COBB COLLABORATIVE
2025 RESILIENT GEORGIA ANNUAL REPORT



COBB COLLABORATIVE
Educating. Engaging. Empowering.

MIND YOUR MIND
GROWING RESILIENCE IN COBB

Resilient GEORGIA

TABLE OF CONTENTS

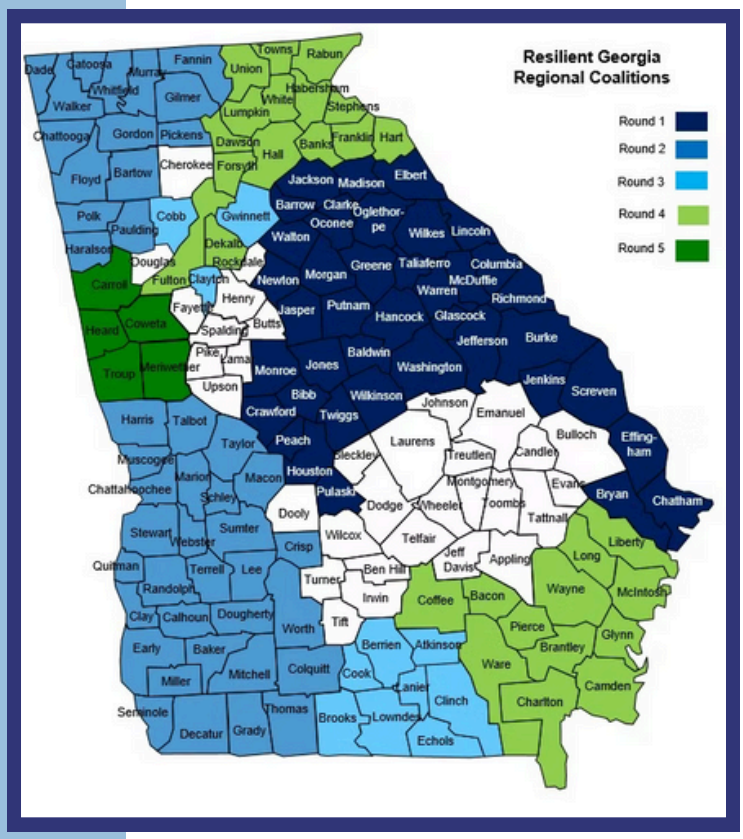
About Resilient Georgia Coalitions	3
Coalition Mission	5
Summary	6
Leadership Team	7
Board of Directors	8
Coalition Partners	9
Message from the Executive Director	13
Years 1 to 4 Key Impact Snapshot	14
A Year at a Glance	15
Year 4 by the Numbers	17
Description of TIC and ACES- Related Efforts	19
Advocacy and PSE Changes	25

TABLE OF CONTENTS

Trainings	35
Research and Evaluation	43
Innovative Partnerships	46
Spotlight	48
Inspired Action	51
Income and Expenses/Financials	52
Appendix A	53
Appendix B	59
Appendix C	61
Appendix D	63
Appendix E	66

ABOUT RESILIENT GEORGIA REGIONAL COALITIONS

Resilient Georgia has been working with 16 regions across Georgia to provide an emphasis on trauma-informed awareness and care, Adverse Childhood Experiences (ACEs) and child sexual abuse prevention training as a basis to transform systems and procedures crossing both public and private sectors.



Resilient GEORGIA

ABOUT RESILIENT GEORGIA REGIONAL COALITIONS

- Resilient Georgia serves as a supportive and guiding resource during each region's planning and implementation process.

- These regional action plans each address the behavioral health needs of individuals birth through 26 years old and families in the community and surrounding counties using the Collective Impact framework (a diverse, robust and well-planned public-private partnership).

- Trauma-Informed Care, ACEs and child sexual abuse prevention can be the basis for systemic changes in a community. Each region has identified how one or more of these content areas are delivered to diverse community members through formal training, education, marketing and communications.

- In November of 2019, Resilient Georgia began partnering with Round 1 regional coalitions based out of Athens, Augusta, Macon, Savannah and surrounding areas. Round 2 partnerships began in July 2020 with regional coalitions based out of Albany, Columbus, Rome, Thomasville and surrounding areas. Round 3 partnerships began in March 2021 with regional coalitions based out of Clayton, Cobb, Gwinnett, Valdosta and surrounding areas. Round 4 partnerships began in December 2021 with regional coalitions based out of Atlanta, Brunswick, Gainesville, and Waycross and the surrounding areas.

- In their third and fourth years of partnership with Resilient Georgia, coalitions have bolstered their work to create bold, systemic, sustainable change in consistent ways across statewide issues, to affect policy, systems and environmental (PSE) change and incorporated a Justice, Equity, Diversity, and Inclusion (JEDI) lens in their action plans.

COALITION MISSION

WHO ARE WE?

Cobb Collaborative is a membership of nonprofit organizations, local government, businesses, faith-based organizations, educational institutions, professional organizations, associations and citizens who share ideas, expertise and resources to meet the needs of Cobb County.

WHAT IS OUR MISSION?

Engaging, Educating and Empowering the community to improve the well-being of children and families.

COALITION SUMMARY

Cobb Collaborative's focus is to improve outcomes of children and families in and around our community. Acting as a convener, Cobb Collaborative works together with partners across the county and beyond to foster resilience and a trauma-informed approach within our community. By joining forces with agencies and organizations within Cobb County, as well as outside our community that focus on similar work, we strengthen our ability to foster a trauma-informed and resilient community overall. Cobb County is a diverse community in metro Atlanta, with our county population as well as our two public school districts being minority-majority. Knowing that our work serves children, families, and communities that range in race, ethnicity, religion, socio-economic level, education, background, sexuality, geographic region, and political affiliation, we are dedicated to approaching our work with a JEDI focus and strategy to effectively and ethically reach all community members, particularly those who may need greater support.

Our primary objective is to saturate:



Professionals and community members with the education and tools to become trauma-informed and grow in their resilience.

We work together with our partners to create opportunities for all people to thrive.



LEADERSHIP TEAM



Kaitlyn Ball
Director of Strategic Initiatives & Partnerships



Irene Barton
Executive Director



Lesleigh Sanders
Mental Health Program Coordinator



Leslie Danford
Literacy Program Coordinator



Alexandra Winn
Communications Coordinator

BOARD OF DIRECTORS

Major J.C. Bullock, *Chair*, Cobb County Police Department
Barbie D. Etterle, *Chair Elect*, Reservist Air Force
Erika Mitchell, *Treasurer & Chair of Finance Committee,* Southern Poverty Law Center
Kimberly Henghold, *Secretary*, Director of Community Relations, Kennesaw State University
Jennifer Yankulova, *Immediate Past Chair,* Managing Attorney, Cobb Legal Aid
Kim Blass, *Member-At-Large*, Chief Impact Officer, Marietta City Schools
Rebecca Henson, *Member-At-Large*, Director of Children with Youth and Special Needs, Cobb and Douglas Public Health
Jesus Martinez, *Member-At-Large*, Owner Peach Tree Commercial Capital
Kim McCoy, *Member-At-Large*, Executive Director at Cobb County Family Justice Center
Michael McNeely, *Member-At-Large*, Assistant Deputy Commissioner, Georgia Department of Juvenile Justice
Sandee Katz Panichi, *Member-At-Large*, Deputy Director, Cobb Senior Services
Marcy Payne, *Member at Large*, Community Engagement Manager, Cobb County Public Library
R. Dale Stephens Jr., *Member-At-Large*, Lead Pastor, Pure Hope Church
Kirstin Popper, *Member-At-Large,* President and Founder of KirPop,
Kevin Pounds, *Member-At-Large*, Director of Strategic Partnerships, MUST Ministries

COALITION PARTNERS



















COALITION PARTNERS

K-12 Public School Systems - Cobb County & Marietta City	
Cobb County District Attorney's Office	
DFCS Cobb County	
Cobb Community Foundation	
Cobb County Public Library	
Children & Family Programs - Kennesaw State University	
United Way of Greater Atlanta Northwest Metro	
Highland Rivers Behavioral Health	
Cobb Douglas Public Health	
Cumberland Counseling Center	
Tommy Nobis Center	
Cobb County Government	
Cobb Family Justice Center	
Cobb Probate Court	
Cobb Magistrate Court	
Cobb Juvenile Court	
City of Powder Springs	
City of Austell	
City of Smyrna	
Circles Cobb	

COALITION PARTNERS

Dept. of Early Care & Learning
Energy Works ATL
HOPE Family Resource Center
Mission 1:27
Cobb Mentoring Matters
Paint Love
Mableton Improvement Coalition
Communities in Schools Marietta- Cobb County
Smyrna Public Library
Book Worm Bookstore
Cobb Chamber
KidsCare
Wellstar Health Systems
Smyrna First United Methodist Church
Chatt Tech
McCleskey YMCA
Marietta YELLS, Inc.
City of Marietta
Marietta Housing Authority
Kate's Club

CONTRIBUTING PARTNERS

Self Discovery: Pain, Positioning and Purpose
Cobb County School Social Workers
Ser Familia
JED Services
McCarty & Co.
Atlanta Center for Self-Compassion
Prevent Child Abuse Georgia
Child Welfare Training Collaborative- Georgia State University
SAM Foundation
Prado Counseling
Highland Non-Profit Consulting
B.Renovo













MESSAGE FROM PRINCIPLE INVESTIGATOR

At the Cobb Collaborative, we recognize that the histories and experiences that people bring with them —both seen and unseen— can shape how they engage with their families, how they approach their educational and career pursuits, and what role they take in their communities. Through our community-based work over the past four years, we have learned that most people welcome the opportunity to process what has happened to them and what has happened to the people they are serving. Building that common language around “trauma” can be a watershed moment for many, because for the first time, they now have the words to describe what has happened to them. There are many “aha” moments when we bring Connections Matter and Community Resiliency Model trainings to our community members and to those in the helping fields. These foundational concepts have helped us build a common language around trauma, ACEs, and resiliency in Cobb County. More importantly, they have set the stage for conversations around positive childhood experiences and the HOPE framework. As we move forward into the next phase of our collective impact work, we are looking forward to strengthening our coalition and engaging more partners with the ultimate goal that our stakeholders will live a life of self-determination.



Irene M. Barton, Executive Director

SNAPSHOT OF KEY IMPACTS FROM YEARS 1 TO 4

YEAR 1

- 92 MYM events with a total of 1,567 attendees
- 51 MYM trainings with a total of 903 attendees

YEAR 2

- 78 MYM events with a total of 2,156 attendees
- 89 MYM trainings with a total of 2,127 attendees

YEAR 3

- 106 MYM events with a total of 5,254 attendees
- 101 MYM trainings with a total of 1,952 attendees

YEAR 4

- 73 MYM events with a total of 4,456 attendees
- 104 MYM trainings with a total of 1,902 attendees

A YEAR AT A GLANCE



1

April 2024

- Recognized CAP Month
- 4 Proclamations & 2 convenings

2

May 2024

- Held Youth Mental Health Panel
- 6 MYM Trainings

3

June 2024

- Juneteenth Festival
- Summer Reading Program at 5 sites

4

July 2024

- 3 Back to School Bashes
- KidsCare Backpack Resource Project

5

August 2024

- Behavioral Health Coordination Meeting
- 11 Basics Playground Paloozas



6

September 2024

- Shine Bright, Do Good: Kendra Gives Back
- Verbal Intervention Training

A YEAR AT A GLANCE



7

October 2024

- Behavioral Health Coordination Meeting
- Rock with Kindness Event

8

November 2024

- Community CRM Offering
- 5 Basics Playground Palooza's

9

December 2024

- GMM/Human Service Awards
- Coffee with the Collaborative

10

January 2025

- Behavioral Health Coordination Meeting
- Capacity Catalyst Series Training #1

11

February 2025

- Resiliency Week 2025
- PCA Cobb Strategy Team



12

March 2025

- Community CRM Offering
- First Member Orientation

YEAR 4 BY THE NUMBERS



1,178
attendees at **27** speaking engagements

68
CRM trainings provided in Cobb County

642
individuals received CRM training

15
different sectors represented in CRM trainings

2,889
participants in Basics Playground Paloozas

4,022
resources distributed through resiliency stations & other

YEAR 4 BY THE NUMBERS

MYM Social Media Stats

Facebook	Instagram	LinkedIn
Reach **22,550**	Reach **5,610**	Impressions **3,750**
Engagement **1,650**	Engagement **340**	Engagement **185**

Over 20% of posts dedicated to Suicide Prevention and ACEs

MYM Website Stats

Mind Your Mind Webpage:	**931 Views**
Suicide Prevention Webpage:	**366 Views**
MYM Toolkit Page:	**215 Views**
ACEs Webpage:	**195 Views**
Spanish- Suicide Prevention Webpage:	**70 Views**
Spanish- ACEs Webpage:	**129 Views**

Newsletter

41,745 newsletter opens and **1,015** new subscribers across 12 months

MYM Magazine

447 magazine reads

MYM Podcast

15 Episodes
836 Downloads

DESCRIPTION OF TRAUMA-INFORMED CARE (TIC) AND ADVERSE CHILDHOOD EXPERIENCES (ACES)- RELATED EFFORTS

Many of the programs we seek, develop, and implement at Cobb Collaborative address both prevention and intervention around Adverse Childhood Experiences (ACEs) and Trauma-Informed Care (TIC), often at the same time. Shaping the development of our youngest minds with The Basics to offering support and understanding to our elders with Mental Health 101: Senior Edition, we are equipping individuals at all stages of life with the knowledge and tools to address their current needs while building resilience for future adversities.



Our early childhood efforts include implementing The Basics Cobb County programming through engaging events and providing accessible resources for parents and caregivers.

"My wife and I felt lost before finding The Basics. Now we feel confident that our three year old is getting exactly what he needs every day." - Cobb County Resident



Our Interactive Playground Paloozas allow families to gather for fun, relationship-building activities supporting developmental milestones. These storytimes create a space where caregivers can learn simple, everyday ways to foster their child's cognitive, emotional, and social growth—strengthening protective factors and mitigating the impact of potential ACE's.

The Basics Preschool Nature Trail uses the 5 Basics principles to create a unique learning experience for parents and children. The Basics Insights text messaging service delivers timely, research-based tips, encouragement, and local resources/events to caregivers' phones. Caregivers report feeling more confident and better equipped to engage meaningfully with their children.



We aim to deepen this work in the coming year by launching Basics Family Ambassadors—peer leaders who model positive relationships and integration of The Basics into everyday routines. These ambassadors will help foster community, demonstrate emotional regulation strategies, and connect others to supportive resources.



Youth Resilience & Wellness

Our efforts to support youth resilience center around creating access to emotional regulation tools, healthy relationships, and community engagement.

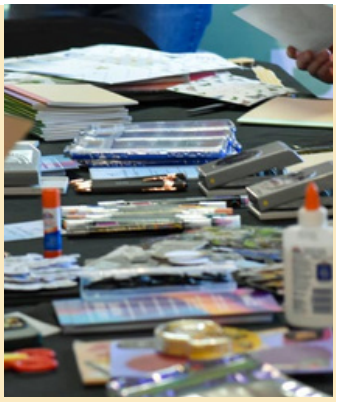
Resiliency Stations have been introduced in schools and youth-serving spaces to provide tangible tools such as grounding techniques, sensory supports, affirmations, and resources on how to ask for help. These stations empower students to self-regulate, normalize conversations around mental health, and seek support early, allowing them to address concerns before they become issues.



We also offer ***Community Resiliency Model (CRM)®*** workshops for both students and the adults who support them—including educators, social workers, mentors, and staff from Communities In Schools. These sessions are focused on building emotional literacy, understanding stress and trauma responses, and using somatic strategies to manage overwhelm and build resilience.

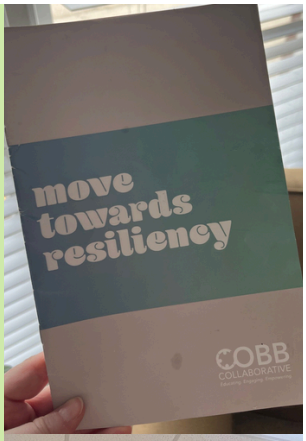


Beyond training, we are intentional about fostering access to healthy relationships and support networks. Through partnerships with local nonprofits, youth groups, and volunteer organizations, we connect young people to mentorship opportunities and peer support. Events like ***Journaling Workshops*** provide students with a creative, therapeutic outlet while reinforcing tools for emotional growth.



DESCRIPTION OF TIC AND ACES-RELATED EFFORTS

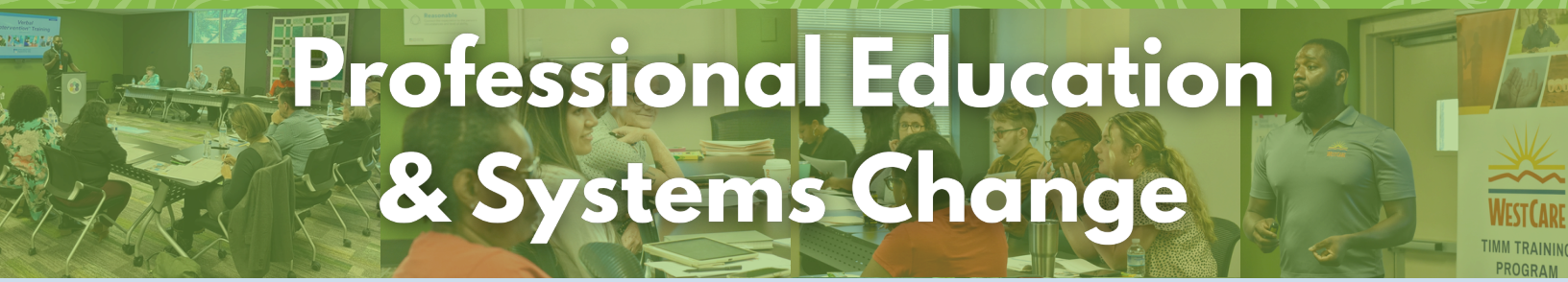
*To further support youth in building sustainable wellness practices, we created the **Move Towards Resiliency booklet**—a practical, easy-to-use workbook designed to complement both our CRM workshops and Resiliency Stations. The booklet walks users through core CRM skills like tracking, grounding, and resourcing, helping individuals develop a personalized toolkit of strategies to lean on during times of stress or adversity. This resource has been distributed across various schools, to individual counselors, and even to Wellstar staff, where it is used as both a teaching tool and a personal guide. Looking ahead, we are actively working to co-brand the booklet with coalitions and partners across Georgia to make this valuable resource more widely accessible and impactful statewide.*





Additionally, we hosted **four** 988 Focus Groups, including one that was ***youth-led,*** in partnership with Lexicon Strategies and the Georgia Department of Behavioral Health and Developmental Disabilities to gather authentic feedback on how the public perceives and accesses mental health crisis resources. These insights will help guide future outreach and ensure messaging resonates with various audiences.





Professional Education & Systems Change

Understanding that true community change requires a shared foundation of knowledge and language, we've prioritized saturating our professional workforce with training on ACEs, trauma, and prevention. Through regular workshops and tailored presentations, we've equipped educators, healthcare providers, law enforcement, nonprofit staff, faith leaders, and more with trauma-informed practices.

These efforts aim to shift mindsets from

"What's wrong with you?" → **"What happened to you?"**

Creating **safer**, more **compassionate environments** for individuals who have experienced adversity. Our focus is not only **recognizing** the signs of trauma but also **preventing** it through upstream approaches and fostering hope through protective relationships and positive experiences.

By integrating these trainings into strategic team meetings, professional development days, and coalition convenings, we are encouraging a systems-level commitment to trauma prevention, early intervention, and healing-centered engagement. Many of these trainings are done in partnership with local school districts, juvenile courts, behavioral health organizations, and community nonprofits, amplifying the ripple effect.



Positive Childhood Alliance

Cobb Collaborative leads the Positive Childhood Alliance (PCA) - formerly Prevent Child Abuse - Georgia local council for Cobb County. PCA Cobb brings together local leaders, organizations, civic groups, faith-based partners, businesses and professionals to educate and raise awareness of child maltreatment and how to prevent it from happening to children in the community through various prevention practices. PCA Cobb workshops and trainings equip organizations with the latest research and data-driven practices on topics such as child development, Positive Childhood Experiences (PCEs), and reporting suspected child maltreatment.

Our role as PCA Cobb enables us to bring together those organizations, who are also doing prevention work, and provide time and space for collaboration on strengthening children and families in the county.

We do that through many ways:

- PCA Cobb: Supporting Children & Families Strategy Team
- Acknowledging & promoting Child Abuse Prevention Month in April
- Trainings focused on prevention, awareness, and protection

In Year 4 we provided:

18 trainings with

124 particiapnts

- **Mandated Reporter Training**
- **Lean on Me: Creating a Culture of Support**
- **Becoming a Resilient Parent**

ADVOCACY AND POLICY, SYSTEMS AND ENVIRONMENTAL (PSE) CHANGES

As a coalition leader convening a broad network of cross-sector stakeholders, Cobb Collaborative recognizes that our collective responsibility in prevention and intervention work spans across varying roles and disciplines. This is why we champion not only programs but also advocacy, policy, systems, and environmental (PSE) change strategies that promote trauma-informed, equity-centered solutions.

Cobb Senior Services Partnership

In Year 4, we expanded our partnership with Cobb Senior Services (CSS) to enhance mental health education for seniors.

Mental Health Matters Series

- Introduction to Mental Health Matters:
  - Reached **148 seniors** across Cobb County Senior Centers.
- Mental Health Matters: Exercise:
  - Developed with Cobb Senior Services Deputy Director Sandee Panichi.
  - Focus: Connection between mental health & physical activity.
  - Reached **157 seniors** across **7 senior centers.**

Future Goals

- **Continue expanding Mental Health Matters series on new topics.**
- **Provide trauma-informed trainings, including CRM, to all CSS staff.**

Juvenile Court Partnership: Policy, Program, and Environmental Alignment

Building a Trauma-Informed Court System

- Cobb County Juvenile Court continues to be a strong partner in fostering a trauma-informed court system, supporting not only youth and families navigating it but also the professionals and staff experiencing its daily challenges.

Key Milestones

- **Years 2 & 3:**
  - Delivered Community Resiliency Model (CRM) training for court staff.
  - Partnered with Paint Love for an environmental transformation project—youth-created artwork displayed in waiting areas to create a welcoming, healing space.

- **Years 4:**
  - Developed a Memorandum of Understanding (MOU), which will be finalized in 2025, positioning CRM as an ongoing, recurring support for families involved in juvenile justice.
  - Launched quarterly CRM sessions for families, with refreshments provided, to enhance accessibility and comfort.
  - First session impact: **13 individuals across 5 families.**
  - Established a Resiliency Station in the courthouse with calming tools, sensory items, affirmations, and wellness resources.
  - Plan to partner with Fabricia Prado, a certified CRM facilitator, to expand offerings to Spanish-speaking families in 2025.

Impact Highlight:

- Creating a culture of emotional safety and trauma-informed care.
- Expanding access to resilience-building resources.
- Reducing barriers for Spanish-speaking families.

CRM Expansion

City of Marietta

- Through our partnership with the City of Marietta, we are integrating environmental projects influenced by The Basics framework to support child and family well-being.

Cobb and Douglas Public Health

- Our collaboration with Cobb and Douglas Public Health (CDPH) is fostering a trauma-informed culture across all departments.

Key Developments

- CRM Training for WIC Department:
  - Provided Community Resiliency Model (CRM) training to **39 employees.**
  - Many participants reported that "learning all of the skills to be able to cope with stress". was what they liked most about the training.
- Upcoming CRM Workshop for CYSN Department:
  - **Goal**: Expand CRM training across all CDPH departments.
- Wellness Resource Initiative:
  - **Aim**: Provide trauma-informed wellness resources to staff and individuals utilizing CDPH services.

Impact Goals:

- Expanding CRM training across CDPH departments.
- Equipping staff and clients with wellness tools.
- Strengthening a trauma-informed culture across healthcare services.

Through strategic partnerships, policy alignment, and environmental shifts, Cobb Collaborative is fostering a resilient, trauma-informed community. We remain committed to advancing mental health accessibility, promoting equity-centered solutions, and ensuring that every individual in Cobb County has the resources to thrive.



"I liked that this CRM workshop was calming; it was end of the day so I was beginning to feel overstimulated and this was a nice way to ground"

"I really liked the information that was given, it offered real life examples of how to use these resources."





"I intend to use CRM to help me become more resilient to traumas I may come across in the field."

Resiliency Stations

Resilience Stations may include tactile resources like stress balls and sensory strips as well as print resources like journaling tip cards, bookmarks, and stickers but can also include sour candy and mints. Sour candy has been found to be helpful in reducing anxiety and stress symptoms. These resource stations can serve as a tool for support and intervention with individuals who may be experiencing distress. We have provided Resilience Stations to partnering agencies such as Cobb DFCS, Cobb Juvenile Court, Cobb Family Justice Center, and many public schools.

Key Developments

- Resiliency Station for Cobb Juvenile Court
  - An ongoing partnership to provide wellness resources for **staff, youth and families.**
  - **Plans**: We have plans to support them in reaching more youth through creating resource bags that will include many new resources.
- Communities in Schools Partnership
  - An ongoing collaboration to **support students and staff** by providing wellness resources.
  - **Plans**: Establish new Resiliency Stations in additional Cobb County Schools as well as Marietta City Schools.

With our MYM resources in general, we aim to ensure we are supporting individuals in the community and our tactile, print, and digital resources play a small role in that. These resources also help to reduce stigma around mental health by opening up a dialogue with what can help mitigate mental health challenges or stressors.



Resilience Stations established so far!

Advancing Awareness through Resiliency Week

In February 2025, we hosted our second annual Resiliency Week - a week-long series of events designed to engage community members, professionals, and advocates of all ages and backgrounds in conversations and activities that strengthen resilience and promote protective factors. Anchored by our 4th Annual Resilient Cobb Summit, this initiative creates space to explore how we can individually and collectively influence policy, systems, and environmental (PSE) changes that support mental well-being, positive relationships, and healthy communities.

The week featured a diverse lineup of events that reflected our holistic approach to trauma prevention and healing-centered care. Each event offered a unique entry point for participants to learn, reflect, and build connections:

Monday: Partner Breakfast

invite-only gathering of board members and key partners who play a strategic role in advancing our collective impact and shaping community-wide prevention efforts.

23 Attendees!

Tuesday: Verbal Intervention Training

24 Attendees!

Tuesday: Journaling Workshop

A small, reflective workshop that emphasized self-expression and creative wellness practices as tools for emotional regulation and resilience-building.

6 Attendees!

Wednesday: Resilient Cobb Summit

The central event of the week gathered professionals and community members for a half-day summit featuring keynote speaker Lisa Crossman, Deputy Director of Cobb and Douglas Public Health, and a panel discussion focused on mental well-being across the lifespan. Each conversation emphasized practical ways to integrate trauma-informed care into daily life, workplaces, and community systems, while emphasizing the importance of our individual roles in collective impact.

44 Attendees!

Thursday: Wellness Walk

3 Attendees!

Friday: Retreat

This half-day retreat combined yoga, creative expression (coloring, rock painting), discussion on workplace wellness (led in partnership with Cobb & Douglas Public Health), line dancing, and lunch.

17 Attendees!

Advancing Awareness through Resiliency Week





"It's really important for people to practice the skills of self-care and bouncing back from trauma so that we can grow our resilience" - Resiliency Week Participant





"I wasn't going to come to the walk today, but I decided to make time during my work day and I'm so glad I did. It was exactly what I needed to reset and recharge." -Resiliency Week Participant





Systems Work with Cobb County Government

We strengthened our working partnership with Cobb Board of Commissioners Chairwoman Lisa Cupid and Cobb Douglas Public Health's Health Equity department to host cross-sector quarterly town hall events. Entitled **Behavioral Health Coordination Meetings,** these events centered on topics that are of value to all community members. Our largest convening was in August 2024 as we partnered with Lexicon Strategies to evaluate the reach, scope and relevancy of 988 marketing materials. Nearly 100 community stakeholders joined us as we learned from Cobb County's Emergency Response leadership about our community's work to increase awareness of 988 and how first responders work those calls. Attendees were also able to visit with providers beforehand.

We were also part of the planning and implementation of the launch of **Find Help Cobb**, again in partnership with our county government. Chairwoman Cupid felt strongly that a **public-facing portal** where those seeking assistance could be made aware of **low-cost** or **free programs**, **services** and **resources** would be of great value. We coordinated informational sessions with the national Find Help team to help Cobb County's IT Department learn more about the various options involved and also leaned on the leadership of FindHelp Georgia. At our 4Q24 convening, attendees learned about **Find Help Georgia**, **FindHelp Wellstar** and were introduced to **FindHelp Cobb**. We are distributing branded assets for all of these portals to family-serving agencies and organizations and explaining the benefits of this social care network. Considering that 72% of child abuse calls received in Georgia are associated with neglect, we recognize how important it is to lift up and amplify the protective factor of **concrete resources in times of need.**

As we consider the six conditions for systems change described by FSG, these convenings (and particularly the ones focused on 988 and FindHelp Cobb/FindHelp Wellstar/FindHelpGA) support the foundational conditions of Mental Models, Relationships & Connections, and Resource Flows and Policies.

Trauma-Informed Workplace Wellness in Powder Springs

Our partnership with the City of Powder Springs represents a meaningful and strategic Policy, Systems, and Environmental (PSE) change. Rather than adding a new initiative, we worked alongside the city's existing workplace wellness infrastructure, integrating trauma-informed care into a model that already prioritized employee well-being and community service.

Each month, Powder Springs staff participate in "First Fridays"—a city-wide wellness program where employees spend the first half of their day engaging in volunteerism or wellness training, followed by the second half off to rest and recharge. In collaboration with city leadership, we embedded the Community Resiliency Model (CRM) into this structure, offering department-specific CRM sessions across several Fridays to reach every staff member in a meaningful, focused setting.

CRM trainings were delivered to all departments within the City of Powder Springs, including:

- Parks & Recreation
- Powder Springs Police Department
- Civilian Police Department Staff
- Public Works
- Sanitation
- City Hall
- Finance

Each session provided practical tools for self- and co-regulation, increased awareness of trauma's impact, and emphasized how staff across every level of government can be agents of resilience in their daily work. In total, **121 staff members** participated in CRM training through this initiative. Because it was required for all departments, the city took an important systems-level step—moving from optional wellness offerings to institutionalizing trauma-informed practice as a professional standard.

Trauma-Informed Workplace Wellness in Powder Springs

One participant shared that they were heading out shortly after the training to assist family members impacted by Hurricane Helene and expressed gratitude for having received the workshop beforehand. They felt better prepared not only to support themselves during a stressful time, but also to offer the CRM tools and resources to their loved ones. This story reflects the dual impact of the training—strengthening both public service systems and the personal networks of those within them.

This partnership exemplifies how thoughtful integration of trauma-informed care into existing systems can yield widespread, sustainable impact. Powder Springs' leadership has modeled how municipalities can operationalize wellness, build trauma-awareness into their organizational culture, and foster resilience in both employees and the communities they serve.





Trainings

Our trainings are a key factor in our work of reducing the stigma around mental health, providing education, and promoting resilience. Through the trauma-informed trainings that we offer, we aim to raise awareness of how stress and trauma impact one's life and why adversity does not have to be anyone's destiny. The trainings encourage participants to gain an understanding, through evidence-based and scientifically proven approaches, and implement skills and practices that grow resilience. We offer several trauma-informed trainings:

Community Resiliency Model (CRM)®

CRM is an educational and biological model viewed through a trauma- informed lens. It increases your capacity to manage your nervous system and build confidence to handle the ups and downs of life. As a resiliency model, CRM offers wellness skills to help individuals and communities adapt when faced with adversity and perceived threats.

This past year, we leaned into how to make the training more digestible for professional individuals and teams. Our certified trainers were able to provide it virtually to many different organizations and agencies as well as splitting the 3-hour training up into a series of training sessions. By being able to provide the training in many different capacities, we are able to meet people where they are, increasing our overall effectiveness.

Supporting a trauma-informed workforce for us looks like embedding the training within an organization, especially those in a helping field, to support a team's perception of trauma and resilience. By providing the Community Resiliency Model Training to staff in an organization, we are coming alongside a group of individuals and helping to create an environment that is safe, supportive, understanding and that fosters well-being.
In Year 4, we were able to train 45 staff members of the Cobb County Public Library in the CRM Model and provide resources that encouraged a focus on well-being, individually and as a team.

CRM Highlight Story

Supporting Trauma-Informed Growth:

Cobb Collaborative has provided CRM Workshops to two different Georgia State University Georgia LEND cohorts, as well as a CRM follow-up session in the beginning of 2025. The Georgia Leadership Education in Neurodevelopmental and Related Disabilities (GaLEND) program is a one-year interdisciplinary training experience that prepares tomorrow's leaders to provide coordinated, culturally competent, and family-centered care to children and their families. The GaLEND program incorporates didactic and experiential learning in classroom, clinical, and community settings to further develop the skills of participants within their own disciplinary backgrounds, as well as to work together toward the greater goal of improved public health policy and systems.

Year 4

- **Provided the CRM Workshop to 28 students in the GaLEND program.**
- Because of our initial provision of the CRM Workshop for the GaLend students, we connected with an employee at the Connections School of Atlanta, a nonprofit organization providing high school education, community engagement opportunities, and young adult transition services for students with autism and other sensory, motor, and communication differences. **We then were given the opportunity to provide the CRM Introductory Workshop to the staff at Connections School of Atlanta.**
- **Provided a follow-up CRM session to the GaLEND program students.**

Those opportunities that allow us to expand our reach in ways that we may not have prior, are clear examples of fostering a trauma-informed and resilient community.

CRM Opportunties

In Year 4, one of our certified CRM trainers, was able to become an approved Specialty Trainer through DECAL, the necessary step in being able to offer CEU (continuing education units) for Early Childhood Education students and professionals. This has opened up opportunities for us to offer CRM trainings to individuals, and for them, if qualified, to receive credit for the training. We have recently provided CRM training to early childhood education students with West Georgia Technical College, as well as DECAL Child Care Center professionals. We are hoping to continue this partnership to be able to reach more students and professionals through this CEU incentive.



WEST GEORGIA TECHNICAL COLLEGE

Georgia Dept of Early Care and Learning
BRIGHT FROM THE START



Trainings

Our trainings are a key factor in our work of reducing the stigma around mental health, providing education, and promoting resilience. Through the trauma-informed trainings that we offer, we aim to raise awareness of how stress and trauma impact one's life and how we don't have to let adversity be our destiny. The trainings encourage participants to gain an understanding, through evidence-based and scientifically proven approaches, and implement skills and practices that grow resilience. We offer several different trauma-informed trainings:

Connect Now

CN provides an overview of the **Adverse Childhood Experiences** (ACEs) study and a glimpse into **Connections Matter Georgia**, a more in-depth training designed to engage community members in building caring connections to improve resiliency, prevent childhood trauma, and understand how our interactions with others can support those who have experienced trauma.

Connections Matter

CM is evidenced-based training that promotes caring connections as the foundation for developing healthy brains, supportive relationships and strong communities. Connections Matter strives to promote the building of more resilient, compassionate, and trauma-informed communities - thus allowing all children and individuals to succeed.

Cobb Collaborative has facilitated **7 Connections Matter trainings with a total of 174 attendees.**



Trainings

We are pleased to offer two no-cost training sessions each month in partnership with the Child Welfare Training Collaborative at Georgia State University. Trainings include Brain 101, Trauma 101, Recognizing and Managing Secondary Traumatic Stress, Psychological Safety: A Pathway to Resilience, Trauma to Resilience: Strategies to Support Children's Well-Being, Unmasking the Trauma of Bullying, Delivering Trauma-Informed Customer Service, and Differences Are Good. The Child Welfare Training Collaborative (CWTC) offers training to community partners and professionals, creating shared understanding of issues facing children and families and also strengthening collaborations to promote better outcomes for Georgia's children. Individuals who participate receive continuing education units (CEU).

GSU Child Welfare Training Collaborative

Georgia State University
School of Social Work
Professional Excellence Program Child Welfare Training Collaborative (CWTC)

In Year 4, there were **29 training sessions** with a total of **756 participants**.

"I will use this training in my daily interactions with students and families to ensure a compassionate and respectful process in meeting their needs"

"Because of this training, I will be better prepared to communicate with and understand the children CASA works with who are dealing with trauma"

"Because of this training, I plan to use my trauma-informed lens when I come into contact with anyone and not make any assumptions"



Trainings

New Trainings

Capacity Catalyst Series

In addition to our trauma-informed trainings, Cobb Collaborative launched the Capacity Catalyst Series in October 2024 as a way to strengthen the internal infrastructure of small to mid-sized nonprofits, businesses, and community organizations. The inaugural four-week series focused on key areas of organizational growth and sustainability: Grant Readiness 101, Digital Annual Reports, Board Leadership, and Leveraging GenAI: Empowering Nonprofits for Social Impact. The series received overwhelmingly positive feedback from partners and members, which prompted us to formalize it as a core offering of Cobb Collaborative.

Now offered as a monthly virtual webinar series, the Capacity Catalyst Series equips the local workforce with practical tools and knowledge that increase organizational impact—an essential element of a trauma-informed ecosystem. Topics include advocacy, financial planning, strategic planning, workplace culture, and brand awareness. These sessions are designed to be accessible and high-value, especially for organizations with limited resources or staff capacity.

All sessions are recorded, and beginning in 2025, past recordings will be made available to members through an updated, centralized member resource page. This series complements our trauma-informed training efforts by ensuring our partners are equipped not just with trauma knowledge, but with the infrastructure and strategy to sustainably implement and scale their work.



Trainings

New Trainings

Additionally, we have partnered with WestCare Foundation, to provide **Verbal Intervention Training** to community partners. WestCare is a family of nonprofit organizations providing a wide range of health and human services, including treatment and rehabilitation, mental health and wellness, emergency support, housing, education, and veteran services, with a focus on person-centered, trauma-informed care. Participants can receive credit for this training. Verbal Intervention (VI) Training is a condensed 3-hour program designed to prepare individuals to effectively identify, respond to, and prevent low-risk crisis behavior using non-restrictive intervention techniques. This focused training provides essential skills in de-escalation and communication, enabling individuals to manage challenging situations safely and effectively without the need for physical intervention.

Verbal Intervention (VI) Training

WESTCARE GEORGIA



There have been 2 sessions so far with 35 attendees in total.



Research and Evaluation

In Year 4, Cobb Collaborative significantly expanded its evaluation and research efforts to better understand and demonstrate the impact of our trauma-informed work, with a specific focus on improving training quality, knowledge retention, and community-centered outcomes. Through this work, we've laid a strong foundation for continuous learning and for embedding trauma-informed practices into our Policy, Systems, and Environmental (PSE) strategies as well as our Justice, Equity, Diversity, and Inclusion (JEDI) goals.

Enhancing CRM Evaluation and Flexibility

Historically, our *Community Resiliency Model (CRM)* offerings consisted of one-time trainings ranging from one to three hours. As demand from organizations increased, we noticed a pattern: while interest in deeper engagement was growing, many staff members found it difficult to commit to longer sessions during the workday. In response to this feedback, we developed new flexible training formats, including a three-part series of one-hour sessions and a two-part 1.5-hour model, which align well with formats like lunch-and-learns.

To complement these expanded offerings, we partnered with Jenn Ballentine of Highland Nonprofit Consulting, LLC to strengthen our evaluation framework. With her expertise, we co-created a suite of four new evaluation tools and a Standard Operating Procedure for CRM data collection and use.
These tools are attached in the appendix and include:

- **A retrospective pre/post survey for professionals attending a single-session workshop**
- **A similar version tailored for community members**
- **A comprehensive multi-session workshop survey for professionals**
- **A follow-up survey 3–6 months post-training to assess skill use and knowledge retention**

These surveys go beyond satisfaction metrics, evaluating knowledge gained (e.g., understanding of trauma responses, CRM skills, and the resilient zone), anticipated application, and self-reported behavior change. By capturing both immediate and longitudinal feedback, we are better able to refine our content, tailor future offerings, and measure real-world impact. These improvements also strengthen our alignment with trauma-informed evaluation principles—centering participant voice and building feedback loops that inform and empower.

Longitudinal Outcomes: CRM Follow-Up Survey Insights

Since implementing our new survey format in August 2024, Cobb Collaborative has begun to gather deeper insights into the long-term impact of CRM training through our CRM Follow-Up Survey. This tool is distributed to participants three to six months after their training to assess knowledge retention, behavior change, and integration of skills into daily life and professional practice.

To date, we have received 24 completed follow-up surveys, and the data collected offers promising evidence of sustained impact:

- In response to the question, “Since attending the CRM training(s), how would you describe your ability to identify which resilient zone you or your clients are in and move back to the OK resilient zone if you or your client are not already there?” **87% of respondents reported an improvement**, with 52.17% responding Somewhat Better and 34.78% responding Much Better.
- When asked, “Since attending the CRM training(s), how would you describe your ability to employ a skill that aids in self-regulation?” **91% of respondents reported an improvement**, with 69.57% responding Better and 21.74% responding Much Better.
- To the question, “Since attending the training(s), have you used the information and/or strategies provided via the training (e.g. tracking, grounding, resourcing, help now)?”- **83% of respondents reported Yes**, with an additional 12.5% responding No, but I plan to use them in the future).

Participants were also invited to share open-ended reflections on **how the training has influenced their personal or professional lives**. Responses included:

"I have been intentional about practicing grounding techniques which have made it easier for me to be in the present moment."

"When I am feeling overwhelmed I give myself time to engage in box breathing to self-regulate my emotions so that I feel grounded."

"Helping students to self regulate when dealing with stress."

"I have been more comfortable with providing grounding techniques to patients as needed."

"I have been able to identify ways to de-escalate my stress in work environments."

"I have found it helpful in stressful situations, and I encourage peers around me to do the same."

These responses illustrate not only knowledge retention but meaningful application in both personal and client-facing settings—key indicators of sustainable, trauma-informed practice.

In line with our commitment to Justice, Equity, Diversity, and Inclusion (JEDI), all new survey tools include voluntary demographic questions to better understand who we are reaching and identify any gaps in engagement. This data will allow us to ensure our programming is equitably serving all populations, particularly those historically underrepresented in health and wellness spaces.

As we look toward Years 5 and 6, Cobb Collaborative is committed to deepening our research and evaluation strategies to ensure we are not only measuring outcomes effectively, but using that data to continuously improve and scale our impact. We are implementing a structured quarterly review process to analyze CRM training evaluation data across all formats—single workshops, multi-session series, and follow-up surveys—to identify trends, surface participant needs, and adapt our offerings accordingly. A key focus will be to increase follow-up survey participation and explore ways to better support individuals after training through referrals to additional learning opportunities, resource-sharing, and guidance on practical applications in their personal and professional settings.

Building on our partnership with Kennesaw State University, we are also supporting the evaluation of a Trauma-Informed Care (TIC) micro-credential, offered as part of an Interprofessional Education (IPE) course for students in social work, education, and healthcare disciplines. This initiative aims to assess how trauma-informed learning environments promote interprofessional collaboration, shared language, and the development of trauma-responsive competencies. With support from trained Children & Families Program interns and a clinical grant manager, the course will be evaluated for its accessibility, real-world application, and impact on student growth. This work will not only strengthen the trauma-informed workforce of the future, but also inform how we design and assess educational interventions moving forward.

INNOVATIVE PARTNERSHIPS

Building a Trauma-Informed Workforce through Higher Education & Community Collaboration: Cobb Collaborative is fortunate to work alongside incredible partners who are equally committed to building a trauma-informed culture, both in their professional roles and personal lives. While several critical partnerships are highlighted throughout this report, one in particular stands out for its **innovation**, **diversity**, and **far-reaching ripple effects**: our ongoing collaboration with **Kennesaw State University (KSU)**.
See Appendix A for a summary of these activities.

Through this collaboration, Cobb Collaborative delivers Community Resiliency Model (CRM) and Connections Matter workshops to Master's-level interns in KSU's Children & Families Program and Department of Education (DOE) Fellows.

Who Benefits?

- Student teachers
- Interns working with children and families

What They Gain:

- Trauma-informed knowledge
- Practical coping tools
- A deeper understanding of the role of relationships in resilience

Participant Feedback:

"I wish I had this training before the semester started so I had better coping strategies for myself and the kids in the class."

"This class genuinely changed my perspective on how to be better for myself and how I can really make time for myself. You've truly impacted my mental health and life."

What makes this partnership particularly innovative is that it extends far beyond classroom instruction. Students not only receive training - they are equipped with **tangible tools** such as **sensory items**, **CRM skill visuals**, **FindHelpGA** and **988** resource materials. These interns then bring trauma-informed language and resources directly into classrooms, family homes, and early learning environments, multiplying the impact in real-time.

INNOVATIVE PARTNERSHIPS

This growing relationship with KSU has also opened doors to n**ew community-facing efforts.** In partnership with Karla Ramirez of ATL Energy Works - who collaborates closely with the Children & Families Program - we offered **CRM** and **Becoming a Resilient Parent** workshops as part of a **weekly** parent support group. This initiative, which supports families facing behavioral challenges, allows parents to **build self-regulation** and **resilience skills** while their children work with interns to develop social-emotional awareness through play.

Parents reported **noticeable** improvements in both themselves and their children after participating in the three-week CRM series. Several shared that they had begun implementing the tools at home and were seeing meaningful changes within their families such as:

Improved emotional regulation

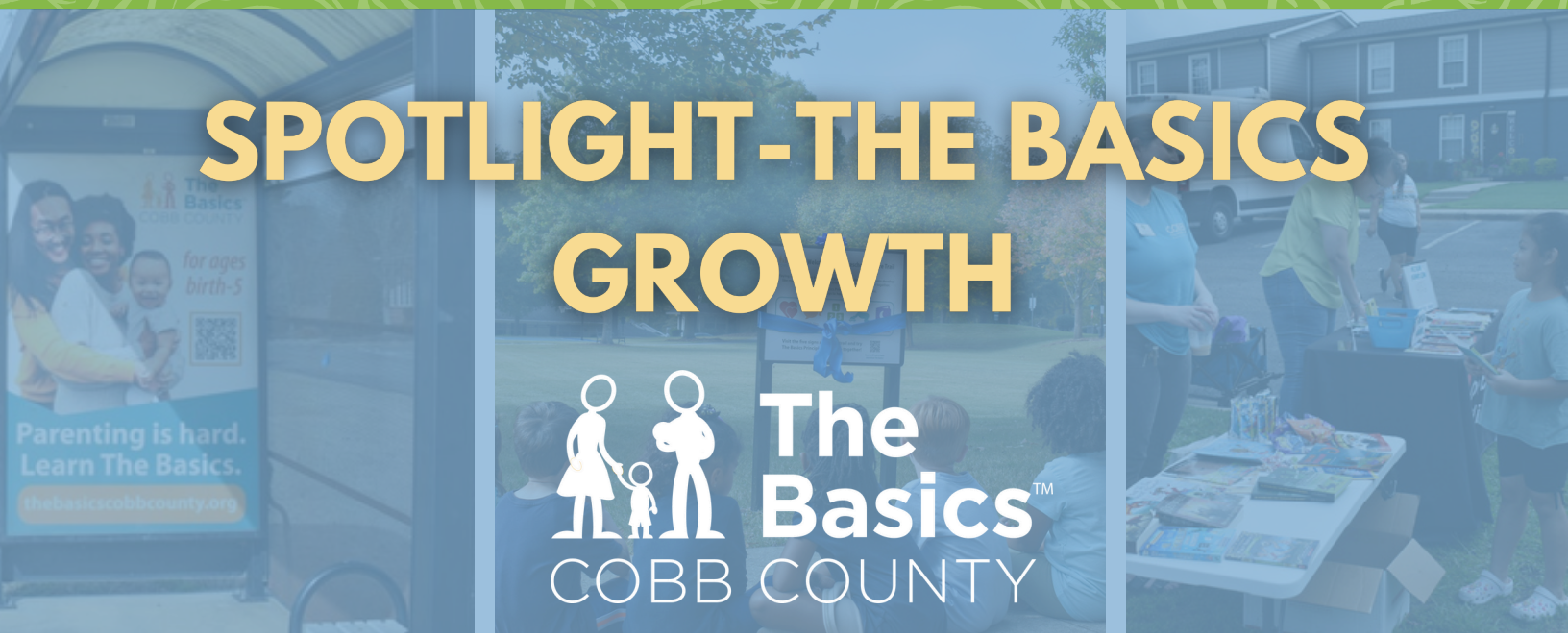
More thoughtful communication

Calmer responses to stress

One parent shared that they were especially moved to see their child using the techniques modeled during class, including identifying their feelings and taking time to calm down before revisiting a difficult situation with their siblings. These reflections reinforce how trauma-informed strategies can support not only individual well-being but also stronger family dynamics and intergenerational healing.

In another exciting development, Lesleigh Sanders, Cobb Collaborative's Mental Health Program Coordinator and CRM teacher, was approved to offer Continuing Education Units (CEUs) for early childhood educators who complete CRM training. This has already led to trainings with students at West Georgia Technical College, further expanding our reach into the next wave of child- and community-facing professionals.

These partnerships represent more than just good programming—they are **innovative**, **scalable models** for embedding **trauma-informed practice**s across systems of **education**, **parenting**, and **care**. By continuing to collaborate with university systems, community-based organizations, and workforce development programs, Cobb Collaborative is helping shape a more **resilient**, **emotionally aware**, and **connected** future for Cobb County and beyond.



SPOTLIGHT-THE BASICS GROWTH

We launched the Basics framework in Cobb County in the spring of 2021 and have fostered growth across our footprint over the past 4 years. We serve as the **backbone agency** of a **robust cross-sector partnership model**, striving for the "**ecological saturation**" that is a key tenet of The Basics. Each year, we have scaffolded our Birth-5 work with the Basics as the foundation. To date, we have trained over **230 child-facing adults** across various sectors in the Basics.

We began our community-based family "**Playground Paloozas**" in 2022, prioritizing locations where families with young children were already gathering, like **library branches**, **early learning centers**, and **faith communities**. We facilitated **105 paloozas** in 2024, engaging **2,899 parents/caregivers and children**.

In partnership with our public library system, we developed a GIS-based tracking system to facilitate the collection of data and also to gather community-level socio-economic data from our workshop locations. As we consider that the Basics arose from the Achievement Gap Initiative at Harvard University, we feel confident that we are focusing the bulk of our capacity-building efforts in the areas that will see great benefit. But, we are also mindful that the Basics creates positive childhood experiences for ALL children in our community by helping parents and primary caregivers understand that they are their child's first and most important teacher. Through the 5 research-backed principles, parents and all child-facing adults help children build social, emotional and cognitive skills.

In 2024, we deepened our work in the City of Marietta, focused on our partnership with the Emily Lembeck Early Learning Center (ELC), the pre-K campus of Marietta City Schools. During the summer, we brought the Basics to the Los Ninos Primero's summer program (hosted at the ELC) which enrolled twenty-seven Dual Language Learners. During this 5-week summer, we brought parent leadership and educational programs which included connection to bilingual Basics resources like videos, print materials, and tactile assets, to the parents and had the opportunity to build relationships with these parents while the young children were also learning social and relational skills. The Basics is a complement to the trauma-informed Conscious Discipline framework that the ELC uses to help children and adults build self-regulation skills and form healthy, positive relationships with peers.

Also over the summer, we connected weekly with nearly 200 Marietta families at 4 local apartment complexes in cooperation with our local YMCA branch and Cobb County Public Library. While the families waited for the food distribution to begin, we shared information and assets around the Basics, modeled one or more of the 5 principles for parents to observe, and left a simple activity for families to continue the principle (e.g., bubbles, books, coloring sheets) that they tracked for the week. Each child tracked their reading hours on a weekly basis, totaling over 28,166 minutes of reading—nearly 20 days of nonstop reading. "We were so pleased to be able to expand our programming to include two new communities this summer," says Katherine Zavalla of the Community and User Engagement department at Cobb County Public Library. "The children were pleased to bring their tracking sheets each week, receive their stickers and choose books for the upcoming week. We also share the many year-round programs that the library has to offer families," she added. We concluded the summer reading program with a celebration that included Marietta City Schools Superintendent Dr. Grant Rivera.





We were honored to receive a donation of **over 200** brand new bilingual books from the Flaherty Family Foundation in September and brought those books to four apartment communities that we visited over the summer. This supports our work with the Basics Principle #5 - Read & Discuss Stories. The families in our community are always grateful to receive books in their native language which enhances the opportunities to create positive early childhood experiences. As our friends at Marietta City Schools share with us, they don't expect children to be able to read in English when they enter the school system, but the most successful learners are going to be those who have experienced safety and connection on a consistent basis.

We also brought the Basics to the Emily Lembeck Health Fair in July, where we had a station for each Basics principle and also distributed a new book to the over 300 attendees.





2024 also marked our first environment projects for The Basics with bus shelter ads that were placed at 8 locations in our community for 90 days. We are still compiling the data from that project. We also installed a Basics Preschool Nature Trail in a Marietta park adjacent to the ELC) in the fall of 2024. There is a welcome sign explaining the Basis and then a sign for each principle that briefly explains it and suggests an activity. QR codes direct the caregivers to our website for more information. This allows us to reach families in the community. We have plans for a bilingual trail at another Marietta City park to be installed in 2025.

INSPIRED ACTION

Follow Along!

- Visit our **website** for detailed information about Cobb Collaborative's programs, resources, and events, which includes info from our partners and members.
- Sign up for our bi-weekly **Newsletter** for up to date information on community happenings, development opportunities, and member updates.
- Follow us on **Instagram**, **Facebook**, and **LinkedIn** for relevant stories and opportunities to engage.
- Read our **Blog**, with regular posts from our Mental Health Program Coordinator, Lesleigh Sanders, and featured guests to dive into topics aimed at reducing stigma, increasing access to trauma-informed information, and providing tangible tips for positive mental health and wellness.
- Listen to **Mind Your Mind Podcast**, a look inside Cobb County community partners and resources with a focus on mental health and wellbeing.
- **Donate** to sustain our work in Literacy, Mental Health, and Civic Engagement, for a healthier and more equitable future.

Engage & Connect!

- Request a trauma-informed training (email Lesleigh Sanders, Mental Health Program Coordinator, at **lsanders@cobbcollaborative.org** to discuss training options and CEU opportunities).
- Attend a **Cobb Collaborative networking event** (Coffee with the Collaborative or Mingle with a Mission After Hours) for a better-connected community.
- Consider joining as a **Member** and contributing to the web of networks supporting and uplifting our community. Whether you are a nonprofit looking to deepen your connection, a business dedicated to fueling a cause, or a , we welcome your seat at the table.
- Bring your voice to the table by participating in a **Strategy Team**. Focused convening for cross-sector collaboration on critical populations in Cobb County: Birth-5, Children and Families (PCA Cobb), and **Connecting Georgia Veterans**.

Begin with The Basics!

- Sign up for **The Basics Newsletter**
- Attend a **Playground Palooza**, family-friendly events for children (older toddlers-5 years old) and their caregivers to play, learn about the Basics Principles, and practice how to use them to make meaningful moments.
- Request a **Basics Facilitator training** so you or your organization can host your own Playground Palloozas.
- Subscribe to **The Basics Insights**, a free weekly text message program with age-specific and scientifically based tips on incorporating the five Basics Principles into everyday moments.

INCOME & EXPENSES/ FINANCIALS

Income

Grant Revenue -	
• Resilient Georgia	$200,000
• Matching Funds - Government	$50,483
• Matching Funds - Foundations & Corporate	$113,225
Donations & Individual Giving	$7,500
Earned Program Revenue	$1,000
Total Program Revenue	$172,238
In-Kind Support	$30,550
TOTAL PROGRAM SUPPORT	**$402,788**

Expenses

Programming	$352,088
Supplies/Marketing/Community Awareness	$39,100
Administrative & Overhead	$11,600
TOTAL EXPENSES	**$402,788**

APPENDIX A

Additional Community Work by KSU's Children & Families Program

We (KSU C&FP) continue to be welcomed into Cobb County Schools to work with children during afterschool hours, collaborating with paraprofessionals and teachers, to provide trauma informed supports to children at risk academically. During the spring of 2024, we worked within two Cobb County School District elementary schools. During the winter of 2024, we worked within one Cobb County School District elementary school. We were able to expand our work into another county and venue via a partnership with United Way and Energy Works Atlanta. This expansion allowed us to expand our work to boost out of school time in a community location. Also, after the lessons learned about how to overcome the procedural barriers experienced last year, we continued to capitalize on our partnership with Cobb Collaborative which allowed us to expand our work within the Cobb County Public Libraries. We continue to be invited to visit Cobb County libraries to promote mindfulness to preschool and elementary aged students, along with their caregivers and parents.

Reach:

- **Student parent programs: 170**
- **MicroCredential Badges: 700+**
- **MicroCredential Certificate: 77**
- **Cobb County Public Libraries (story time): 87 children and 80 caregivers (167 total)**

Please see dates and events below.*

***"Working alongside Cobb Collaborative and other organizations has greatly benefited my work in CFP as well as teach me important skills of how to create and maintain partnerships and utilize resources within the community to offer support to the clients I am working with.* "(CFP Intern)**

Key Accomplishments

- Program Expansion & Outreach:
  - Increased engagement with target populations through expanded community-based initiatives.
  - Strengthened partnerships with local organizations to enhance service delivery.
- Capacity Building & Training:
  - Provided training to service providers and stakeholders, improving program effectiveness.
  - Developed new tools and resources to support community-based interventions.
- Improved Service Access & Utilization:
  - Data indicates higher participation rates and improved access to critical services.
  - Enhanced support mechanisms for underserved populations.

Challenges Identified

- Funding & Sustainability:
  - Limited funding restricted program expansion and continuity.
  - Need for diversified funding sources to maintain program impact.
- Engagement Barriers:
  - Difficulties in reaching certain populations due to logistical and systemic barriers.
  - Need for tailored approaches to improve inclusivity and accessibility.
- Data & Evaluation Limitations:
  - Inconsistent data tracking and reporting methods impacted comprehensive outcome assessment.
  - Recommendations for refining evaluation tools to ensure accurate measurement of impact.

Impact & Measurable Outcomes

- Community Feedback:
  - Positive participant feedback regarding program effectiveness and resource availability.
- Service Utilization Growth:
  - Increased enrollment and engagement in support programs.
- Strengthened Collaborative Networks:
  - Growth in partnerships leading to improved resource-sharing and coordinated efforts.

***2Gen Trauma Informed Community work by KSU's Children & Family Programs:**

- *April 8th* - Emerging professionals within the CFP lab were trained in CRM
- *April 9th* - Switzer Library Storytime CFP led a trauma informed story time and had activities for
- children and information for parents.
- *April 15th* - Research Engagement Day
- *April 16th* - Switzer Library Storytime CFP led a trauma informed story time and had activities for children and information for parents.
- *April 23rd* - Mental Health Coalition Our work was presented to the Mental Health Coalition
- *May 22nd* - Met with KSU student affairs for strategic planning on deploying 2Gen work on
- campus
- *May 29th* – CFP hosted Institute for Educational Leadership (IEL) National Community Schools

- May 29th – CFP hosted Institute for Educational Leadership (IEL) National Community Schools
- and Family Engagement Conference disseminating our work to leaders from across the country
- Fall 2024- Began planning for return to Hollydale and United Way EWA programs
- August 6th- Attended Cobb County Behavioral Health Coordination Meeting
- August 19th - Attended Behavioral Health Resource Fair
- August 26th - Emerging professionals within the CFP lab were trained in The Basics
- August 27th - West Cobb Library CFP participated in the BASICS
- September 3rd - Emerging professionals within the CFP lab were trained in Connections Matter
- September 10th - Kemp Library CFP led a trauma informed story time and had activities for
- children and information for parents.
- September 16th - Emerging professionals within the CFP lab were trained in Becoming a Resilient Parent
- September 30th – Trauma informed Storytimes at North Cobb Public Library 2-5-year-olds and their caregivers
- October 7th – Community Resiliency Model Day 1 of 3 with Cobb Collaborative
- October 7th – Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Communication)
- October 8th – United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Communication)
- October 14th – Community Resiliency Model Day 2 of 3 with Cobb Collaborative
- October 14th - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Cooperation)
- October 15th – Trauma informed Storytimes at Kemp Memorial Library 0–3-year-olds and their caregivers
- October 15th- United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Cooperation)
- October 21st– Community Resiliency Model Day 3 of 3 with Cobb Collaborative
- October 21st- Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Participation)
- *October 22nd* – Invited guest speaker for PCA Cobb Convening 2025 about Vertically Integrated Programs Model and Trauma Informed Micro-credentials
- *October 22nd*-United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Participation)

- October 28th – Trauma informed Storytimes at North Cobb Public Library 2-5-year-olds and their caregivers
- October 28th- Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Validation)
- October 29th- United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Validation)
- November 4th- Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Communication)
- November 5th- United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Communication)
- November 11th – Invited guest speaker for PCA Georgia 2025 about Vertically Integrated Programs Model and Trauma Informed Micro-credentials
- November 11th- Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Cooperation)
- November 12th - United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Cooperation)
- November 18th – Trauma informed Storytimes at North Cobb Public Library 2-5-year-olds and their caregivers
- November 18th- Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Participation)
- November 19th- United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Participation)
- November 19th - Trauma informed Storytimes at Kemp Memorial Library 0–3-year-olds and their caregivers
- December 2nd – Pop-up Shop for Student Parents Partnered with WellNest, OwlSwap, and KSU CARE Services
- *December 9th* – PCA Atlanta 2-Gen Approach, provided information on how a 2Gen lens benefits and informs all our work
- *January 13th* – Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Communication)
- *January 14th*- United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Communication)
- *January 27th* - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Cooperation)
- *January 27th* – Trauma informed Storytimes at North Cobb Public Library 2-5-year-olds and their caregivers
- January 28th - United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Communication)

- *January 28th* – Trauma informed Storytimes at Kemp Memorial Library 0–3-year-olds and their caregivers
- January 30th – Reaching Teens Summit invited Allison Garefino as guest speaker
- *February 3rd* - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Participation)
- *February 4th* - United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Cooperation)
- *February 10th* - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Validation)
- *February 18th* - United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Participation)
- *February 18th* – Trauma informed Storytimes at Kemp Memorial Library 0–3-year-olds and their caregivers
- *February 18th* - Community Resiliency Model Day 1 of 3 with Cobb Collaborative administered for EWA parents
- *February 24th* - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Communication)
- *February 24th* – Trauma informed Storytimes at North Cobb Public Library 2-5-year-olds and their caregivers
- *February 25th* - United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Validation)
- *February 25th* - Community Resiliency Model Day 2 of 3 with Cobb Collaborative administered for EWA parents
- *February 25th*- Connect Now with Cobb Collaborative
- *February 25th* – Reestablished connection with Nana Grants and invited to be a location for a pilot project funded by Gas South providing activity bags for student parents to use while on campus with their children
- *March 4th* - Community Resiliency Model Day 3 of 3 with Cobb Collaborative administered for EWA parents
- *March 4th* - United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Communication)
- *March 17th* – Trauma Informed Workshops with Teens at North Springs High School's wellness center
- *March 17th* - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Cooperation)
- *March 18th* – Trauma informed Storytimes at Kemp Memorial Library 0–3-year-olds and their caregivers

- March 21st – Children and Family Programs were awarded DECAL's 2025-2027 2Gen Student Parent Innovation Grant
- March 24th - Lean on Me with Cobb Collaborative
- March 24th - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Participation)
- March 25th – Becoming a Resilient Parent with Cobb Collaborative at Energy Works Atlanta (EWA)
- March 25th - United Way Innovative and Strategic Solutions at Energy Works Atlanta (EWA) After School Programs (Social Skill: Cooperation)
- March 31st – Trauma informed Storytimes at North Cobb Public Library 2-5-year-olds and their caregivers
- March 31st - Hollydale Elementary After School Programs Boosting out of School Time (Social Skill: Validation)

APPENDIX B

Community Resiliency Model (CRM)® Workshop
Evaluation Form
Community Members/Individuals

1. Have you attended a Community Resiliency Model (CRM)® workshop before?
   a. Yes
   b. No, this is my first time

2. How did you hear about the workshop?
   a. Friend/neighbor
   b. Family member
   c. Cobb Collaborative
   d. Other community-based organization (Specify which one:_____)
   e. Referred by provider (e.g. case manager, social worker, counselor, therapist, etc.)
   f. Other (please specify:_____)

3. What did you hope to gain by participating in this workshop?

4. Please rate your agreement with the following statements.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop met its stated goals and objectives.					
The instructor(s) were knowledgeable about the topic.					
The instructor(s) presented the information in an understandable manner.					
The workshop was appropriate to my educational level.					
The workshop met my needs.					
Overall, the workshop was valuable.					

5. Review the following list of workshop topics. Select the choice that best represents your knowledge of these topics BEFORE this workshop and your knowledge now (AFTER the workshop) using this rating scale: 1 = I have no knowledge of this topic, 2 = I have some knowledge of this topic but am not sure how to apply this knowledge, 3 = I have sufficient knowledge of this topic to apply it in routine situations, 4 = I have advanced knowledge of this topic and can apply it in the majority of situations, 5 = I have expert knowledge of this topic and can apply it in complex situations.

	BEFORE					AFTER				
	1	2	3	4	5	1	2	3	4	5
The difference between trauma-informed and resiliency-informed approaches.										
Common reactions resulting from trauma and stress.										
Definition of the term resilient zone.										
Identifying when I or someone I am helping is in a high or low zone, and employing an appropriate skill (tracking, grounding, resourcing, gesturing) to help myself or the person I am helping return to the resilient zone.										
Using the "help now skills" when I or someone I am helping is dysregulated to tune into the surroundings and better regulate our body.										
Developing tracking skills such as becoming aware of body sensations.										
Incorporating self-help plans into my toolkit of healthy coping skills.										

6. What did you like most about this workshop?

7. How can this workshop be improved?

8. What other topics would you like to have workshops on?

9. Provide one example of how you intend to apply what you learned in the workshop to your life.

10. What is your age?

11. What is your race?

12. Are you Hispanic or of Latino or Spanish origin?

13. How do you identify?

APPENDIX C

Community Resiliency Model (CRM)® Workshop
Evaluation Form
Professionals

1. Have you been trained in the Community Resiliency Model (CRM) before?
    a. Yes
    b. No, this is my first time

2. What is today's date?

3. Who was your trainer?

4. What type of organization do you represent?

    a. Social Services (social workers, mental health professionals, domestic violence, etc.)
    b. K-12 Education (eg. Teacher, School Counselor, Principal, Assistant Superintendent)
    c. Higher Education
    d. Faith-based organization
    e. Coalitions/collaboratives
    f. Government agency (city employees, DFCS, etc.)
    g. First Responders (police, fire, EMS, etc.)
    h. Criminal justice system (eg. Court staff, Correctional Probation Officer)
    i. Other (Please Specify): _____

5. Please rate your agreement with the following statements.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop met its stated goals and objectives.					
The instructor(s) were knowledgeable about the topic.					
The instructor(s) presented the information in an understandable manner.					
The workshop was appropriate to my educational level.					
The workshop met my needs.					
Overall, the workshop was valuable.					

6. Review the following list of workshop topics. Select the choice that best represents your knowledge of these topics BEFORE this workshop and your knowledge now (AFTER the workshop) using this rating scale: 1 = I have no knowledge of this topic, 2 = I have some knowledge of this topic but am not sure how to apply this knowledge, 3 = I have sufficient knowledge of this topic to apply it in routine situations, 4 = I have advanced knowledge of this topic and can apply it in the majority of situations, 5 = I have expert knowledge of this topic and can apply it in complex situations.

	BEFORE					AFTER				
	1	2	3	4	5	1	2	3	4	5
The difference between trauma-informed and resiliency-informed approaches.										
Common reactions resulting from trauma and stress.										
Definition of the term resilient zone.										
Characteristics of individuals in the OK resilient zone.										
Identifying when an individual is in a high or low zone, and employing an appropriate coping skill (tracking, grounding, resourcing, gesturing) to help them return to the OK resilient zone.										
Providing others with skills to help them tune into their surroundings and better regulate their bodies when they are in a dysregulated state.										
Helping others to incorporate CRM skills into their toolkit of healthy coping skills.										

7. What did you like most about this workshop?
8. How can this workshop be improved?
9. What topics would you like to see included in future workshops?
10. Provide one example of how you intend to apply what you learned in the workshop.
11. We would like to contact you again in 3-6 months to assess how you have been able to apply the information gained to your work and/or personal life. If we have your permission to contact you, please provide your name, cell phone number and email address and preferred method of contact.
12. What is your age?
13. What is your race?
14. Are you Hispanic or of Latino or Spanish origin?
15. How do you identify? Male, Female, Non-binary, Gender non-conforming, Self-describe

APPENDIX D

Community Resiliency Model (CRM)® Multi-Series Workshop
Evaluation Form
Professionals

1. Have you been trained in the Community Resiliency Model (CRM)® before?
   a. Yes
   b. No, this is my first time

2. What type of organization do you represent?
   a. Social Services (social workers, mental health professionals, domestic violence, etc.)
   b. K-12 Education (eg. Teacher, School Counselor, Principal, Assistant Superintendent)
   c. Higher Education
   d. Faith-based organization
   e. Coalitions/collaboratives
   f. Government agency (city employees, DFACS, etc.)
   g. First Responders (police, fire, EMS, etc.)
   h. Criminal justice system (eg. Court staff, Correctional Probation Officer)
   i. Other (Please Specify): _____

3. Please rate your agreement with the following statements.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshops met the stated goals and objectives.					
The instructor(s) were knowledgeable about the topic.					
The instructor(s) presented the information in an understandable manner.					
The workshops were appropriate to my educational level.					
The workshops met my needs.					
Overall, the workshops were valuable.					

4. Review the following list of workshop Day 1 topics. Select the choice that best represents your knowledge of these topics BEFORE this workshops and your knowledge now (AFTER the workshops) using this rating scale:
   1 = I have no knowledge of this topic, 2 = I have some knowledge of this topic but am not sure how to apply this knowledge, 3 = I have sufficient knowledge of this topic to apply it in routine situations, 4 = I have advanced knowledge of this topic and can apply it in the majority of situations, 5 = I have expert knowledge of this topic and can apply it in complex situations.

	BEFORE					AFTER				
	1	2	3	4	5	1	2	3	4	5
The difference between trauma-informed and resiliency-informed approaches.										
Common reactions resulting from trauma and stress.										
Definition of the term resilient zone.										
Characteristics of individuals in the OK resilient zone.										
Characteristics of individuals in the high and low zones.										
Helping myself and others to recognize the sensations in our bodies and identify if we are in a state of well-being or a state of distress.										

5. Review the following list of workshop Day 2 topics. Select the choice that best represents your knowledge of these topics BEFORE this workshops and your knowledge now (AFTER the workshops) using this rating scale: 1 = I have no knowledge of this topic, 2 = I have some knowledge of this topic but am not sure how to apply this knowledge, 3 = I have sufficient knowledge of this topic to apply it in routine situations, 4 = I have advanced knowledge of this topic and can apply it in the majority of situations, 5 = I have expert knowledge of this topic and can apply it in complex situations.

	BEFORE					AFTER				
	1	2	3	4	5	1	2	3	4	5
Understanding the different levels of stress and/or the impact of toxic stress.										
Understanding the different types of trauma.										
Understanding the importance of one's perception of and reactions to trauma.										
Guiding yourself or a client to identify a person, place, thing or memory that brings them peace and comfort.										
Providing others with skills to help them tune into their surroundings and better regulate their bodies when they are in a dysregulated state.										
Noticing pleasant or neutral sensations in the body as you or a client develop a resource to return to a state of regulation.										

6. Review the following list of workshop Day 3 topics. Select the choice that best represents your knowledge of these topics BEFORE this workshops and your knowledge now (AFTER the workshops) using this rating scale:
1 = I have no knowledge of this topic, 2 = I have some knowledge of this topic but am not sure how to apply this knowledge, 3 = I have sufficient knowledge of this topic to apply it in routine situations, 4 = I have advanced knowledge of this topic and can apply it in the majority of situations, 5 = I have expert knowledge of this topic and can apply it in complex situations.

	BEFORE					AFTER				
	1	2	3	4	5	1	2	3	4	5
Employing a Help Now! skill to immediately move yourself or a client back into the resilient zone after being bumped out.										
Helping myself and/or clients to focus on movements that are self-soothing and do not cause self-injury or harm.										
Helping myself/others to develop their own self-care plans.										
Being able to/helping others to differentiate between pleasant, unpleasant, and neutral sensations in the body, and staying with either pleasant or neutral sensations to self-regulate.										

7. What did you like most about these workshops?

8. How can these workshops be improved?

9. What topics would you like to see included in future workshops?

10. Provide one example of how you intend to apply what you learned in the workshops.

11. What is your age?

12. What is your race?

13. Are you Hispanic or of Latino or Spanish origin?

14. How do you identify?

Male
Female
Non-binary
Gender non-conforming
Self-describe
Prefer not to answer

APPENDIX E

Cobb Collaborative
CRM Training Follow-Up Survey

You are receiving this survey because you participated in a Community Resiliency Model (CRM) training provided by Cobb Collaborative in the past three to six months. We would like to know how you have used the information you gained from the training(s) you attended. Completion of the survey is voluntary and your answers are kept confidential. Your responses will help us understand how beneficial these trainings were and how we can continue to serve you in the future. The survey should take about 5 minutes to complete. Thank you again for your time and participation!

How did you hear about the training(s)? Check all that apply

a. Cobb Collaborative marketing (newsletter, social media, etc.)
b. Required staff training
c. Eventbrite
d. From a colleague or friend
e. Other (specify: _____)

What type of organization do you represent?

a. Social Services (social workers, mental health professionals, domestic violence, etc.)
b. K-12 Education (eg. Teacher, School Counselor, Principal, Assistant Superintendent)
c. Higher Education
d. Faith-based organization
e. Coalitions/collaboratives
f. Government agency (city employees, DFACS, etc.)
g. First Responders (police, fire, EMS, etc.)
h. Criminal justice system (eg. Court staff, Correctional Probation Officer)
i. Other (Please Specify): _____

Since attending the CRM training, how would you describe your ability to identify which resilient zone you or your clients are in and move back to the OK resilient zone if you or your client are not already there?

a. Much better
b. Somewhat better
c. No change
d. Somewhat worse
e. Much worse

Since attending the CRM training, how would you describe your ability to employ a skill that aids in self-regulation?

a. Much better
b. Somewhat better
c. No change
d. Somewhat worse
e. Much worse

Since attending the CRM training, how would you describe your ability to help yourself and/or others develop skills for self-regulation?

a. Much better
b. Somewhat better
c. No change
d. Somewhat worse
e. Much worse

Provide an example of what has changed about you or your work since attending the CRM training.

_____

In the past three to six months, have you used the information and/or strategies provided via the training (e.g. tracking, grounding, gesturing, resourcing)?

1. Yes
2. No, but I plan to use them in the future
3. No

Since attending the trainings, have you done any of the following? Check All That Apply

a. Made adjustments to how you interact with clients/people you serve
b. Used the skills gained to help yourself, children or other family members/friends
c. Shared your learning experience with others at your organization
d. Recommend that a co-worker participate in the training
e. Other (Please Specify): _____

What barriers, if any, have prevented you from using the knowledge/skills gained in the session(s) Check All That Apply

a. No opportunity to use the knowledge/skills
b. I have not had enough time to apply the knowledge/skills
c. My work environment does not support use of these knowledge/skills
d. My supervisor does not support the use of these knowledge/skills
e. This training does not apply to my job situation
f. I have not experienced any barriers that prevented me from using the knowledge/skills
g. I did not retain information from the training
h. Other (Please Specify): _____

Please explain how the barrier(s) that you selected prevented you from using the knowledge/skills gained in the session(s).

What, if any additional resources would you like to help you better share and/or use the information you gained from the training(s)? Check all that apply.

a. Nothing, I had all I need
b. Additional training
c. More practice using strategies provided
d. Other

Please share anything else about your experience with the trainings and/or suggestions for other trainings you would like.

What is your age?
What is your race?
Are you Hispanic or of Latino or Spanish origin?
How do you identify? Male, Female, Non-binary, Gender non-conforming, Self-describe