

RESILIENCE ALEXANDRIA MEETING

Date: March 19th, 2020

| | Time | Agenda Item |
|---|-------|--|
| 1 | 10:00 | Welcome |
| 2 | 10:00 | Legislative Update (Mary Beth) |
| 3 | 10:15 | Training Committee Update (Mary) |
| 4 | 10:20 | Upcoming Events/Trainings: <ul style="list-style-type: none">a. Social Workers Conference<ul style="list-style-type: none">• <i>The Social Work Conference will not take place as an in-person event. Organizers are working on a virtual option and will notify all registrants when more information is available.</i>b. Resilience Week May 3-9<ul style="list-style-type: none">• ACE Interface Presenter Cohort Training – May 7-8 (2 DAY Training) from 8:30-4:30 at 6101 Stevenson Ave, Alexandria. We need 24-26 people to register.<ul style="list-style-type: none">○ ACTION: Those interested in joining the cohort need to fill out this application by April 19th• For more resources and information about Resilience Week, check the Greater Richmond SCAN's webpagec. Stewards of Children Training<ul style="list-style-type: none">• For National Child Abuse Prevention Awareness Month, the Child Abuse Prevention Coalition of Alexandria (CAPCA) will tentatively host a two-part Stewards of Children Training for RAISE members. The basic training will be held during April's Youth Services Coordinating Council Meeting (4/14 from 10-12 @ 2525 Mt Vernon Ave) and an additional module will be offered during April's RAISE meeting (4/23 from 11-12).<ul style="list-style-type: none">○ ACTION: Please vote here on the module of your choice by 4/16• If you cannot attend the basic training on the 14th, an online version of the training is available for \$10 |
| 5 | 10:35 | RAISE serving as Tactic Owner for the Community Health Improvement Plan's Tactics <ul style="list-style-type: none">• ACTION: Please see materials below to follow along with this discussion |
| 6 | 12:00 | Thank you! |

Taking Action on Mental Health: The Why

From the City of Alexandria 2019 Community Health Assessment:

Mental health is important at every stage of life, and includes conditions and illnesses that affect thoughts, feelings, mood, and/or behavior. Mental health also includes emotional, psychological, and social well-being. Although the terms are often used interchangeably, poor mental health and mental illness are not the same. An individual can experience poor mental health at different periods of their life and not be diagnosed with a mental illness. Similarly, a person living with a mental illness can experience periods of physical, mental, and social well-being.

Mental health conditions and illnesses can be long-term, short-term, and can be recurring. Examples of mental illness include depression, anxiety, bipolar disorder, post-traumatic stress disorder, and schizophrenia. Mental health and physical health are closely related—mental illness increases the risk of physical health problems and living with a chronic condition can increase the risk of mental illness.

| Metric | Are more details available? | Source |
|--|--|------------------------------|
| Alexandrians experiencing 5 or more poor mental health days a month. | Demographic breakdowns may be available from COA resident survey | VABRFSS, COA Resident Survey |
| Teens that have seriously considered suicide. | Sexual orientation, gender | YRBSS |

Taking Action on Mental Health: The How

Strategy A: Assure culturally appropriate and trauma-informed mental health resources, services, and support for all Alexandria's communities.

Confirmed Champions: CSB, Inova Health System, Alexandria Workforce Development Center

| <u>Tactics</u> | <u>Timeline</u> | <u>Measuring Progress</u> | <u>Tactic Owner (s)</u> |
|--|--|---|-------------------------|
| Provide trauma-informed trainings to faith based community to build their capacity to deliver trauma-informed care | 2021-2022 <i>Potentially during Trauma & Resilience Summits</i> | # of faith-based community members trained; # of trainings delivered to faith-based community % of trainees who increased their knowledge & skills in trauma-informed approaches | RAISE (Chelsea Eickert) |

Strategy B: Advocate for mental health services and education funding.

Confirmed Champions: CSB Board, Children and Youth Family Collaborative Commission

| <u>Tactics</u> | <u>Timeline</u> | <u>Measuring Progress</u> | <u>Tactic Owner (s)</u> |
|---|--|---|--------------------------|
| Provide training on education and advocacy (Potential resources: NAMI Sparks, Voices for | 2021-2022 <i>Potentially during Trauma & Resilience Summits</i> | # of people trained on advocacy; # of trainings delivered | RAISE Caroline (NVCC) |

| | | | |
|---|--|---|--|
| Virginia's Children, Bolder Advocacy) Potential where: NVCC, condo associations) | | % of trainees who increased their knowledge, skills, & confidence in advocacy % of trainees who advocated for policy changes | |
|---|--|---|--|

Strategy E: Incorporate mental health strategies into the school day.

Confirmed Champions: ACPS, Noraine Buttar

| <u>Tactics</u> | <u>Timeline</u> | <u>Measuring Progress</u> | <u>Tactic Owner (s)</u> |
|--|-----------------|---------------------------|--|
| Incorporate mental health strategies into school day (specifics TBD) | | | Jane Richardson Chelsea Eickert Leeann Napoleon Noraine Buttar Lucresha Murphy |