

MIND YOUR MIND

COBB COLLABORATIVE

VOLUME 1 - 2023 Q1

| **MAGAZINE**

IN THIS ISSUE:

**TRAUMA &
RESILIENCY**

COMMUNITY VOICE
VITAL STATISTICS
Q&A W/A PROFESSIONAL
ADVOCACY
RESOURCES

MIND YOUR MIND | MAGAZINE

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A WORD FROM THE EXECUTIVE DIRECTOR



We are so excited to introduce this new format as we transition from a monthly newsletter to a **quarterly Mind Your Mind Magazine**. This approach will allow us to explore specific topics on mental health in-depth while providing a local flavor on global issues. Each issue will incorporate a diverse range of voices to reflect our community at large, providing insight and tools to push the three goals of our Mind Your Mind initiative: **raise awareness, promote resiliency, and reduce stigma**.

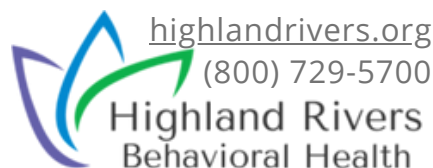
MYM Magazine is an instrument to further these goals as we create more understanding through the various voices we will hear in each issue. It serves as an informative and authentic communication tool that enhances the work we do through our trauma-credentialed trainings, town halls, documentary screenings, and panel presentations to normalize the conversation around mental health and equip our community with the language to start these conversations. The better we understand and connect with one another, the greater our strength to make a lasting change in our own backyard.

This format is designed for easy consumption and accessibility for the entire community. If you have any feedback on how we can better your experience with MYM Magazine, email us at ibarton@cobbcollaborative.org. For more information outside of MYM Magazine, check out our MYM Toolkit [HERE](#), and follow us on social media.

IRENE BARTON
EXECUTIVE DIRECTOR

CRISIS LINES

If **you**, or **someone you know**, is experiencing a *mental health crisis*, **CALL** or **TEXT 9-8-8** immediately to speak to a mental health professional.



COMMUNITY VOICE

→ Triumphs



- Adding two new guidance counselors at Pebblebrook High School to support students navigating Post-COVID challenges
- Successful implementation of additional support has led to the request of 15 additional guidance counselors for High Schools in Cobb County
- Grant to ensure cyber safety for families in the Lindley Community

→ Challenges



- Limited Professional Development for staff
- Staffing shortages
- Limited resources to address immediate needs of a community school
- Need for variety of skills, tools, and trainings for varying challenges
- Limited evidence-based or data-driven practices to implement

→ Outlook for the Future



- Partnership with Cobb Collaborative to provide support through Resilient Georgia and bring the

Community Resiliency Model (CRM) to the four middle schools in Post 3 -

- Cooper Middle School
- Garrett Middle School
- Smitha Middle School
- Tapp Middle School

*More on CRM can be found on Page 10



Meet LEROY TRÈ HUTCHINS

Cobb Board of Education - Post 3

As a board member of the Cobb County Board of Education, Leroy Tre' Hutchins has a frontline view of how trauma and resiliency are intertwined within the school system. Serving as the [Post 3](#) board member, Tre' represents 17 school communities in Cobb County, interacting with students, teachers, and faculty on a regular basis. This allows Tre' to assess the needs of those he represents to guide his decisions on policy, guidance for the Superintendent, annual budgets, and where our SPLOST dollars are spent.

With this lens, Tre' also gains insight into what is needed during times of change and uncertainty, as we have seen the last few years with the shifting of norms due to the COVID-19 Pandemic and resulting behavioral challenges. Learning loss and limited mental/emotional support are real struggles that many students face as they navigate into a Post-COVID world as it relates to their social lives and their educational experience. *Continued on next page.....*



CONTINUED: Limited resources for proper staff training to address these new challenges, along with staffing shortages, lack of mental health support for staff, and the demand for immediate action of a variety of diverse community needs, create barriers that Tre' and his colleagues must work through to create a space where students, teachers, and staff can thrive. Although these barriers exist, Tre' is working hard to find ways to overcome these challenges.

MORE QUESTIONS FOR TRE'?

Email - THutchins.Boardmember@cobbk12.org

Phone - 470-709-7783

One student at *Pebblebrook High School* helped propel forward movement when they expressed the need for more support from guidance counselors to work through some of those Post-COVID challenges. Their voice pushed Tre' to reach out to the District Leadership Team to pilot the support of two additional guidance counselors to specifically aid students through this new time. With success, they were able to show a positive impact, leading to the request for an *additional 15* guidance counselors across Cobb County High Schools.

In addition to this, Tre' is working with Resilient Georgia through the [Cobb Collaborative](#) to bring the [Community Resiliency Model \(CRM\)](#) to the four middle schools in Post 3 - Cooper Middle School, Garrett Middle School, Smitha Middle School, and Tapp Middle School. This will provide a framework to help students and faculty understand the traumas that they are facing and develop skills to build resiliency during challenging times.

Technological and societal changes have shifted the experience for students today. While much of the progress to support students is happening at the school level, that still leaves some parents struggling to connect and understand the challenges that their kids are currently facing. Fortunately, Lindley Middle School has received a grant from the National PTA to educate the Lindley community about good Digital Citizenship for students and Cyber Security tools for parents through online workshops. For parents seeking additional tools to better understand how to establish a safe digital community, check out these helpful articles from [Comcast](#) and [Xfinity](#). You can also find out more about trauma, resiliency, and CRM in our Q&A with a Professional - Ellen McCarty, on page 10.

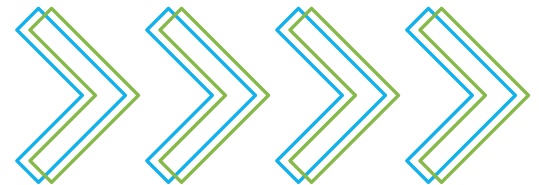
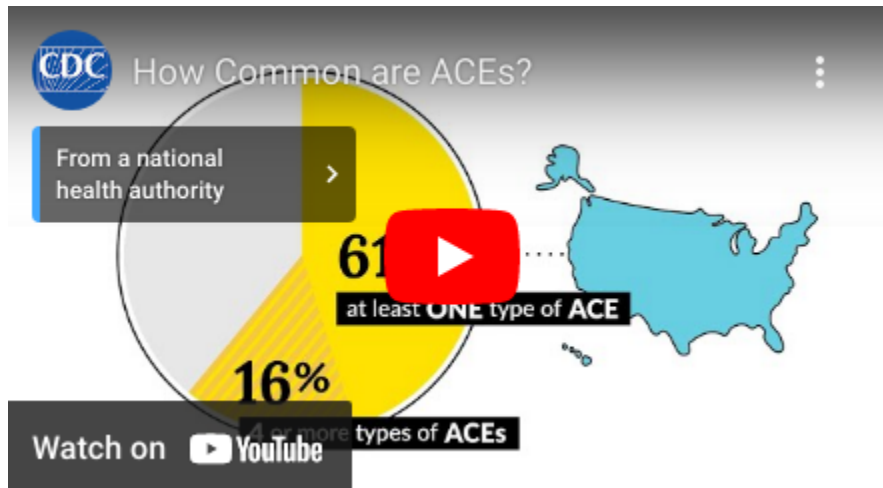
VITAL STATISTICS - ACEs & TRAUMA

Adverse Childhood Experiences (ACEs) are potentially traumatic events that children (0-17 years old) either directly face or witness during childhood. Research shows that children with ONE or more ACEs have increased chronic health problems, mental illness, and substance abuse problems into adolescence and adulthood, impacting future potential in education, job opportunities, and life experiences (CDC).

ACEs are a subset of trauma that begins in childhood while many of our coping skills are still being developed. When a child experiences ACEs, it is disrupting the ability to develop healthy and effective coping skills that they will use throughout their lives.

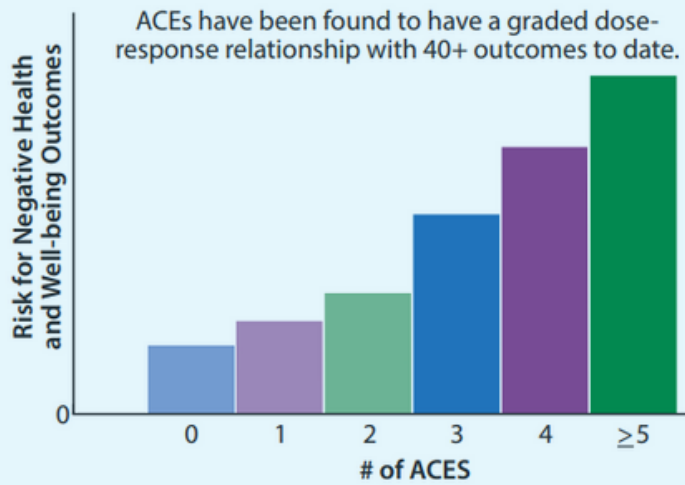
ACEs also trigger our body's Toxic Stress Response, which negatively impacts our nervous system, cardiovascular system, immune system, and endocrine system.

The video below takes a look at how common ACEs are among the United States.



ACEs CAN LOOK LIKE:

- Experiencing violence, abuse, or neglect
- Witnessing violence in the home or community
- Loss of a family member
- Unstable home environment (ex. substance use or mental health problems)
- Parent in jail or prison
- Experienced racism
- Pervasive poverty
- Inability to access needed social services



The risk of ACEs can have a lasting effect on individuals **health** (ex. *obesity, diabetes, suicide attempts, STDs, heart disease, cancer, COPD, broken bones, etc.*), **behaviors** (ex. *smoking, alcoholism, drug use*), and **life potential** (ex. *graduation rates, academic achievement, lost time from work*). - CDC

Traumas that others experience can directly and indirectly impact the community around us, like having a less skilled workforce or greater crime. This can have an even bigger impact on certain communities that are at a higher risk of experiencing ACEs, such as BIPOC, indigenous, LGBTQ+, low-income communities, and women.

ACEs IMPACT:

Adolescents with 4 or more ACEs during the pandemic, were **FOUR times** more likely to have poor mental health, and **TWENTY-FIVE times** more likely to commit suicide, than those without ACEs.



4 in 10 children under the age of 18 in the US live in a low-income household (including more than half of African American and Hispanic children), which significantly **increases** the risk of ACE exposures



A **10%** reduction in ACEs in North America could equate to an annual savings of **\$56 billion**



1 in 6 adults reported they had experienced **FOUR OR MORE** types of ACEs before 18

Women and several racial/ethnic minority groups were at greater risk for experiencing four or more types of ACEs



PROTECTIVE EXPERIENCES

Preventing ACEs is the best way to stop adverse childhood experiences from leaving a mark on those around us. But that doesn't mean it's too late for those who have already experienced ACEs.

Positive or protective experiences help shield against the risk of ACEs, increase resilience, and provide a healthy foundation needed for positive social, emotional, and cognitive development - even with previous exposures to adversity.

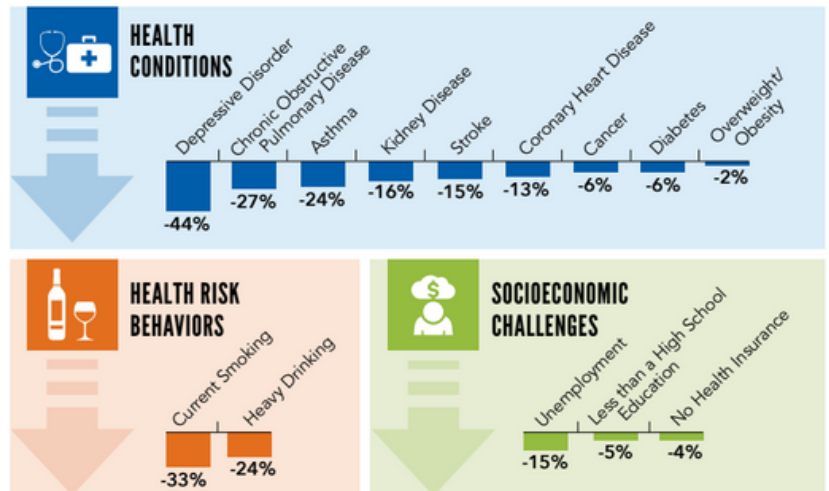
We can all play a part in establishing a community that provides unconditional love, opportunities for volunteering, healthy social development, resources, and physical activity. Check out some of the specific ways that individuals and communities can protect against ACEs. →

PARENTS PREVENTING ACEs:

- **Create a structured routine** so your child feels safe and secure.
- **Praise your child** when they have done something right or good. This reinforces positive behavior.
- **Embrace your child with understanding** and pay attention when they are trying to communicate with you.
- **Establish intentional talk and play time** each day.
- **Ask for help** if you need it!



Potential reduction of negative outcomes in adulthood



COMMUNITIES PREVENTING ACEs:

- **Strengthen economic support** for families through family-friendly work policies and financial security.
- **Promote social norms** that protect against violence and adversity with public education, legislative support, bystander approaches, and men and boys as allies in prevention.
- **Ensure a strong start for children** with early childhood home visits, quality child care, and preschool enrichment.
- **Teach skills** with social-emotional learning, safe dating and relationship skills, and parent/family relationship workshops.
- **Connect youth to caring adults and activities** through mentor programs and after-school programs.
- **Intervene to lessen immediate and long-term hassles** with victim-centered services, treatment for ACEs, and prevention of violence.



Q&A with a Professional

Q - WHAT IS TRAUMA?

A - Trauma is the leading emotional response that often results from living through a distressing event. Experiencing a traumatic event can harm a person's sense of safety, sense of self, and ability to regulate emotions and navigate relationships. (Source: Centre for Addiction and Mental Health).

Trauma is stored in our brains, never forgotten, and can have lasting affects across the course of a person's life.

Q - HOW DOES TRAUMA IMPACT THE MIND AND THE BODY?

A - About half of Americans will go through one traumatic experience in their lives. That number may be higher as we learn more about the aftereffects of COVID.

The most important thing to know is that the mind and body is interconnected and inter-related. Studies have clearly demonstrated that people who have experienced trauma can have long-term physical health problems, and that stress triggers can continue long after the trauma is over and can appear out of the blue. Remembering the trauma can affect your mind and body, and influence how you think, feel, and behave.

Q - WHAT ARE SOME TRAUMAS THAT INDIVIDUALS MAY NOT REALIZE THEY ARE CARRYING WITH THEM?

A - It all starts with how you define trauma. Most people believe that it is a "trauma" only when something tragic, dramatic, or an event that otherwise changes their world entirely occurs.

Big "T" Trauma experiences are typically universally accepted as trauma (ex, physical/sexual abuse, deprivation/neglect). However, *Little "t" Trauma* is very individualized and based on individual perception. For example, going to the dentist, being involved in a fender-bender, can be traumatizing to some. These are experiences that are not universally considered trauma but to the person experiencing the event, it is perceived as such. Another form of trauma is *Cumulative Trauma* which can consist of losing one's culture or country, poverty, homelessness. (Source: Community Resiliency Model/Trauma Resource Institute)

Ellen McCarty
McCarty & Co, LLC.
CRM Trainer
Non-Profit Consultant
CliftonStrengths Consultant

Ellen McCarty started her career as a juvenile probation officer which led to a 14-year career in juvenile justice. This exposure allowed her to see the cruel exploitation of children, as well as the myriad of ways they cope with adversity. From there, Ellen has taken on many leadership and Executive Director roles to build her knowledge and expertise in the non-profit sector. She now coaches and consults with non-profits to enhance areas of leadership, fundraising, grant writing, board governance, program design, succession planning, etc., in addition to providing trainings on the Community Resiliency Model (CRM) and CliftonStrengths.

Q - WHAT DOES ADVERSE CHILDHOOD EXPERIENCES (ACEs) MEAN?

A - The Kaiser-Permanente and Centers for Disease Control ACE Study is one of the largest investigations of childhood abuse and neglect and household challenges and their connection to later-life health and well-being.

Key Findings

- Childhood experiences of abuse/neglect are destructive even half a century after occurrence
- ACE scores significantly correlate with depression, substance abuse, attempted suicide, and other risky behaviors
- High ACE scores significantly related to poor health outcomes including heart disease, liver disease, lung disease, etc.
- People who have six or more ACEs died nearly 20 years earlier on average than those without ACEs

The ACEs study was a watershed moment in which our understanding of trauma accelerated resulting in the advent of what has become known as Trauma-Informed Care (TIC), a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma.

Q - HOW DO WE CARE FOR LOVED ONES WHO HAVE EXPERIENCED ACEs?

A - It all starts with connections. The most important ingredient is to be present. By this one simple (and sometimes not so simple) act, trust is built, and vulnerability can be shared in a safe, supporting environment.

Take the time to understand ACEs and trauma and use the information to guide how you respond. There are numerous resources available, some outlined below, containing best practices when in a relationship with someone who has experienced ACEs. Depending on the person's age, living environment, support system, etc. responses should be tailored to the person and not a one-size-fits-all approach. Equally important, compassionate self-care is essential.

Q - IN YOUR WORK, HOW HAVE YOU SEEN TRAUMA IMPACT THE INDIVIDUAL AND THE COMMUNITY?

A - My career has been significantly informed by witnessing the impact of trauma in the areas of juvenile justice, child welfare, homelessness and HIV, and other disenfranchised populations. The impact of trauma, if left unattended, that I have observed firsthand include boys and girls acting out in ways that led to involvement in the court system, teenage suicide, running away, oppositional defiant behavior, poor education and health outcomes, and other high-risk behaviors. Additionally, I have observed the proverbial "elephant in the living room" where the family system is unable or unwilling to acknowledge the trauma or disfunction that exists, leading to significant chaos and unhealthy living conditions that impact every member of the family, often leading to the dissolution of the family unit or unhealthy, intergenerational patterns being passed down.

Within disenfranchise communities, the capacity to identify problems, make a plan, and act constructively is limited or non-existent leading to further decline such as intergenerational poverty, poor health and education outcomes, displacement, feelings of hopelessness and helplessness, and toxic stress.

"IT ALL STARTS WITH CONNECTIONS"

Q - WHAT IS RESILIENCY?

A - The American Psychological Association defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of threat." It is the "bounce back" factor when hardship occurs.

I like to think of resilience as a Teflon coating – the heat is intense, but we can withstand it. With resilience, there is a sense of control even when circumstances are out of control.

Q - EVERYONE IS AT DIFFERENT STAGES ON THEIR JOURNEY TO UNDERSTANDING THE TRAUMAS THAT IMPACT THEM. WHAT DO YOU SUGGEST FOR SOMEONE WHO IS BRAND NEW TO THE JOURNEY OR DESIRING TO GO DEEPER IN THEIR JOURNEY?

A - The following are suggestions on how to dive deeper:

- **Begin with a self-inventory** of your traumas and then reflect on how you see them manifesting in your life, in both negative and positive ways. Ask a trusted person in your life what they see. Make a list of the areas that you want to explore more deeply and create a plan with action steps to address. Be willing and open to seeking professional help, remind yourself often that you are resilient and brave by merely undertaking this process, and give yourself grace on days when it feels like too much.
- **Intentionally build your KNOWLEDGE** – we now have an abundance of studies, research, books, podcasts that inform our understanding of trauma and evidence-informed or evidence-based strategies to support individuals and communities
- **Attend trauma informed trainings and workshops**
- **Dive into the latest studies on brain development** and build your understanding of how our brain is always capable of supporting us to rewire and relearn healthy ways to cope, connect, and build resilience

Q - WHAT ARE STRATEGIES PEOPLE CAN INCORPORATE TODAY TO STRENGTHEN THEIR RESILIENCY?

A - Genetics play a part in building resilience; however, the resilient person draws on past stressful experiences to remind themselves that they survived and, in some cases, thrived after a stressful event.

Other ways to strengthen our resiliency is to remind ourselves that *resilience is a muscle* that can be built through repetition and practice much like strength training strengthens the core.

Mindfulness, a mental state achieved by focusing on one's awareness of the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, can help the resilient person stay grounded, calm and confident, even in their weakest moments.

Q - WHAT ARE THE BUILDING BLOCKS TO RESILIENCE?

A - There are many scholarly articles and studies with proven strategies to help people build their resilient muscle. I like the 5 Cs of Resilient Coping Framework.

1. **Calm.** You have the ability to stay calm in a crisis.
2. **Clarity.** You can see clearly what is happening as well as your internal response to what's happening, you see what needs to happen next; and you can see possibilities from different perspectives that will enhance your ability to respond flexibly.
3. **Connection.** You can reach out for help as needed; you can learn from others how to be resilient; and you can connect to resources that greatly expand your options.
4. **Competence.** You can call on skills and competencies that you have learned through previous experience (or that you learn) to act quickly and effectively.
5. **Courage.** You can strengthen your faith and resilience by being keenly aware of your circumstances yet because you stay calm, you can tackle problems in new ways using the resources at hand or by seeking them out.

Q - WHAT IS THE COMMUNITY RESILIENCY MODEL (CRM)?

A - CRM is an educational and biological model seen through a trauma informed lens. CRM increases a person's capacity to manage their nervous system, increase pleasant sensations, and build confidence that s/he can handle the ups and downs of life. It is an evidence-informed model that is especially useful when working with people and communities that have experienced personal and collective trauma.

Q - HOW CAN CRM BE USED ON AN INDIVIDUAL AND A COMMUNITY LEVEL?

A - CRM as a resiliency model includes a set of wellness skills that helps individuals and communities adapt when faced with adversity and perceived threats. CRM reduces the shame and stigma that many people experience as they work through trauma. It is a universal tool that can be used with people of all ages and in all contexts.

CRM helps individuals discover or rediscover the core of strength that resides within them by deepening their connection to their nervous system and those around them. Additionally, individuals learn

- How the nervous system is capable of rallying when faced with challenges and then recharging after the challenge is over
- About trauma triggers and how the triggers serve as a reminder of past trauma
- Six specific strategies to bring down activation within the nervous system and help them focus on something other than the distress by activating other parts of the body to “reset” the nervous system
- How to build resilience much like we build strong muscles

CRM helps communities build the skills they need to recover from disaster or unexpected challenges. The more resilient the community, the more likely they are to respond and recover from stressful events. This includes robust resources within health systems, strong social connections, adequate and accessible community resources and wrap-around services, and preparedness before a stressful event occurs.

Q - HOW DOES YOUR WORK WITH CLIFTON STRENGTHS TIE INTO RESILIENCY?

A - Research has shown that understanding our strengths is our greatest pathway to success. CliftonStrengths is the number one psychometric assessment to help individuals maximize their strengths to accomplish their professional and personal goals.

As a Certified CliftonStrengths consultant and trainer, I help individuals identify, understand, and leverage their strengths. A strengths-based approach emphasizes personal growth, empowerment, and coping skills based on ideals that focus on strengths instead of weaknesses. Similarly, I help organizations identify individual and team strengths, learn how to focus those strengths to meet strategic goals, and avoid blind spots, and create high-functioning teams that thrive.

Strengths-based programming builds *confidence* and *resilience*, two essential traits that can help a person to excel in daily living and overcome challenges.

RECOMMENDED RESOURCES:

BOOKS

- [The Body Keeps the Score: Brain, Mind, Body in the Healing of Trauma](#) by Bessel van der Kolk M.D.
- [The Deepest Well](#) by Nadine Burke Harris M.D.
- [What Happened to You?](#) by Bruce Perry, M.D. and Ph. D

PODCASTS

- [Unlocking Us – Dr. Brene’ Brown](#)
- [Dr. David Eagleman \(an archived episode of Unlocking Us\)](#)
- [Think Unbroken with Michael Unbroken](#)

RESOURCES

- [Resilient Georgia](#)
- [Center for Child Counseling ACEs Toolkit](#)
- [National Child Traumatic Stress Network \(NCSTN\)](#)
- [10 Powerful Tips You Can Use to Practice Compassionate Self-Care](#) by Vanessa Van Edwards

ADVOCACY

MENTAL HEALTH AT THE CAPITOL

Trauma bleeds into many facets of our lives, impacting our ability to cope and find support when we need it the most. Preventing ACEs is the best way to reduce the impact on ourselves, our communities, and our loved ones.

According to the CDC, when we have policies in place that strengthen **household financial security** (ex. *tax credits, childcare subsidies, livable wages*) along with **family-friendly work policies** (ex. *paid leave, flexible work schedules*), we can prevent ACEs from occurring by addressing some of the root causes. A strong foundation through policy leads to greater economic stability, increase family income, and improved ability for parents to meet the basic needs of their children, breaking the cycle of generational trauma.

With the 2023 Georgia General Assembly currently in session, now is the perfect time to get involved. During the legislative session, our elected State Senators and House of Representatives make decisions on budgets, propose new legislation, and decide on what laws will be passed to govern our future. *This is where your voice can really make a difference.* Bills that provide stable housing, quality education, early learning opportunities, mental health access, affordable healthcare, greater social services, and reduced corporal punishment all provide strong community support to add layers of protection and mitigate the affect of ACEs. By reaching out to your local legislators, you can voice your stance on certain issues to advocate for supportive laws and policies that protect our children, families, and community members. Check out the column on the right for ways you can advocate and get involved.

WAYS TO ADVOCATE & HOLD ACCOUNTABILITY

- ➔ **Reach out to your statewide, and community level representatives** (phone, email, social media, in-person)
*To find your local legislator, click [HERE](#).
- ➔ **Attend Town Halls and community events.** Follow your local government newsletters for up-to-date info on upcoming meetings so you can provide your input.
- ➔ **Donate to a local organization.** Choose organizations that have a mission you believe in, and donate to help them further their cause.
- ➔ **Vote!** Keep up with local, state, and federal elections and make your plan to vote. Head to mvp.sos.ga.gov to check your registration status and more!
- ➔ For out more about the 2023 Legislative Session, click [HERE](#).



TRAUMA & RESILIENCY RESOURCES

As you navigate the journey of understanding trauma, utilize this collection of resources to move from becoming **trauma-aware** to **trauma-informed**, to **trauma-responsive**.



Adverse Childhood Experiences (ACEs)_Quiz

The ACEs Aware initiative is a first-in-the nation effort to screen patients for Adverse Childhood Experiences (ACEs) to help improve and save lives. The ACEs Quiz is utilized by primary care clinicians to screen for ACEs, assess risk for toxic stress, and guide effective responses.



Attachment Trauma Network

The Attachment & Trauma Network promotes the healing of children impacted by trauma through supporting their families, schools, and communities. They host conferences and team R&Rs, and inform the community on therapeutic parenting practices and trauma-sensitive schools.



Child Welfare Training Collaborative

The Child Welfare Training Collaborative (CWTC) offers training to community partners, creating shared understanding of issues facing children and families and also strengthening collaborations to promote better outcomes for Georgia's children.



Trauma Resource Institute

Community Resiliency Model (CRM).

CRM's goal is to help to create "trauma-informed" and "resiliency-focused" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system. ****Cobb Collaborative is the local point of contact for CRM.***



Connections Matter

Every day connections are more important than we ever believed. Science tells us that relationships have the power to shape our brains. Relationships help us learn better, work better, parent better. ****Cobb Collaborative is the local point of contact for Connections Matter.***



Conscious Discipline

Conscious Discipline's foundation of safety, connection and problem-solving is leading a revolution of the heart as concepts initially applied in the classroom extend to every facet of our lives.



Kate's Club

Kate's Club offers in-person and online programs for children, teens, young adults (18-30), and their families grieving the death of a parent, sibling or caregiver. Their programs focus on social connections, improving healthy coping strategies, and building confidence & self-esteem.



Resilient GA

Resilient GA created a state-wide coalition to develop a closely-aligned and trauma-informed public and private network working toward a united vision to create a birth through 26 year old integrated behavioral health system. Key components include prevention, early intervention, research, advocacy and policy, and System of Care implementation and coordination.



Revved Up Kids

Revved Up Kids was founded with a singular purpose: Protect children from sexual abuse and exploitation. They accomplish this by providing exceptional sexual abuse prevention training programs for children, teens, parents and youth-serving organizations. Visit the [Programs Page](#) for more information.



Stewards of Children - Darkness to Light

Stewards of Children® is a trauma and evidence informed training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through the lived experience of survivors and testimony of experts, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities. ****Cobb Collaborative is the local point of contact for D2L.***



Trauma Informed Care Project Resources

Trauma Informed Care (TIC) is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. It emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.

Resiliency Questionnaire

The Resiliency Questionnaire was developed by early childhood service providers, pediatricians, psychologists, and health advocates by modeling the ACE Study questions. The questionnaire is designed to gauge the level of protective factors one encountered through childhood to combat ACEs.

If you need immediate assistance for a mental health crisis,
CALL or TEXT 9-8-8 *anytime* to be connected to a licensed
mental health professional.

THANK YOU TO OUR SPONSORS



CC RESOURCES

COLLABORATIVE CONNECTION - NEWSLETTER

Sign up for our bi-weekly newsletters to get the latest updates from Cobb Collaborative and our members.

MYM TOOLKIT

Our MYM Toolkit is a robust toolkit for a well rounded approach to mental health with extensive resources, statistics, and information.

MYM SPEAKS - PODCAST

Mind Your Mind Speaks is our Podcast which features a wide range of guests with knowledge around mental health and more.








THANK YOU to everyone involved in the making of MYM Magazine. At Cobb Collaborative, we aim to reduce the stigma of mental health, and increase access and awareness to support and services.

We wouldn't be able to do this amazing work and further our mission without the support of Resilient Georgia. Be sure to check out our **events**, many of which are sponsored by Resilient Georgia.

We would also like to thank our wonderful guests, Leroy Tre' Hutchins, and Ellen McCarty, for proving insight into how trauma and resiliency take shape in our community. Their words provide real-life understanding to topics that impact us daily.

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