



# CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS  
TODAY AND TOMORROW

## VOLUME 4, ISSUE 3

This issue reports the progress made on creating a more trauma-informed and resilient community between April 2021 - December 2024

## GOAL

All Children, Youth, and Families  
have Positive Experiences

## RESULT

Alexandria is a trauma-informed and resilient community.

## WHY THIS MATTERS

Building resilient and trauma-informed communities is essential to improving public health and wellbeing. Most adults have experienced childhood trauma or adverse childhood experiences (ACEs). It is an almost universal experience of people with chronic disease, mental health, substance use issues, and socioeconomic challenges (CDC, 2019). In fact, trauma is so prevalent and at the root of so much suffering that in 2019, the Centers for Disease Control and Prevention concluded that trauma is the leading health concern in the U.S.

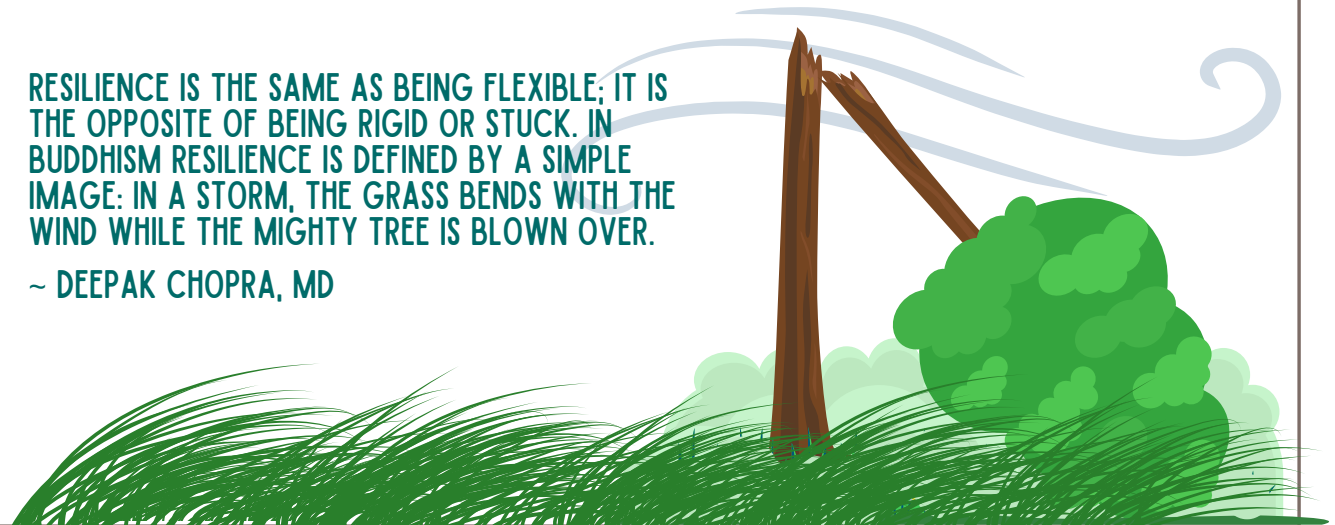
Often, childhood trauma is linked to adverse community environments, such as poverty, racism, violence, and lack of opportunities. In fact, trauma was identified as the leading health concern in the U.S. in 2019, with marginalized groups bearing a disproportionate burden (National Center for Injury Prevention and Control, Division of Violence Prevention, 2023).

While communities can be a source of trauma, they can also be a source of healing. A trauma-informed approach, grounded in safety, trust, empowerment, and inclusivity, transforms institutions and policies to support recovery and well-being. This strategy enables fuller participation in education, healthcare, and community life.

That's why the CYCP is dedicated to preventing ACEs and building Developmental Assets®, the positive supports and relationships that empower children to grow into healthy, resilient adults.

**RESILIENCE IS THE SAME AS BEING FLEXIBLE; IT IS  
THE OPPOSITE OF BEING RIGID OR STUCK. IN  
BUDDHISM RESILIENCE IS DEFINED BY A SIMPLE  
IMAGE: IN A STORM, THE GRASS BENDS WITH THE  
WIND WHILE THE MIGHTY TREE IS BLOWN OVER.**

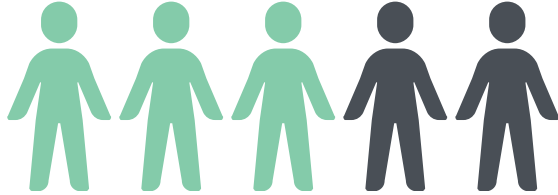
~ DEEPAK CHOPRA, MD



## HOW ARE WE DOING? THE MOST CURRENT DATA AVAILABLE TELL US THAT:

### 3 IN 5 ADULTS IN ALEXANDRIA HAVE ONE OR MORE ACES

Source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2021.



**16% OF  
ALEXANDRIAN  
ADULTS HAVE 4  
OR MORE ACES**

#### STRATEGIES

**Strategy #36:**  
Create a more trauma-informed and resilient Alexandria by informing, supporting, and elevating our community.

#### IMPLEMENTATION STATUS

Progress with promoting trauma-informed and resiliency building practices:

**1** Strategy, **5** Action Steps

**100%** fully implemented

#### CHAMPION



#### PARTNERS

RAISE has over 400 members from about 100 organizations. You can find a list of them [here](#).

## WHAT HAVE WE DONE SINCE 2021?



Developed and implemented a communications plan that informs Alexandria's community about RAISE



Promoted strategies, resources, and events that advance trauma-informed practices and focus on resilience



Delivered trainings focused on ACEs, trauma, and resilience every month



Provided support to Alexandria's workforce in our recovery from the pandemic



Promoted Alexandria's Resource Directory for Youth and Young Adults every month



Supported organizations becoming trauma-informed with trainings, assessments, and consultations



Used a variety of methods to recruit and meaningfully engage RAISE partners at different levels



Increased awareness of ACEs, trauma, and resilience



Hosted trainings on how residents can advocate for their own health and the health of their communities

## HOW MUCH HAVE WE DONE SINCE 2021?

Source: Youth Development Team (DCHS)

**179** people attended a Trauma-Informed Spaces Workshop

**6** organizations received funding or an assessment to create trauma-informed spaces

**1,157** people attended an "Understanding ACEs" Training

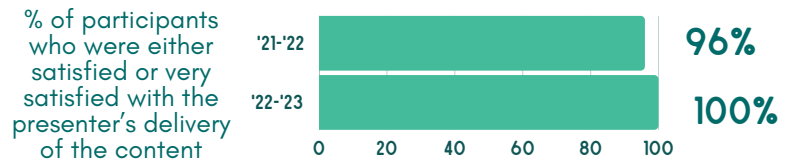
**110** trainings focused on ACEs, Trauma, and Resilience delivered

**1,945** people attended a training focused on ACEs, Trauma, or Resilience

## HOW WELL HAVE WE DONE IT?

### "UNDERSTANDING ACEs" TRAINING PARTICIPANT FEEDBACK

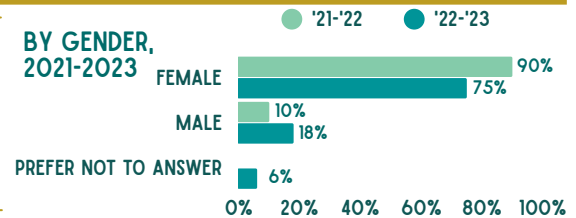
Source: Alexandria CSB ACEs Evaluation Assessment FY22 & FY23, OMNI



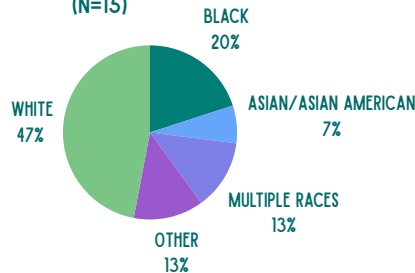
### "UNDERSTANDING ACEs" TRAINING PARTICIPANT DEMOGRAPHICS

Source: Alexandria CSB ACEs Evaluation FY22 & FY23, OMNI

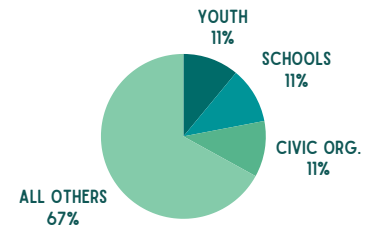
#### BY GENDER, 2021-2023



#### BY RACE, 2023 (N=15)



#### TOP 3 OCCUPATIONS, 2023 (N=18)

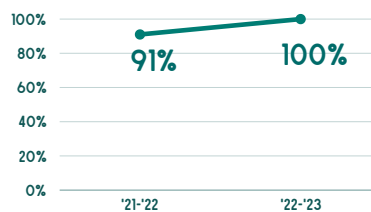


## IS ANYONE BETTER OFF?

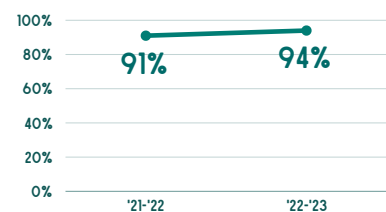
### % OF "UNDERSTANDING ACEs" PARTICIPANTS AGREED THAT THEY WILL:

Source: Alexandria CSB ACEs Evaluation FY22 & FY23, OMNI

Incorporate their knowledge of ACEs into their daily interactions with family and friends

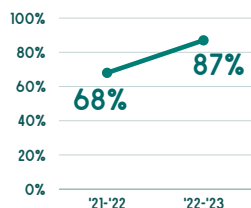


incorporate their knowledge of ACEs into their daily work

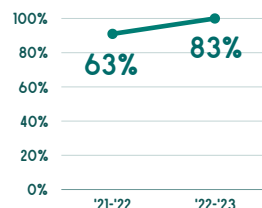


### HOW MANY "UNDERSTANDING ACEs" PARTICIPANTS LEARNED ABOUT:

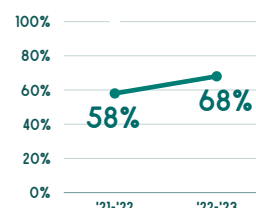
ACEs' impact on brains and behavior



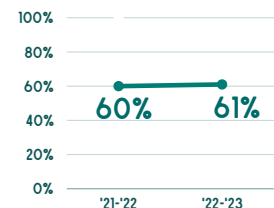
The importance of identifying and addressing ACEs



The role of ACEs in my job



Why my community needs to get organized and mobilized to identify and address ACEs



## RESOURCES

### TRAUMA-INFORMED FRAMEWORKS & MODELS

- SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach
- Trauma Informed Oregon (Oregon Health Authority)
- The MO Model (Missouri Department of Mental Health)

### RESEARCH & DESIGN

- Implementing a Four-Phased Trauma Informed Design Process
- Building a Trauma-Informed Research Practice
- The Call for Trauma-Informed Design Research and Practice
- Trauma Responsive Design Research: A New Model for Change
- Responding to Collective Trauma
- Trauma-Informed Design: Understanding Trauma and Healing
- What Is Trauma-Informed Design?

### CLINICAL PRACTICES

- What is Trauma-Informed Care?
- Creating Cultures of Trauma-Informed Care: A Self-Assessment and Planning Protocol
- Racial Justice and Trauma-Informed Care

### PHYSICAL SPACE DESIGN

- Creating Trauma-Informed Spaces: Information Sheet (Fairfax TICN)
- Creating Trauma-Informed Spaces: Facility Review Checklist (Fairfax TICN)
- Trauma-Informed Agency Self-Assessment (Virginia HEALS')
- Creating Trauma-Informed Correctional Care
- Architectural Principles in the Service of Trauma-Informed Design

### ADDRESSING SECONDARY TRAUMA

- Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

### REQUEST A FREE TRAINING FOR YOUR COMMUNITY OR WORKPLACE

- Email [RAISE@AlexandriaVA.Gov](mailto:RAISE@AlexandriaVA.Gov)

### JOIN ALEXANDRIA'S EFFORTS TO PREVENT ACES AND PROMOTE COMMUNITY RESILIENCE:

- To learn more about RAISE, our City's Trauma Informed Community Network, [visit our webpage](#)
- To sign up to our mailing list to receive RAISE updates, fill out this [short registration form](#)

#### EQUITABLE & TRAUMA-INFORMED SYSTEMS



Create the conditions for...

#### RESILIENT COMMUNITIES



which increases the likelihood for...

#### THRIVING YOUTH

