribes of Middle Oregon, and Confederated Tribes of Warm Springs. We acknowledge them as the past, present and future caretakers of this land. It is on their traditional land where we partner to recognize trauma and learn together about how we can become a community where our very conditions nurture resilience. We aspire to be good guests honoring the concept in the Warm Springs culture: “This land is for you to know and live upon, and pass on to the children.”

Acknowledgment is a simple, powerful way of showing respect and taking a step toward correcting the stories and practices that erase Indigenous people's history and culture and toward inviting and honoring the truth. TRACEs welcomes you to create your own land acknowledgement. Here are a few resources to help you do this important personal work:

- Native-land.ca
- Native Aspirations Coalition participation
- Oregon History Project: The First Peoples
- The Museum at Warm Springs

WHAT IS TRACES?

Trauma and adverse childhood experiences are a root cause of major social issues. TRACES is a region-wide partnership supporting communities to recognize the effects of trauma and to nurture resilience—the antidote to trauma. Through this partnership, more than 100 nonprofits, organizations and individuals in Jefferson, Crook and Deschutes counties and on the lands of the Confederated Tribes of Warm Springs have developed a shared agenda to nurture resilience, reduce the impacts of trauma on our community and make the systemic change that will dramatically improve the ability of every one of us to thrive.



PROMOTE

Promote awareness of trauma and resilience



MEASURE

Measure resilience with a shared tool to increase impact



COLLABORATE

Collaborate with partners to learn and grow together



CONNECT

Connect partners to trainers, resources and each other



ADVOCATE

Advocate for changes in policies and practices



WHY COLLECTIVE IMPACT WORKS

Since Stanford University researchers coined the phrase “collective impact” in 2011, a growing body of research is showing that community-wide collaborative efforts—such as TRACES—are more likely to affect social change. It works because rather than dozens of agencies tackling a problem alone, together they can unite their efforts behind shared goals, shared metrics for success and continuous communication around what’s working and what’s not. So, in 2017 when TRACES partners in healthcare, education and social services came together to nurture more resilient communities as a strategy for reducing the impacts of trauma, they chose the collective impact model for their movement. Equity is a critical lens for this work to ensure every individual, family and community has what they need to thrive.

“When we talk about health outcomes, it’s rare to find a common denominator quite like trauma—it’s the root of so much physical and emotional pain. TRACES is uniquely powerful because it is not only aligning us all to raise awareness of the effects of trauma, but also to collectively cultivate it’s antidote: resilience.”

– TAMMY BANEY

Board Chair, Central Oregon Health Council

TRAUMA IS THE ROOT OF MAJOR SOCIAL CHALLENGES

Trauma occurs as a result of a single or multiple deeply distressing events, and can also be caused by a lifetime of experiences such as generational poverty or historical oppression. Not always, but often trauma has long-lasting effects on mental, physical, social, emotional, and spiritual well-being. Although the effects can last a lifetime, they can also be reduced significantly and even prevented generationally. Trauma is not destiny.

PAIR OF ACES TREE

Major societal issues are the roots of trauma. The leaves on the tree represent the 'symptoms' of trauma that in turn lead to adverse childhood experiences. These 'ACEs' can increase a person's risk for chronic stress and adverse coping mechanisms, and result in lifelong chronic illness such as depression, heart disease, obesity and substance abuse. The interplay of community environments and ACEs compound the effects of one another creating a negative cycle of ever-worsening conditions.

ADVERSE CHILDHOOD EXPERIENCES



ADVERSE COMMUNITY ENVIRONMENTS



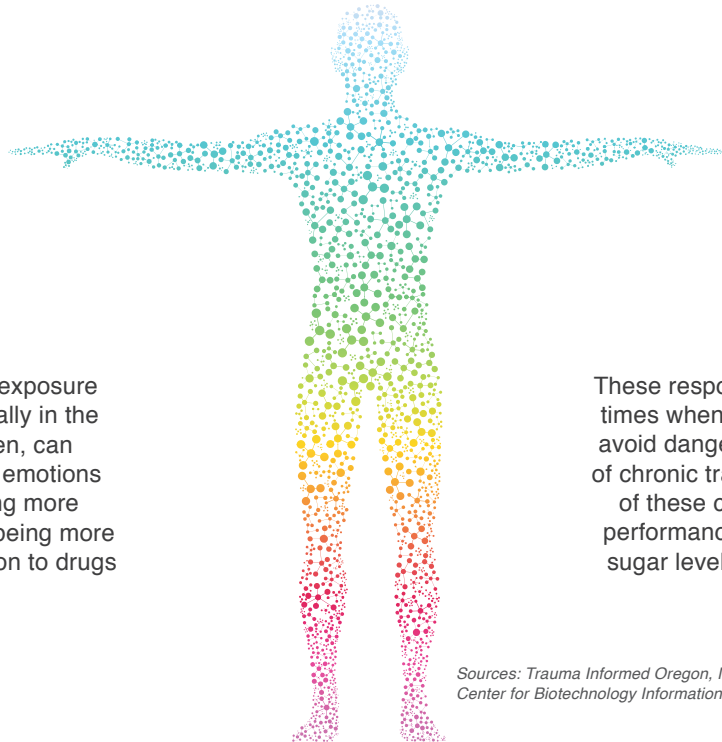
Adapted from Ellis W., Dietz W. (2017). A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model. Academic Pediatrics.

EFFECTS OF TRAUMA CAN LAST A LIFETIME

BIOLOGY OF TRAUMA

OUR BODIES ARE CHANGED WHEN WE EXPERIENCE TRAUMA.

When trauma occurs the central nervous system is flooded with chemical compounds produced by the brain as part of our fight-or-flight response. Our bodies are wired to act differently when these chemicals surge through our systems.



Brain chemicals such as cortisol and norepinephrine are released when this fight-or-flight system is aroused. These chemicals can increase energy levels, heighten memory functions and even lower pain sensitivity.

Other effects of prolonged exposure to these chemicals, especially in the developing brains of children, can include difficulty regulating emotions and making decisions, being more likely to blame others and being more likely to experience addiction to drugs and alcohol.

These responses can be positive during times when we must respond quickly to avoid danger, but especially in the case of chronic trauma, prolonged high levels of these chemicals can alter cognitive performance, lead to imbalanced blood sugar levels, increased blood pressure and lower immunities.

Sources: Trauma Informed Oregon, National Center for Biotechnology Information.

EFFECTS OF TRAUMA

Chronic health conditions

Substance abuse

Depression

Missed work

Suicide

Low school performance

FOSTERING RESILIENCE ACROSS THE REGION

PROTECTIVE FACTORS THAT PROMOTE RESILIENCE

Resilience is cultivated at the individual, relational and community level and is about so much more than grit and bootstraps.

We wish we had more room to highlight all of the incredible resilience work going on throughout the Central Oregon region. Here are a few examples of the various ways resilience is being nurtured as described by partners.

Each community approaches this work differently--the history and context requires it--but there are common elements. We invite you to seek out the connections between the work partners describe here and the factors promoting resilience in the graphic at right.



Adapted from Child and Youth Resilience Measure, Resilience Research Centre.

JEFFCO CONNECTS

Provided by Beth Ann Beamer, Public Health Nurse, Jefferson County Public Health and JeffCo Connects partners

The Jefferson County Public Health Department and local partners created JeffCo Connects to get people talking and connecting with each other. JeffCo Connects' two new outreach projects are designed to promote overall health and well-being in a county that wants to expand its methods to achieve resiliency. Stakeholders saw they needed to engage the community and reach out to residents. To do that they created a website, jeffcoconnects.org, that will offer bilingual updates and provide a way for Jefferson County organizations to share news, promote events and recruit volunteers. The website offers a wealth of information and links to businesses and nonprofits in the area. Its second big project is a visioning process that will involve citizens from all over Jefferson County. The health department is organizing a series of meetings where participants brainstorm and prioritize health-related concerns and ideas that directly impact their lives. Combined, the two projects under JeffCo Connects offer the county a chance to hear from a wide variety of voices and amplify a range of ideas, organizations and offerings to further the community's goal of nurturing health, wellbeing, and resilience.

CROOK COUNTY ON THE MOVE

Provided by Donna Barnes, Crook County on the Move Chair with input from members of CCOTM

Crook County on the Move, a program of the Crook County Foundation, connects friends, neighbors and organizations together as we lead efforts to make healthy lifestyle changes easy and fun. We believe in the importance of staying "refreshed" and how that affects both your mental and physical health. You can't separate one from the other if you want to achieve overall well-being. We organize events like the community wellness fair before Movies in the Park, as well as gardening events, Bike Month and the Keep Moving Challenge.



GILCHRIST SUMMER CAMP

Provided by Tonya Karlowicz

Gilchrist's Youth Summer Program is a two-week camp that strives to create and provide an environment of protective factors to increase resilience and decrease the impact of trauma. The program accomplishes this by providing opportunities for youth to engage in healthy practices that increase their feeling of belonging, and give them opportunities to practice independence, mastery and generosity. This work is invaluable because the well-being of each contributes to the well-being of the whole and to future generations.



CONFEDERATED TRIBES OF WARM SPRINGS AND THE NATIVE ASPIRATIONS COALITION

Provided by My'Kee Martinez

The Native Aspirations Coalition serves the community in an evidence-based and culturally appropriate way. To reduce risk factors and increase protective factors, we are building on the resilience and strengths the community already has. Our work includes suicide prevention, juvenile crime prevention, meth prevention, alcohol and drug prevention and youth violence and bullying prevention. We talk about trauma and resilience on the radio, the internet, and in groups. We are there, with people, as they go through their crisis and listen afterwards to help them process trauma, if they want us to be a part of their journey in that way. We are not the saviors, coming from above to save our community from themselves. We only seek to work with them (not for them) and share in the journey that they intend to take, creating their own pathway to healing, and tapping into their own local strengths and wisdom.

Sometimes individual ideas are voted down by the Coalition but that is part of this process. It doesn't matter who you are; everyone's vote is equal. Fishermen, loggers and firefighters are curious about things, too. They ask great questions and want us to think about what we're doing. They don't just take things at face value. We want them to question things and think for themselves. They hold us accountable and have every right to ask us about the programs in their community. It fosters resilience in them when they assert themselves.

We encourage these multiple ways for people to build up their own strength and deal with things in the "newer" scientific ways or in the "old ways" of our traditional ancestors who have been in America for over 10,000 years. It's important for tribal people to know you can have your feet in both worlds. You can embrace your cultural identity, and be more comfortable with western science-based ways. Those two worlds don't have to be at odds.

We have seen that young people in our community are developing many more coping skills than the last generation. They're learning it in programs in the schools, like Soaring Butterflies and Warrior Spirits. The kids get it right away, they have grown up with these services and can navigate through life with healthier coping skills. They can handle the tough times much better and with more tools than older generations. We have seen kiddos age out of the program who have gone off to college, are married, have good jobs and are doing great. We have seen real change.



RESTORATIVE JUSTICE TOWN HALL

Provided by Dalton Miller Jones and Beth Hoover

We are a volunteer group fostering leadership and autonomy among Black and Brown and Asian students who have historically been marginalized in the institutions and agencies responsible for their care and well-being, education and economic enhancement. Through the use of Restorative Justice practices we seek to increase school engagement and students' sense of belonging, and to thus raise retention, achievement and graduation rates in these communities. We see the values, policies and practices Restorative Justice espouses as critical for establishing trusting relationships and the successful resolution of conflicts and disparities.

Current projects include implementing community-wide town halls on racism in conjunction with the Bend La Pine School District and its several local high schools for students of color; working with Bend La Pine Schools, Latino Community Association, Bend Education Association, Central Oregon Community College's Latinx, Native American, and AfroCentric Studies Clubs, United Way's TRACEs partnership, Embrace Bend, and Better Together (our fiscal sponsor), and others to actively support student and teacher-led multicultural clubs, advocate for teacher training in culturally relevant teaching practices and for greater inclusion of cultural diversity content in curriculum, especially in history and English courses.

What We Measure, We Improve

As the TRACEs movement got underway, it didn't take long to hone in on a critical piece of the puzzle: data. Partners in education, healthcare, social services and nonprofits saw the opportunities that resilience data could provide. Baselineing, tracking and replicating success were all within our reach if only we had a powerful resilience measurement tool.

Enter "The Shared Measures" and Oregon State University-Cascades Human Development and Family Sciences professors Brienne Kothari and Shannon Lipscomb. Within months of the birth of TRACEs, these two researchers along with student researchers Meah Cukrov and Erin Quadir found the perfect tool for measuring resilience with the Child/Youth and Adult Resilience Measures from the Resilience Research Centre.

This survey tool provides a lens for measuring all kinds of "resilience promoting factors." From questions about

whether a person feels they have opportunities to master skills, such as in art or athletics, to a person's ability to access basic needs such as food to whether they have someone to look up to—these surveys offer tangible answers to how resilience can be fostered at the individual and region-wide level.

Since tapping into this survey tool, more than 30,000 Central Oregon kids and adults have completed the measure.

The results of the survey have helped empower schools throughout the region and more than 20 different organizations in their approach, such as CASA, Big Brothers Big Sisters and even school districts throughout the region.

"Research should be informing practice," Kothari said. "The beauty in the Collective Impact approach with TRACEs is it provides an opportunity for researchers and practitioners to be informing one another."

The CYRM/ARM has become such an integral part of the TRACEs movement in Central Oregon that if the project ended today, these measures would have already added something meaningful and lasting to both the local and national literature around trauma and resilience.



BIG BROTHERS BIG SISTERS GETS A BIG BOOST FROM DATA

Big Brothers Big Sisters of Central Oregon, which operates in all three counties, is one of the many partners using the Child/Youth Resilience Measures and applying the results to its everyday work.

"We started to get interested in TRACEs three years ago because ACEs (Adverse Childhood Experiences) play such a big part in the people and relationships we foster," Elysia Kiyija, program director for Big Brothers Big Sisters of Central Oregon, said.

Now, they've joined more than 20 other TRACEs partners who are using the Child and Youth Resilience Measure (CYRM) or Adult Resilience Measure (ARM) to track individual, relational and community resilience.

Collaborating with Meah Cukrov, TRACEs' Shared Measures Project Coordinator, has been incredibly helpful for BBBS in understanding the results of the CYRM data and focusing on ways to recognize, understand and overcome ACEs through this more positive and approachable way to look at trauma and resilience.

"Meah created an Excel spreadsheet to record CYRM answers and the resulting calculations," said Kiyija. "We're able to put the child's score in the spreadsheet and it pops up with the areas of highest need for resilience building."

For instance, if a child's CYRM shows they've never had the chance to develop skill mastery, that child will be placed with an adult who has a skill to teach that youth, creating more alignment between "bigs" and "littles" at the start to ensure help the youth in the program gain support exactly where they need it.



"They're not always so keen on just building a friendship. It's really helped us keep the mentors engaged and focused on resilience-related goals that are concrete."

- ELYSIA KIYIJA
Program Director, Big Brothers
Big Sisters of Central Oregon

DOES CENTRAL OREGON UNDERSTAND RESILIENCE?

OHSU researchers assess Central Oregon's readiness to address nurturing resilience on a scale of 1-9.



Through the resilience readiness study, community leaders shared many different hopes and concerns about cultivating resilience in Central Oregon.

ASSESSING COMMUNITY READINESS & KNOWLEDGE

Resilience isn't the only baseline being measured in Central Oregon. TRACeS has also been studying how people understand trauma and resilience and how ready our communities are to take action.

To help collect this “readiness” data, TRACeS turned to partners at Oregon Health & Science University's Community Research Hub located in Central Oregon. The OHSU Community Research Hub team, led by director Jackilen Shannon, worked with TRACeS staff, students, and community representatives to collect data all over Crook, Jefferson and Deschutes counties, and the lands of the Confederated Tribes of Warm Springs.

They did this in two ways, according to Laura Campbell, OHSU Community Research Program Manager. First, using the community readiness assessment, the OHSU team, students and local volunteers interviewed 29 people from seven sectors and the three counties about how ready they believe their community is to take action on nurturing resilience. Second, the team asked community members to

complete a resilience awareness survey to understand general awareness and knowledge of trauma and resilience. Surveys were administered at locations and events like grocery stores, Movies in the Park in Prineville, the Culver Crawdad Festival and Central Oregon Pride Festival in Bend.

The data from stakeholder interviews show that overall, Central Oregon communities have some awareness of the issues and may be ready to start planning to nurture resilience. The goal for communities at this level is to raise awareness about the issue and increase local efforts. Preliminary results from the awareness survey data collected from more than 400 community members tells TRACeS and researchers that much still needs to be done to raise awareness and foster resilience throughout the region.

“The data help tell stories and we live in a data-driven society, so they give validity to stories and experiences,” Campbell said. “They also allow us to see a bigger picture of where our communities are at and how we can most effectively support each other and build resilience.”



RAISING AWARENESS RECOMMENDATIONS:

- ◆ Present at community events
- ◆ Host interactive events
- ◆ Leverage media and social channels
- ◆ Partner with churches and clubs

SYSTEM CHANGE



Changing Systems, not People

In 2017, it became starkly obvious that things could simply not go on like this.

The impacts of adverse childhood experiences (ACEs) had become so blatant to TRACEs founding partners Better Together, Central Oregon Health Council and United Way that the leaders of these groups knew it didn't make sense to just keep treating symptoms like low performance in school or chronic health conditions.

It was time to unite together through a new movement to shine a light on the systemic causes perpetuating the cycle of trauma. It was time to support and cheer on partners in education, healthcare, social services, criminal justice and policy-making to shift the attention from treating trauma to fostering resilience. For the past two years, this movement has done just that, leading the rallying cry in Central Oregon for digging deep into the changes needed at base, system levels—and the results are proving to be profound.

SYSTEM CHANGE IN EDUCATION: CULTURE OF CARE

When it comes to ACEs, there is no system more poised to determine the course of a young person's life than the school system. This is the basic tenet behind a powerful initiative called the Culture of Care, a new program in schools across Central Oregon aimed at fostering resilience through interactions with and support for kids that's reaching more than 30,000 students and staff.

The Culture of Care is led by Better Together, a regional cross-sector partnership working collectively with school system partners to improve outcomes for children and youth from cradle to career. It's funded in part by large grants from Central Oregon Health Council and America's Promise. The goal of the program is to create trauma-informed schools through policy change, training and professional learning communities of administrators, teachers and staff,

said Katie Condit, executive director of Better Together.

What this means on a day-to-day basis is that three "coaches" are now in our schools teaching classified and certified staff alike how to recognize trauma and respond in ways that encourage success rather than cause further harm. Workgroups focused on culture change are gathering, policies are being reviewed, and so much more. These are important conversations when it comes to managing behavior in class, disciplining youth or even responding to low performance, all of which may be due to hunger or other trauma-related experiences. Once awareness of the real underlying issue is known, teachers and administrators can unite to respond in ways that lead to healthy outcomes.

"We need to get out of the mentality of fixing people and that's what systems change can do," Condit said.

“For decades, we have wrestled with the painful human outcomes of broken systems. Education, healthcare, government decision-making: all of these must be fundamentally re-tooled so that the most vulnerable among us have a fair shot at success and the opportunity to thrive.”

KEN WILHELM

Executive Director, United Way of Deschutes County

SYSTEM CHANGE IN HEALTHCARE: PACIFICSOURCE AND MOSAIC MEDICAL

Healthcare systems also have the power to affect the lives of tens of thousands of people in Central Oregon, especially the most vulnerable among us. Two of the region’s most essential healthcare partners, PacificSource and Mosaic Medical, have recently made new commitments to trauma-informed and culturally responsive care.

Together these agencies reach more than 48,000 people across Crook, Deschutes, Jefferson and Northern Klamath Counties—meaning system change within these healthcare organizations can cause a wave of benefit for people and families across our entire region.

PacificSource, which is our region’s state-mandated coordinated care organization serving people on Medicaid, was recently asked by the Oregon Health Authority to begin submitting plans for ensuring a well-trained, trauma-informed, culturally and linguistically responsive workforce. It’s a mandate that comes with additional support allowing healthcare providers to more easily prioritize addressing ACEs and trauma with patients.

Separately, Mosaic Medical—a network of community health centers devoted to providing high-quality healthcare to all community members, regardless of how much they can pay, what language they speak or whether they have insurance—is providing trauma-informed care training in every new employee orientation, using the approach in daily practice and continuing to think of ways

to be more trauma-informed across the organization.

“We recently completed trauma-informed care training for more than 90% of our 365 staff members,” said Elaine Knobbs-Seasholtz, who is director of Strategy and Development at Mosaic Medical.

SYSTEM CHANGE IN LEADERSHIP: THE FUTURE OF TRACES

TRACES partners are making dramatic strides in education and healthcare, and as this movement evolves we will build on these successes to engage employers and community leaders with data demonstrating the power of trauma-informed policy making and practices.

We envision a Central Oregon community where people of all backgrounds and experience are involved in decision-making, and honored and respected for the wisdom they offer. The TRACES policy and practices workgroup is already laying the groundwork for this next step.

But this work is not easy. Bringing about systemic cultural change isn’t about flipping a switch. Someone—a lot of someones—need to be devoted to keeping up the momentum, to holding partners together around a shared purpose, and doing the very tangible work of facilitating and celebrating success. TRACES will continue to hold this space and be the constant advocate for fundamental system changes that will support all Central Oregonians to thrive.

TRACES BY THE NUMBERS

116

PARTNERS

4

LEARNING COMMUNITIES

527

PEOPLE ATTENDED
A TRACES 101

425

ATTENDED
LEARNING COMMUNITIES

1,019

ATTENDED TRACES
WORKGROUP MEETINGS

2,013

TRAINED THROUGH TRACES

23,000+

RESILIENCE SURVEYS TAKEN

6,119

TOTAL INDIVIDUAL
EXPOSURES TO TRACES

TRACEs Partners Unite to Advance Foster Care Priorities

For years, people working in the foster care arena around Central Oregon would tell you competition for meager resources to support children and youth was strong. Grants were in high demand, and the variety of agencies working together to provide meaningful services occasionally found themselves edging each other out in a system that can be described as anything but perfect.

And so, when a new foster care workgroup was created through TRACEs in 2017, many individuals, agencies and organizations working within the foster care community in Central Oregon came to the table with a history of uncertainty about what they were getting into and what the value of the group could be.

But over the course of repeated meetings and strategy sessions around the very top priorities for youth and children—the workgroup members achieved something that’s never been done here before.

Together TRACEs partners including Court Appointed Special Advocates (CASA), the Family Resource Center, Central Oregon Foster Parents Association, Every Child, JBarJ, Friends of the Children and the Oregon Department of Human Services listened to the voices of those in foster care, biological and foster families, to understand their needs and develop a shared agenda.

“I’m glad we stuck with it. We are on target to become one of the few regions in Oregon that will have a CASA for every child in the coming years. We’re also now organized to collect data about the different services a child is accessing in the community, and we are looking at each child’s resilience strengths and needs. This effort is making a tremendous difference in evaluating our shared effort.”

- JENNA APP, Executive Director, CASA of Central Oregon

These needs included mentoring, family stabilization strategies, culturally responsive care, skill-building and motivational programs, and reunification supports including providing furniture for youth and children who are moving back in with biological parents. In total a package of \$1.6 million in projects was envisioned by the workgroup.

In summer 2019, TRACEs provided seed funding totaling \$558,000. What happened next was the really special part. The partner agencies in the workgroup came together to determine how to allocate that limited funding in a way that best met the needs of kids. They put aside any individual organizational priorities and simply focused on the kids.

Recently, the workgroup heard even more good news--The Ford Family Foundation is providing a \$300,000 grant to supplement the TRACEs investment.

It’s a powerful vote of confidence underscoring the value of a local workgroup whose members collectively defined the priorities of a region and actively sought out solutions to their shared goals. In a state like Oregon, where state government is under increasing pressure to improve a foster care system rife with reports of abuse, neglect and inadequate support, TRACEs offers a method for providing essential funding now.

WORKGROUP SPURS \$858,000 IN NEW INVESTMENTS

- ♦ **JBarJ Kindred Connections:** Supporting biological families in times of need—\$30,000
- ♦ **Every Child:** Supporting culturally appropriate foster care family recruitment, training, and retention—\$80,000
- ♦ **Family Resource Center:** Supporting culturally appropriate foster care family recruitment, training, and retention—\$57,000
- ♦ **CASA:** Providing a culturally appropriate CASA for every child—\$284,000 initial investment
- ♦ **CASA:** Finding biological family to provide support—\$58,000
- ♦ **JBarJ/Big Brothers Big Sisters:** Providing mentors to children and youth in care—\$24,000
- ♦ **JBarJ Independent Living Program:** Ensuring basic access, skills, and confidence in the transition to independent living—\$25,000
- ♦ **The Ford Family Foundation:** Grant to be allocated across priorities—\$300,000

“Research has demonstrated that investments like these, deployed when people need them most, improve well-being, reduce health care costs and improve outcomes in school and employment over time,” said Ken Wilhelm, United Way Executive Director, on the value of the TRACEs investment. “They are more than worth it.”

WHAT YOUTH IN FOSTER CARE SAY

- ♦ As teens, we don’t have a proper place to live independently so we often go straight back into a life of homelessness, drugs, crime and gangs.
- ♦ There aren’t enough Court Appointed Special Advocates, so many of us have to face the legal system alone.
- ♦ Foster parents often don’t have the training to know how to create strong bonds with us, especially if we’re from different cultures, leading to conflicts that break down success.
- ♦ We don’t see adults in our life that we want to be like.

Adapted from the Oregon Foster Youth Connect 2018 Policy Agenda

Tackling the Childcare Crisis

Across our region it's the same story – the demand for childcare is growing, but supply is severely constrained. The “childcare desert dilemma” – that’s how Bend Chamber of Commerce President Katy Brooks describes it – is a huge challenge for working moms and dads in Central Oregon who are trying to earn a living and provide care for their children while at work.

In a recent presentation to the Bend City Council, Brooks cites a recent Bend Chamber of Commerce survey revealing that 97 percent of employees have difficulties finding childcare, and 42 percent of employees spend at least half their paychecks on safe, quality care for their children.

According to the 2019 Centers for Disease Control and Prevention Report on Preventing Adverse Childhood Experiences: Leveraging the Best Available Evidence, access to childcare results in greater family well-being, higher educational attainment and increased workforce participation, especially for women.

It’s why TRACEs worked with the Early Learning Hub of Central Oregon to figure out what role would be helpful. Simply naming and talking about the “childcare crisis” was the first step – it was there but nobody was incentivized to fix it. TRACEs partner Kara Tachikawa, then executive director of Inspire Early Learning (now with MountainStar Relief Nursery), picked it up and brought it to the Bend Chamber, spearheading their project which has since resulted in things like a reduction of systems development charges for new childcare facilities.

Questions then arose about how to quantify the need. Behind the scenes, TRACEs partnered with NeighborImpact to develop a one-page overview of supply and demand for Bend and then for each community in Central Oregon which through sharing, led to the re-invigoration of a workgroup in Redmond that had been working on the issue for years. Work then slowed as communities learned that there was space and



Stable and enriching childcare fosters resilience in children *and* their families.

land available but somehow it wasn’t connected to those who needed it. So TRACEs amplified this missing piece and provided seed funding for a regional role to connect those who know about property and space to those who know what it takes to manage a childcare center.

This fall, these encouraging steps dovetailed with activity at the regional, state and national level. Our Early Learning Hub received a portion of Oregon’s \$4 million Baby Promise Pilot Project targeted at supporting childcare for low-income families and stabilizing the childcare workforce.

The U.S. Chamber of Commerce Foundation visited Bend, Redmond, Sisters, La Pine, Prineville and Madras and participated in local meetings focused on the economic impact of our childcare shortage. And, this fall the Bend Chamber of Commerce hired a full-time childcare advocate.

Progress is being made and TRACEs has been afforded a unique opportunity to participate, watch for barriers and assist public, private and nonprofit community groups as they work together to influence policy change and invest in this underlying issue of resilience.

A VISION FOR THE FUTURE OF THE MOVEMENT

During the summer of 2019, TRACEs partners were asked what they saw for the future of TRACEs. Over 80% of respondents indicated they'd like to see TRACEs continue for "10 years or more" with examples of work to be done shown below.



TRACEs REVENUES

JULY 2017-JUNE 2019

TOTAL: \$1,306,000

- ◆ Central Oregon Health Council: \$1,152,000
- ◆ United Way of Deschutes County \$59,000
- ◆ Oregon Community Foundation: \$40,000
- ◆ Bend Foundation: \$30,000
- ◆ St. Charles Community Benefits: \$10,000
- ◆ PacificSource Foundation: \$10,000
- ◆ Autzen Foundation: \$5,000

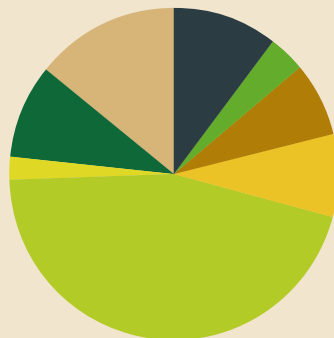
WHERE DID THE FUNDING GO?

- ◆ Gilchrist Summer Camp
- ◆ Warm Springs Child Protective Service Center
- ◆ Warm Springs Survivors of Suicide Conference
- ◆ Warm Springs Trauma, Healing, and Resilience Conference
- ◆ 9 Tribes Youth Camp
- ◆ EMDR training travel
- ◆ Restorative Justice Town Hall
- ◆ Sisters Intergenerational Program design
- ◆ Roots of Resilience workshops for early childhood teachers
- ◆ PAWSitive Choices K-2 trauma informed education curriculum implementation
- ◆ CLERC library at COCC
- ◆ Seed funding of Childcare Accelerator position
- ◆ Childcare supply and demand summaries for each community
- ◆ Childcare planning and facilitation start-up support
- ◆ Event sponsorships: Healing Trauma Conference, Samara Community Education and Resource Fair, I wish my parents knew: A Parenting Summit (Dan Siegel), Overcoming Adverse Childhood Experiences to Become Your Best Self (Lisa Feinics); Our Kids: The American Dream in Crisis (Robert Putnam); Bend Pride 5K Run/Walk

TRACEs EXPENSES

JULY 2017-JUNE 2019

TOTAL: \$1,342,641



ALLOCATION OF FUNDS

- ◆ Promote Community Awareness and Knowledge - \$141,310
- ◆ Advocate for Policies and Practices - \$48,858
- ◆ Connect providers to resources - \$95,240
- ◆ Collaborate through learning communities - \$107,682
- ◆ Youth and Children in Foster Care - \$607,513
- ◆ All Babies and Childcare - \$32,051
- ◆ Measure resilience - \$122,227
- ◆ Staff Support/Backbone - \$187,760

FUTURE NEEDS

This book tells the story of the successes this movement has achieved in two short years. **And we've only just begun.**

Now we are asking you to lend your strength to sustain this work. TRACEs is seeking \$1.2 million each year from mid-2020 through mid-2022—for a total of \$3.6 million. Together we can continue to unite this region behind resilience, ensuring that every one of us has what we need to move through adversity to thrive.

PARTNER GRANTS LEVERAGED BY TRACEs MOVEMENT

- ◆ \$1.5M to Central Oregon schools for Culture of Care from Central Oregon Health Council
- ◆ \$300k to Crook County Schools for Culture of Care from America's Promise
- ◆ \$300k for Youth and Children in Foster Care from The Ford Family Foundation



THANK YOU TO OUR COMMUNITY PARTNERS

A Community Thread
 A Smile for Kids (ASK)
 AirLink Critical Care Transport
 Ali Cammelletti
 Allison Barnard, Terra Firma
 Anne Van Duse, Friends of the Children
 Anissa Wiseman, Bend La Pine Schools
 Autumn Rackley, Neighbor Impact
 Bend Park & Recreation District
 Better Together
 Bethlehem Inn
 Big Brothers Big Sisters of Central Oregon
 Bob and Clella Thomas
 Boys and Girls Clubs of Bend
 Brandi Moles, DHS - Child Welfare
 Brenda Mingus
 Cameron Fischer, OSU Cascades
 Chris Watson, Warm Springs Community Action Team
 Court Appointed Special Advocates (CASA)
 Camp Victory Fitness Studio
 Camp Fire Central Oregon
 Carl Burlton
 Carol Delmonico Coaching and Consulting LLC
 Carrie Douglass, Bend La Pine School Board Member
 Cascade Lakes Relay Foundation
 Cascade Cycling Classic Youth Foundation
 Cascade Youth and Family Center
 Central Oregon Community College – Early Childhood Education
 Central Oregon Health Council
 Central Oregon Veterans Ranch
 Charles Hemingway, Shepherds House Ministries
 The Child Center
 Cindy Bene, Staffing Solutions NW, LLC
 A Circle of Friends
 COCC Children’s Literature Equity Resource Center
 Courtney Gallant, Bethlehem Inn
 Creach Consulting, LLC
 Dalton Miller-Jones, Restorative Justice & Equity/Oregon Community Foundation
 Darcy Bedortha, H.O.R.S.E.S. on the Ranch
 David Manlin

Deborah Wilson, Community Member
 Dee Thies, Community Member
 Delphine Lumen, Community Member
 Department of Human Services / Child Welfare, District 10
 Deschutes Children’s Foundation
 Deschutes Public Library
 Divya Sharma, MD, Central Oregon IPA
 Early Learning Hub of Central Oregon
 Elizabeth Fitzgerald, Deschutes County Health Services
 Ensworth Elementary School
 The Environmental Center
 Erin O’Donnell
 FACT for Oregon
 Family Resource Center of Central Oregon
 Friends of the Children Central Oregon
 Genevieve Bouche, Community Member
 George Fox University
 Grandma’s House of Central Oregon
 Greg Delgado
 Hannah Finazzo-Krueger, LPC
 Hard Works Painting, LLC
 Healing Reins
 Healthy Beginnings
 Healthy Families of the High Desert
 Heart of Oregon Corps
 Heather McNeil, Deschutes Public Library
 High Desert ESD Regional PreK-3rd Initiative
 Hueya, Inc.
 Human Dignity Coalition
 In Our Backyard
 Insights and Opportunities, LLC
 Inspire Early Learning Centers
 Jamie Bowman
 J Bar J Boys Ranch
 Rev. Jill Gwen, Jill Gwen Consulting & GO SOULAR
 Jayel Haden, HR Director, High Desert ESD
 Julie Craig, Bend-La Pine School Board Member
 Karen Brown, Edwin Brown Education Center
 Kate Smith, Prineville Emergency Nurse
 KIDS Center
 Kindred Connections
 Kristen Wiest, OSU Cascades Grad Student

Dr. Kyle Ahlf, Peak Wellness Services
 La Pine Middle School
 Latino Community Association
 LeeAnn Kriegh
 Linda McCoy, Central Oregon Health Council
 Mary Fleischman, community member
 Meah Cukrov, TRACES
 Michael Martinez, Warm Springs Native Aspiration Coalition
 MindSights
 Mosaic Medical
 MountainStar Relief Nursery
 Nick Acosta, community member
 Olivia Serna
 Oregon State University – Cascades
 PacificSource Health Plans
 Pamela Seidel, community member
 Rachel Cardwell
 Rachel Haakenson
 Randy Brooks
 REACH Redmond
 Rusk Coaching & Consulting
 Rimrock Trails Treatment Services
 Rowena Meyer-Bandy, Navis-tech company
 Samara Learning Center
 Sally Sorenson, Saving Grace Board
 Sarah Guilfooy, Trauma Informed Care Trainer
 Sarah Wiener
 Saving Grace
 Serena Zandyas, Saving Grace
 Shakti Rising Oregon
 Sharon A. Murphy
 Shon Keely
 Sue Boettner, Bend Park & Recreation District
 Tammy Baney, Central Oregon Intergovernmental Council
 The Academy at Sisters
 Todd Unger
 Tyler Honzel
 United Way of Deschutes County
 Uncommon Health Solutions
 Warm Springs Native Aspirations Coalition
 Westside Church

With this book we intended to show our love and respect for all the people of our region. We selected an ADA accessible font, tried to write for all reading levels and chose words that we hoped could easily be translated into other languages. We know we may have stumbled here and there and hope you will share your thoughts on how we can improve our communications!

TRACES

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