A graphic featuring two overlapping hearts, one teal and one purple, with a red hand reaching up from the bottom. The entire graphic is set against a grey background with a white hand-drawn border and several gold lines radiating from the top. The word "RAISE" is written in large, bold, black letters, with the hand graphic positioned behind the letter "I".

RAISE

Network Meeting

February 10, 2022



Meeting Overview

WELCOME

STATEWIDE TICN UPDATES

LOOKING BACK AT 2021

LOOKING AHEAD AT 2022

LEGISLATIVE UPDATES

COMMITTEE WORK

A teal-colored map of the state of Virginia is centered on a dark grey background. The map shows the state's outline and some internal county boundaries. Overlaid on the map is the text 'Statewide TICN Updates' in a white, serif font. The word 'VIA' is written in a smaller, dark blue, sans-serif font above the 'A' in 'Updates'. Below 'Updates', the word 'TICNS' is written in a larger, dark blue, sans-serif font.

Statewide TICN Updates
VIA
TICNS

VIRGINIA TRAUMA-INFORMED COMMUNITY NETWORKS

Statewide TICN Updates

- 3rd Annual Resilience Week
 - May 1-7
 - Idea: Create infographics that include definition of resilience and how to access resources and place them at libraries and college campuses.
 - Back-to-back with Teachers' Appreciation Week – what can we do to support our educators?

VIRGINIA TRAUMA-INFORMED COMMUNITY NETWORKS

healing-centered spaces within your organization.

REGISTER HERE



Creating Trauma Informed Spaces

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE



Free and Open to the Public

FILM SCREENING AND COMMUNITY CONVERSATION



RESILIENCY RESOURCE GUIDE FOR TRAUMA-INFORMED SUPERVISION WORKSHOP

...is an important element of creating and fostering a trauma-informed workplace. As many employees return to their work, supervisors and staff may be experiencing feelings of uncertainty regarding the impact returning to a workplace has on themselves and their families. This workshop equips supervisors with tools that has been designed to help supervisors understand the mental health impact of COVID-19 and its impact on the workplace.

RAISE RESILIENCY ALEXANDRIA: INFORM. SUPPORT. ELEVATE.

ALEXANDRIA'S TRAUMA-INFORMED COMMUNITY NETWORK
RAISE is a diverse group of individuals from various systems - including government agencies, nonprofits, faith-based communities, community members, private providers, boards and commissioners - who work together to build a more trauma-informed and resilient community. Join us if you want to:

- Increase awareness of trauma and adverse childhood experiences
- Advance trauma-informed policies and practices at local and state levels
- Help organizations become trauma-informed
- Collaborate and share resources

Join the Network

www.research.net/1/Alexandria

ALEXANDRIA TRAUMA RESILIENCY MAY 20 SUMMIT

9AM-5PM
A VIRTUAL EVENT

A free community-wide event focusing on the pillars of EQUITY and RESILIENCE with three tracks

Register online by May 14

RACIAL & SOCIAL JUSTICE

NAVIGATING ENVIRONMENTS

WELLNESS

Questions? RAISE@alexandriava.gov
Visit alexandriava.gov/YouthPlan for agenda and workshops

A Year in Review

HOW TO ADVOCATE.

DECEMBER 13, 2021 | 3:30-5:00PM

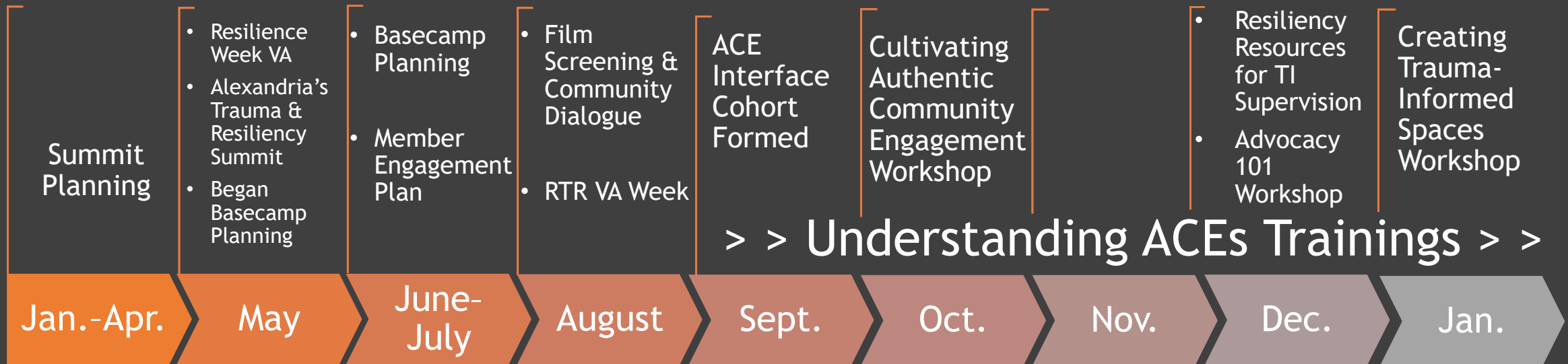
REGISTER HERE

VIRTUAL WORKSHOP

Interested in learning how to advocate for change in your community? Join RAISE & Voices for Virginia's Children for a free workshop on how to use your voice to influence public policy & create the change you want to see!



A Year in Review



A Year in Review

- **Alexandria's Trauma and Resiliency Summit**

- 141 Summit Attendees
- 3 Tracks; 15 Workshops
- 20 Presenters and Keynote Speaker
- \$0 Budget
- 104 new RAISE members!

- **Basecamps**

61 Resilience Film Screening participants

14 Advocacy 101 Workshop participants

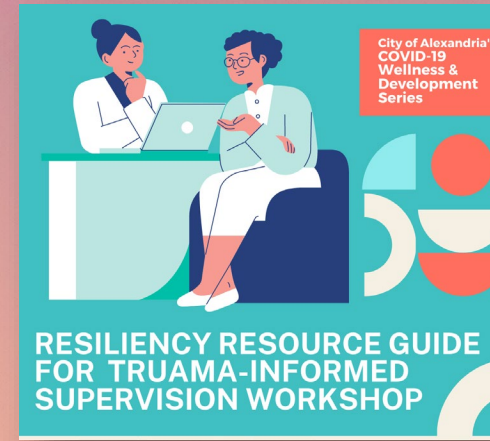
57 Creating Trauma-Informed Spaces Workshop participants

32 Cultivating Authentic Community Engagement Workshop participants

37 Resiliency Resource Guide for Trauma-Informed Supervision participants

- **ACE Interface Cohort**

- 28 ACE Interface Presenters
- 9 Presentations Delivered
- 119 training participants



RAISE YOUR VOICE

TO HELP NEIGHBORS AT RISK OF ABUSE

During times of crisis, your care and concern are needed to help identify those at risk of domestic violence. Below are some signs and symptoms of domestic violence. If you are concerned about you or someone you know, call one of the numbers below. If you are concerned about you or someone you know, call one of the numbers below.

City of Alexandria
Police Department: 911 | Domestic Violence Hotline: 703.746.4911
Sexual Assault Hotline: 703.683.7273

PHYSICAL ABUSE
Physical abuse is inflicted force to injure or endanger a person's body.

- Victim crying to the face and neck
- Sprained wrists
- Frequent bruises excused as "accidents"
- Abuses from work, school or social occasions without explanation
- Hiding bruises under clothes inconsistent with the weather
- Injuring a pet in the home or unwillingly injure to pet

EMOTIONAL ABUSE
Emotional abuse is intended to chip away at the possibility of self-worth and independence.

- Verbe about such as yelling, name-calling, blaming and shaming
- Isolation, humiliation and controlling behavior
- Threats of violence, deportation or being of lawsuit

FINANCIAL ABUSE
Financial abuse is the use of money and access to it to control another's behavior.

- Stealing the partner's money
- Forcing the partner to account for every penny they spend
- Withholding money or credit cards
- Withholding food, clothing, medication and more
- Preventing the partner from working
- Sabotaging your job, e.g. making you miss work or calling constantly

DIGITAL ABUSE
Digital abuse is using technology such as texting and social networking to harass, stalk or intimidate an intimate partner.

- Controlling who can and cannot be the partner's friends on social media
- Sending negative, insulting or threatening messages online
- Using apps to keep tabs on partner
- Pressuring partner to share explicit pictures
- Pressuring partner to share their passwords
- Partner faces punishment for not replying to texts

REPRODUCTIVE COERCION
Reproductive coercion is when one partner takes away the ability of the other to control his or her reproductive health.

- Interfering or denying the use of a condom or other birth control
- Lying about their methods of birth control
- Forcing, preventing or making threats around a woman's choice about abortion
- Forcing partner to have sex
- Making a partner dress in a sexual way
- Making a partner feel that he or she owes them sex

MINDFUL WELLNESS CIRCLES

FOR CITY EMPLOYEES

SIGN UP NOW

JOIN VA TICNS IN CELEBRATING RESILIENCE WEEK VA

MAY 1-7, 2022

The 3rd annual state-wide collaboration between Virginia's Trauma-Informed Community Networks (TICNs) to bring RESILIENCE building activities and events to ALL Virginians.

#ResilienceWeekVA

City of Alexandria's COVID-19 Wellness & Development Series

RESILIENCY RESOURCE GUIDE FOR TRAUMA-INFORMED SUPERVISION WORKSHOP

Cultivating Authentic Community Engagement Virtual Workshop

This workshop will provide a supportive environment for organizations to discuss how to engage community voice with authenticity and intentionality

Presented by:
Tamika Daniel, Behavioral Health Community Organizer
Greater Richmond SCAN

CONTINUUM FOR COPING WITH RACISM AND TRAUMA

- INDIVIDUAL**
 - Resources for Supporting Individuals
 - Mental Health Hotlines
 - Racial Equity Tools
 - Racial Healing and Racism Recovery Resources
 - Self Care
 - Guides for Allies
- INTERPERSONAL & FAMILY**
 - Resources for Families & Interpersonal Relationships
 - Resource to Help You and Your Family Meet Their Basic Needs
 - Tools for Talking to Kids about Racism
 - Tips for Fostering Connection
- COMMUNITY**
 - Resources for Engaging at the Local Level
 - Resources for Talking about Race in your Community
 - Organizations Focused on Trauma and Resilience
- NATIONAL & GLOBAL**
 - Resources for Engaging at the National and Global Levels
 - Organizations Working to Advance Racial Justice

Trauma-Informed Spaces Mini-Grant Application

UNDERSTANDING ACES

Building Self-Healing Communities

Free Open to the public | Virtual Training | Dates and Times

LEARN HOW TO ADVOCATE!

DECEMBER 13, 2021 | 3:30-5:00PM
REGISTER HERE
VIRTUAL WORKSHOP

Interested in learning how to advocate for change in your community? Join RAISE & Voices for Virginia's Children for a free workshop on how to use your voice to influence public policy & create the change you want to see!

Voices for Virginia's Children

RAISE

Questions? RAISE@AlexandriaVA.gov

For reasonable disability accommodation, contact: maurice.tomford@alexandriava.gov or 571.384.5244, Virginia Relay 711.

Fairfax County and the City of Alexandria are here to support YOU

PARENT SUPPORT LINE

Our support team is available Monday through Friday, 8 a.m.-4:30 p.m. to help answer your questions.

SUPPORT AVAILABLE IN ENGLISH AND SPANISH

CALL 703.324.7720 OR TEXT "SUPPORT" OR "PARENTING" TO 30644

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Join us!

Free and Open to the Public

FILM SCREENING AND COMMUNITY CONVERSATION

RAISE PRESENTS:

Creating Trauma-Informed Spaces Workshop

Questions? RAISE@AlexandriaVA.gov

Trauma-Informed Community Networks

For reasonable disability accommodation, contact: maurice.tomford@alexandriava.gov or 571.384.5244, Virginia Relay 711.

ALEXANDRIA TRAUMA & RESILIENCY

MAY 20 SUMMIT


9AM-5PM
A VIRTUAL EVENT



A Year in Review

Cultivating Member Engagement

- 166 New Members
- 11 eNewsletters were published
- 10 Network Meetings
- **Onboarding process for New Members**
 - 67 new members received a personal welcome from RAISE Chair
 - Developed a New Member Orientation
- **Marketing**
 - Created a one-page info-sheet about RAISE, ways to get involved, and benefits of being a member
- **Film Screenings**
 - 61 individuals attended screening of *Resilience*
- **Workshops and Trainings**
 - 460+ attendees
- **Resilience Week VA Campaign**
 - Engaged the workforce and residents in daily resilience-building activities through an effective Resilience Week VA Campaign

A hiker with blonde hair, wearing a green hooded jacket and an orange backpack, is shown in profile from the chest up. She is holding a large, unfolded map and looking towards the left. The background is a misty, mountainous landscape with green hills and a small village in the distance. The entire scene is framed by a white double-line border.

Where we are headed

Looking ahead to 2022

Where we are headed

Member Engagement & Wellness Committee

Chairs: Emma & Noraine

Implementation Progress with Member Engagement Plan

Strategy 1: Intentionally engage New RAISE Members and make them feel welcome by developing an onboarding process.



Progress:

- ✓ New Member Onboarding Process
- ✓ New Member Orientation
- Next Step:** Schedule Orientations & invite new members

Where we are headed

Member Engagement & Wellness Committee

Chairs: Emma & Noraine

Strategy 2: Engage more male members through targeted outreach



Progress:

✓ Identify outreach opportunities

Next Step: Offer to deliver Understanding ACEs training those groups and gauge interest in a learning circle

Where we are headed

Member Engagement & Wellness Committee

Chairs: Emma & Noraine

Strategy 3: Engage more LGBTQ+ members through targeted outreach

Progress:

- ✓ Include Pride flag on all RAISE flyers

Next Step:

- Attend Alexandria's LGBTQ+ Task Force meetings and ask how RAISE can support their work
- Find meaningful ways to collaborate with LGBTQ+ Task Force





Where we are headed

Member Engagement & Wellness Committee

Chairs: Emma & Noraine

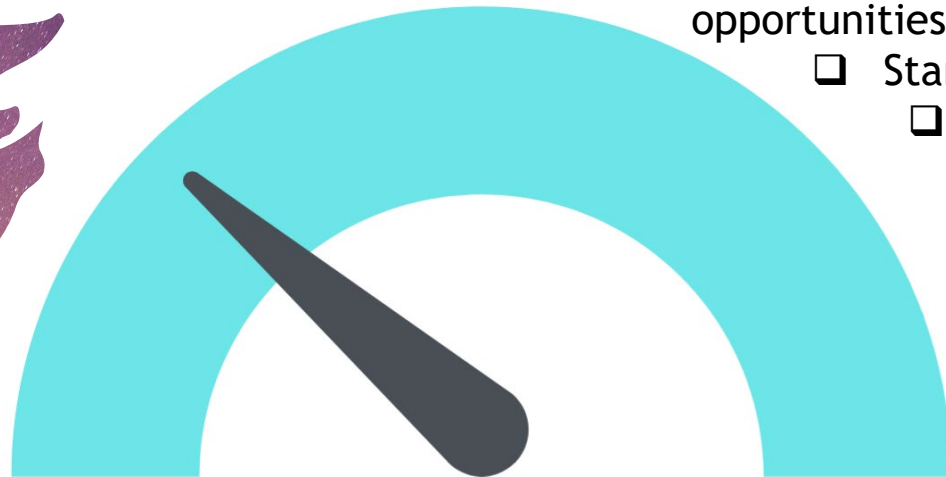
Strategy 4: Engage more youth through targeted outreach

Progress:

- ✓ Formed partnership with School of Health Sciences at Marymount = interns
- ✓ Invite RAISE members to Youth Voices Event

Next Steps:

- Ask Youth Development Team to promote RAISE and training opportunities at these events
 - Start youth wellness circles at Teen Wellness Center
 - Ask Mental Health Matters Club & other youth clubs how they would like to engage as a RAISE member
 - Offer NOVA Community College Understanding ACEs training
 - Post promotional RAISE flyers where youth are





Where we are headed

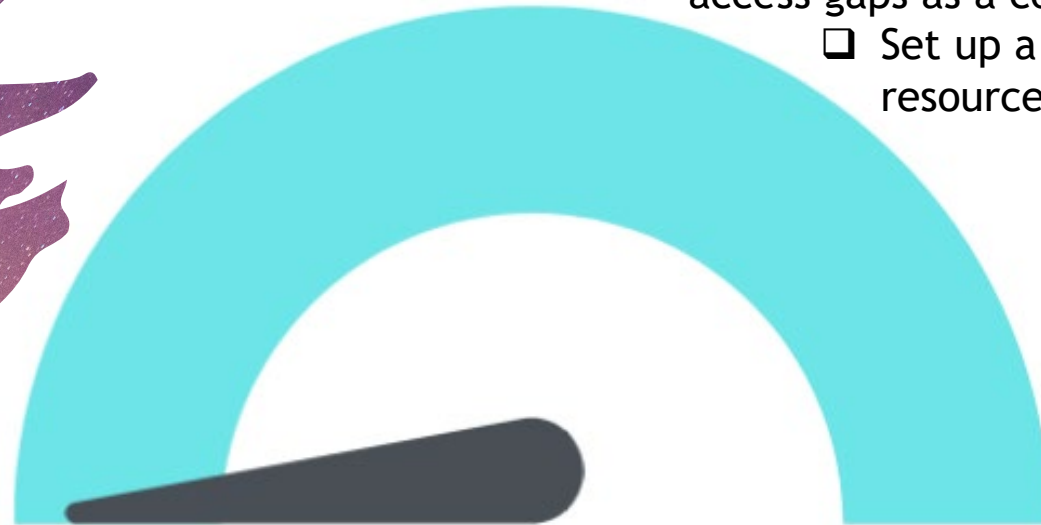
Member Engagement & Wellness Committee

Chairs: Emma & Noraine

Strategy 5: Engage more people with lived experience through targeted outreach

Next Steps:

- Identify ways that the community can fill language access gaps as a community
- Set up a structure to collaborate on resource sharing more collectively



Where we are headed

Member Engagement & Wellness Committee

Chairs: Emma & Noraine

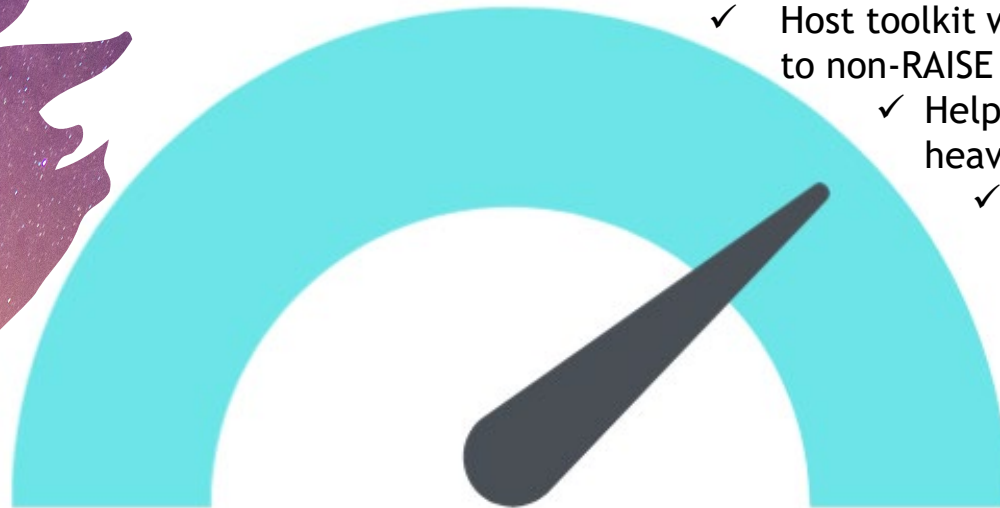
Strategy 6: Intentionally engage prospective RAISE members through online platforms, hosting events and trainings, Resilience Week VA Campaign, marketing material

Progress:

- ✓ Engage the workforce and residents in daily resilience-building activities through an effective Campaign
 - ✓ Create a one-page info-sheet about RAISE, ways to get involved, and benefits of being a member
 - ✓ Host toolkit workshops and other learning opportunities that are open to non-RAISE members
 - ✓ Help plan Building Resilient Communities Conference and heavily promote
 - ✓ Host film screenings 2-4 times per year
 - ✓ Deliver Understanding ACEs trainings and other trainings throughout the community

Next Steps:

- Activate PACEsConnection and build more of a web presence
- Create a short promotional video about RAISE and post it on the website



Changing Environments & Cultures Committee

Outgoing Chair: Paola Navarro

Where we are
headed

Thank you!

 Family & Children's
Trust Fund of Virginia

- Seeking New Chairs
- Continuing with Capacity Building Efforts
 - ✓ Developed a process for assessing and transforming spaces into trauma-informed (T-I) environments
 - ✓ Delivered Workshop on Creating T-I Spaces
 - ✓ Received “35th Anniversary Community Resilience Project Award” from the Family and Children’s Trust (FACT) Fund of Virginia to create mini-grants for organizations wanting to become more T-I!
 - ❑ Implement Community Resilience Project
 - ❑ Develop and deliver our own T-I Spaces Workshop
 - ❑ Become experts in creating T-I environments and cultures



Justice Advocacy Committee

Continue to support Virginia's Racial Truth and Reconciliation (RTR) Coalition & Advance Shared Policy Agenda

- Join the Health, Wealth, & Justice 2022 Policy Network
 - Network meets every Friday at 1PM until March 25
 - Receives updates from the 2022 General Assembly Session regarding our shared agenda: Food & Nutrition, Health & Wellness, and RTR
- Seek ways to collaborate with and support the RTR Coalition
- Work with CEC Committee to investigate Language Access Gaps

Support ACE Interface Cohort

- Identify Coordinator to schedule monthly Cohort Meetings

Where we
are headed



2022 Legislative Session Updates

From Voices for Virginia's Children

2022 Legislative Updates

- Gov' Northem's Budget Breakdown
 - <https://www.youtube.com/watch?v=B3BSbcntMOo>
- Advocacy - Justice Storytelling Workshop Youtube
 - <https://www.youtube.com/watch?v=2uKtdzo3TDc&t=445s>
 - Multidisciplinary Racial Equity & Social Justice - A Guide for Orgs, Professionals, & Leaders: <https://www.youtube.com/watch?v=PzbK-X2aGHs>
- “Virtual Visits with Parents” hosted by Families Forward VA
 - Zoom meetings with families by region
 - Encouraging parents to advocate virtually this year. Organizing several “Virtual Visit with Parents” during the 2022 Session of Virginia General Assembly to elevate the parent voice. These “Virtual Visits” will allow parents to talk about what their families are struggling with and what supports are needed to be successful in Virginia.
 - Learn more here <https://www.familiesforwardva.org/advocacy>
- \$1 million investment into TICNs
 - Funds focused on a statewide public awareness campaign
 - LUV - Lift Up Virginia



RAISE Committees!

Get to work!