



Meeting 7.22.21





Welcome!

It's BIPOC Mental Health Month and
National Intern Day (7/29)!

**BIPOC MENTAL
HEALTH MONTH**



Resources: City of Alexandria's [Multicultural Mental Health Resources](#) page includes information and resources dedicated to Multicultural Mental Health and Immigrant and Refugee populations. RAISE has also curated this webpage for

Today's Agenda



- Presentation: From the Campaign for a Trauma-Informed VA to RTRVA
- Policy Updates
 - General Assembly Special Session
 - Racial Truth & Reconciliation VA Week
- RAISE Announcements
 - Future RAISE Meetings
 - Resilience Film Screening & Community Conversation
 - ACE Interface Presenter Training





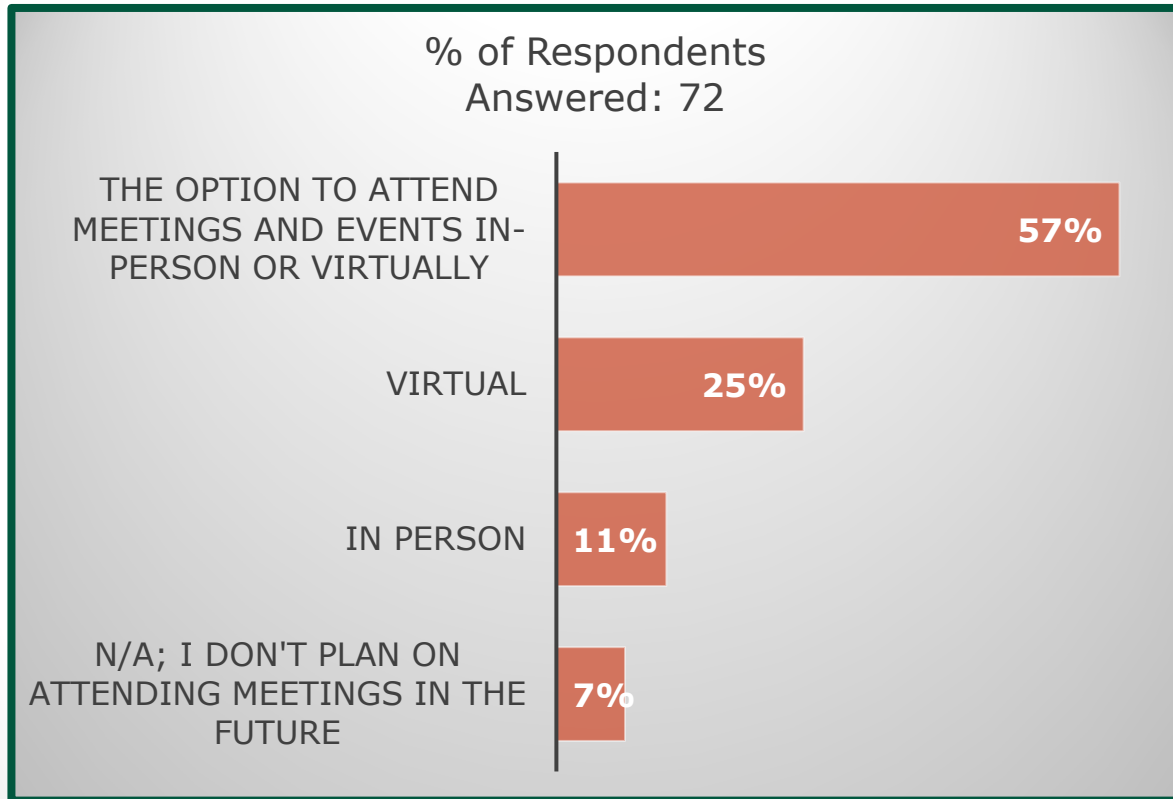
RACIAL TRUTH & RECONCILIATION

Policy Updates

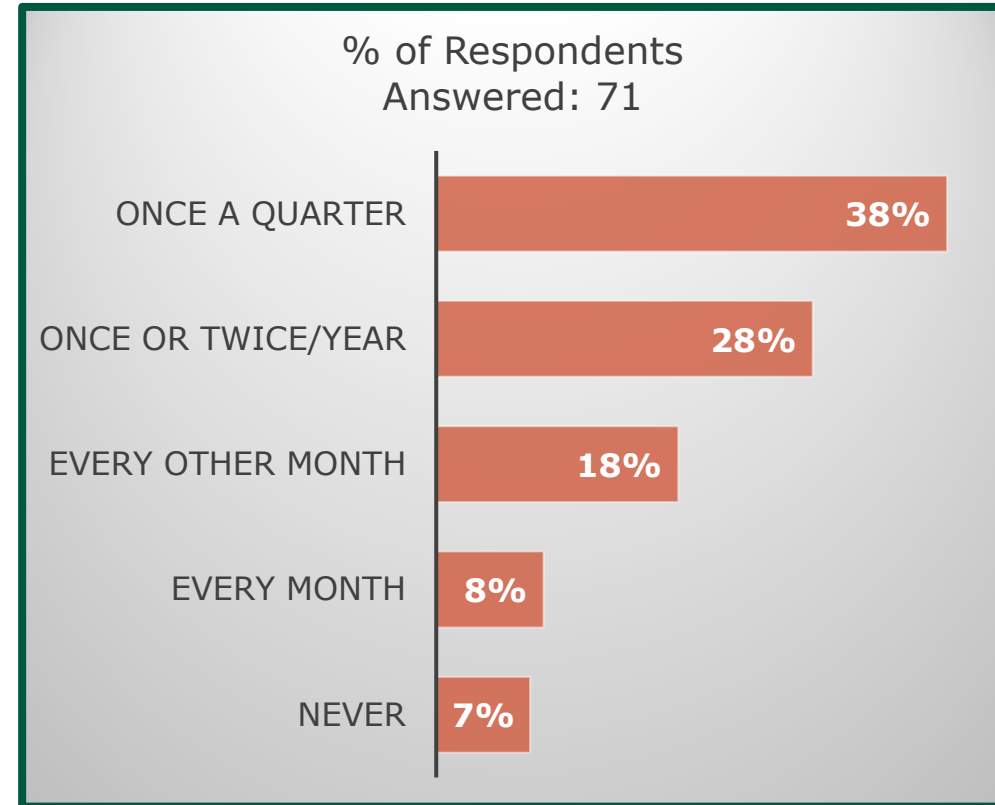
Voices & RTR upcoming events

- **July 21: Racial Truth & Reconciliation VA Coalition Meeting**
 - Seeking RAISE Liaisons!
- **8/22 – 8/28: Racial Truth & Reconciliation Week**
 - **Community Voice at the Table: VA TICN Town Hall**
 - 8/24 6:30-8:00pm (Virtual)
 - View full description, participant information, and ways to prepare for this event [here](#)
 - **A March on Virginia- In Commemoration of the 1963 March on Washington**
 - 8/28 11:00am-12:30pm (In-Person)
 - TICNs are invited as planning partners to influence statewide advocacy and activism and to empower community members to engage
 - **Racism Is A Public Health Crisis Townhall- Part of the Webinar Series (Virtual)**
 - 8/27, 11:00am-12:30pm

Future RAISE Meetings: Virtual or In-Person? Poll Results



Beginning after Labor Day 2021, which format would you prefer meeting?



How often would you like to attend RAISE meetings in-person?



RAISE Schedule

In-Person: Basecamp & Summit Events

Month	Event
August	Basecamp 1: Build Community & Connections (Film Screening)
November	Basecamp 2: Trauma-Informed Spaces Workshop
February	Basecamp 3: Launch Mentorship Program
May	Trauma and Resiliency Summit 2022

RAISE Meeting Months (Virtual)

July	January
September	March
October	April
December(?)	June

RAISE Updates

2nd Birthday!



The poster is designed to look like a film strip. At the top, the word "RESILIENCE" is written in large, white, bold letters against a red background with a brain-like pattern. Below it, the subtitle "THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE" is written in smaller white letters. A black banner with white text says "Join us!". Below that, a green banner reads "Free and Open to the Public". The main text "FILM SCREENING AND COMMUNITY CONVERSATION" is in white on a dark green background. The bottom section is divided into two columns. The left column contains event details: "When: August 26, 10 a.m. - 12 p.m.", "Where: 201 North Union St. Alexandria, VA", "Registration: www.surveymonkey.com/r/AlexandriaVA-ResilienceScreening", and "Questions? RAISE@alexandriava.gov". The right column contains a paragraph of text: "RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance misuse and depression, trauma in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners are proving, what's predictable is preventable." At the bottom, there are logos for the City of Alexandria Virginia, RAISE, and aix COMMUNITY work differently. A small note at the bottom left of the poster reads: "For reasonable disability accommodation, contact maurice.tomdio@alexandriava.gov or 571.384.5244, Virginia Relay 711."

www.research.net/r/AlexandriaVA-ResilienceScreening

RAISE Updates

ACE Interface Presenter Cohort Training

- September 28-30
- 2525 Mt. Vernon Ave
- Training Schedule
 - 9/28: 8:30-4:30
 - 9/29: 8:30-4:30
 - 9/30: 8:30-12:00
- Learn more and apply here:
www.research.net/r/AlexandriaVA-ACEInterfacePresenterApplication
- Application Deadline: September 14



The poster features a top section with a sunset background and silhouettes of people celebrating. Below this, the text 'Building Self-Healing Communities' is centered. The 'ACE Interface' logo is prominently displayed. The main headline reads 'BECOME AN ACE INTERFACE PRESENTER!'. A call to action provides a website link for applications. A dark sidebar on the right contains the dates 'SEPTEMBER 28 - SEPTEMBER 30', the address '2525 MT. VERNON AVE, ALEXANDRIA', a description of the RAISE program's goal to expand training capacity, and a 'Training Schedule' section with specific dates and times. Logos for the Virginia Department of Behavioral Health & Developmental Services, the City of Alexandria, and the RAISE program are at the bottom.

Building Self-Healing
Communities

ACE Interface

**BECOME AN ACE
INTERFACE
PRESENTER!**

To learn more and fill out an
application, visit:
[research.net/r/AlexandriaVA-
ACEInterfacePresenterApplication](http://research.net/r/AlexandriaVA-ACEInterfacePresenterApplication)

Questions?
Contact RAISE@alexandriava.gov

**SEPTEMBER 28 –
SEPTEMBER 30**
2525 MT. VERNON AVE,
ALEXANDRIA

RAISE, Alexandria's
Trauma-Informed
Community Network, is
excited to expand the
capacity of our training
team by training partners
from across our
community to present the
ACE Interface
Understanding Adverse
Childhood Experiences:
Building Self-Healing
Communities curriculum

Training Schedule:
9/28: 8:30-4:30
9/29: 8:30-4:30
9/30: 8:30-12

Virginia Department of
Behavioral Health &
Developmental Services

CITY OF ALEXANDRIA
VIRGINIA

RAISE



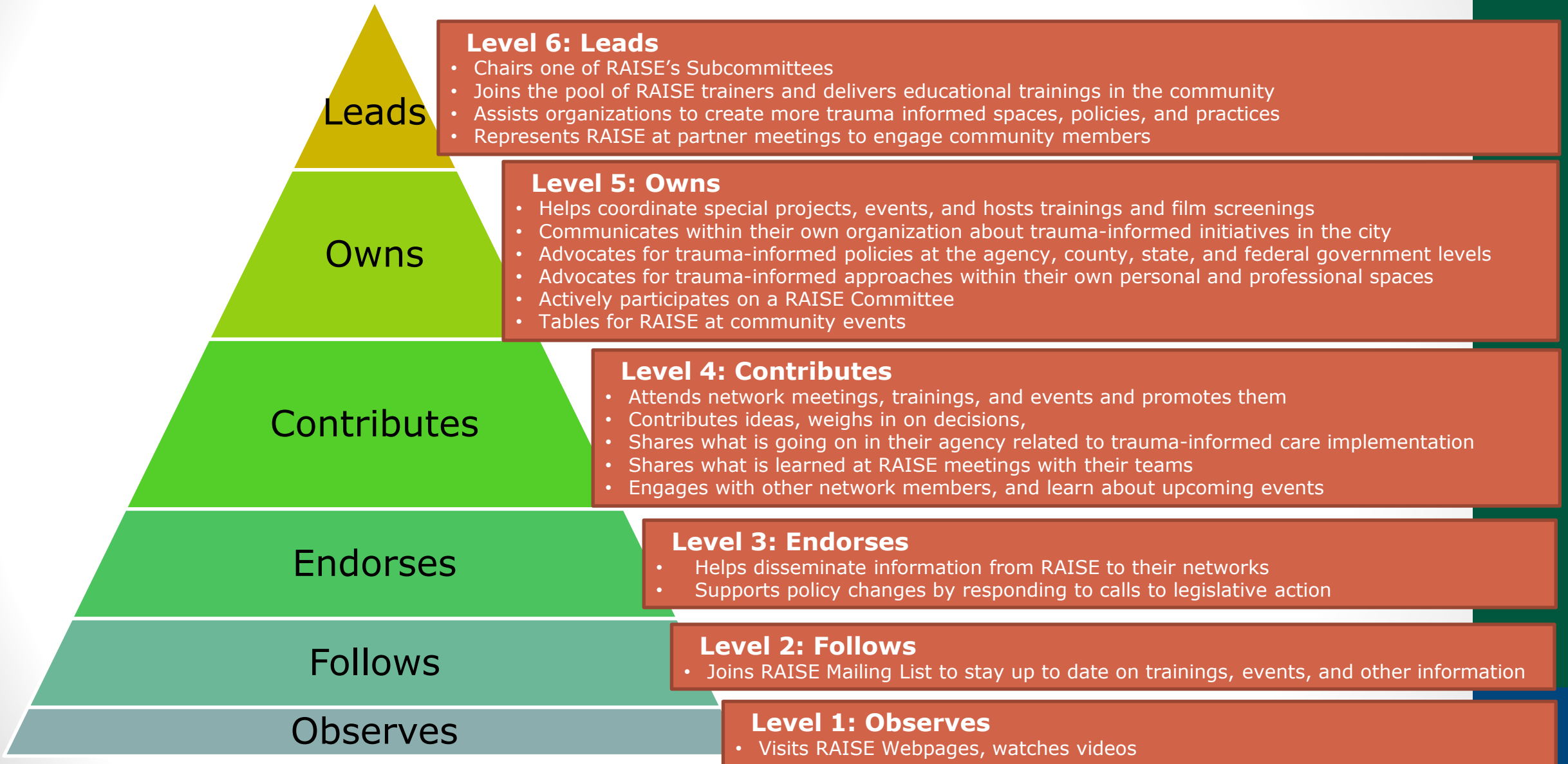
Align RAISE Committees with Summit, Basecamp, & Tactics

RAISE Committee	Summit Track	Basecamps	CHIP/CYMP Tactics	Proposed Changes
Awareness/Communications Committee	Wellness Track	Building Community & Connections	<ul style="list-style-type: none"> Support existing efforts that aim to promote community wellness & resiliency 	Member Engagement & Wellness Committee
Changing Environments Committee	Changing Environments Track	Trauma-Informed Spaces Workshop & Mentorship Program	<ul style="list-style-type: none"> Support organizations becoming trauma-informed by providing them with technical assistance in transforming their spaces, policies, and procedures 	Changing Environments & Cultures Committee
Training Committee	Racial and Social Justice Track	Racial Truth & Reconciliation Campaign* & ACE Interface*	<ul style="list-style-type: none"> Deliver trainings focused on ACEs, trauma, and resilience to community members Train residents on how to advocate for services and funding Promote the use of the equity lens Elevate the voices and experiences of marginalized communities to promote healing, reconciliation, and justice and advance policies that dismantle systems that perpetuate racial trauma and inequity 	Justice Advocacy Committee

**not basecamps*



Membership Engagement Plan



Membership Engagement Plan

Goals for engaging RAISE membership base

- Goal 1:** Increase the number of people who engage with RAISE at level 4 or higher by the end of the March 30th, 2022
- Goal 2:** Increase the number of people who engage with RAISE at level 4 or higher who identify as male, youth, and/or LGBTQ+ by the end of the June 30th, 2022
- Goal 3:** Increase the number of people who engage with RAISE at level 4 or higher who have lived experience by the end of the September 30th, 2022
- Goal 4:** Increase the number of people who become RAISE members (level 2) to 500 by December 31st, 2022

Goal 1: Increase the number of people who engage with RAISE at level 4 or higher by the end of the March 30th, 2022

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

Activities:

 Send a personal welcome email to each new member and provide them with a link to the RAISE New Member Orientation Packet.

 Learn more about their interests and tailor their engagement (Have them fill out a checklist of possible ways to be involved).

 Facilitate New Member Orientation Meetings once a quarter.

Goal 2: Increase the number of people who engage with RAISE at level 4 or higher who identify as male, youth, and/or LGBTQ+ by the end of the June 30th, 2022

Strategy A: Engage more male members through targeted outreach

Activities:



Have Level 4 RAISE members reach out to Level 2 and 3 members who identify as male and personally invite them to an event, meeting, training, etc.



Conduct outreach to men who work in the City and invite them to join and participate



Host learning community circles/sessions for men and fathers to learn more about trauma, aces, and resilience (i.e. organize a Male Trauma-Resilience Track and make them feel like they will get something out of it)








“Go to them and meet them where they are” by attending task forces, work groups, boards and commission meetings, community groups, faith-based meetings, etc. that have more male participants

Goal 2: Increase the number of people who engage with RAISE at level 4 or higher who identify as male, youth, and/or LGBTQ+ by the end of the June 30th, 2022

Strategy B: Engage more LGBTQ+ members through targeted outreach







Activities:

-  Have Level 4 RAISE members reach out to Level 2 and 3 members who identify as LGBTQ+ and personally invite them to an event, meeting, training, etc.
-  Host learning community circles/sessions for members of the LGBTQ+ community to learn more about trauma, aces, and resilience
-  “Go to them and meet them where they are” by attending Alexandria’s LGBTQ+ Task Force meetings and ask how RAISE can support their work.
-  Partner with Alexandria’s LGBTQ+ Task Force to engage the Alexandria’s LGBTQ+ community in meaningful ways
-  Include Pride flag on all RAISE flyers

Goal 2: Increase the number of people who engage with RAISE at level 4 or higher who identify as male, youth, and/or LGBTQ+ by the end of the June 30th, 2022

Strategy C: Engage more youth through targeted outreach

Activities:

-  Partner with youth to host another youth forum on a topic that centers youth
-  “Go to them and meet them where they are” by attending student clubs, afterschool programs, Alexandria’s Youth Leadership Conference, Titan Teen Takeovers, and Lunch ‘n Learns at Alexandria HS to inform them about RAISE
-  Post promotional RAISE flyers in counseling offices, student boards, social media, etc.
-  Talk to youth and ask them how they would like to be engaged in RAISE (Mental Health Matters Club).
-  Conduct outreach to local universities and community colleges.
-  Provide youth with a variety of options to engage as a RAISE member (i.e. encourage youth to participate in Advocacy Days in January, invite youth to serve on panels).

Goal 3: Increase the number of people who engage with RAISE at level 4 or higher who have lived experience by the end of the September 30th, 2022

Strategy: Engage more people with lived experience through targeted outreach

Activities:



Collaborate with RAISE members who work directly with people with lived experience (i.e. DV/SAC, Foster Care, Juvenile Justice, CSB/Behavioral Health, etc.) to inform them about RAISE and encourage their active involvement.



Target efforts toward closing language access gaps. Identify ways that the community can fill those gaps as a community and collaborate to set up a structure for resource sharing more collectively.

Goal 4: Increase the number of people who become RAISE members (level 2) to 500 by December 31st, 2022

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

Activities:



Online

- Create a short promotional video about RAISE and post it on the website.
- Activate [PACeConnection](#) and build more of a web presence.



Marketing

- Create a one-page info-sheet about RAISE and distribute widely.



Host Events

- Host film screenings of *Resilience* or *Broken Places* with panel/community discussions 2-4 times per year.
- Host the Trauma and Resiliency Summit in 2022 and make sure it gets heavily promoted.
- Host toolkit workshops and other learning opportunities that are open to non-RAISE members.



Deliver Trainings

- Deliver ACE Interface trainings and other trainings throughout the community.



Resilience Week VA Campaign

- Engage the workforce and residents in daily resilience-building activities through an effective Campaign. Make sure “Join the Movement by Becoming a RAISE Member” can easily be found.



Announcements