



Greater Richmond Trauma-Informed Community Network (TICN) Annual Report Fiscal Year 17-18

GRTICN MEMBERSHIP:

Total members = 321 (97 new members joined this fiscal year) and 131 agencies represented
Member agencies: See [THIS LIST](#).

HIGHLIGHTS:

Virginia Statewide TICNs – The GRTICN has taken a lead role in supporting the formation of TICNs across the state of Virginia. The Greater Richmond TICN hosted two Virginia TICN Statewide Meetings on 9.17.17 and on 3.12.18. There are currently 13 TICNs in Virginia at various stages of development and operation. GRTICN members presented at meetings for the Greater Charlottesville TICN in September 2017 and for the Roanoke Valley TICN in November 2017. In addition, GRTICN leaders have provided consultation and support for all developing TICNs in the state.

Resilience documentary screenings – The TICN hosted (and co-hosted) several screening events of the Resilience film. There were 1953 people who attended these screenings and most were followed by discussion led by TICN members.

TICN Training Committee Trauma & Resilience Basics Trainings – Training Committee members began offering training every other month and provided eight trainings in the Greater Richmond Community with approximately 545 participants who attended. In addition, Training Committee members provided eight Trauma and Resilience Basics Trainings for the Richmond Police Department and trained over 300 officers.

eNotes – Monthly eNotes were sent to 344 people throughout the year. These eNotes contain updates about the TICN and included resources and research.

International Society for Traumatic Stress Studies (ISTSS) Poster Presentation was created by TICN Coordinators, Melissa McGinn and Lisa Wright, and Dr. Leslie Kimball-Franck (TICN member). The poster was entitled *“The Trauma-Informed Community Network of Greater Richmond: Building a Resilient Community”* and presented at the ISTSS’s 33rd Annual Conference in Chicago, Illinois in November 2017.

Walla Walla visit – The Department of Juvenile Justice invited the Community Resilience Initiative (CRI) group from Walla Walla (that were involved in the film Paper Tigers) to come to Richmond and discuss their work. They provided three days of training. TICN members met with CRI representatives during a meet and greet while they were in town. This visit spurred additional conversations about the role of the TICN in the juvenile justice and trauma professional arenas.

New ACE’s Connection Community – Melissa McGinn and Lisa Wright, GRTICN Coordinators, became Community Managers to Becoming Trauma Informed and Beyond, a new community on ACEs Connection. This community focuses on: “Resilience at work. What does it

mean to be trauma-informed at work? How is it defined and assessed? How do we measure success? What policies, protocols, and training exist? How does becoming trauma-informed change us and our work? We share the nuts and bolts of becoming a trauma-informed organization and our struggles, questions, and successes, too.” One of the first members to join the community was Dr. Felitti who co-authored the original ACEs study.

MARC National Summit – The Greater Richmond TICN received a special invitation to attend the Mobilizing Action through Resilient Communities (MARC) National Summit. Melissa McGinn and Lisa Wright attended the summit in December 2017. Information presented included: Cross-Sector Collaboration, Building Resiliency Through Solutions Journalism, Building Partnerships and Resiliency, Exploring and Supporting In-Sector Transformation (Law Enforcement, Education, Business), Tools for Building the Movement, Exploring In-Sector Transformation – Healthcare, Resilience and Resistance for Hope, Healing and Liberation.

GRTICN in the news in 2017-2018:

- <http://www.vakids.org/our-news/blog/troubling-times-call-for-advocates-to-step-up-focus-on-childhood-trauma>
- <https://ideastations.org/radio/news/communities-seeks-ways-unify-and-build-resilience-wake-charlottesville-violence>
- <https://cdn.capitalregioncollaborative.com/wp-content/uploads/2018/03/Snapshot-2018-for-web.pdf> (see page 11)
- <http://www.fact.virginia.gov/wp-content/uploads/2017/04/FACT-ISSUE-BRIEF-TRAUMA-INFORMED-SCHOOLS-final1.pdf>
- <http://www.fact.virginia.gov/wp-content/uploads/2017/09/2017-Annual-Report-FINAL-.pdf>

GUEST SPEAKERS AT TICN MEETINGS:

Ram Bhagat (GRTICN member) led a presentation on community, historical & multigenerational trauma during our July 2017 TICN meeting. [CLICK HERE](#) to see Ram’s PPT. Ram’s presentation was engaging, inspiring and brought meeting participants together through interactive activities.

Alex Wagaman - Advocates for Richmond Youth – Dr. Wagaman presented on the Youth Stability Coalition and her work with the Advocates for Richmond Youth during the TICN’s September 2017 meeting. Dr. Wagaman described how the coalition is currently working to convene major stakeholders across different systems in an effort to address the vulnerable youth population. The advocates are a youth participatory action research team who share their expertise and stories of lived experiences. Over the past year, the group has conducted a youth point in time count, attended national conferences and began to convene this coalition. The coalition has been trained on trauma-informed practices, policy and advocacy and has upcoming trainings on LGBTQ youth affirming practices, racism/nationalism and sex work/trafficking.

Marsha Brady - Mindfulness & Meditation – Marsha Brady presented on Mindfulness and Meditation during the December 2017 meeting. She explained that her background is in using mindfulness and meditation with children in schools. Marsha explained that mindfulness is “paying attention on purpose, cultivating attention, and refining our attention from which we have the space to choose, a space to be aware and decide how to react in situations.” Mindfulness gives pause in place of reaction. Marsha said that our sympathetic nervous symptoms are set at a slow simmer and it doesn’t take much for us to explode; leading to increased diagnoses of depression, anxiety and that this is prior to any trauma. Mindfulness interrupts and neutralizes the nervous

system, which increases the ability to see clearly what's going on inside and outside of the body and then make choices. Mindfulness and meditation can be taught in a playful way with children. Marsha explained that practice is a connection to body, by paying attention to breath, body sensation, and sounds as a way to anchor the mind to the inner space of the body. The goal is to keep that inner connection once eyes open after practice and pausing before making attachments/connections to the outside world. Marsha then led a mindfulness session and passed around several resources she has used in practice.

Nina Marino, During the February meeting, guest speaker (GRTICN member), Nina Marino presented about two new trauma-responsive skill building curricula for foster/adoptive and kinship families. Curricula are available free online at these links: www.aecf.org/tstfostercare and www.aecf.org/ARC. The two curricula-ARC Reflections and TST-FC were created to increase parent skill-building for families who are certified and have or are parenting children in foster care. ARC Reflections was piloted in several counties in NC and Fairfax, VA. TST-FC was piloted in two counties in Ohio and Maryland. The hypothesis was that if we can assist parents in addressing challenging behaviors and self-regulation for both parents and kids, then we can increase placement stability and permanency while also retaining more foster families. Both models were evaluated by Child Trends to look at how the implementation was handled and if parents showed changes in their knowledge and beliefs around trauma-informed parenting. Both models showed gains from pre and post-test data indicating that families that went through the trainings showed higher levels of praise for the children in their home and nurturance. The models include facilitator guides, power point slides for each module, room set up, pre/post test measures for parents and fidelity checklists. ARC Reflections also includes a corresponding case worker guide to re-enforce with families the weekly concepts. Find Nina's PPT [HERE](#).

Anne Moss Rogers – Anne (GRTICN member) shared the story about her journey with her son's mental illness and his suicide in 2015 during the TICN's March 2018 meeting. Anne wrote a story for the Richmond Times Dispatch with her heartfelt reflection. Find the story [HERE](#). Anne spoke about the ASQ (Ask Suicide Screening Questionnaire) and referenced the [ASQ Toolkit](#) on the NIH Site. Anne said that Dr Abernathy's pediatric practice, Pediatric and Adolescent Health Partners, in Richmond is implementing the ASQ. She also shared about the [Children's Mental Health Resource Center](#) as a valuable resource for caregivers who are in need of mental health referrals for their children. Anne also shared about [Beacon Tree Foundation](#) in Richmond, VA which is dedicated to being an advocate for the family, providing support and financial resources to help children up to age 21 struggling with mental health issues and create hope for the future.

Gabriela Alcade, MPH, DrPH – Gabriela is the Managing Director for Equity and Health for the Richmond Memorial Health Foundation. She presented an Overview of Equity, Race Equity and Health at the May 2018 meeting. Please [CLICK HERE](#) for Gabriela's PPT that includes presentation notes.

TICN COMMITTEE PROGRESS:

Trauma-Informed Brief Screening Tool Committee – The Brief Screening Tool Committee provided support for three pilots of the Project Broadcast Brief Trauma Screening tool at Henrico, Hopewell and Chesterfield Departments of Social Services (DSS). Henrico DSS began their pilot on April 1, 2018. Their goal is for all children involved with the Henrico DSS child welfare services will receive the trauma brief screening tool. Chesterfield DSS Staff implemented the BST with support from their agency Trauma-Informed Leadership Team. Chesterfield developed tip sheets for adults and for caregivers regarding children who have experienced trauma. Hopewell DSS is using the BST in foster care cases. Richmond DSS is planning to begin use of the BST with their

intake team. RDSS would like to collaborate with others (Henrico, Hopewell and Chesterfield) when a collaborative training schedule is developed. There is a current and ongoing need for training on the BST that committee members are working to address. The Brief Trauma Screening tool (BST) committee assisted with a training on the BST in September 2017. There were approximately 100 professionals at the training with representation from: Hopewell, Chesterfield, Henrico, and Richmond Department of Social Services staff. Duke faculty provided the training and gave practical examples of how to utilize results. All localities developed action plans for piloting the BST.

Community Resilience Committee – This is the newest TICN committee and members include representatives from public agencies, community members, and community advocates. Committee members are looking at community resiliency models to find a framework and are working on the development of a shared definition of community resilience that is agreed on by all members. Members are hoping to unify efforts towards community resilience that are occurring around the city. This committee plans to connect city agencies, non-profits and the private sector to maximize community resilience building efforts. Greater Richmond SCAN (GRTICN backbone agency) applied to be part of a national learning collaborative in Pittsburgh, PA that provides a focus on community resilience with trauma informed/behavioral health frameworks and was selected to join a national learning collaborative in 2017 and will continue to implement this model.

Trauma-Informed Healthcare Committee – The TICN Healthcare Committee is made up of 35 individuals representing hospital systems, private pediatric practices, community health clinics, public health organizations, managed care, behavioral health hospitals and clinics. Many of these organizations are at various stages of implementing trauma-informed, and trauma responsive practices into their settings. This committee is utilized as a learning collaborative, where members share experiences, discuss challenges and barriers, successes and resources. Committee members have focused on how to implement practices and policies that address trauma exposure on professionals, and create attention to professional wellness. The Healthcare Committee Chair, Melissa McGinn, is currently the project manager and subject matter expert for the Community Health System Collaboration. This is a collaboration between the three local health systems (HCA, Bon Secours and VCU). All three systems have agreed to identify one hospital per system to become more trauma-informed. The Healthcare Chair provides at least monthly consultation to the three hospitals (St. Mary's, Chippenham and VCU) and has assisted them with developing TILT's (Trauma Informed Leadership Teams) in their pediatric departments. The TICN has trained 90% of all three TILT teams and additional pediatric staff using the TICN Introduction to Trauma and Resilience curriculum. Healthcare committee members have assisted the TILT's with administering a Trauma-Informed Organizational Assessment to all of their TILT members and 50% of their pediatric staff in two of the three hospitals in June. During the next fiscal year this committee will be facilitating focus groups to obtain more data and to develop a list of practice and policy recommendations.

Trauma-Informed Legal/Courts Committee – Committee members are continuing work on assessment of agencies in the City of Richmond and Chesterfield County through focus group discussions. Committee members facilitated the following focus groups: 13th District Court Service Unit (four focus groups), Chesterfield Commonwealth Attorneys and Victim Witness Advocates, Chesterfield CSU (four focus groups) and Bon Air Correctional Facility (four focus groups). In addition, focus groups were held for multiple disciplines within the Oliver Hill Juvenile and Domestic Relations Courts. These included: CASA, clerks (four focus groups), judges, public defenders and sheriffs. Feedback and recommendations were distributed to all agency leaders. This committee is reviewing all recommendations across professions and developing a guidance document for those recommendations that cross disciplines. TICN Legal and Courts Committee

members facilitated two screenings of the film *Resilience* for staff of Oliver Hill Courts Building in June 2018. Seventy-one people attended these screenings and participated in discussion following the film. The RPD Road to Resilience (R2R) group (which includes members from the Legal/Courts Committee and developed after the L/C Wellness Project Pilot) has been distributing monthly eNotes to all sworn RPD officers, facilitated several weekly yoga classes, and coordinated with the Training Committee with a request for Trauma & Resilience Basics trainings for officers. Approximately 300 officers attended these trainings. RPD R2R surveyed officers from all precincts in the City of Richmond and gathered information about trauma exposure and wellness practices. RPD R2R developed a PPT that provides history of this group. RPD R2R members are planning for precinct wellness events, developing a resource that lists options for self-care of officers, conducting first Trauma & Resilience Basics training that was led by RPD R2R members and overseeing a contest for an R2R logo created by RPD officers.

Trauma-Informed Outcomes Committee – Committee members researched best practices for evaluating coalitions and discussed mapping the impact of the TICN. The committee has identified organizations to serve as case studies. The committee will examine individuals and organizations that have been involved or influenced by being involved with the TICN. The goal is to use this information going forward with potential funders, in the recruitment of new members and forming partnerships.

Trauma-Informed Policy Committee –Policy committee members were surveyed regarding recent legislative work by the committee. They will use feedback to inform ongoing training and support needed from this committee to increase comfort level with advocacy and policy work. In addition, committee members plan to hold an extended meeting to focus on how they can increase engagement of members of TICN (and statewide TICN members) in advocacy and policy issues. Committee members assisted Voices for Virginia’s Children in creating a 1-page sheet of talking points for Policy Makers during the last General Assembly Meeting. Committee members reviewed the three recommendations on trauma-informed care from the [Virginia Commission on Youth](#). A committee member from Fairfax County updated the group on the Board of Supervisors resolution declaring Fairfax a trauma-informed community to encourage other communities to consider a similar option. The Policy Committee co-hosted the Resilience Screening with Voices for Virginia’s Children that was attended by 250 people including two current delegates with the General Assembly. Voices for Virginia’s Children hosted a forum for gubernatorial candidates that focused on issues faced by youth. Candidates were also asked questions about their knowledge and priorities of trauma-informed care. During a Commission on Youth meeting, there was an explanation of ACEs, the impact on health and definition of trauma.

Trauma-Informed Schools Committee – The schools committee developed five workgroups that met in the summer of 2017. The workgroups were: Restorative Justice, Pre-K – 12, Positive Behavior Intervention and Supports, Mindfulness and Yoga Practices, and Universities. The committee reviewed outcomes of the workgroups in the spring of 2018. Committee members are focusing efforts on addressing how to get training into schools for teachers, administrators, and counselors. Committee co-chair Fred Orelove presented at the Trauma-Informed Schools Conference in St. Louis in November and two other members attended the conference. Committee members of the Trauma-Informed Schools Committee assisted with leading discussions after several screenings of the film “Resilience.” Committee co-chairs shared information with members about the Brain Architecture Game and on resources related to school shootings. TISC Committee co-chair, Fred Orelove, was invited to serve on Richmond Public Schools (RPS) newly created Trauma Task Force and has met with the Dean of VCU's School of Education to promote and expand trauma-informed educational practices. One result from the collaboration with VCU is a relationship to support four doctoral students’ capstone projects on

alternatives to suspension and expulsion and alternatives to using restraint. TICN members Melissa McGinn and Margo Buchanan (TISC member) also serve on the RPS Trauma Task Force and are working on the RPS Restorative Justice Tool. Committee co-chairs, Fred Orelove and Meg Sander, and GR-SCAN's executive director, Jeanine Harper, met with Virginia Secretary of Education, Atif Qarni, and Deputy Secretary, Holly Coy. Subsequently, Dr. Orelove was invited to serve on the Work Group on Student Safety established through the Governor's Children's Cabinet. He participated on a panel of experts at the group's initial meeting, sharing information about the TICN and the TISC.

Trauma-Informed Training Committee: The Training Committee facilitated eight Trauma and Resilience Basics trainings during the FY 17-18. The trainings were held in August, October, November, February, March, December, May and June for 545 people from the Greater Richmond area. The Training Committee also provided eight Trauma and Resilience Basics trainings for the Richmond Police Department with approximately 300 officers who attended. The Training Committee held two Trauma Exposure of the Professional trainings for United Methodist Family Services staff and Victim Witness Advocates. There were 30 professionals who attended these trainings. Committee members facilitated two additional Introduction to Trauma and Resilience Ttrainings for VCU Health System and St Mary's Hospital for a total of 60 people. Committee members plan to host a half day orientation for the newly created training guide during the next fiscal year.

Trauma-Informed Workforce Development (TIWD) Committee – TIWD committee members created a document on [Trauma-Informed Curriculum Recommendations for Schools of Social Work](#) that provides recommendations for Schools of Social Work to incorporate to become and enhance a trauma-informed program. This document includes areas that the TICN has covered when consulting on trauma-informed organizational assessments and milestones on the ACEs Connection website that are most commonly addressed when agencies are working on becoming trauma-informed. This committee hosted the Trauma-Informed Supervisor Training led by Chrissy Cunningham, Fairfax TICN Coordinator, on May 23, 2018 and there were 77 people in attendance. Committee members are currently reviewing post graduate Trauma Training certificates and continuing to discuss recommendations for adding as an option at VCU. Nicole O'Pries (current TIWD Committee Chair) is working on a Trauma-Informed Social Work Podcast and will be interviewing a variety of people on different topics (e.g., ACEs, Human trafficking, different systems, how people are implementing trauma-informed practice, what is challenging, what is done for self-care, etc). Nicole O'Pries began as Chair the TIWD Committee in June 2018. In addition, Committee members are working to develop a survey for non-licensed providers. The survey will assess any trainings or resources needed to implement trauma-informed care. There is a workgroup of the committee that is focusing on developing curriculum and certification programs for universities. Two committee members (and faculty of VCU SSW) met with the Dean of the School of Social Work and provided trauma-informed recommendations for curriculum transformation. Committee members have also surveyed 18 Social Work programs to inform work on curriculum recommendations for universities.