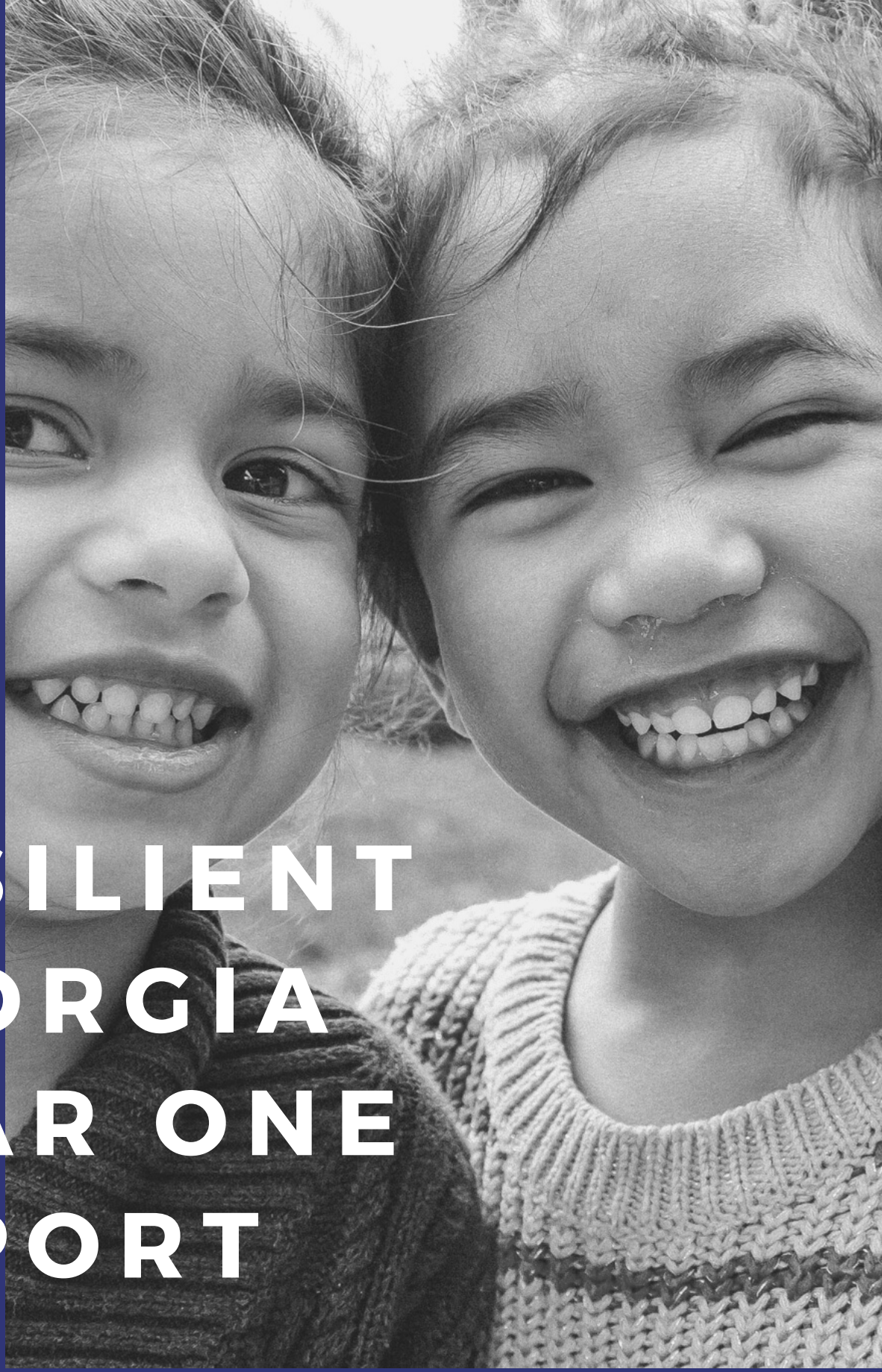

RESILIENT GEORGIA YEAR ONE REPORT

COBB COLLABORATIVE



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ABOUT THE RESILIENT GEORGIA REGIONAL GRANTS

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 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.**
- **Round 1 grants were awarded in Nov 2019 to regional coalitions based out of Athens, Augusta, Macon, Savannah and surrounding areas. Round 2 grants were awarded in July 2020 to regional coalitions based out of Albany, Columbus, Rome, Thomasville and surrounding areas. Round 3 grants were awarded in March 2021 to regional coalitions based out of Clayton, Cobb, Gwinnett, Valdosta and surrounding areas. Round 4 funding was awarded in December 2021 to regional coalitions based out of Brunswick, Chattahoochee Valley, Northeast Georgia and Waycross and the surrounding areas.**

COALITION MISSION

Our purpose is to lead a cross-sector cohort of child-serving organizations to deepen and broaden the understanding that trauma exists; that trauma has effects on the ability of children and families to learn, work and live meaningful, productive lives; and that empirical research shows that future trauma can be prevented and resiliency can be built at the individual and community levels.

SUMMARY

The Cobb Collaborative launched the Mind Your Mind mental health awareness campaign in 2019 to raise awareness, promote resiliency and reduce stigma of behavioral health conditions. In the initial months, the campaign focused on bringing trauma credentialed programs to our community. These include trainings from the Child Welfare Training Collaborative, Mental Health First Aid classes, Question.Persuade.Refer trainings, film screenings, panel discussions, a social media campaign and digital resources. With over 50% of Americans reporting that COVID has had an impact on their mental health, the need for this awareness continues.

This prevention/intervention, advocacy, and training work coupled with building collaborations are crucial to building a community of resiliency for the well-being of children and families, and preventing future ACEs. The Cobb Coalition focuses its evidence-based efforts in the following ways:

- Increase awareness and cultivate a shared language and understanding of trauma, Adverse Childhood Experiences (ACEs), and the role of safe, stable and nurturing environments. (focus of Year 1)
- Improve the trauma-informed capabilities of providers, families, and community members by equipping them with the training necessary to improve outcomes for the children they serve. (Years 1 and 2)
- Empower advocates to address long-standing issues of healthcare equity, systemic racism, and social justice and have agencies embed practices and protocols into the implementation of their work and strategies. (weighted towards Year 2)

MIND YOUR MIND

A COBB COUNTY
MENTAL HEALTH INITIATIVE

LEADERSHIP TEAM AND CONTRIBUTORS

- **Irene Barton**, Executive Director, Cobb Collaborative
- **Kaleigh Raulerson**, Program Manager, Cobb Collaborative
- **Ana Murphy**, Supervisor of School Social Workers for Cobb County School District; Immediate Past Board Chair of the Cobb Collaborative
- **Anne Chance**, PhD GRA, School of Conflict Management at Kennesaw State University
- **Christine Ramirez**, Director of Early Learning, Marietta City Schools
- **LaSondra Boddie**, Cobb Director, Dept. of Family and Children's Services and Cobb Collaborative Board Chair-Elect
- **Dr. Allison Garefino,** Clinical Director, Children and Family Programs

COALITION PARTNERS

1. School systems - Cobb County and Marietta City
2. Cobb County District Attorney's Office - LaTonia Hines, Executive DA
3. DFCS – Cobb County - LaSondra Boddie, Director
4. Ser Familia - Belisa Urbina, Executive Director
5. Cobb Community Foundation - Shari Martin, Executive Director
6. Cobb County Library - Mary Wood, Community Engagement Manager
7. Children & Family Programs at Kennesaw State University (KSU) - Dr. Allison Garefino
8. United Way of Greater Atlanta – Cobb - Nicole Lawson, Regional Director
9. Continuum of Care – Marietta/Cobb
10. Cobb Community Alliance to Prevent Substance Abuse - LaTreece Roby, Executive Director
11. Highlands Rivers CSB (f/k/a Cobb County CSB) - Melissa O'Brien, Director of Marketing
12. Department of Public Health (WIC, Healthy Start, Children First) - Alison Carter
13. Cumberland Counseling Center – Alexandra Thompson, Clinical Director
14. Tommy Nobis Center- Meagan Davis, Director of Development
15. Cobb County Government, Cobb Commissioner Jerica Richardson

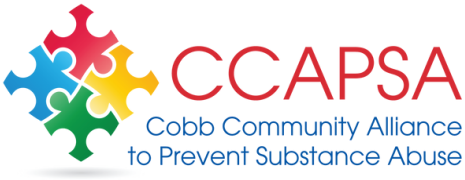




Cobb County
Public Library





























MESSAGE FROM THE PRINCIPAL INVESTIGATORS

“The training sessions and knowledge are invaluable to me and my organization.”

“I can't imagine my ministry without them.”

"Trauma informed is not something we do. It is who we are"

KEY IMPACTS/ ACCOMPLISHMENTS

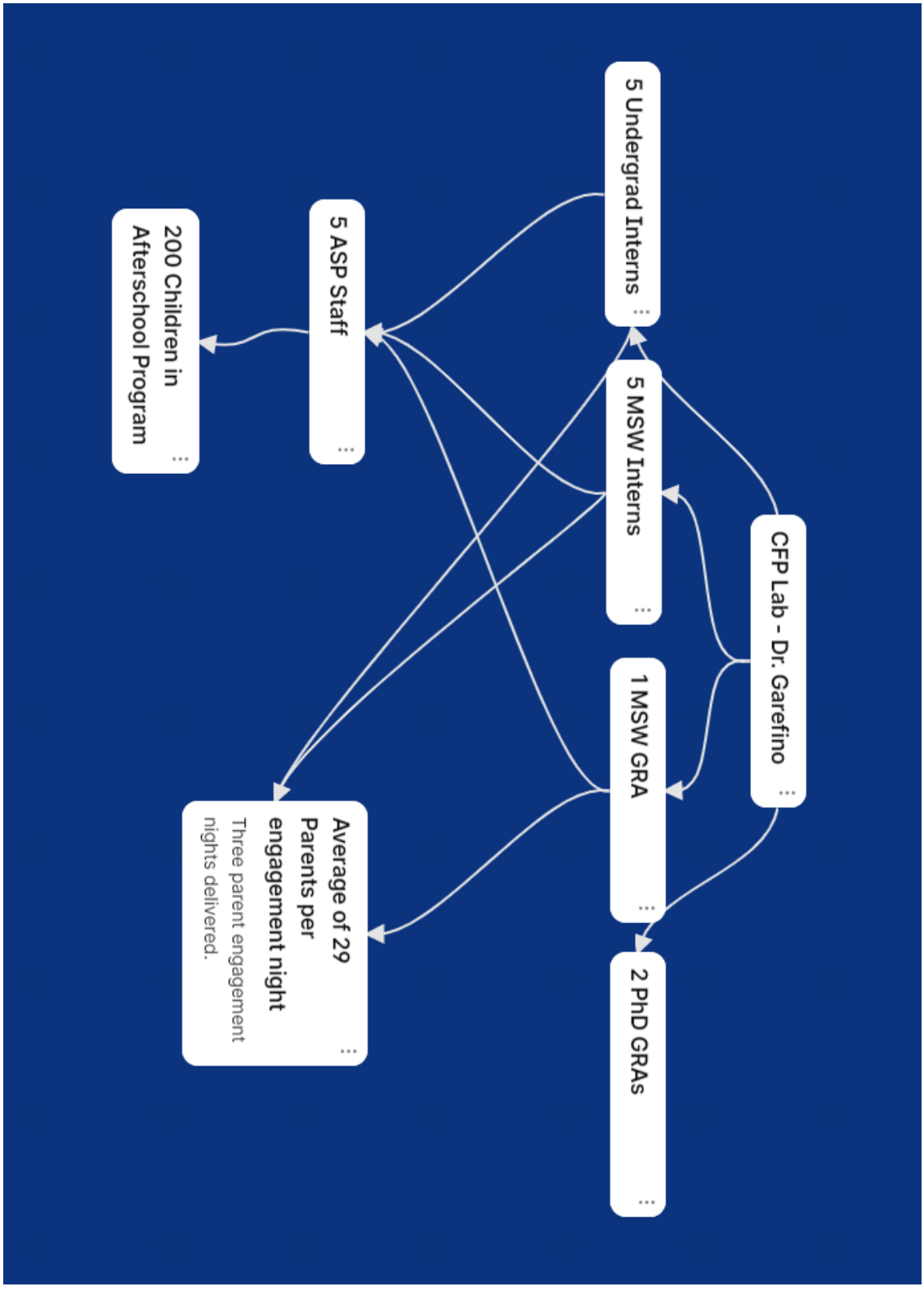
TRAUMA INFORMED TRAININGS & EVENTS

In year one of this grant we trained over 900 individuals surpassing our goal of 500. These trainings and events consisted of Connections Matter, Community Resilience Model, Child Welfare Training Collaborative, Parent/Caregiver Discussion, and Mindful Self-Compassion. We have trained a variety of community members including system personnel working with youth and families, schools, judicial system, law enforcement, nonprofit staff and volunteers, parents and caregivers and MSW students.



KSU: CHILDREN & FAMILY PROGRAMS

CFP Lab's interns trained 5 Afterschool Program staff in the implementation of trauma-informed behavior modification techniques adapted from COPE methodology. In a group setting examples and discussion was facilitated to allow them to learn concepts such as transitional warnings, rules setting, adequate commands, and positive attending. As part of the initiative to create a trauma-informed educational environment, the lab offered psycho-education regarding what trauma is, and its behavioral signs. Evidence-based behavioral modification can meet the guidelines that research suggests that are gold standard practices for mitigating the effects of trauma in the classroom. By including the afterschool staff in the deployment of these practices, there is a socio-ecological saturation of trauma-informed practice to remediate barriers to academic achievement and future success. Children who are part of the afterschool program may be more vulnerable because they do not have consistent parental contact, one of the cumulative stressors. By training the afterschool staff, we ensure that those who may be in most need of behavioral containment have access to this support. To ensure fidelity to the prescribed program, after the first stages of training, CFP interns practice in vivo observation of the ASP staff implementation of the techniques and provide feedback to improve staff practice of these techniques. Parent engagement nights include the same training in behavioral modification techniques and trauma-informed psycho-education to expand further the positive saturation of the environment. By giving the parents the same tools utilized at school, we align the family system with the education system, improving its effect exponentially. The goal is to create the necessary consistency to effectively shape the children's behavior.


5 Undergrad Interns
5 ASP Staff
200 Children in Afterschool Program
5 MSW Interns
CFP Lab - Dr. Garefino
1 MSW GRA
2 PhD GRAs
Average of 29 Parents per engagement night
Three parent engagement nights delivered.

MULTI-LEVEL PR/BRANDING CAMPAIGN

Our multi-level PR/Branding Campaign consists of information, news, and resources shared through digital channels and traditional news outlets. This campaign raises awareness, supports the development of a common language and drives systems change and sustainment of the movement, and increases awareness of mental health resources available to the community. This information will be used in Year 2 to identify service gaps and address those. Anything else I need to add here?

- 4,477 Newsletter Opens
- Facebook Reach for ACEs Content: 6,700
- Instagram Reach for ACEs Content: 2,071
- Mind Your Mind Webpage Views: 1,272

In addition to this, we launched our Mind Your Mind Speaks podcast series which brings together subject matter experts and community leaders to raise awareness about mental health and inspire action through recorded conversations. We recorded 15 episodes in 2021 and are now on Apple Podcasts.

MIND YOUR MIND NEWS

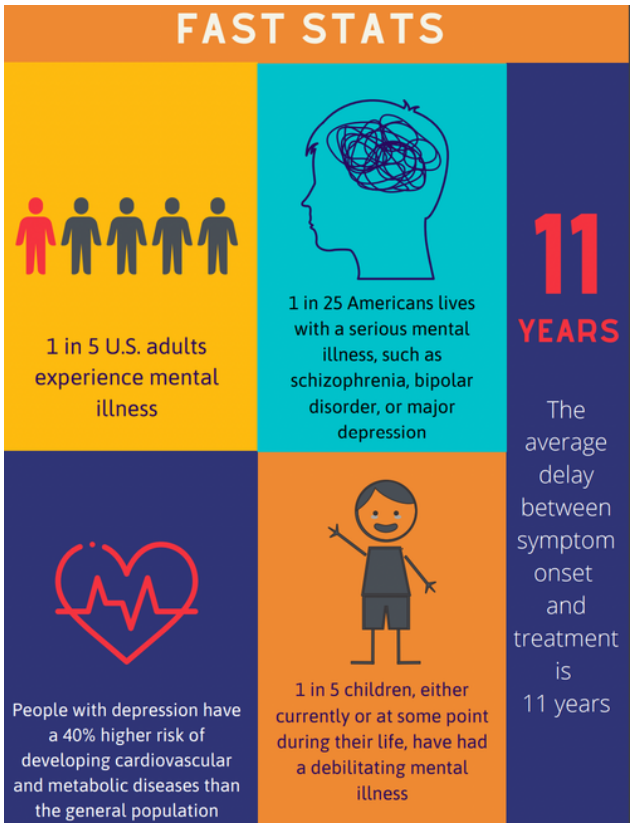
MIND YOUR MIND SPEAKS



RESILIENT COBB DIGITAL TOOLKIT

Our Digital Toolkit launched February 1, 2022 and houses information on Mental Health, Adverse Childhood Experiences, Suicide Awareness and Prevention, Trauma Credentialed Trainings, Cobb County Data, Resources, and Graphics, Infographics, and Flyers for personal use and social media sharing. It is housed on our website and available for download. Ultimately, this toolkit aggregates data, information and materials, raises awareness, supports the development of a common language and drives system change. The goal of this toolkit is to be a "one stop shop" for anyone looking for information and resources surrounding the topic of trauma, mental health, ACEs, and suicide prevention.





RESILIENT COBB SUMMIT

On February 1, 2022, we convened nearly 50 community leaders to learn more about our work and to feature trauma-informed work occurring in our community. The event featured a panel presentation and conversation by Cobb County educators as well as a presentation from Cobb County Juvenile Court. We also were pleased to hear from Dr. Emily Anne Vall and have two Resilient GA board members in attendance. This event also provided an opportunity to share the digital toolkit. The media release was picked up by local press and surveys reveal that attendees were very pleased with the content.









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

TIC/ACES SERVICES – GENERAL

The ACES Connection shares five basics of growing an ACES initiative:

- Engage
- Activate
- Celebrate
- Educate
- Aggregate

Our work has embraced each of these five areas through an integrated and holistic approach. Arguably, every one of our programs incorporates each of these categories. For example, Trauma Informed training and events engages system personnel working with community stakeholders to advance the understanding of ACES and trauma informed care. The Children and Family programs activates emerging and established professionals, educators, families and children by empowering adults to change the environment in which children need to feel secure like school and home, buffering children against long-term negative outcomes of ACES. The multi-level PR/Branding campaign celebrates community information, news, and resources while raising awareness and support. The Resilient Cobb Summit educates community stakeholders, like civic and faith leaders, elected officials, and families and caregivers. The Resilient Cobb digital toolkit aggregates data, information and materials, raises awareness, supports the development of a common language and drives system change.

With the Cobb Collaborative as a hub, these organizations in our community align to build a safer, more predictable environment in which children and families can thrive.

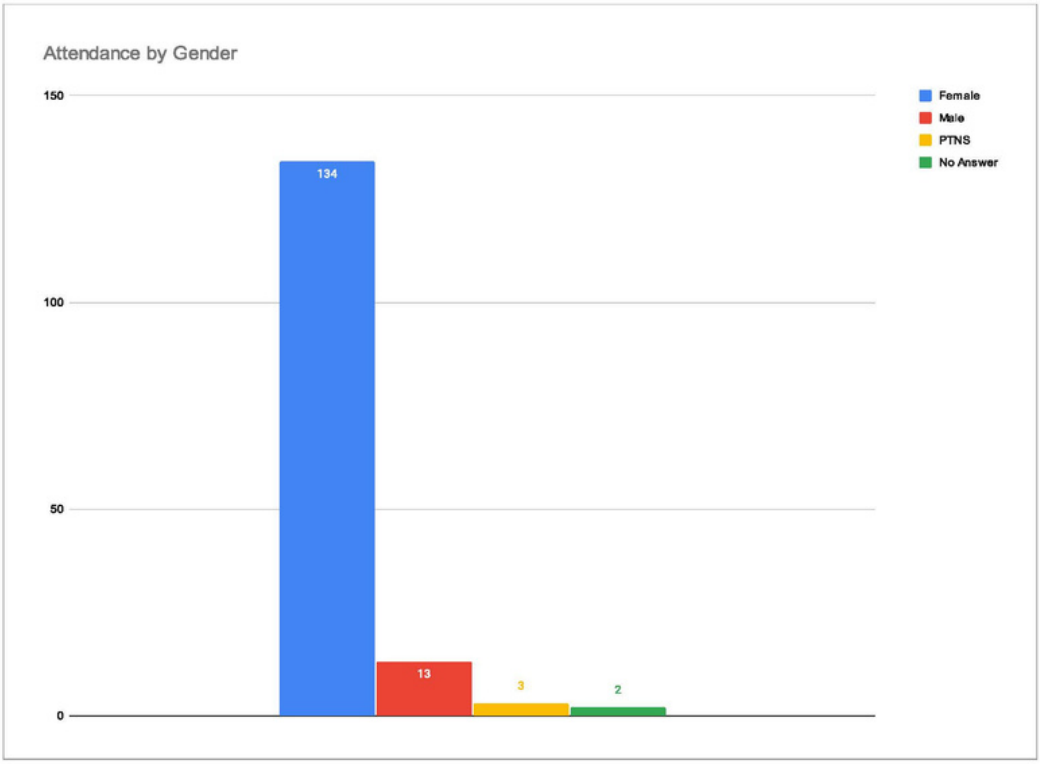
PREVENTION/INTERVENTION

While the Cobb Collaborative does not offer direct services, many of our partner organizations do provide direct prevention/intervention such as the Cobb and Marietta school systems, Atlanta Center for Self-Compassion, Cumberland Counseling Center, Children and Family Programs at Kennesaw State University, Cobb County Community Services Board (now known as Highlands River CSB), Ser Familia, and DFCS. In addition to this, we have had opportunities to engage in the Region 13 Child Abuse and Neglect Prevention Implementation Planning sessions. Through this, Cobb Collaborative participated in the development of action plans to address these issues and also made a lead on these action plans, working specifically on expanding trauma-informed practices and resources across the state as well as increasing understanding about the prevalence and impact of adverse childhood experiences (ACEs) and adverse community environments. In addition to this, we also have a robust digital marketing campaign and menu of trauma-credentialed trainings supporting prevention and intervention.

ADVOCACY AND POLICY

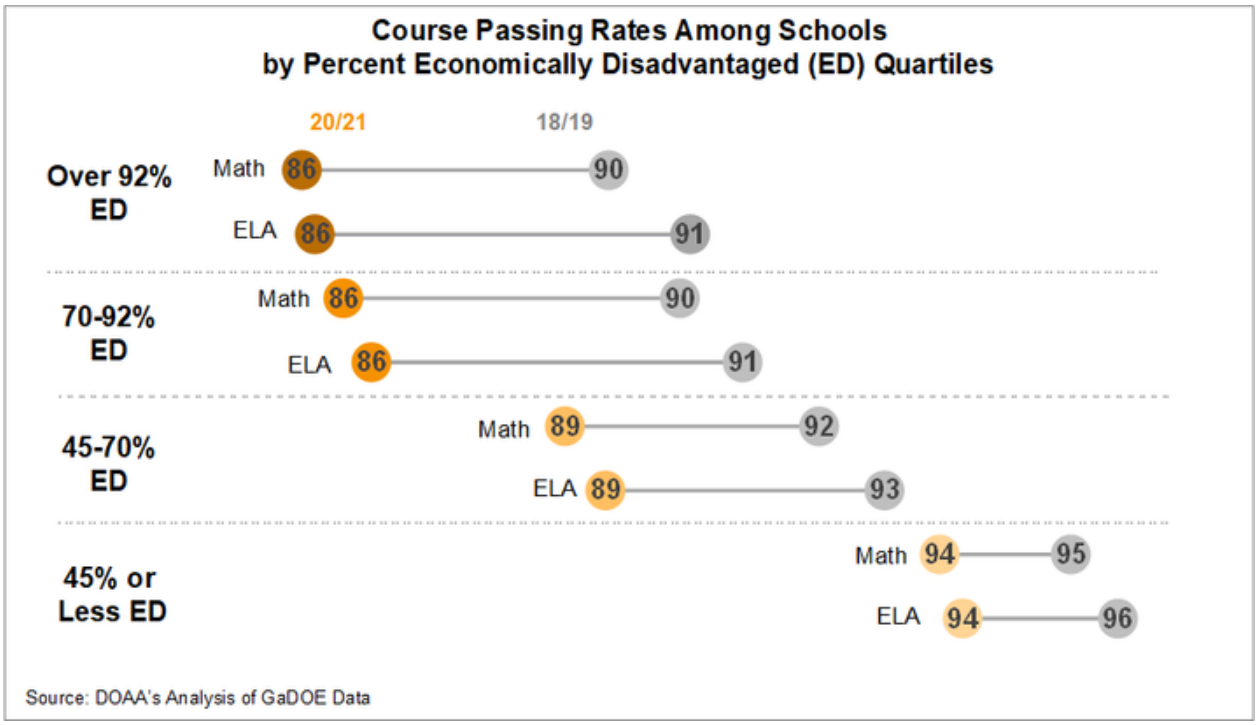
As laid out in our proposal, we anticipate our focus for Year Two will incorporate more policy and advocacy capacity-building work, including tracking bills moving through the Georgia General Assembly Session for 2022 that impact youth and families. Now that the initial work of building the Toolkit and developing a communications plan is accomplished, we have the capacity to focus on this type of work and systems change. While this is mainly a priority in Year Two, we are happy to say we have had opportunities to engage in policy and advocacy work through the Region 13 Child Abuse and Neglect Prevention Implementation Planning sessions. Through this, Cobb Collaborative participated in the development of action plans to address these issues and also made a lead on these action plans, working specifically on expanding trauma-informed practices and resources across the state as well as increasing understanding about the prevalence and impact of adverse childhood experiences (ACEs) and adverse community environments.

RESEARCH



Our attendance numbers continue to emphasize a wide gap in attendance by gender. Studies suggest that vertical and horizontal segregation by occupation is still prevalent. Gender discrimination continues to exert social barriers to women holding leadership roles. This suggests that though more women are attending trainings, those who are more likely to make and execute policy are men. If men are not aware of how trauma impacts mental health, behavior, education, career and life expectancy outcomes, then they may not have enough information to appropriately craft policy. (WHO 2019)

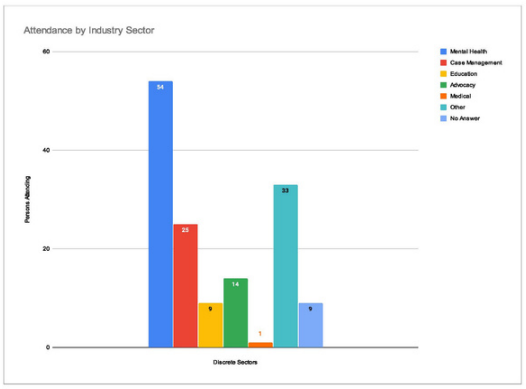
World Health Organization. (2019). Delivered by women, led by men: A gender and equity analysis of the global health and social workforce.

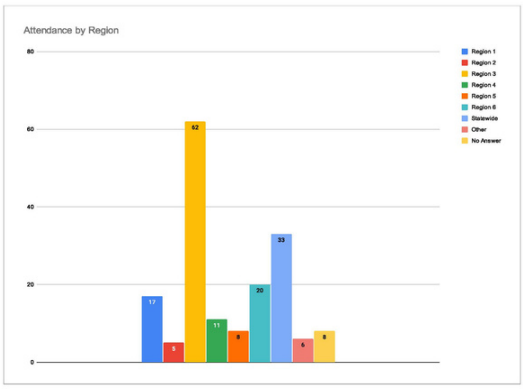


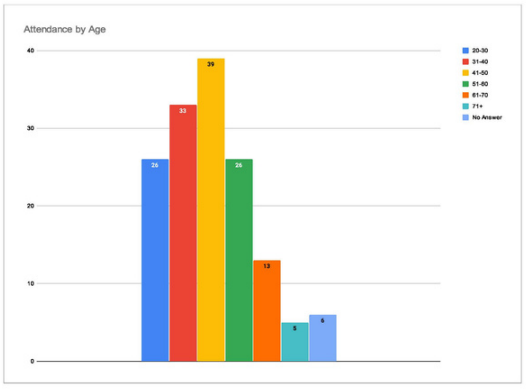
The COVID-19 pandemic has had a profound impact on education in Georgia. Our partner, the Children & Family Programs at KSU, continues to develop research and adaptive programming to mitigate the effects of trauma and its exacerbation of cumulative stressors vulnerable groups were already experiencing as demonstrated in the figure above from the Georgia Department of Audits and Accounting (GADOAA). The research that began through this grant in the elementary schools, is now being proposed to the Institute of Educational Sciences to be scaled and expanded to be applied at middle and high schools. This research will be critical in establishing the need to create an environment sociologically saturated with adults who are trauma-informed, and culturally and psycho-socially competent to recognize behaviors as indicative of barriers, not problems within the child. As such, the research could be instrumental in adapting policy to meet the needs of those students who are trauma affected and score high in ACES.

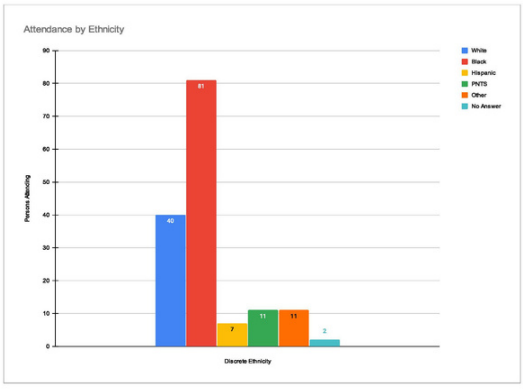
TRAINING

Cobb Collaborative has provided multiple trainings including Connections Matter, offerings from the Georgia State Child Welfare Training Collaborative, QPR, Community Resilience Model, and Mindful Self-Compassion. These trainings provide the opportunity for trained individuals to bring information back to their agencies, where it is anticipated that the gained knowledge will be used to identify opportunities to implement trauma-informed and trauma-responsive care, adjust processes, and train teammates, leading to improved client outcomes, a more stable work force and ultimately, more stable families and communities. Families will gain understanding of their actions and how to manage their stress in positive ways leading to more resilient homes and communities. In year one, we have trained a total of 903 individuals. In addition to this, our partner Children and Family programs trained the 12 GRAs, MSWs, Interns, and a Diversity Scholar who is assisting with the implementation and data collection for the Parent Engagement Program at Hollydale Elementary School. Hollydale is the school selected by the Cobb County School District PBIS director to participate in the program. Three parent engagement nights have been held and had an average of 29 parents in attendance.









CHILD WELFARE TRAINING COLLABORATIVE DEMOGRAPHICS

OTHER EFFORTS THAT DO NOT FALL INTO THE CATEGORIES LISTED ABOVE?







PANEL PRESENTATION

Our Q3 General Membership Meeting held a Panel Presentation focused on Mental Health and the Disabled Community: Raising Awareness, Sharing Resources and Giving Hope. Joining us were distinguished panelists from Tommy Nobis Center, Cobb County Community Services Board, and Special Needs Cobb.

INNOVATIVE PARTNERSHIPS

We were intrigued when we were presented with the idea of combining an arts-based program composed of trauma informed educational elements addressing conflict resolution and social emotional learning. This program will become one of many we support through partnership and training that provide wrap-around trauma informed services for the children and families of Cobb County. Because the foundational program – Dancing Classrooms – has a long history of successful implementation and outcomes, we look forward to bringing this innovative and unique program to our county's middle schools.



Dancing Classrooms Georgia is an arts-based peace education program blending conflict resolution education (CRE) with youth-based arts enrichment and social and emotional learning (SEL) development through social dance. This innovative program uses the curriculum of Dancing Classrooms, a New York City based organization operating for over 26 years and instructing more than 600,000 youth globally in social dance to promote social skills development. The curriculum is enhanced with CRE to teach collaborative social skills that encourage "power with" relationships with peers while simultaneously reducing competitive behaviors that encourage "power over" behaviors associated with abuse, control, and violence. Cody Wehlan, program coordinator, brings over seven years of experience implementing school-based youth conflict resolution education programming

in mediation and restorative practices, as well as over ten years of instructional dance experience in partner-based dance styles for youth and young adults. By combining his experiences, Cody brings passion and expertise for creatively promoting CRE through arts-based peace education programming to promote healthier relationships and safer communities.

This project integrates a structured method of social dance instruction designed by the national dance organization, Dancing Classrooms, with CRE training, to reduce development of abusive, controlling, and violent behaviors (referred as “power-over” behaviors) by instead developing CRE skills of communication, empathy, trust-building, and collaboration (referred as “power-with” behaviors). These CRE skills overlap with social and emotional learning (SEL), which refers to the social skills people develop to manage their emotions, actualize positive goals, express empathy with others, and responsibly problem-solving. Research by Collaborative for Academic, Social and Emotional Learning (CASEL; www.casel.org) indicates that there are five essential SEL skills for fostering healthy relationships: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Established research on Dancing Classrooms indicates it positively impacts school climate among students and teachers, improves physical health, and encourages social and emotional learning (SEL) behaviors. By encouraging youth to apply their CRE and SEL skills with their partners within the enjoyed experience of social dance, they develop healthier interpersonal behaviors.

SPOTLIGHT

MENTAL HEALTH TOWN HALL

On September 14, 2021 District 2 Commissioner Jerica Richardson and Cobb Collaborative hosted a tabling and speaker panel event on youth mental health that included organizations from around Cobb County. It was recorded by Cobb County Government and has been viewed by over 150 people. We're excited to say this kicked off a series of Mental Health Town Halls! Our next Town Hall is scheduled for March 10, 2022 and will focus on Senior Mental Health.








Play Me Again


COBB COUNTY
COMMUNITY SERVICES BOARD




Total
Breakthrough
Center
Transformation Starts With YOU
Rhonda L. Thompson




SATURDAY
10 AM - 5 PM
SATURDAY
WELCOME
NAMI COBB
NAMI
Cobb

INSPIRED ACTION

Stay up to date with all that is happening in our work by:

- Subscribing to our General Newsletter and our Mind Your Mind Newsletter
- Finding us on Apple Podcasts at "Mind Your Mind Speaks"
- Follow us on Facebook and Instagram @cobbcollaborative
- Take part in our trauma-credentialed trainings

INCOME AND EXPENSES/FINANCIALS

	Original Budget	Actual
Lead Agency Support: Cobb Collaborative	$2,500	$2,500
Personnel Support (Program Manager)	$15,000	$15,000
Personnel Support (Board & Community Members)	$0	$0
Program		
KSU School Training	$25,000	$25,000
Trauma Trainings (CRM, D2L, CM, CWTC)	$25,000	$24,987
MSC Trainings	$5,000	$7,000
Facility Rental/Event Costs	$1,000	$500
Marketing/Communications		
Website	$5,000	$6,000
Social Media Campaign	$2,000	$2,675
Podcasts	$2,000	$2,000
Translation	$3,000	$600
Printing/Postage/Supplies	$3,500	$3,198
Evaluation*	$10,000	$0
Contingency	$1,000	$540
	$100,000	$90,000

As the table indicates, we expended funds in alignment with our original submitted budget. We will pay the final installment of the evaluation costs at the conclusion of the evaluation period, per the no cost extension agreed upon with Resilient GA.

We were pleased to receive both cash and in-kind matching funds which are detailed here:

Source	Type	Amount	Purpose
Cobb Collaborative	State*	$25,000	Reimbursement grant for payroll
CareSource Foundation	Corporate Foundation	$10,000	Cash Grant for programming
Cobb Community Foundation	Private Foundation	$10,000	Cash Grant for programming
Ida Alice Ryan Charitable Trust	Private Foundation	$ 5,000	Cash Grant for programming
Cobb Douglas Public Health	State/Local	$10,000	Cash Grant for programming
United Way of Greater Atlanta	Private Foundation	$24,000	Cash Grant for programming (part of Literacy & Justice For All work)
DECAL	State	$10,000	Reimbursement grant for programming in Birth-5 population
Board Members/Volunteers	Other	$6,000	In-kind
TOTAL		$100,000	

Matching investment stems from the Georgia Family Connection Partnership budget which is a part of the state budget.