



Meeting 4.22.21



# Welcome!

It's Sexual Assault, Child Abuse, Stress,  
and Alcohol Awareness Month AND  
Earth Day!



Please introduce yourself in the chat and share  
any activities you're doing to raise awareness  
about an issue you care about in the chat



# Kudos to RAISE

Good morning- I wanted to reach out to you about the Alexandria DCHS Covid-19 wellness pages.

I wanted to let you know what a great help your page was for [my family]... I got so much excellent stuff from your page so THANK YOU. One thing we've been enjoying is mindfulness and meditation, we're trying to do it every day but its been a very positive thing while everyone is cooped up together LOL we're going to try and keep it going into the summer . The resources on your page have been wonderful!!

My daughters pointed out that because you helped us we should send a thank-you and after more than a year of this pandemic it felt right to put some positivity & gratitude out into the world! We also thought we could share another resource with you: "[Health, Wellness, and Mindfulness Resources for Home](#)"

[My daughters] thought you'd want to add this to your COVID 19 wellness resource page, so that it could help other families who might be finding your page during these times... Hopefully it's useful to you (:

# Race Based Trauma Resources

## CONTINUUM FOR COPING WITH RACISM AND TRAUMA



### STOP THE SPREAD OF COVID-19



#### RESILIENCY RESOURCES FOR ALEXANDRIA SUPERVISORS

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

##### WHAT YOU CAN DO TO HELP

Be aware that employees have multiple channels to voice feelings about COVID-19 such as their immediate supervisor, members of the management chain, Department of Human Resources (HR), Employee Assistance Program (EAP), a counselor, Work n' Well program or with their healthcare provider.

- Employees reluctant to speak up about concerns can set up an anonymous channel to speak with HR.
- Encourage colleagues to be safe and observe safety guidelines, such as wearing face coverings and cleaning their work spaces.
- Share resources within the workplace and take turns cleaning shared equipment.
- Make use of online meeting tools to set up meetings with individual staff members and teams to discuss the challenges of work, as well as general concerns and successes.
- Be willing to listen and share concerns without judgement.
- Listen with intent and empathy—no concern is too small or too big.
- Encourage each other to use the resources listed.
- Generate solutions together.



##### RESOURCES

###### CONVERSATION STARTERS

- [Trauma Informed: Understanding and Implementing](#)
- [Burnout Prevention and Treatments](#)
- [Road Map to Trauma Informed Care](#)
- [Cumulative Toll of Trauma](#)

###### RESOURCES FOR SUPERVISORS

- [Trauma Informed Supervision](#)
- [Trauma Informed Self Assessment](#)
- [Creating Trauma Informed Spaces](#)
- [Tips for Managing Telecommuters](#)
- [Tips for Authenticity w/ Remote Employees](#)
- [Mental Health First Aid](#)

###### RESOURCES TO OFFER STAFF

- [Employee Assistance Fund](#)
- [Employee Assistance Program \(EAP\)](#)
- [Work'n Well Employee Program](#)
- [Why Mindfulness is a Superpower](#)
- [Your Brain Under Stress](#)
- [Trauma & Resilience Tree](#)

For more information, or to view virtual resources, visit the [RAISE webpage](#).




[ALEXANDRIAVA.GOV/CORONAVIRUS](https://www.alexandriava.gov/coronavirus)

<https://www.alexandriava.gov/dchs/adultservices/default.aspx?id=116118>

<https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=118711>


# Today's Agenda



**Voices**  
For Virginia's Children

**RACIAL TRUTH & RECONCILIATION**

**Policy & RTR Campaign Updates (Inform)**



**CYEP**

Workshops start soon!

**Fathers In Tech**

**Elevate Local Effort**

**FREE Enrollment**

In Collaboration with **NEXT FLEX**



**Virginia HEALS**

**Virginia HEALS Support**

**ALEXANDRIA TRAUMA & RESILIENCY MAY 20 SUMMIT**

**9AM-5PM**  
A VIRTUAL EVENT

A free community-wide event focusing on the pillars of **EQUITY** and **RESILIENCE** with three tracks

Register online by May 14

- RACIAL & SOCIAL JUSTICE
- NAVIGATING ENVIRONMENTS
- WELLNESS

BECOME A TRAUMA CHAMPION

**RAISE** Resilience Alexandria Support, Services

Questions? [RAISE@alexandriava.gov](mailto:RAISE@alexandriava.gov)  
Visit [alexandriava.gov/YouthPlan](http://alexandriava.gov/YouthPlan) for agenda and workshops

**Summit Planning**

JOIN VA TICNS IN CELEBRATING

**RESILIENCE WEEK VA**

MAY 2-8, 2021





# Statewide TICN Updates

JOIN VA TICNS IN CELEBRATING

**RESILIENCE WEEK VA**

MAY 2-8, 2021



- **Second Annual Resilience Week VA**

- New flyer with potential themes on Resilience Week website:
- <http://grscan.com/resilience-week-virginia/>
- Themes are flexible, can use or not in whatever ways make sense for your networks/organizations

# Policy Updates



**Voices**  
For Virginia's  
Children

**VOICES FROM  
THE CAPITOL**

The graphic features a purple background with a white outline of the state of Virginia. The word "Voices" is in a yellow speech bubble, and "For Virginia's Children" is in yellow text below it. "VOICES FROM THE CAPITOL" is in white text to the right of the state outline.



**Voices**  
For Virginia's  
Children

**RACIAL TRUTH  
& RECONCILIATION**

The graphic features a purple background with a white dotted border. The word "Voices" is in a yellow speech bubble, and "For Virginia's Children" is in yellow text below it. "RACIAL TRUTH & RECONCILIATION" is in yellow text to the right of a vertical yellow line.

# Elevate: Fathers in Tech Program

- Guest: Reggie Morris
- CYEP is now accepting referrals for Fathers in Tech (FIT). Referrals and self registration can be completed through the link <https://tinyurl.com/CYEPFIT2021>
- FIT provides support services for men to be responsible, caring, and informed fathers, that are positively engaged in their child's life.
- FIT also provides economic stability education, soft skill development, and technical skill training to help fathers earn a livable wage.
- 1<sup>st</sup> session starts Tuesday May 4, 7-9PM
- Contact Everette Mitchell [emitchell@cyep.org](mailto:emitchell@cyep.org) / 240-676.7903



**CYEP**

Workshops start soon!

In Collaboration with **NEXT FLEX**

**FREE** Enrollment

## Fathers In Tech

**Capital Youth Empowerment Program (CYEP) will show fathers how to get the knowledge and skills they need to compete in the real world and provide for their family.**

Fathers In Tech (FIT) prepares males with education, workforce development, technical and leadership skills to enter into the knowledge/skill economy.

**PARTICIPATION INCLUDES:**  
Workshops  
Gift Cards  
Weekly Meet\* (in-personal only)

**What we provide in the workshop:**

- 24/7 Dad Curriculum
- Workforce Development
- Economic Development
- Personal & Family Development

**ALL PROGRAM ACTIVITIES WILL BE VIRTUAL UNTIL FURTHER NOTICE.**

**1ST SESSION TUESDAY, MAY 4, 2021 / 7 PM - 9 PM**

**FOR MORE INFO, REFERRALS, OR TO SELF-ENROLL**

**VISIT: [HTTPS://TINYURL.COM/CYEPFIT2021](https://tinyurl.com/CYEPFIT2021)**  
**CONTACT: EVERETTE MITCHELL**  
**[EMITCHELL@CYEP.ORG](mailto:EMITCHELL@CYEP.ORG) / 240.676.7903**





# Support from Virginia HEALS



Virginia  
HEALS

- Guest: Laurie Crawford
- Overview of what Virginia HEALS has to offer and Updates to the Toolkit
- Toolkit
  - Community Resource Mapping Facilitation Guide and e-Learning course
  - Trauma-Informed Screening Course and Screening for Experiences and Strengths E-Learning Course
  - Referral and Response Protocol and e-Learning course
  - Family Engagement Guide and e-Learning course
  - Trauma-Informed Agency Self-Assessment
  - Grant Application Development Menu for Funders

A stylized icon of three human figures in purple and orange, positioned above the word "ALEXANDRIA".

# ALEXANDRIA TRAUMA & RESILIENCY MAY 20 SUMMIT

9AM-5PM  
A VIRTUAL EVENT

# Marketing & Communications

- Registration is now Open!
  - [Meeting Registration - Zoom](#)
- Summit Webpage is Live!
  - [Alexandria Trauma and Resiliency Summit: Thursday, May 20, 2021 | City of Alexandria, VA \(alexandriava.gov\)](#)
- Share Summit Flyer & Social Media
  - Facebook Post:  
<https://www.facebook.com/DCHSAlexandriaVA/photos/a.112960587181872/256803869464209/?type=3&theater>
  - Twitter Post:  
[https://twitter.com/DCHS\\_AlexVA/status/1384501689269604352](https://twitter.com/DCHS_AlexVA/status/1384501689269604352)



# Summit Agenda

Time	Racial & Social Justice Track	Navigating Environments Track	Wellness Track
9AM	<b>Opening Remarks &amp; Plenary Speaker</b> <i>(Dr. Wendy Ellis, Director of George Washington University's Center for Community Resilience)</i>		
10AM	<b>Building Resilience through Self-Care: Healing Racist Wounds</b> <i>(Amanda Lynch, Trauma-Informed Specialit)</i>	<b>Building Trauma-Informed Spaces</b> <i>(Chrissy Cunningham, Fairfax County)</i>	<b>Introduction to Trauma &amp; Resilience</b> <i>(Tamika Daniel, Greater Richmond SCAN)</i>
11AM	<b>Alexandria's History of Racial &amp; Social Justice</b> <i>(Audrey Davis, Office of Historic Alexandria)</i>	<b>Resiliency Toolkit for Trauma-Informed Supervision</b> <i>(RAISE)</i>	<b>Building Resilience through Mindfulness</b> <i>(Gina White, Mindful Junkie)</i>
12PM	<b>Lunch Break</b>		
1PM	<b>How to Create Change: Community Organizing for Social Justice</b> <i>(Ingris Moran, Tenants &amp; Workers United)</i>	<b>Institutionalizing Professional Resiliency in Human Service Organizations</b> <i>(Alexandria Multidisciplinary Team)</i>	<b>Building Resilience through Social Supports Across the Lifespan (Panel)</b> <i>(Michelle Kelsey Mitchell)</i>
2PM	<b>Advocating for Racial Justice through Systemic Change</b> <i>(Chloe Edwards, Voices for VA's Children)</i>	<b>Multi-System Collaboration &amp; Legislative Change: Crossover Youth Practice Model</b> <i>(Tricia Bassing, Greta Rosenzweig, Sonnja Brown, &amp; Sarah Taylor, Children &amp; Youth Crossover Practice Model)</i>	<b>Secondary Traumatic Stress &amp; Self-Care Basics</b> <i>(Melissa McGinn, Greater Richmond SCAN/TICN)</i>
3PM	<b>Building a Plan for Advocacy</b> <i>(Sarah Taylor, Legislative Director)</i>	<b>Elevating Youth &amp; Family Voice</b> <i>(Jenna White, Fairfax County PTA Council Representative to the Fairfax Trauma Informed Community Network)</i>	<b>Building Resilience through Work n' Well</b> <i>(Dr. Grace Page, City of Alexandria)</i>
4PM	<b>Closing</b>		



# Support: Volunteer Needs/Roles

- Workshop Moderators – We will assign you 😊
- Resiliency Toolkit for Trauma-Informed Supervision Workshop



# Elevate Your Resources!

Send  
[RAISE@AlexandriaVA.Gov](mailto:RAISE@AlexandriaVA.Gov) a  
slide of your organization's  
resources and we will include  
it in a slideshow that will run  
throughout the day!

# Post-Summit Planning

- Brainstorm Ongoing Learning and Activities
  - 3-months post Summit  
July/August



# Announcements?