

# RESILIENCE ALEXANDRIA AGENDA

*Mission: To build a more trauma-informed and resilient Alexandria by informing, supporting, and elevating our community.*

Date: April 23<sup>rd</sup>, 2020

Time: 10-12

## Agenda Items

### 10:00 Welcome

- Welcome newest addition to RAISE – Center for Children and Families’ Trauma-Informed Supervision Champions!

### 10:05 Legislative Updates (Mary Beth)

- Status of Unified Policy Agenda Items during COVID

### 10:15 Resilience Week VA – May 3-9

- Resilience Week Campaign
- Daily Mindfulness Sessions with Students
- ACE Interface with Allyson Halverson
- Launching Resilience Plan for Community Wellness
- Other statewide activities in the works – stay tuned!

### 10:30 Resilience Plan for Community Wellness

- Overview of RAISE’s Plan to promote Alexandrian’s mental health and wellness throughout and after COVID-19 pandemic

### 11:00 Committee Work

- Committees will meet and continue working on their respective Action Plans. In light of COVID, Committees will identify areas in the Resilience Plan, if any, that the Committee can support/integrate into their Action Plan. Submit the part of your Committee’s Action Plan that focuses on the Resilience Plan to Chelsea.

### 12:00 Close

- Meeting will end after Committee work



## **Additional information**

- Training Committee – Mary Taverner
- Communications/Awareness Committee – Noraine Buttar
- Changing Environments Committee -
- Center for Children and Families’ Trauma-Informed Supervision Champions – Rachel Philpott