



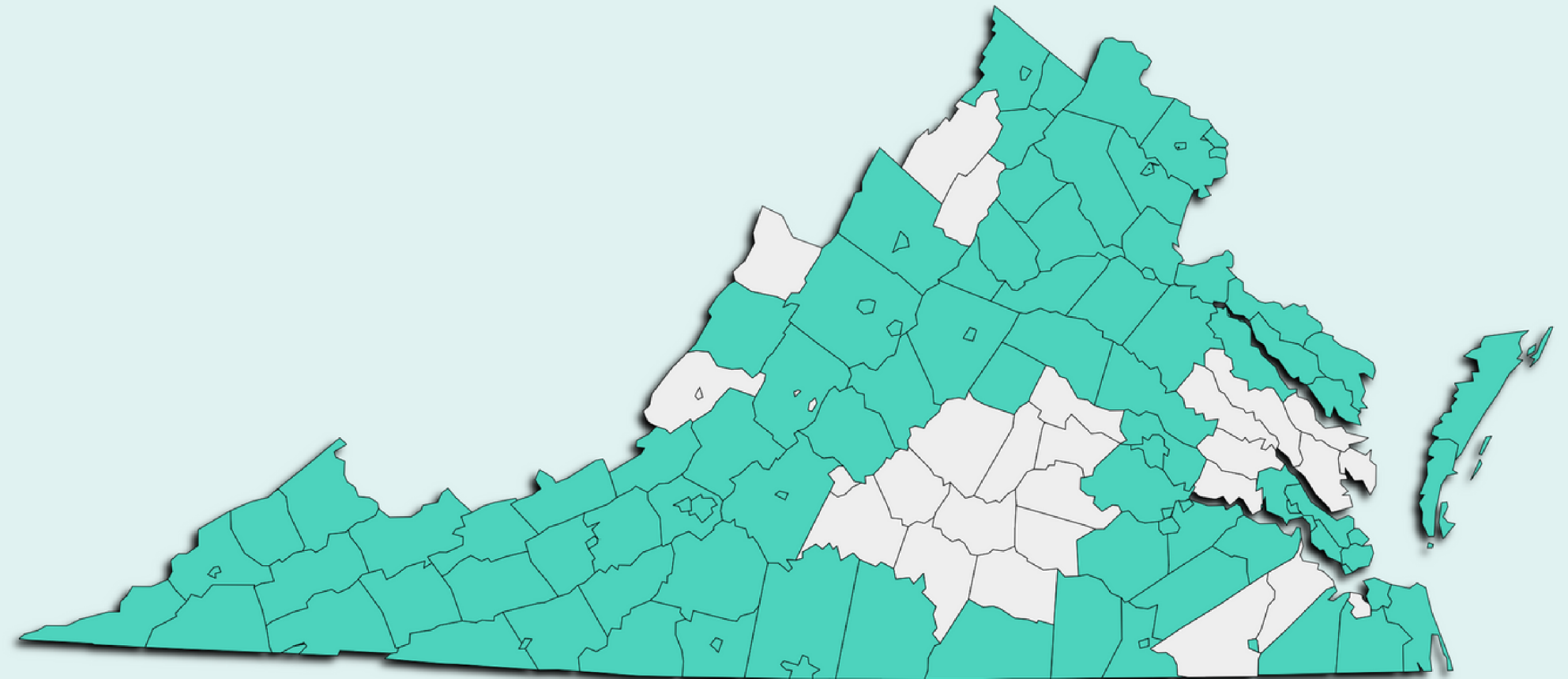
# Virginia's Trauma-Informed Community Networks



ANNUAL SURVEY RESULTS  
AUGUST 2022

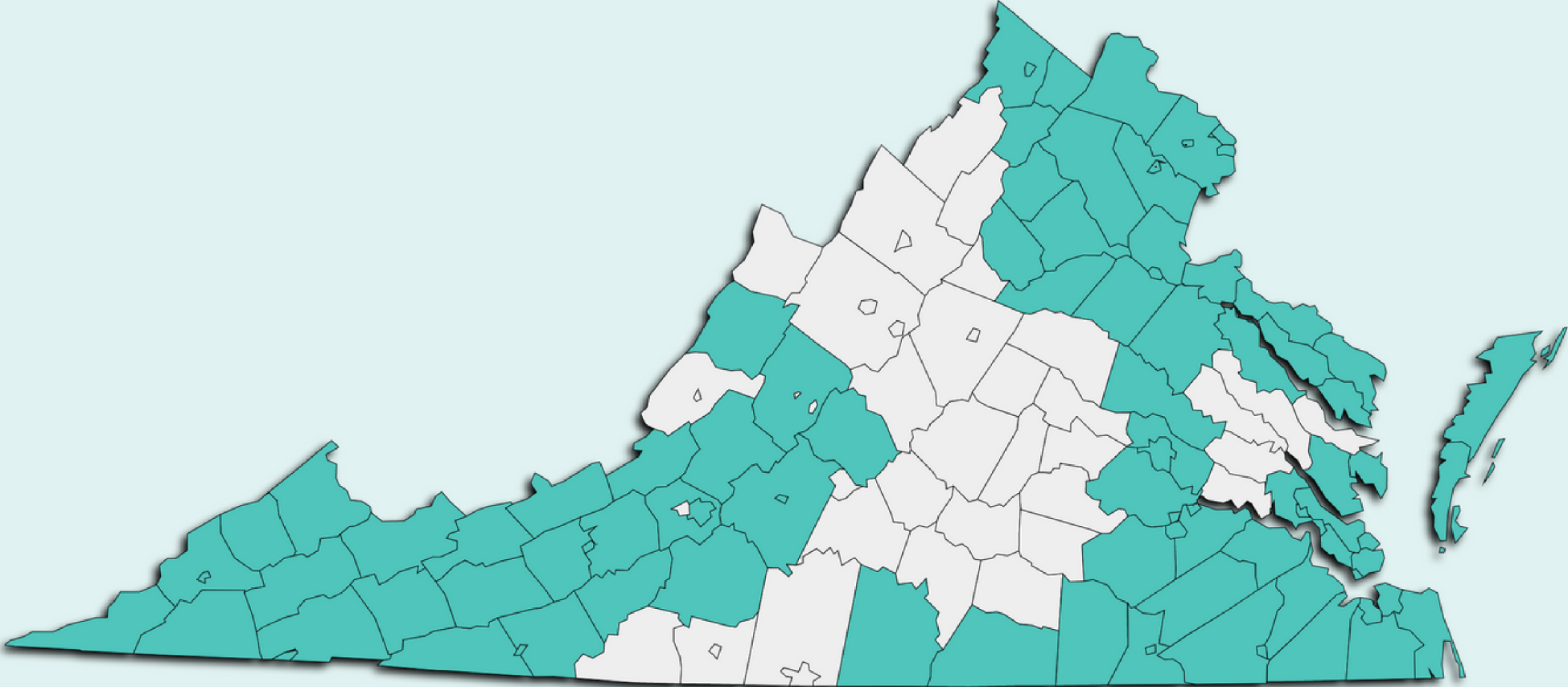
Amherst County TICN  
Arlington Resilience Community  
Blue Ridge Community Resilience Network (CRN)  
Campbell County CRN  
Caroline Virginia CRN  
Greater Charlottesville TICN  
Eastern Shore Healthy Communities  
Fairfax County TICN  
Hampton Roads TICN  
Harrisonburg/Rockingham CRN  
Loudoun County TICN  
Lynchburg TICN  
Mecklenburg County TICN  
Northern Neck TICN  
New River Valley (NRV) Resiliency Network  
Greater Piedmont TICN  
West Piedmont Trauma & Resiliency Community Network  
Peninsula TICN  
RAISE (Resilience Alexandria: Inform. Support. Elevate.)  
Resilient Rappahannock  
Resilient Rockbridge  
Greater Richmond TICN  
Roanoke Valley TICN  
Southside TICN  
Southwest Virginia TICN  
Trauma-Informed Care Network of Greater Prince William  
Triumph Over Trauma: Northern Shenandoah Valley  
Resiliency Initiative  
Greater Williamsburg TICN

## 28 networks exist in various stages of development representing the majority of Virginia



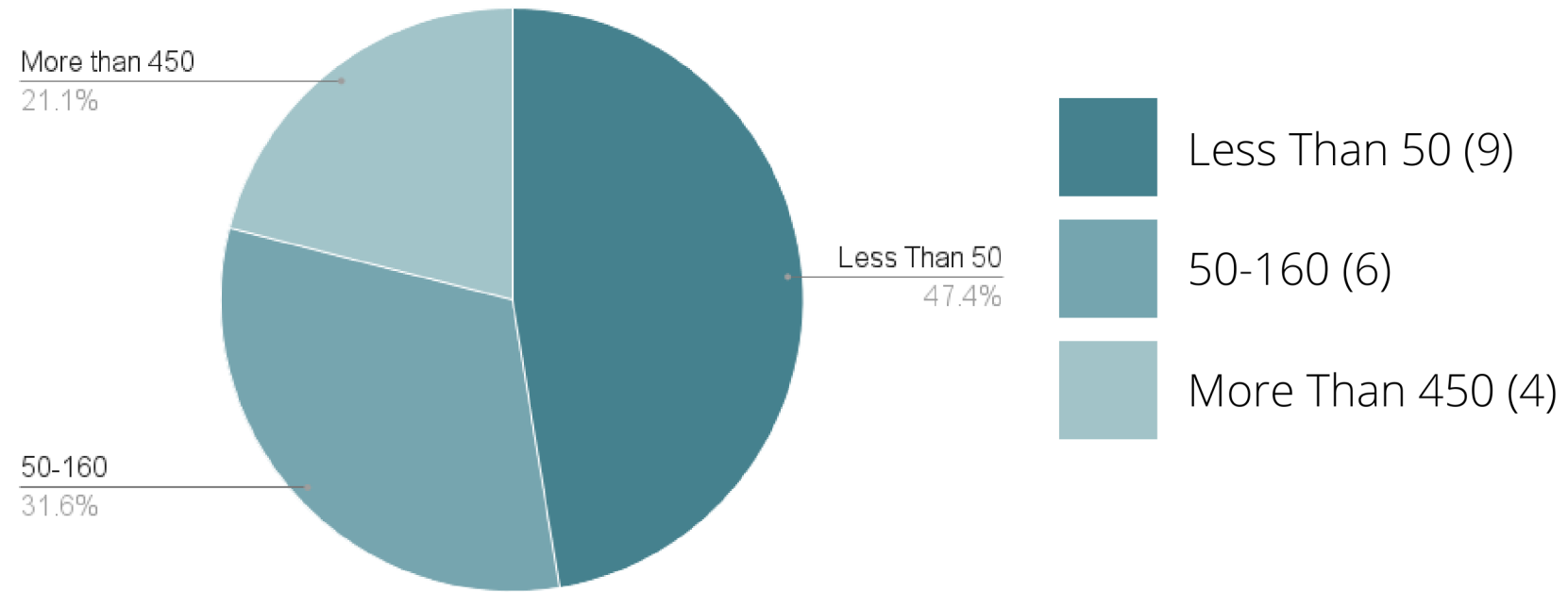
# 21 networks responded to the 2022 survey

- Amherst County TICN
- Arlington Resilience Community
- Caroline Virginia Community Resilience Network
- Eastern Shore Healthy Communities
- Fairfax County TICN
- Hampton Roads TICN
- Loudoun County TICN
- Mecklenburg County TICN
- Northern Neck TICN
- New River Valley (NRV) Resiliency Network
- Greater Piedmont TICN
- RAISE (Resilience Alexandria: Inform. Support. Elevate.)
- Resilient Rappahannock
- Resilient Rockbridge
- Greater Richmond TICN
- Roanoke Valley TICN
- Southside TICN
- Southwest Virginia TICN
- Trauma-Informed Care Network of Greater Prince William
- Triumph Over Trauma: Northern Shenandoah Valley Resiliency Initiative
- Greater Williamsburg TICN

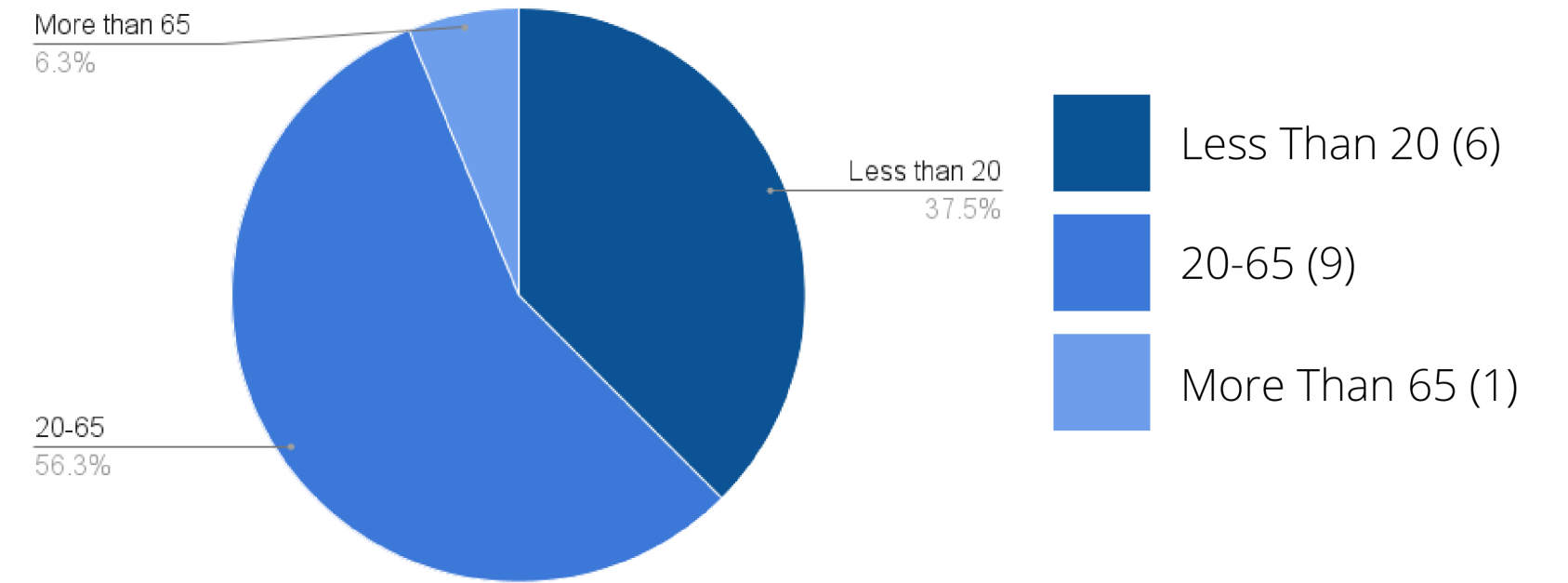


# Network Numbers

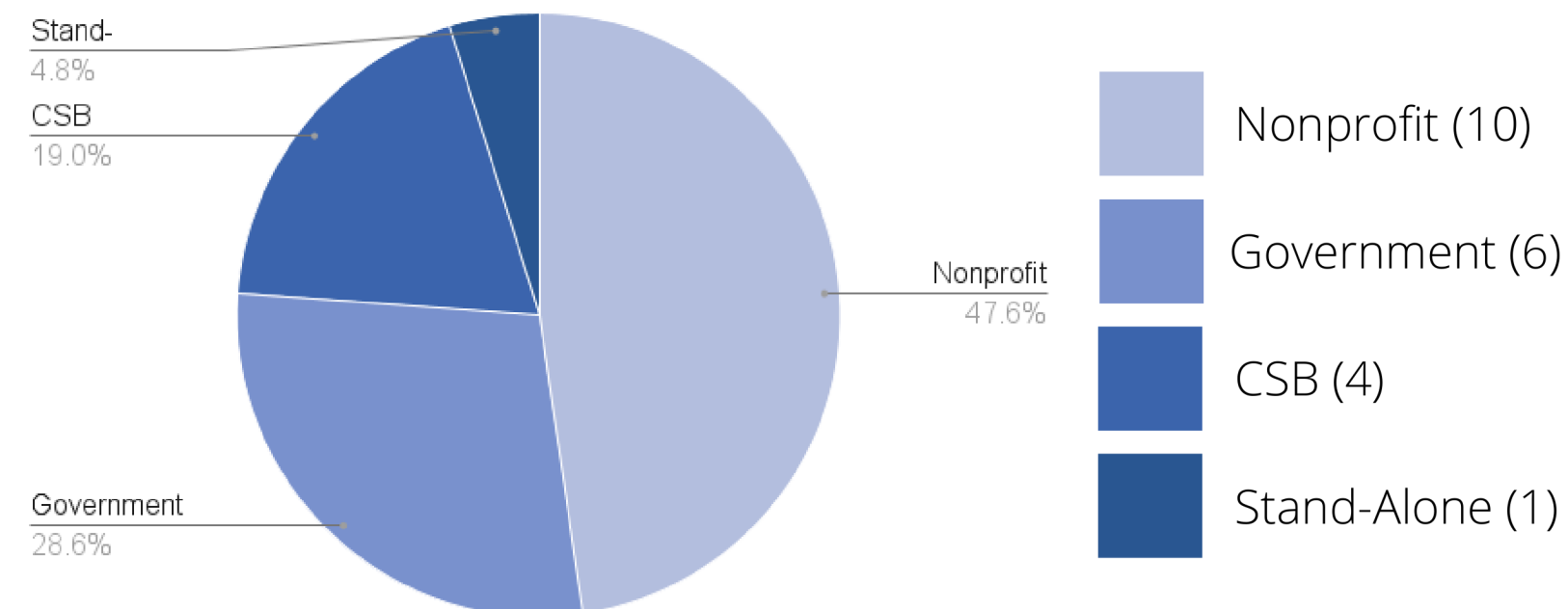
## Individual Network Members



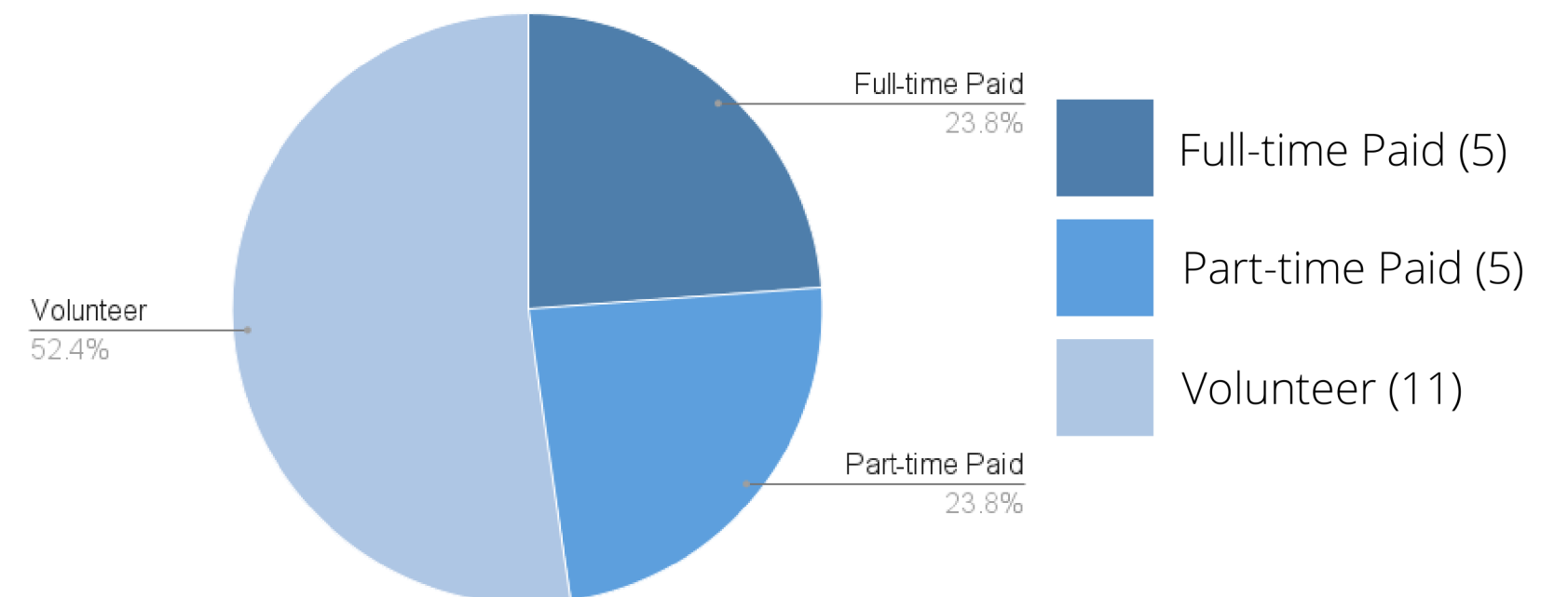
## Network Member Agencies



## Backbone Agencies



## Coordinators



# Coordination and Funding

13 networks receive some funding via:

- government grants (e.g. FACT, VDH, VDSS)
- local health foundations and other local funders
- partnerships with network member agencies
- backbone agency general funds

How are networks coordinated/managed without a paid coordinator?

- the work of coordinating the network may be included as part of their paid job within the backbone agency as the work aligns
- many volunteer hours

- **19 networks meeting regularly as a large group (monthly, bi-monthly or quarterly)**
  - Of these, 14 meet virtually; 2 offer the option to join meetings virtually or in person; 2 alternate virtual and in person; and 1 meets only in person
  - Meetings can include presentations from members related to trauma-informed principles and practice; member updates; networking
- **12 networks have committees or are in the process of developing them; 2 networks form and disband work groups/subcommittees as needed; and 2 networks currently have no formal structure**

## Examples of Committees/Groups within the Network

Racial Trauma

Data and Outcomes

Education/Schools

Training & Awareness

Community Resilience

Member Engagement and Wellness

Healthcare

Legal & Courts/Law

Enforcement

Workforce Development

Steering Committee

Resilience Council

# Network Structures & Meetings

# Communications

All currently active networks use either email, social media, or newsletters - or a combination - to share meeting info, minutes, network events, and resources

## 15 networks have websites

These are included on the map of networks on the [VA TICNs webpage](#)

- Includes webpages on backbone agency websites, Facebook, and PACEs Connection

- **IMPORTANCE OF CONSISTENCY, FREQUENCY, AND AUTHENTICITY WITH COMMUNICATIONS**
- **ALLOW OPPORTUNITIES FOR FEEDBACK AND QUESTIONS FROM NETWORK MEMBERS**

# Vision & Mission Statements

**15 networks indicated having a vision and/or mission statement. These include:**

- creating a more equitable region committed to preventing, healing, and mitigating ACEs
- promoting healing, resilience and compassion through collaboration, education and community engagement
- sharing information and resources and providing education and awareness
- telling the story of trauma-informed efforts in the community
- fostering multi-disciplinary, cross-sector collaboration
- building safety, support, connection, and community care
- developing long-term systemic change toward prevention at the root
- advocating for policy change on a local, state, and national level
- mobilizing action within agencies, programs, and community members from all backgrounds
- providing a system for coordination of services



# Strategic Planning

**11 networks have a strategic plan or are in the process of updating their plan**

**6 networks are in the process of creating a strategic plan**

**9 networks are currently tracking outcomes through:**

- updating logic models for the network
- annual member surveys
- training evaluations
- tracking membership #s, meeting attendance, # of trainings, # trained, # organizational consults, # trauma-informed spaces
- highlighting trauma-informed accomplishments of network members and orgs
- identifying and evaluating markers for trauma-informed organizations
- committee focused on outcomes

## Outcomes

# Cross-Sector Collaboration

- staff turnover and burnout
- pandemic safety and stress
- measuring outcomes and impact
- difficulty finding leaders within the network to help guide committees and provide direction
- inconsistent involvement from members, lack of interest in attending meetings
- time for planning
- funding

## Challenges & Barriers

- can be impacted by the focus of the network's backbone agency (e.g. a nonprofit or government agency focused primarily on children and youth)
- youth organizations, faith community, business, schools are often missing for folks
- law enforcement/legal missing is very common for most folks - having law enforcement heavily involved can also be a deterrent to some community members
- time available to spend on active recruitment is a barrier
- may be opportunities for networks who have a strong presence of a sector missing in other orgs to partner together in discussing strategies

# Goals & Initiatives

- FOCUS ON PREVENTION EFFORTS BY PROMOTING COMMUNITY-LEVEL PROTECTIVE FACTORS AND ADDRESSING SOCIAL DETERMINANTS OF HEALTH
- GROW COMMITTEES FOCUSED ON SECTORS (E.G. HEALTHCARE)
- PROVIDE TRAINING TO COMMUNITY MEMBERS ON ADVOCATING FOR SERVICES AND FUNDING
- STRENGTHEN PUBLIC AWARENESS AND MAKE TRAUMA AND RESILIENCE KNOWLEDGE/INFORMATION MORE ACCESSIBLE
- DEVELOP TRAUMA BASICS TRAINING IN SPANISH
- IMPROVE HOW OUTCOMES ARE MEASURED AND HOW IMPACT IS COMMUNICATED
- MAKE IMPROVEMENTS TO LOCAL SPACES/ENVIRONMENTS
- BRING STORIES OF LIVED EXPERIENCES TO ORGANIZATIONS AND THE WIDER COMMUNITY
- FORMALIZE THE NETWORK THROUGH STRATEGIC PLANNING, DEVELOPING A VISION/MISSION, IDENTIFYING INTENTIONAL GOALS, ETC.
- BUILD MORE OF A PRESENCE IN THE COMMUNITY

# Incorporating and Prioritizing Diversity, Equity, and Inclusion

- create intentional goals and strategies to engage underrepresented community members and incorporate these into a written/strategic plan
- engage in targeted outreach that focuses on how the network can support the work of community groups and organizations that already engage those communities
- participate in community events and create more opportunities to engage beyond meetings and email campaigns
- increase access to resources by sharing through multiple outlets/platforms
- identify and address language access gaps
- provide workshop/training opportunities to network agencies around more effective, authentic community engagement

# Incorporating and Prioritizing Diversity, Equity, and Inclusion

- partner with local orgs to present trainings for staff who work in communities
- host train the trainer events so more individuals are able to present material on trauma and resilience in their own organizations and communities
- connect with state departments to normalize and advance racial equity as a core value that informs practice and policy at all levels
- provide trainings that specifically address equity and incorporate education on systemic oppression, and intergenerational trauma and resilience in introductory/basic trainings on trauma and resilience
- recognize that this is ongoing work that may take time and be creative with addressing challenges

# Feedback on VA TICNs Meetings

Meetings provide a consistent space to:

- hear from other networks and share information and strategies
- brainstorm together around shared struggles and challenges
- stay updated about legislation, policy, and funding opportunities
- allow state partners to hear from networks and vice versa
- share and learn about resources and training/event opportunities
- feel supported, build relationships, engage in collaboration

Check your junk/spam folder for the eNote! Everyone who indicated they have not been receiving the eNote have been added to the listserv.

[VA TICNs eNote archive](#)

- Starting a new network
- Increasing membership and trainings
- Developing a strategic plan and logic model
- Working toward a launch in October 2022
- Hosting Resilience Week at local schools in the region
- Completion of space improvement projects
- Development of work groups, committees, and councils
- Building trauma-informed toolkit

- Increasing website presence
- Partnering with VDH to provide trainings
- Establishing a Resilience Rock Garden
- Being featured in the news
- Developing and delivering new member orientation
- Developing a member engagement plan
- Increasing diversity and voice
- Training members in Mental Health First Aid and ACE Interface

# Highlights & Accomplishments

- Coordination of and participation in the Building Resilient Communities virtual conference
- Participation in Trauma-Sensitive Schools Conference
- Developing Trauma-Informed Spaces Workshop
- Updating and collecting surveys to better assess community needs
- Providing emergency funds to individuals and families helping to decrease risk of further traumatization from poverty
- Partnering with local organizations that provide direct services
- Partnering with nurses and the business community for training
- Increasing engagement through virtual meetings that address barriers related to distance, geography, and transportation access
- Sustaining the work despite challenges!

## Highlights & Accomplishments



# Resilience Week

- 16 networks celebrated Resilience Week Virginia 2022

- held a network event with wellness activities at the botanical gardens
- hosted screenings of Resilience documentary and community trainings on trauma and resilience
- offered mindfulness and breathwork classes
- partnered with local government to issue a declaration for the week
- shared real stories of resilience from within the community
- partnered with Chamber of Commerce to train leaders in workforce development
- built a Resilience Rock Garden
- participated in Building Resilient Communities Virtual Conference
- partnered with schools to provide SEL art activities and professional development
- partnered with libraries to promote books about resilience
- shared resources and events through social media and newsletters

# Additional Takeaways

Each network is unique in its strengths, challenges, needs, and structure. Virginia is unique in the way the networks share and connect, and we have opportunities for continued collaboration. Individuals involved in this work continue to cite the importance of hearing and learning from one another.

SCAN will continue to coordinate opportunities for network leaders to gather and share through meetings and written spotlights. Topics of interest include: TICNs as a prevention strategy, measuring outcomes, gaining community trust, member and sector engagement.

From having those first conversations about building or rebuilding a network to developing and implementing long-term initiatives and everything in between and beyond, each step on this path is worth celebrating.

