



# CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



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

## VOLUME 2, ISSUE 7

This issue reports the progress made on creating a more trauma-informed and resilient community between April 2021 - July 2023

## CYCP GOAL

All Children, Youth, and Families will have Positive Experiences

## ALEXANDRIA SPOTLIGHT

This Report Card celebrates five local organizations - **Cora Kelly Elementary School, Court Service Unit (CSU), the Office of the Commonwealth Attorney, the PHILLIPS Programs for Children and Families, and Together We Bake** - for their commitment to trauma-informed care and building community resilience. Each of these organizations were awarded mini-grants of under \$200 from RAISE to improve the services they provide by transforming their physical spaces.

Trauma-informed spaces are designed with the intention of promoting self-care and a sense of safety and well-being among the people who enter the space. When considering what these five organizations used their awards for, it's clear that they wanted to create environments that do just that.

### COURT SERVICE UNIT

Transformed a conference room into a family therapy room with kid-friendly elements.

"Before"

"After"



### TOGETHER WE BAKE

Added a cozy armchair and aromatherapy diffuser with essential oils to their shared space.



"From the CSU we are thrilled, thankful, and excited to embark in our journey to transform our space into a more welcoming and trauma informed space."

~ Paola Navarro, 18th Judicial District Court Service Unit

### OFFICE OF THE COMMONWEALTH'S ATTORNEY

Added of a water fountain in their conference room where they meet with individuals who have been a victim of a crime.

While it may seem insignificant, typically when a crime victim needs more water during a meeting - our advocates have to run over to the main office to get cups and then must run back over to the hallway water fountain (to fill it up) before returning to the conference room. Not only does this water fountain remove those steps but it also makes it a more accommodating space for our staff to take a breather themselves and have a cup of water. This has made a dramatic difference for our staff and crime victims.

~ Sarayu S. Kulumani, Office of Commonwealth's Attorney



### CORA KELLY ELEMENTARY SCHOOL

Created a calming, private space for staff where they can engage in self-care.

"Before"

"After"



Our teachers and staff members love it! Especially for our teachers who use it to when they need a place to pump. Not too long ago, our PTA hired a masseuse to give us all massages. We used the safe space for it. It was wonderful! Thank you again for the opportunity to create a safe space for all of us.

~ Silvia Navarrete, Cora Kelly Elementary School

### PHILLIPS PROGRAMS FOR CHILDREN & FAMILIES

Created a space dedicated for teachers and staff to practice self-care (not photographed).

These small changes can lead to meaningful results. They can reflect the quality of care they will receive, lower levels of stress, facilitate relationship-building, create a sense of belonging, allow people to feel a sense of control, welcome self-expression, and foster a greater sense of well-being among staff, preventing them from burnout (SAMHSA, 2014). And it doesn't have to break the bank.

- Water Fountain = \$199
- 5 Anxiety Relief Coloring Books = \$40
- Aromatherapy Diffuser with Essential Oils = \$34
- Moroccan Area Rug = \$55
- The cost of elevating someone's inherit worth = Priceless

# 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. While all children are at risk of ACEs, ACEs are highest among females, American Indian or Alaska Native adults, and adults who are unemployed or unable to work (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. Healing and recovery from trauma is possible. Policies that reinforce inequities can be changed. Barriers to opportunities can be removed. This understanding means that the institutions and systems that aim to enhance people's lives have a responsibility to provide experiences that promote healing and wellbeing. Fortunately, a trauma-informed approach can be implemented in any setting.

A trauma-informed environment is intentionally designed to promote everyone's health, healing, and human dignity. Because physical and emotional safety, trustworthiness, empowerment, and inclusivity are central principles to trauma-informed care, it gives everyone the opportunity to engage more fully in their education, health care, and other experiences. Resources for creating trauma-informed environments can be found at the end of this Report Card.

Trauma-informed and resilient communities are thriving communities. They create the conditions for everyone to feel safe, healthy, and a sense of belonging. This is why the CYCP has been intentionally framed around preventing ACEs and building Developmental Assets® - the positive supports, relationships, and protective factors that create a strong foundation for kids to grow into resilient, healthy adults.

### EQUITABLE & TRAUMA-INFORMED SYSTEMS



Create the conditions for...

### RESILIENT COMMUNITIES



which increases the likelihood for...

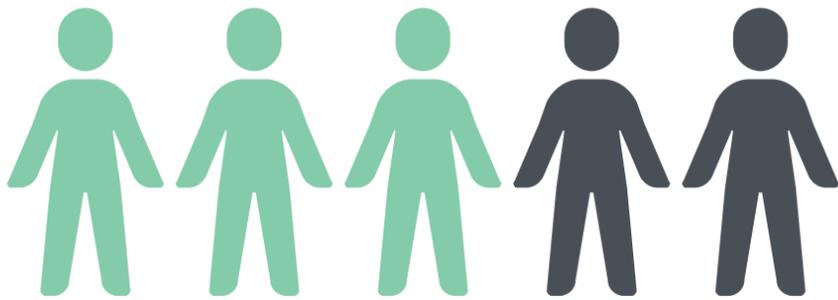
### THRIVING YOUTH



## HOW WE ARE DOING

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.

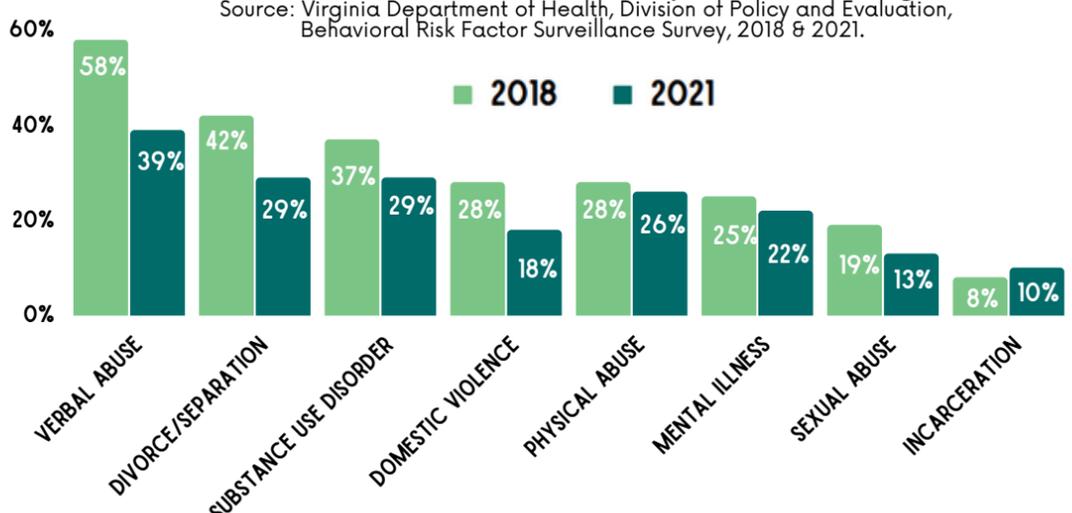


16% OF ALEXANDRIAN ADULTS HAVE 4 OR MORE ACEs

THE MOST COMMON ACEs VIRGINIA ADULTS EXPERIENCED AS YOUTH ARE VERBAL ABUSE, DIVORCE, AND HOUSEHOLD SUBSTANCE USE DISORDER.

### Prevalence of Each ACE Experience, Virginia

Source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2018 & 2021.



## 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:



## CHAMPION



RAISE, Alexandria's Trauma-Informed Community Network

## PARTNERS

To date, RAISE has over 400 members from about 100 governmental agencies, nonprofit, and community-based initiatives. You can find a list of them [here](#).

## WHAT DID WE DO?

To advance Strategy #36, RAISE has taken the following actions since April 2021:



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



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



Increases awareness of ACEs, trauma, and resilience



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



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



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



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



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



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



Participates in local and statewide initiatives that advance trauma-informed and anti-racist policies

## HOW MUCH HAVE WE DONE?



**ENGAGING PARTNERS TO DEVELOP A SHARED VISION FOR CHANGE**

**415**

people joined the RAISE Network

**98**

organizations are represented in the Network



**SHARING INFORMATION & RESOURCES TO PROMOTE WELLNESS & RESILIENCE**

**290+**

resources are promoted on RAISE webpages

**26**

Newsletters published

**20**

Network Meetings hosted



**SUPPORTING ORGANIZATIONS IN BECOMING TRAUMA-INFORMED**

**5**

organizations received a mini-grant to make their space more trauma-informed

**145**

people attended a Trauma-Informed Spaces Workshop

**76**

Racial Truth & Reconciliation Week Events were promoted

**63**

Resilience Week VA events & resources were heavily promoted

**200**

City of Alexandria Employees attended 6 Mindful Wellness Circles



**PROVIDING PUBLIC EDUCATION**

**42**

trainings focused on ACEs, Trauma, and Resilience have been delivered

**1,058**

people attended a training focused on ACEs, Trauma, or Resilience

**786**

people attended an "Understanding ACEs" Training

**213**

people attended an Advocacy Workshop

## HOW WELL DID WE DO IT?

**69%**

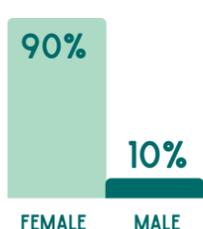
of training participants want to actively participate in community-wide ACEs efforts

**96%**

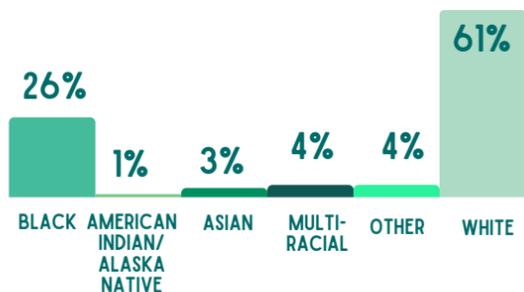
of participants who attended an "Understanding ACEs" training were satisfied with the presenter's level of knowledge about the content

### "UNDERSTANDING ACEs" TRAINING PARTICIPANT DEMOGRAPHICS

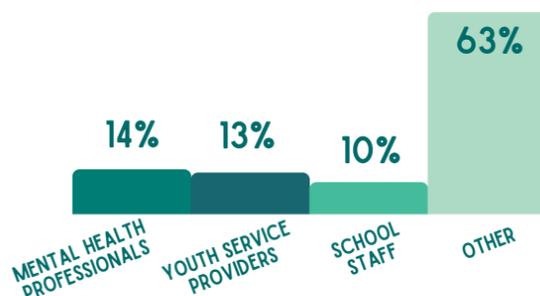
#### BY GENDER



#### BY RACE



#### BY PROFESSION



## IS ANYONE BETTER OFF?

### HOW MANY "UNDERSTANDING ACEs" PARTICIPANTS AGREED THAT THEY WILL:

**91%**

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

**90%**

incorporate their knowledge of ACEs into their daily work

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

**63%**

The importance of identifying and addressing ACEs

**68%**

ACEs' impact on brains and behavior

**58%**

The role of ACEs in my job

**60%**

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

### ACEs AND RESILIENCE

**100%**

of RAISE members surveyed are familiar with the concept of ACEs

**100%**

of RAISE members surveyed are familiar with the concept of Resilience

**100%**

of RAISE members surveyed have integrated ACEs concepts into their work



### In the City of Alexandria, to reduce ACEs, increase resilience, and promote healthy child development...

**74%**

of RAISE members surveyed believe that we have many strategic partnerships that work across sectors

**78%**

of RAISE members surveyed believe that we have a deep trust in each other to work together when it counts

**84%**

of RAISE members surveyed believe that, together, they can make a difference

**75%**

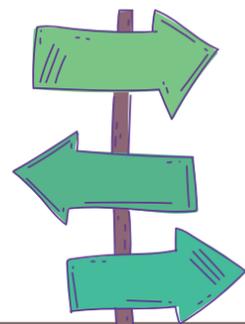
of RAISE members surveyed believe that as partners, we hold each other accountable for results

Source: ACEs and Resilience Community Capacity Survey, Alexandria, 2022

## WHERE ARE WE HEADED?

Over the next three years, RAISE will focus on strengthening the network's ability to provide consultation to organizations and community leaders in need of training and technical assistance to drive social change. To that end, RAISE will work to:

1. Mobilize organizations to seek out trauma-informed consultation, and
2. Prepare to be a strategic resource and partner able to guide leaders on their trauma-informed journeys.



## 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)

### TRAUMA-INFORMED PRACTICES

#### 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?](#)

#### Addressing Secondary Trauma

- [Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others](#)

### 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](#)

### 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](#)

### 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](#)

This [Quick Reference Guide](#) was developed by the Department of Housing and Urban Development (HUD).

## ADVERSE COMMUNITY ENVIRONMENTS



Lack of Opportunity,  
Economic Mobility,  
& Social Capital



Poor Housing  
Quality &  
Affordability



Neighborhood  
Violence



Poverty



Discrimination



Community  
Disruption

Create the conditions for...

## ADVERSE CHILDHOOD EXPERIENCES

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLDS EXPERIENCING



Mental Health  
Problems



Intimate Partner  
Violence



Divorce/Parental  
Separation



Incarcerated  
Relative



Substance Misuse

which increase the likelihood for...

## POOR BEHAVIOR OUTCOMES



Binge Drinking



Fighting



Smoking



Alcoholism



Drug Use



Lack of Physical  
Activity



Eating  
Disorder



Getting into  
Trouble with  
the Police



Risky Sexual  
Behaviors



Missed  
School/Work

## POOR PHYSICAL & MENTAL HEALTH OUTCOMES



Severe Obesity



Diabetes



Depression



Suicide attempts



STDs



Heart Disease



Cancer



Stroke



COPD



Broken Bones

# EQUITABLE & TRAUMA-INFORMED SYSTEMS



Fair policing practices  
& restorative justice



Access to affordable  
& safe housing



Integrated Social  
Services



Community-driven  
policy decisions  
& practices



Economic  
Development



Health-Promoting  
Infrastructure



Equitably-Resourced  
Public Education

Create the conditions for...

# RESILIENT COMMUNITIES



Safe & Stable  
Neighborhoods



Healthy & Supported  
Individuals & Families



Community  
Advocacy & Agency



Environments that  
Promote Social  
Connectedness



Social & Economic  
Mobility



High-Quality Education  
& Enrichment  
Opportunities

which increases the likelihood for...

# THRIVING YOUTH



Experience  
School Success



Help Others  
Informally



Value Diversity



Maintain Good  
Personal Health



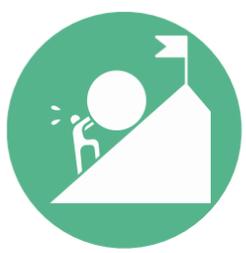
Exhibit  
Leadership



Resist Danger



Control Impulsive  
Behavior



Overcome  
Adversity