

Happy Birthday, RAISE!

Born July 2019





# Birthday Activities



Welcome Party Attendees



Network Orientation



Watch a Movie



Small Group Discussion



Share Themes

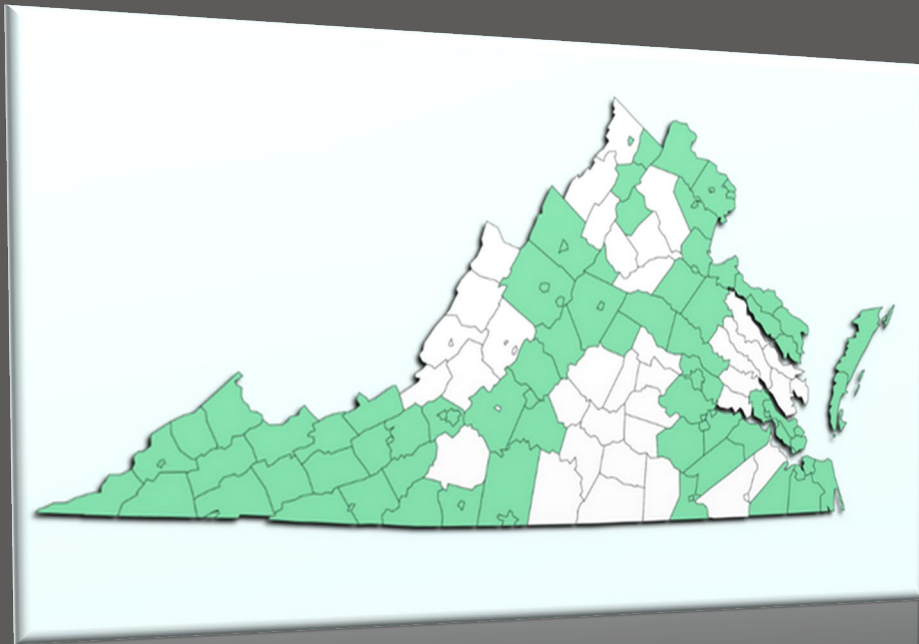


Looking Ahead



welcome!

# About Trauma-Informed Community Networks (TICNs)



- 26 TICNs in Virginia
- We bring people and systems together to:
  - increase awareness of trauma,
  - create a platform for collaborating,
  - help teams become trauma-informed,
  - advance trauma-informed policies,
  - and more!



# Meet RAISE

- Born in July 2019
- Grown to 430+ members
- Mission: To build a more trauma-informed and resilient Alexandria by informing, supporting and elevating our community.



# Highlights & Accomplishments

JOIN US FOR A  
**YOUTH FORUM ON MENTAL HEALTH**  
JUNE 25TH 2020  
10 A.M.

JOIN VA TICNS IN CELEBRATING  
**RESILIENCE WEEK VA**  
MAY 2-8, 2021



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



**ALEXANDRIA TRAUMA & RESILIENCY SUMMIT**




FOR CITY EMPLOYEES  
**MINDFUL WELLNESS CIRCLES**  
SIGN UP NOW

**RESILIENCY RESOURCES FOR ALEXANDRIA SUPERVISORS**

*Help support resiliency through conversations, resources and training.*

Feelings of concern and uncertainty are normal as employees experience periods of adjustment returning to the workplace.

This toolkit is designed to help supervisors and their staff understand the mental health impact of COVID-19 and challenges associated with returning to the workplace. While many City employees continue to work from home, some are returning to work sites and offices.



is still ongoing, supervisors and staff feelings of concern and uncertainty regarding a work site may have on themselves and their families. Doubt, anxiety, stress, fear and depression, and may even for a sense of loss for the way of life before the pandemic.

**RACIAL TRUTH & RECONCILIATION WEEK**  
AUGUST 2 - 8, 2020



Empowering the voices and experiences of marginalized communities in acknowledgement of truth to promote healing, reconciliation, and justice.

SUPPORTED BY VIRGINIA'S TRAUMA-INFORMED COMMUNITY NETWORKS

**CONTINUUM FOR COPING WITH RACISM AND TRAUMA**





# Meet our Committees

- Member Engagement and Wellness Committee
- Changing Environments and Cultures Committee
- Justice Advocacy Committee
- Youth Committee





# Member Engagement & Wellness Committee

Supports existing efforts that aim to promote community wellness and resiliency among RAISE members and the greater community

Co-Chairs: Noraine Buttar and Emma Driscoll







# Changing Environments & Cultures Committee

Helps organizations create a trauma-informed culture by providing them with technical assistance in transforming their spaces, policies, and procedures

Chair: Paola Navarro





# Justice Advocacy Committee

Supports community members and professionals by delivering trainings focused on ACEs, trauma, and resilience, and elevates our community's voices by advocating for justice and advancing policies that dismantle systems that perpetuate racial trauma and inequity

Chair: Gina White





# Youth Committee

Planning to partner with an existing youth group that focuses on youth mental health and offer ways to support them





# Upcoming Events & Opportunities

Attend monthly Network  
Meetings

4<sup>th</sup> Thursday of Month, 10-12

Join cohort of ACEs Trainers  
Learn more & apply

Participate in Racial Truth &  
Reconciliation Week

See full schedule of events





- 60-minute documentary
- About the science and lifelong effects of ACEs and preventing toxic stress
- Community Conversation after screening







# Small Group Discussion

- 20 minutes
- Choose topic area (Member Engagement & Wellness, Changing Environments & Cultures, or Justice Advocacy)
- Pick a scribe who will paste notes in the chat when done
- Questions:
  - From the perspective of the topic area you selected, what could be done now that you know this information?
  - How might RAISE inspire community members or the professionals in your field to stand up and be an ally for children AND adults with high ACE scores?
  - Small group activity: Before the small group discussion ends, open the chat and list three people who need to see this film and learn about ACEs. Commit to sending the RAISE website link to those 3 people, inviting them to join our local movement.



# Share Highlights

2-3 Groups share highlights  
from discussion

Scribe from each group shares  
notes in the chat





# Next Year's Birthday Present

Help us set and  
reach our goal!





Thank you!