

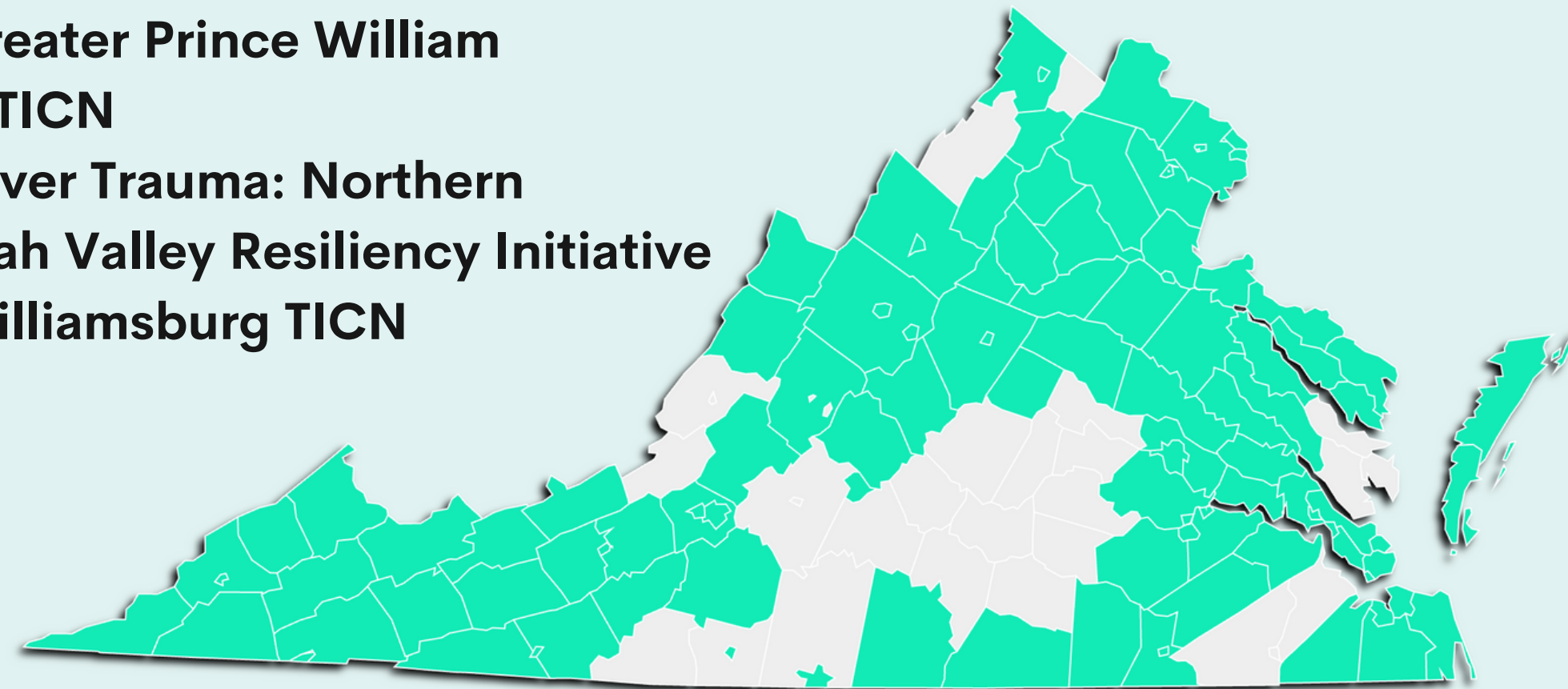


VIRGINIA'S TRAUMA-INFORMED COMMUNITY NETWORKS

Annual Survey Results
FY 2022-2023

Amherst County Caring Coalition
Arlington Resilience Community
Blue Ridge Resilience Network
Campbell County TICN
Caroline Virginia Community Resilience Network (CRN)
Greater Charlottesville TICN
Community Partners of the Eastern Shore
Eastern Shore Healthy Communities
Fairfax County TICN
Hampton Roads TICN
Harrisonburg/Rockingham CRN
Loudoun County TICN
Lynchburg TICN
New River Valley (NRV) Resiliency Network
Northern Neck Resource Council
Page County TICN
Greater Piedmont TICN
West Piedmont Trauma & Resiliency Community Network
Peninsula TICN

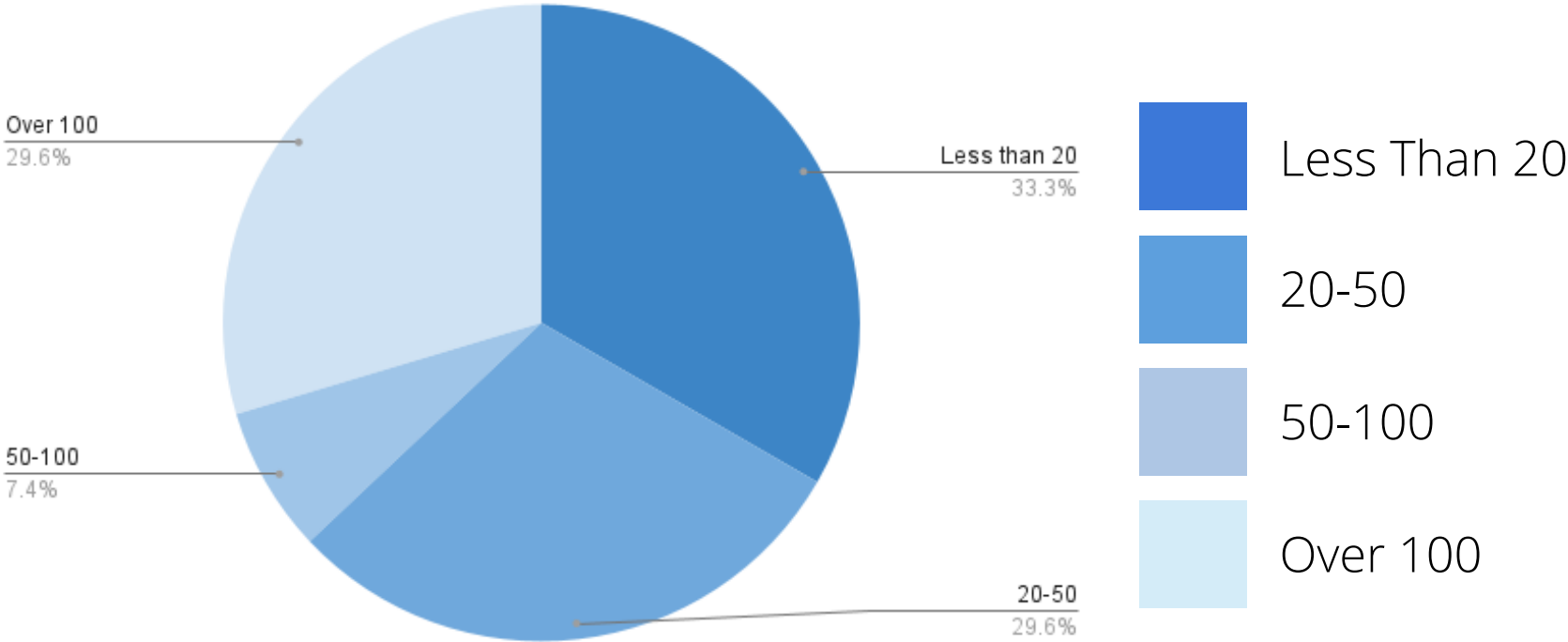
RAISE (Resilience Alexandria: Inform. Support. Elevate.)
Resilient Rappahannock
Greater Richmond TICN
Roanoke Valley TICN
Rockbridge and Bath County TICN
Southside TICN
Southwest Virginia TICN
Trauma Awareness and Resilience Partners
TICN of Greater Prince William
Tri-Rivers TICN
Triumph Over Trauma: Northern Shenandoah Valley Resiliency Initiative
Greater Williamsburg TICN



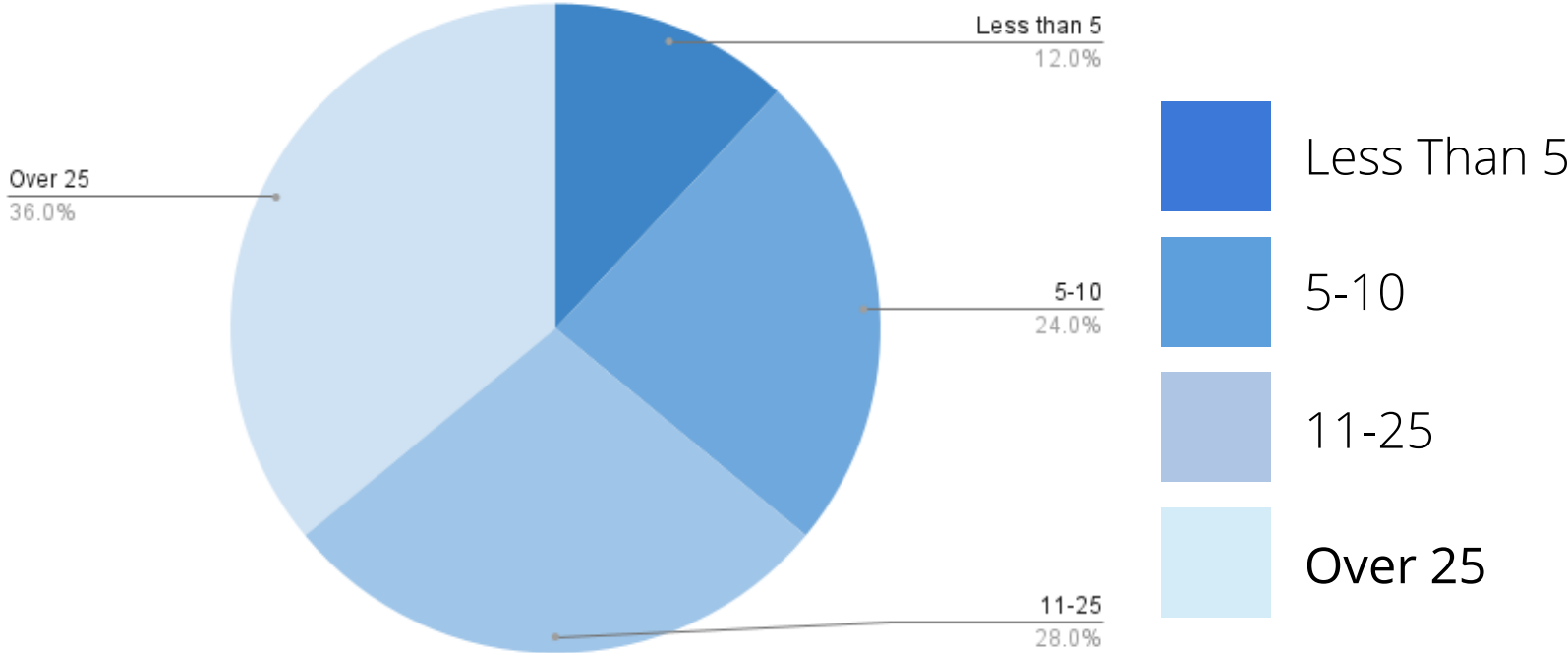
31 networks exist in various stages of development representing the majority of Virginia

Network Numbers

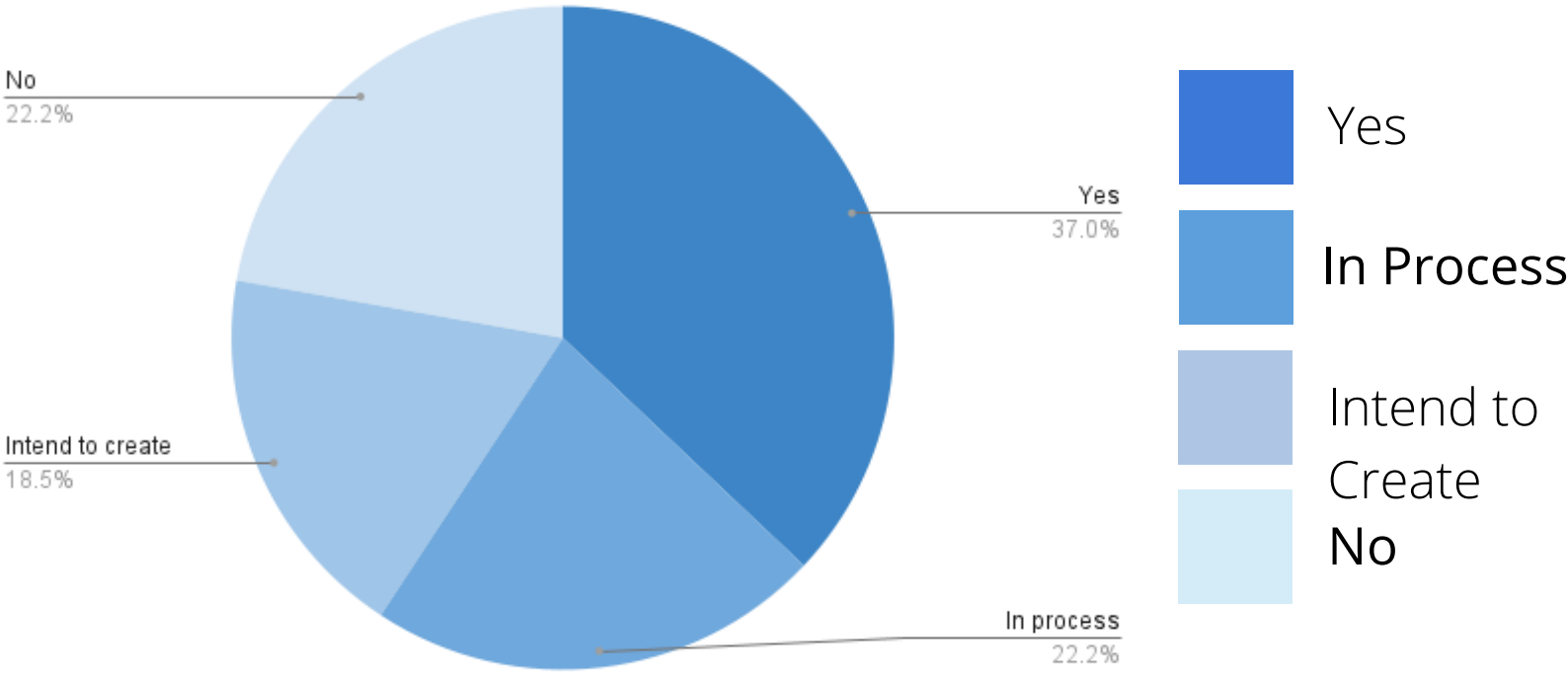
Individual Network Members



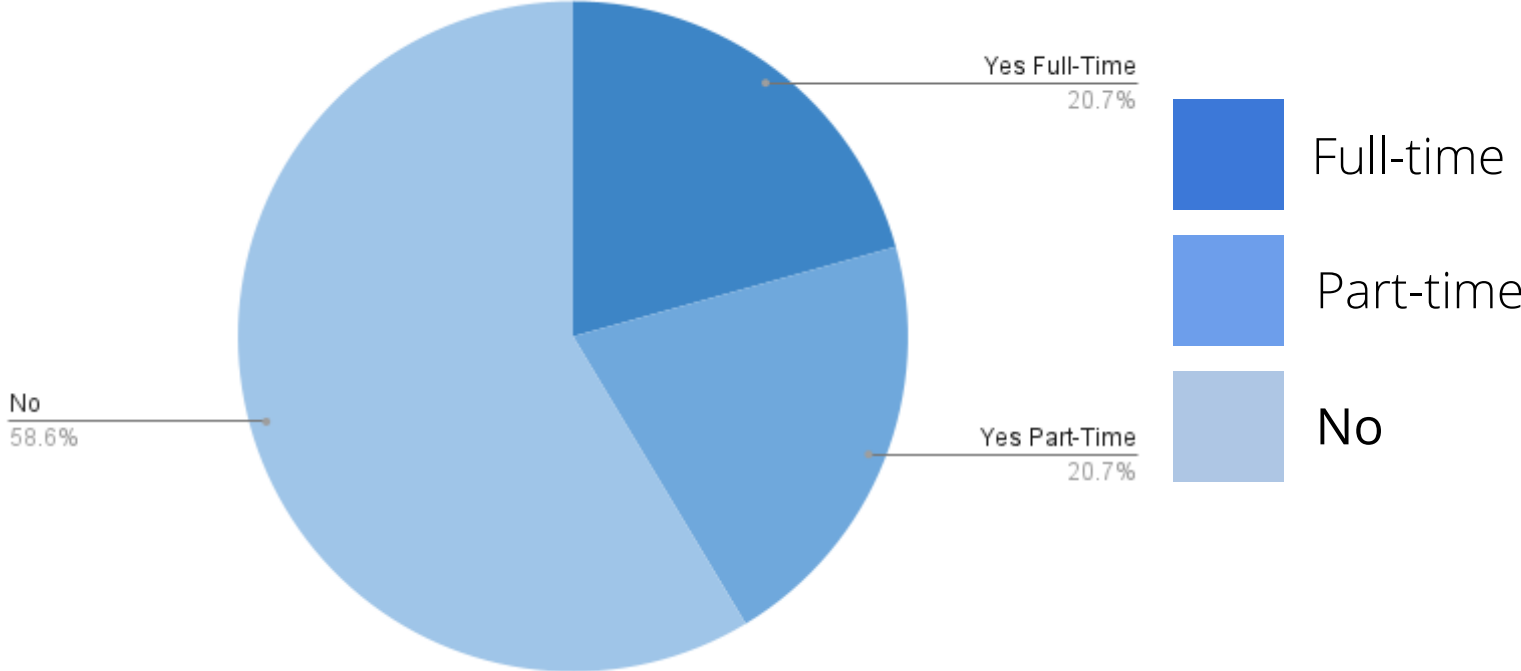
Network Member Agencies



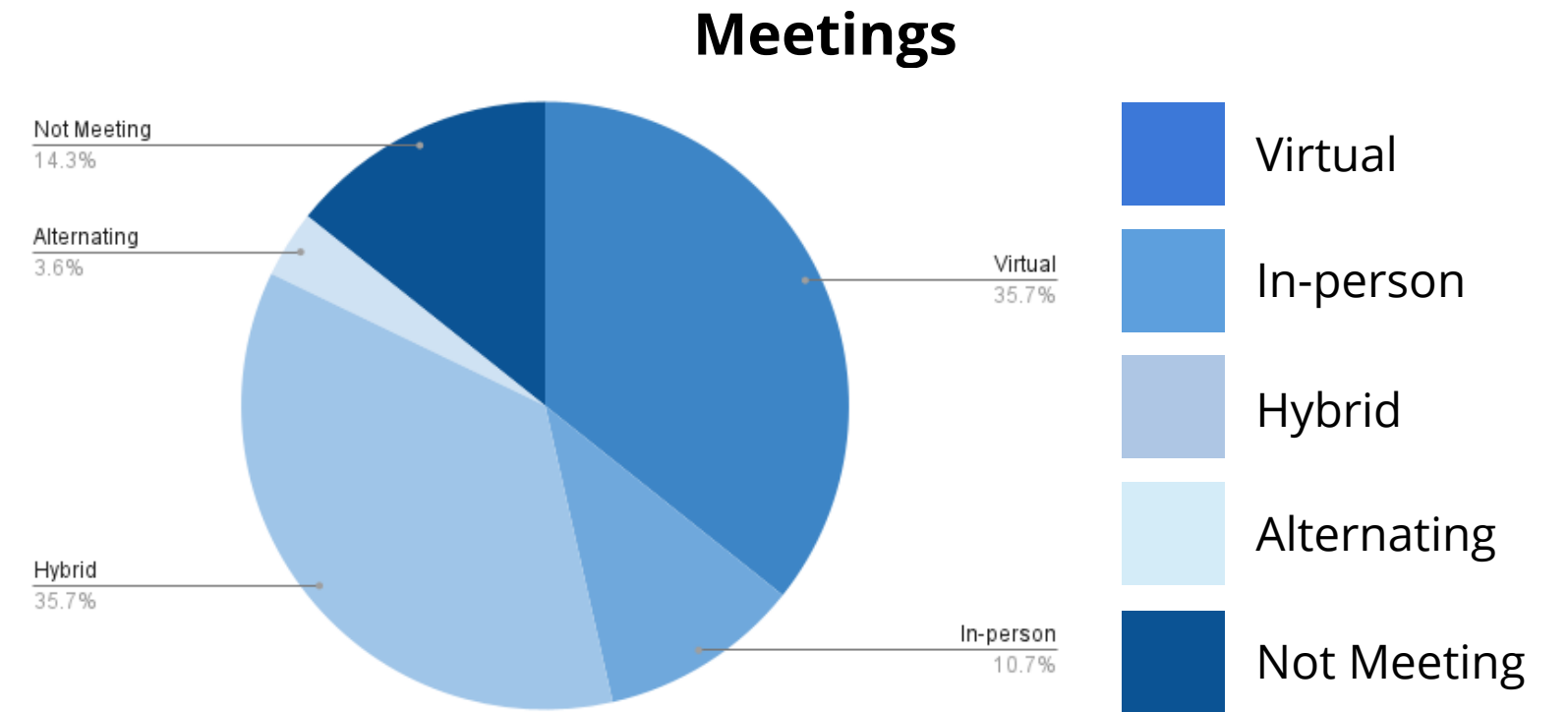
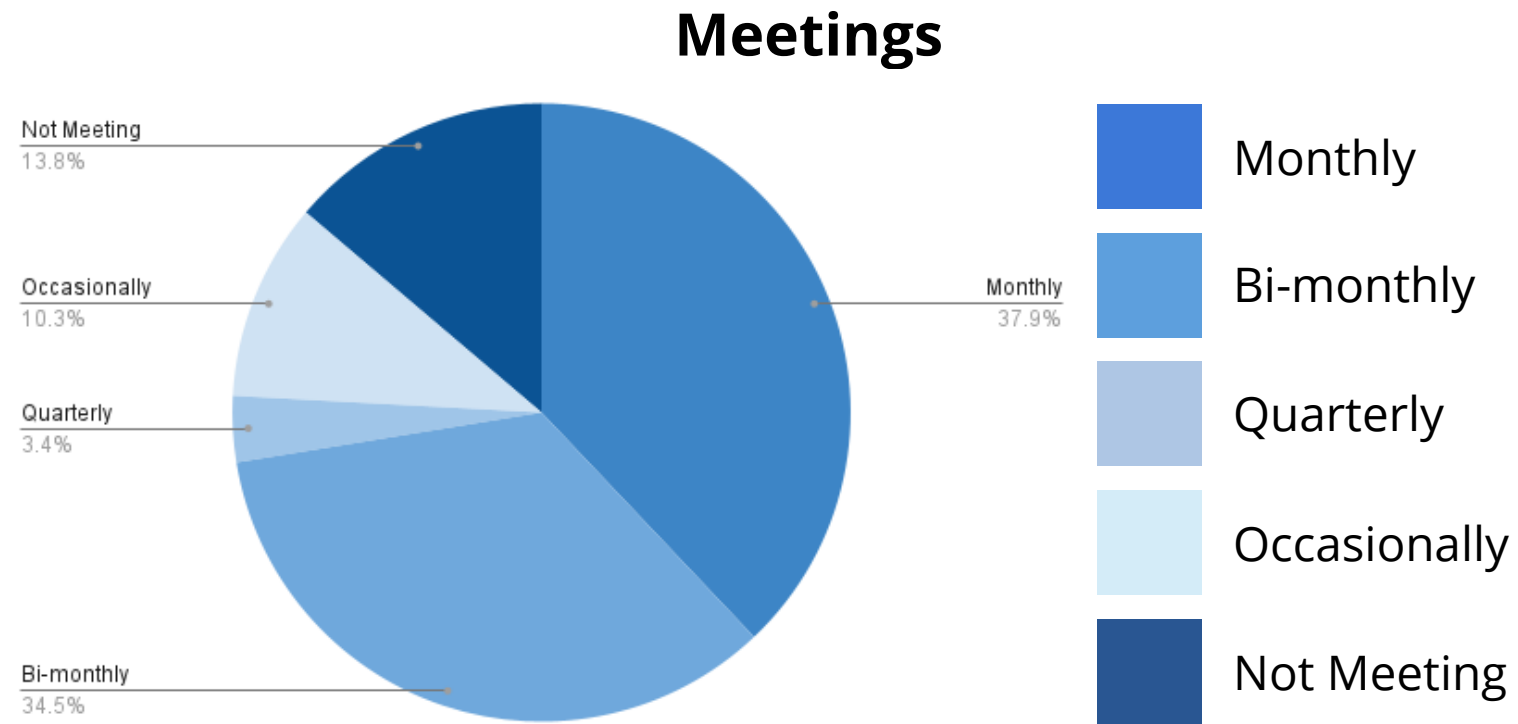
Strategic Plan



Paid Coordinators



Meetings



Meetings can include:

presentations or workshops from members related to trauma-informed principles and practice; member agency updates; networking; time for committee updates and planning; mindful moments and grounding exercises; information sharing from VA TICNs meetings; policy and advocacy opportunities; highlights of innovative trauma-informed practice; reports on local initiatives; impact updates

16 networks have committees of workgroups. Examples include:

Education

Youth Engagement

Leadership/Steering

Training & Awareness

Data/Outcomes/Impact

Resilience Week

Marketing

Policy & Advocacy

Programming

Schools

Racial Trauma

Fundraising

Member Engagement

Wellness

Legal & Courts

Examples from RAISE

Changing Environments and Cultures Committee: Helps teams and organizations create a trauma-informed culture by providing them with technical assistance in transforming their spaces, policies, and procedures.

Justice Advocacy Committee: Supports community members and professionals by delivering trainings focused on ACEs, trauma, and resilience, and elevates our community's voices by advocating for justice and advancing policies that dismantle systems that perpetuate racial trauma and inequity.



Committees & Workgroups

Each subcommittee develops their own action plans that guide their work. During each general meeting, time (30-60 minutes) is allotted on the agenda for the committees to meet and work on projects.

Funding Sources

- ARPA funds and other government grants
- member organizations provide funding
- backbone agency general funds
- county general funds
- small grants from organizations like FACT
- local health foundations
- in kind donations
- community service boards funding
- prevention grants

Communications

Networks use email, social media, newsletters, Google Drive, and websites to share information and resources with members.

Websites Include:

community indicators, stories, pictures, values, resources, priorities, general info about TICNs, meeting information (including minutes and registrations), Resilience Week info, trainings, workshops, film screenings

Websites

[Amherst County Caring Coalition](#)

[Arlington Resilience Community](#)

[Community Partners of the Eastern Shore](#)

[Fairfax TICN](#)

[Greater Charlottesville TICN](#)

[Greater Richmond TICN](#)

[Greater Williamsburg TICN](#)

[Hampton Roads TICN](#)

[Harrisonburg-Rockingham CRN](#)

[Northern Neck Resource Council](#)

[NRV Resiliency Network](#)

[Page County TICN](#)

[Peninsula TICN](#)

[RAISE](#)

[Roanoke Valley TICN](#)

[Southside TICN](#)

[Trauma Awareness & Resilience Partners](#)

[Triumph Over Trauma: Northern Shenandoah](#)

[Valley Resiliency Initiative](#)

Networks may track:

- attendance at meetings and in trainings
- training survey data
- population-level outcomes
- positive childhood experiences among local youth
- community capacity for addressing ACEs
- awareness and behavioral changes

Networks draw from:

- outcomes from partner agencies and orgs
- health department data
- Mobilizing Action for Resilient Communities Survey
- ACE Interface evaluation
- PACEs Connection Community Resilience Milestones Tracker

Networks are working on:

- telling their network's story and highlighting member stories
- developing community-wide indicators
- establishing a broad network of resources to enhance impact

Outcomes & Impact

- engaging members
- engaging systems and organizations
- expanding partnerships and creating new ones
- leadership capacity / keeping the efforts of the network going amidst other responsibilities
- difficulty accessing funding, especially for administration/coordination of the network
- impacts of the pandemic (loss of momentum, membership)
- scheduling for maximum participation
- low turnout for in-person trainings and meetings
- information overload
- lack of cohesion
- workforce turnover and staff burnout
- increased and complex community needs
- engaging all sectors of the community

Challenges & Barriers

Goals & Initiatives

- **Build committees focused on youth engagement, events, and community response**
- **Fully engage school divisions in Trauma Sensitive practices**
- **Increase membership, community outreach, training, and programming**
- **Expand trainings into healthcare and law enforcement**
- **Bring Trauma-Informed Train the Trainer and trauma-informed basics workshops to the community**
- **Increase awareness by participating in more community events and town halls**
- **Train new workers and agencies, including job corps staff and students**
- **Support development of the Lift Up Virginia (LUV) Campaign**
- **Embed trauma and resilience basics training in employee orientation across systems**
- **Embed trauma and equity principles in the implementation of the new plan for children's behavioral health**

Goals & Initiatives

- **Assess and collect data around community needs**
- **Help highlight organizations that are trauma-informed**
- **Develop common language/framework around trauma & trauma-informed principles**
- **Increase access to fresh food and positive pro-social activities**
- **Strategic planning**
- **Promote strategies, resources, and events that advance trauma-informed practices and focus on resilience**
- **Participate in local and statewide initiatives that advance trauma-informed and anti-racist policies**
- **Improve tracking and sharing of network outcomes and impact**
- **Explore creative ways to engage more members of the community from underrepresented sectors**

Incorporating and Prioritizing Diversity, Equity, and Inclusion

- Connecting the dots between issues, and working closely with other large system efforts to bring folks into the work in the areas where their passions lie (equity, mental health, etc.). We see our role as being the voices that bring trauma and resilience into all of these discussions where we know a wide variety of folks are already engaged rather than approaching things from the perspective that folks have to consider themselves TICN members.
- Connecting the dots between “adverse community experiences” (a.k.a. social determinants of health) with “adverse childhood experiences” to explain the social, economic and health inequities we see in communities today.
- We say that one cannot be trauma-informed without also considering equity. They say that we cannot truly achieve equity without considering the impact of trauma and adversity. There is ongoing work to build cohesive and complementary messaging as both bodies of work continue to develop. A great current example of how trauma and equity are being considered parts of the same big picture is the goal related to system level change in the new [Healthy Minds Fairfax plan for 2023-2027](#).

Incorporating and Prioritizing Diversity, Equity, and Inclusion

- Implementing a Member Engagement Strategic Plan that targets recruitment of underrepresented demographics, including people with lived experience, men, youth, and individuals from the LGBTQ+ community, and meaningfully engaging.
- Engaging more community members with lived experiences in an authentic way via Community Resilience Committee. Tamika Daniel, Behavioral Health Community Organizer, incorporates her lived and professional experience in developing relatable trainings and helping network members cultivate more authentic community engagement and build relationships. She is developing a Train the Trainer for our Introduction to Trauma and Resilience training that will help teach community members to incorporate their own stories as facilitators.
- Encouraging individuals to participate on the Lived Experience Advisory Council, a leadership development body consisting of members with current or past experience of trauma. Members use this platform to learn about and evaluate the system of care and to make recommendations for improvement.
- Offering in-person and virtual options for participation in our events. We travel to each of our counties to host and participate in events. All of the community is welcome to attend.

Incorporating and Prioritizing Diversity, Equity, and Inclusion

- Partnering with the Resiliency Collective for community events.
- Consistently reflecting on who needs to be at the table and extending those invitations.
- Providing free community trainings on trauma and resilience that address systemic oppression, intergenerational trauma, and intergenerational resilience.
- Inviting speakers to present on topics related to issues of social justice during general meetings and sharing related information in our monthly eNote.
- Heavily promoting bills and policy changes included in Voices' Unified Policy Agenda that would lead to a more equitable, trauma-informed, and resilient community.
- Partnering with Voices to host advocacy trainings so residents know how to use their story to advocate for their needs
- Partnering with Tamika Daniels to host workshops on authentic community engagement.
- Using a community driven decision-making process to shape our priorities and the direction of the network.
- Keeping equity work at the heart of what we do.

Vision & Mission Statements

22 networks have a vision and/or mission statement.

Caroline Virginia Community Resilience Network

Mission: Caroline Virginia Community Resilience Network is a diverse group of concerned and caring professionals who are dedicated to advocating for continuous trauma informed care initiatives for all children and families to promote a healthy and resilient Caroline County.

Community Partners of the Eastern Shore

Vision: The vision of CPES is to equip and empower individuals and families to achieve and maintain stability and self-sufficiency.

Mission: The mission of CPES is to develop, sustain, and coordinate a comprehensive network of area service providers to support individuals and families of Virginia's Eastern Shore.

Fairfax TICN

The Trauma-Informed Community Network of Fairfax was formed in May 2015 to coordinate a multiagency, multidisciplinary effort around the implementation of Trauma-Informed Care within Fairfax County Health, Housing & Human Services Agencies, and their partners. The purpose of the TICN is to create a mechanism for collaboration and the sharing of information and resources with the goals of telling the story of Trauma-Informed efforts across our community, increasing awareness, and identifying areas that the group can collectively build upon to support Fairfax's development as a Trauma-Informed County.

Vision & Mission Statements

Charlottesville TICN

Mission: Improve Trauma-Informed Care by educating professionals and the community on the impacts of trauma and by advocating for Trauma-Informed Systems of Care.

Greater Richmond TICN

Vision: A trauma-informed and resilient community within the Greater Richmond (VA) region.

Mission: The Greater Richmond TICN aims to build a more equitable, safe, trauma-informed, and resilient community by informing, supporting, and elevating the Greater Richmond (VA) region.

GRTICN's mission is driven by the following priorities: preventing and mitigating the impact of Adverse Childhood Experiences (ACEs); advancing trauma-informed practice and policies; and advocating for trauma-informed system change.

Greater Williamsburg TICN

Mission: To spread awareness of the impact of trauma on the individuals and families we serve across the lifespan.

Vision: Increased resilience and reduced trauma exposure and impact. An inclusive community characterized by trust, transparency and reduced stigma. A community wide continuum of care support strategies. Enhanced interagency collaboration. Increased identification, access and availability of community-based services Intentional education to the community at large. A unified, professional response to trauma informed care. Trauma informed care (TIC) as standard practice. Community-wide assessment and accountability of TIC practices.

Vision & Mission Statements

Hampton Roads TICN

Mission: The Hampton Roads Trauma-Informed Community Network (HRTICN) is a collaborative initiative providing regional leadership in preventing and mitigating Adverse Childhood Experiences and Adverse Community Environments (ACEs) and building trauma-informed (TI) capacities to create resilient communities throughout South Hampton Roads.

Page County TICN

Vision: A Healthy Page County.

Mission: Promote the drug-free, healthy and positive development of youth and families through community collaboration and prevention-based initiatives in Page County.

Peninsula TICN

Vision: A network of individuals, agencies and organizations from Hampton and Newport News committed to increasing awareness of trauma, addressing the impacts of all types of adverse experiences, and embedding trauma-informed practices into all aspects of care.

Roanoke Valley TICN

Vision: A Valley where non-profits, healthcare, education, and government agencies all care for their communities and staff by reducing toxic stress, retraumatization & burn out, and building resiliency.

Mission: Provide education on trauma, with a focus on recovery and resilience in the aftermath of trauma.

Vision & Mission Statements

Rockbridge and Bath County TICN

Vision: A community that understands the roots of traumatic experiences and how that impacts other aspects of life, and works together to strengthen relationships to help individuals and families prevent and heal from trauma

Mission: We are a multi-organizational network that focuses on building resiliency and creating a trauma-informed community

Triumph Over Trauma Northern Shenandoah Valley Resiliency Initiative

Mission: To help build resiliency in our communities.

Trauma Awareness and Resilience Partners

Vision: Trauma Awareness and Resilience Partners is a community of hope builders who practice compassion, healing and trust in support of lessening the impact of ACEs on vulnerable communities

Mission: To form partnerships with individuals and organizations in Southside Virginia to promote trauma awareness and build resilience through educational opportunities provided to our youth, families and communities.

RAISE

Mission: To create a more trauma-informed and resilient community by informing, supporting, and elevating our community.

Southwest Virginia TICN

Vision: Together, Southwest Virginia will be a region committed to preventing, healing, and mitigating ACEs and the lasting impact that they have on children, youth, families and community members thereby creating a mentally, physically, socially, emotionally, and holistically resilient Virginia that will thrive from cradle to career and beyond.

Mission: The Southwest Virginia Trauma Informed Community Network aims to implement a multi-disciplinary, multi-agency collaborative approach that will create safe, supportive, trauma-informed, resilient communities by informing, educating, and developing lasting positive systemic changes for Southwest Virginia. The SWVA TICN's mission is driven by the following priorities: Preventing, healing, and mitigating the long-term impacts of Adverse Childhood Experiences (ACEs) Building awareness and advancing our communities' education around Trauma & Resilience by offering ongoing training opportunities across sectors. Progressing systemic & policy change around Trauma-informed practices at the local, state, and national level.

Southside TICN

Vision: Southside TICN exists to create a community of wholeness and to recreate the norm from trauma to resilience by building awareness, knowledge and engagement of trauma recovery. As individuals and organizations, we set free limiting mindsets that have led to practices, policies, and institutions that write off children, youth, adults or families. Rather, we embrace change—thinking that instills a sense of hope and dispels hopelessness. Network members resolve to acknowledge our own trauma, care for ourselves and each other, and work to remain strong and whole in our own lives and to walk in our own authentic truths. Working together in all areas, we further resolve to build a community where everyone is connected and experiences a sense of safety and belonging. When we convene, there is no us vs. them, there is only we.

Mission: Promote and enhance individual and community resilience through: Building relationships and partnerships by breaking down barriers and creating trust. Facilitating communication, information and resource sharing. Promoting trauma awareness among Southside TICN members and the broader community. Offering or coordinating training for providers, schools, government agencies and residents. Raising awareness of information and practices within: Schools, Social Services, Law Enforcement, Court Services. Assisting emergency management and Emergency Support Function (ESF) partners. Maximizing movement and utilization of existing resources.

- Resilience Week Community Picnic and Network Relaunch
- Hiring a full-time coordinator
- Creating a trauma informed space at our court house
- Expanding subcommittees
- Adopting a name, mission, and vision
- Hosting Resilience documentary screenings
- Successful Resilience Week with daily community events
- Hosting a Community Resilience Block Party during Resilience Week

- Launching an expanded trauma-informed spaces mini-grant program, with a focus on a community center site, including being able to fund a 30-hour-a-week position to provide training and technical assistance to sites looking to transform their spaces and to manage the overall project
- Forming a new committee focused on primary prevention with parents and caregivers of children.
- Receiving a Creating-Healing Centered Organizations grant from VDSS.

Highlights & Accomplishments

- We have brought on many new partners, including our largest healthcare system and our law enforcement partners, and have developed specific trauma training for these providers
- One of our local schools has committed to being completely Trauma-Informed and has put many new policies and procedures in place with a focus on inclusion of all students and the connections between students, teachers and all staff
- We held an event at the movie theater, and it was great turn out with moving speeches
- Two of our three committees recently have found new footing and while there was talk of taking a hiatus from meeting, they in fact have secured new leadership and are re-committed to the mission and will continue to come together to tackle outcomes

Highlights & Accomplishments

- Creating a learning tool for health care providers as a huge resource, along with a trifold pamphlet about what it means to be trauma-informed
- Coordination of and participation in the Building Resilient Communities virtual conference
- Delivering member orientations
- Inviting Voices for VA's Children to deliver an Advocacy training for the 3rd time
- Developing and delivering Trauma-Informed Spaces Workshop
- Onboarding two new RAISE Coordinators from SCAN of NOVA and the Alexandria Health Department
- Holding a Retreat to create a vision for the work of the network and the role we want to play in the community in the next five years

Highlights & Accomplishments

Feedback on VA TICNs Meetings

TICN representatives & state and agency partners meet bi-monthly via Zoom.

What Is Helpful

- It is very valuable to see what other agencies are doing for building purposes.
- TICNs are continually changing and looking to address new and different issues, it is helpful to hear how others navigate through some of these processes.
- Networking; sharing best practices; learning from other TICNS about various funding streams to support the work.
- Updates from state partners – opportunities for collaboration, particularly when they result in smaller networks having access to more resources, and us all being able to prevent duplication of effort.
- The opportunity to connect and network.
- They help me prepare statewide updates to share with our local network.

Suggestions/Ideas

- More information about what events other TICNs are doing so we can support and reach out for assistance with something we might have.
- Collaboration with more closer affiliated TICNs (close in distance and proximity)
- Let's put to practice diversity introductions, or some "equity" strategies for conducting meetings. Let's use that meeting time to explore TIC strategies so that people see it modeled and take back to their Networks a different way of doing something.
- How to provide organizations with the technical assistance and support to become a trauma-informed organization. What does a TICN need to do this? How does one become an expert in this?
- Always funding
- Building membership in rural areas

Ideas for VA TICNs eNotes

- Articles on how directors and executives can take a step back and let others lead as one way we can get to equity
- Insight on how traditional structures, with "Chairs," might be intimidating and make volunteer efforts seem like top-down work-work
- How to value (or how to see the value in) community-level, grassroots building that can be just as effective as changing policy
- Articles on transparency

eNotes go out monthly:
[VA TICNs eNote archive](#)

Important Takeaways

- There are many opportunities for network collaboration and strategizing (around cross-sector engagement, advocacy, etc.).
- We continue to see diversity in the networks in terms of structure, number of members, and approaches to the work, as well as many shared goals and visions.
- Networks are organic and emergent, form and reform. Although there's helpful guidance and frameworks for building and sustaining networks like these, there's no one-size-fits-all approach. Many different approaches can and do work.
- When change stalls or pauses the work or there are barriers to continuing, that doesn't mean an end. It's important to normalize pausing and slowing down, especially in the midst of a dominant culture that prioritizes numbers and productivity over connection and well-being. Pausing and resting are healthy parts of the process.

**Thank you to all the
networks for
participating in the
survey this year!**

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VIRGINIA'S TRAUMA-INFORMED COMMUNITY NETWORKS