

Resilience Week Virginia 2024 Sub-Awards Report

Funded with a contract from the Coronavirus State and Local Fiscal Recovery Funds (SLFRF) program #OTR 22-080, awarded by the Virginia Department of Social Services, Greater Richmond SCAN was able to provide sub-awards of up to \$1000 each to Virginia's Trauma-Informed Community Networks for activities during Resilience Week Virginia 2024. Eight networks applied and received funding for a variety of community-focused, resilience-building, and healing-centered initiatives.

Amherst County Caring Coalition partnered with local first responder agencies to welcome internationally renowned speaker, author, and motivational wellness educator, Travis Howze, who presented on 'Post Traumatic Purpose.' The network had an informational table at the event with educational materials, acupuncture rings, and stress balls to give to participants. The event saw over 300 attendees and brought awareness to the importance of wellness and resilience as it relates to trauma-informed care with the added goal of increasing the network's presence in the community.



Greater Charlottesville TICN held a Resilience Week Block Party with self-healing and resilience-based activities, including massage therapy, an affirmation craft table, raffle and door prizes, fitness as a wellness activity, photo booth with TICN-themed pictures, food trucks, and more. Many families in the community attended and the celebration was a great success.



Greater Williamsburg TICN provided opportunities for their community to come together and learn from one another in safe, non-judgmental spaces. They hosted a potluck with dishes from different world and local regions in partnership with Bon Secours, who provided resources about their onsite health screening services. Members of the TICN's Racial Trauma Committee developed a tool to guide conversations about race and ethnicity that they shared with the local library. Community members were invited to engage in conversation in person or on Facebook, and those who did were awarded a gift card. A food demonstration was held for families and youth in coordination with York County Public Schools, and nine participating families were given food and a crock pot. Lastly, the TICN supported a book discussion in partnership with an AmeriCorp volunteer and a local recovery center around the *Little Book of Trauma Healing* and its STAR model for breaking cycles of violence.



New River Valley Resiliency Network planned events within each of the five localities they serve with over 300+ attendees. Each activity provided a chance to build resiliency through collaboration, mindfulness, and education, and a member of the NRV Resiliency Network was present at every event to provide resources and information about the network. Events included Free Yoga at the Whole You Massage and Wellness; A Discussion with NRV Cares Staff and Selina Kelly, LCSW, Addressing Tweens and Suicidality; Instill Mindfulness at the Pulaski Marketplace; Trauma and Resiliency Basics at the Women's Resource Center of the New River Valley; Free Spring Family Fun Festival; and Free Mindful Crafting at Christiansburg Library.



Roanoke Valley TICN hosted a community movie and dinner night in partnership with Roanoke Prevention Alliance and the Resiliency Collective. The event took place at Melrose Library in a neighborhood of Roanoke City that has experienced a great deal of community violence. Over 50 youth and 25 adults attended the event, which included free dinner, a screening of the movie *Inside Out*, and a Resilience Bingo card game for families to play during the movie that highlighted resiliency factors. Community partners were invited to table and share services during the event, and families were given items including stress fidgets, mood flipbooks, inspirational notepads, and children's books on resiliency.

RESILIENCE WEEK
MOVIE NIGHT
Join us at the Melrose Library to celebrate Resilience Week!

When: May 8, 2024

Where: Melrose Library
2502 Melrose Ave NW, Roanoke, VA 24017

Time: 4:30pm - 7:30pm

WHAT TO EXPECT

- **Movie:** *Inside Out*
- **Activity:** Movie Bingo
- **Prizes:** Books, Stress Balls, Water Bottles, and more!
- **Dinner Provided**

Contact Mackenzie Chilwood at 548-985-1427 ext. 5321 with any questions.

RPA **RESILIENCE COLLECTIVE** **TRAUMA INFORMED COMMUNITY NETWORK**

The photo shows two women standing behind a table covered with a white cloth. On the table is a sign that says "TRAUMA INFORMED COMMUNITY NETWORK". There are also some items on the table, including what looks like a stress ball and some papers.

Southside TICN supported the convening of the third Beyond ACEs Summit, focusing on the intersection of trauma and substance use disorder. 278 people attended the event, which was held in person at Richard Bland College with options to view virtually. The day-long summit included a keynote from national addiction recovery advocate and author Ryan Hampton; a healing arts performance; panels on lived experience and community resources and supports; and workshops on topics of systems that support recovery, supporting youth through prevention and recovery, nurturing resilience through creative expression, and exploring the intersection of criminal justice and substance use disorder.

BEYOND ACEs SUMMIT
Understanding the Intersection of Trauma and Substance Use Disorder
Join us for a day of discovery & dialogue at Richard Bland College
Wednesday, May 22, 2024
8 AM to 5 PM

Also featuring performing artist Dr. Jean Briggs, visual artist P. Muzi Branch, poet Kelli Rose from Lubbock, fitness guru Ricky Martin, and more!

Free admission
CEU Credits Pending
Lunch Included

REGISTRATION REQUIRED. SPACE IS LIMITED. USE THE QR CODE OR LINK IN THE LINK BELOW TO REGISTER.

<https://www.rbc.edu/beyondacesummit>

The Beyond ACEs Summit and Trauma-Informed Care Initiative is a program of the Center for Health Equity of the Virginia Department of Health.

The photo shows a large audience of people sitting in a lecture hall, facing a stage where a presentation is being displayed on a screen. The room is well-lit and has a professional atmosphere.

Triumph Over Trauma: Northern Shenandoah Valley Resiliency Initiative focused on youth mental health and wellness awareness, and reserved a float in the Apple Blossom Grande Feature Parade held in Winchester. During the weeks leading up to the parade, they made signs with local youth that included positive messaging about mental health and breaking down stigmas.



West Piedmont Trauma and Resiliency Community Network hosted its first conference, Pathways to Resilience: Overcoming Trauma and Adversity, at the Institute for Advanced Learning and Research in Danville. Approximately 175 people attended the day-long event, which included presentations from internationally recognized trauma-informed care expert and trauma survivor Tonier Cain; DBHDS Behavioral Health Wellness Consultant Keith Cartwright; Founder and CEO of Integration Solutions, Inc, Dr. Allison Jackson-Dyer; and more.



Learn more about Virginia's TICNs:
grscan.com/va-ticns

