

Virginia's Trauma- Informed Community Networks

2024 Assessment Report

Prepared by Charlotte Eure, MSW
VA TICNs Coordinator
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Background and Approach

Virginia's Trauma-Informed Community Networks (VA TICNs) are a coalition of cross-sector networks focused on creating a more trauma-informed and resilient culture in Virginia through building resilience and preventing and mitigating the impact of trauma in their communities. VA TICNs work together with state partners to change practices, policies, and systems within their local regions and at the state level.

The Greater Richmond TICN was the first network to form in 2012 as a result of discussions between Greater Richmond SCAN and partner agencies working in the child welfare sector. SCAN provided technical assistance and resources as more TICNs developed, and began convening in-person meetings of the VA TICNs in 2017. By 2019, there were 24 TICNs in Virginia.¹ When the COVID-19 pandemic began in March 2020, statewide meetings shifted to Zoom and interest in the VA TICNs grew quickly. By April 2023, eight additional networks were listed for a total of 32.²

SCAN has conducted annual surveys of the VA TICNs since 2021.³ For the first three years, this involved a Google Forms survey with 30+ questions specific to network details such as meeting structure, members, and goals, as well as feedback about support and technical assistance. In 2024, the VA TICNs Coordinator took a different approach after noticing shifts in some of the networks and identifying a need for clarity around how many networks were truly functioning as active coalitions in their regions. In the spirit of engaging with more intentionality, the 2024 assessment was conducted through direct outreach to each of the networks. TICN leaders (also referred to as coordinators or conveners) were invited to schedule a 30-minute meeting via Zoom or phone with the VA TICNs Coordinator and given guiding questions and a loose agenda to explore successes, challenges, and needs, and to share any other feedback. This was also seen as an opportunity to engender authentic, caring connection within the coalition.

Results and Analysis

From August to December 2024, the VA TICNs Coordinator held individual meetings with leaders from 15 TICNs: Amherst County Caring Coalition, Community Partners of the Eastern Shore, Fairfax County TICN, Greater Charlottesville TICN, Greater Richmond TICN, Hampton Roads TICN, Loudoun County TICN, New River Valley Resiliency Network, Page Alliance for Community Action, Peninsula TICN, Resilient Rappahannock, Roanoke Valley TICN, Southwest VA TICN, Greater Prince William TICN, and Triumph Over Trauma: Northern Shenandoah Valley

Resiliency Initiative. Responses from six TICNs indicated that they are active and serving their communities: Caroline Virginia Community Resilience Network, Northern Neck Resource Council, Southside TICN, Trauma Awareness and Resilience Partners, Tri-Rivers TICN, and West Piedmont Trauma and Resiliency Network. Representatives from two TICNs indicated via email that they are still currently active but undergoing leadership transition and facing some uncertainty: Greater Williamsburg TICN and RAISE. Leaders from five TICNs shared that

their networks had disbanded but they would continue to serve as contacts for those regions and participate in the VA TICNs coalition: Blue Ridge Resilience Network, Lynchburg TICN, Rockbridge and Bath County TICN, Harrison-Rockingham Community Resilience Network, and Eastern Shore Healthy Communities. Two TICNs are no longer active and have no area contact: Greater Piedmont TICN and Campbell County TICN. One network, Arlington Resilience Community, was non-responsive and will remain on the list until their status can be confirmed. (Note: Nelson County TICN disbanded in 2023 so was not included in this assessment.)

The assessment revealed that there are 24 TICNs in Virginia as of January 2025. Five TICNs disbanded but have trauma-informed champions who will continue to engage with the VA TICNs and serve as contacts for anyone interested in trauma-informed efforts in those regions, and a network may grow again in the future.

The shift in the number of TICNs can be attributed to many causes, including lack of consistent funding for TICN administration and coordination; issue-specific needs taking priority and being perceived as separate from TICN efforts; lack of capacity, time, and resources; staff transitions within organizations leading the work; and more. It can also be attributed to previous practices at SCAN that would identify interested individuals or small groups as a TICN before they began actively building a cross-sector coalition. Going forward, SCAN will continue to offer technical assistance, support, and guidance to anyone interested in starting a TICN in regions that are not represented by one while waiting to update any public lists until the new cross-sector trauma-informed coalition is active.

The COVID-19 pandemic also had a significant impact on some networks who began building prior to 2020, but lost momentum during 2020 and 2021, and were unable to recover. Of the 24 networks that were listed in 2019, five disbanded after 2020: Blue Ridge Resilience Network, Campbell County TICN, Greater Piedmont TICN, Harrisonburg-Rockingham Community Resilience Network, and Lynchburg TICN. However, six of the current 24 networks joined the VA TICNs coalition in 2020 or later: Arlington Resilience Community, New River Valley Resiliency Network, Page Alliance for Community Action, Trauma Awareness and Resilience Partners, Tri-Rivers TICN, and Triumph Over Trauma: Northern Shenandoah Valley Resiliency Initiative. Only one of the networks that was listed after 2020 disbanded – Nelson County TICN – but that region is still covered by one of the existing networks, Greater Charlottesville TICN.

2025

VA TICNs

VIRGINIA'S TRAUMA-INFORMED COMMUNITY NETWORKS

- Amherst County Caring Coalition**
Joni Tables
jatable@countyofamherst.com
- Arlington Resilience Community**
Shari Lyons & Leo Espina Borrero
slyons@arlingtonva.us
lespina@arlingtonva.us
- Caroline Virginia Community Resilience Network**
Antonio O. Clinkscales
Aclinkscales@ccps.us
- Community Partners of the Eastern Shore**
Charmin Horton
chorton@escsb.org
- Fairfax County TICN**
Marla Zometsky & Chrissy Cunningham
marla.zometsky@fairfaxcounty.gov
FairfaxTICN@fairfaxcounty.gov
- Greater Charlottesville TICN**
Marlene Thompson
marlene.thompson@regjonten.org
- Greater Richmond TICN**
Lucy Rimgton
lrington@grscan.com
- Greater Williamsburg TICN**
gwticn757@gmail.com
- Hampton Roads TICN**
Arielle O'Malley
arielle.omalley@chkd.org
- Loudoun County TICN**
Laurie Tasharski
ltasharski@scmva.org
- New River Valley Resiliency Network**
Andi Golusky & Julie Fox
andi@nrvcares.org
jfox@nrvrc.org
- Northern Neck Resource Council**
Chad Lewis
Chad.Lewis@havenshelter.org
- Page Alliance for Community Action**
Megan Gordon
pageallianceforcommunityaction@gmail.com
- Peninsula TICN**
Antone Green
agreeen@hnnscb.org
- RAISE (Resilience Alexandria: Inform, Support, Elevate.)**
Jameson Noraine Buttar
noraine.buttar@alexandriava.gov
- Resilient Rappahannock**
Michelle Wagaman & Angela Jameson
mwagaman@rappahannockarecsb.org
angela.jameson@va.gov
- Roanoke Valley TICN**
Decca Knight
decca.knight@roact.org
- Southside TICN**
Amanda Lynch
amanda.lynych@vdh.virginia.gov
- Southwest Virginia TICN**
Danielle Dye
ddye@eoco.org
- Trauma Awareness and Resilience Partners**
Kenan Tyner-Smith & Mary Ann Crowder
ktsmith@southsidebh.org
macrowder521@gmail.com
- Trauma-Informed Care Network of Greater Prince William**
Heather Martinsen
Hmartinsen@pwcgov.org
- Tri-Rivers TICN**
Shay Abdus
shana.abdus@dss.virginia.gov
- Triumph Over Trauma: Northern Shenandoah Valley Resiliency Initiative**
Tina Stevens & Mandy McCarthy
Tina@justinmovement.org
amanda.mccarthy@nwcsb.com
- West Piedmont Trauma & Resilience Network**
Tobias Lutz
westpiedmonttrcn@gmail.com
tlutz@dps.org

VA TICNs Coordinator
Charlotte Eure
ceure@grscan.com

grscan.com/va-ticns

greater richmond
SCAN

Insights and Themes

Network coordinators care deeply that TICNs are member and community driven. Many TICN coordinators expressed a desire for collective leadership in terms of directing the networks toward certain initiatives, planning meetings, and providing resources.

Coordinators seek feedback from members in a variety of ways (e.g., surveys, emails, time in meetings, direct outreach) but describe a lack of response and a pattern of members looking to them for direction and ideas, which can be challenging for coordinators wanting to ensure that what the network plans and provides is what the community actually needs and wants. To honor trauma-informed principles like collaboration and mutuality, coordinators want network goals to be created by members and network efforts to be poured back into the community.⁴

Having a single leader or only one active member agency can create challenges for the longevity and impact of a TICN. Planning and facilitating meetings, sending communications, and keeping track of all the administrative work for a TICN is time-intensive. Planning meetings alone includes many smaller tasks – finding speakers, choosing activities, securing a location if in person, monitoring registration, etc. – that are often the responsibility of one individual with many other responsibilities. Staff transitions can happen frequently in organizations, and if a TICN coordinator transitions to another agency or role without a plan in place for the work to continue, this can cause a pause in network activities or a dissolution of the network itself. For TICNs to be able to maintain momentum, more individuals need to be involved in the administrative and planning aspects of the network; this might include a co-coordinator, steering committee, dedicated staff within the

backbone agency, community volunteers, or committee chairs. Having organizational leaders participate in the network who can be champions within their own agencies and set up sustainable plans in those agencies to continue the trauma-informed work and stay engaged with the TICN even amidst potential staff transitions is also key. Cultivating a collective, collaborative, cross-sector culture can be challenging for individuals starting or leading a TICN, but it is crucial to their success.

As an example, the Roanoke Valley TICN formed in collaboration with various agencies from its inception, with leadership operating as a kind of board or steering committee with multiple organizational representatives, which has helped members take collective ownership.

Some TICN coordinators reported that their networks experienced a decline in meeting attendance in 2024. Conversely, events in the evenings and on weekends that provided entertainment, education, and community-building were well-attended for networks all throughout the state. Community events and initiatives may require additional funding, while meetings are a free way to keep networks active and moving, so coordinators continue to explore creative ways to engage members in regular meetings and address barriers to attendance.

Communicating effectively about the TICNs is a challenge for some networks. For example, some regions have experienced easier inroads with sectors like schools, in part due to the impact of the trauma of the pandemic, but have struggled to find ways to engage other sectors about the need for trauma-informed

approaches. Being able to adapt the message of the importance of incorporating trauma-informed principles into practice and policy for specific audiences and environments can help reach more people.

While the guidance for building and sustaining a TICN involves many elements, the two most important pieces to be identified as a TICN are: being cross-sector and community-centered, meaning welcoming everyone to the TICN, being inclusive of diverse voices, and building relationships amongst community members from different sectors; and incorporating trauma-informed principles into the foundation of the group's practices and policies.⁵ Each network may have their own areas of focus in terms of activities and initiatives depending on the pressing needs in their regions. This specificity can also help inform what funding sources are used to support the TICN.

Most of Virginia's TICNs formed without funding and continue to operate through volunteer efforts; by incorporating the administrative work of coordinating a TICN into existing roles within organizations; or by creatively seeking private, local, state, and federal funding through issue-specific grants. Grants designated for VA TICNs were written into American Rescue Plan Act funding thanks to the coalition's partnership with Virginia Department of Social Services. This funding supported incredible community initiatives led by the networks, including the fifth annual Resilience Week Virginia;⁶ a series of free e-learning modules on trauma and resilience;⁷ healing-centered strategic planning in multiple organizations and systems throughout the state;⁸ and much more.⁹ That funding was limited and ended in 2024, and no new TICN-specific funding appears on the horizon; however, bills have been introduced into Congress that would allocate funding for

community resilience networks like the TICNs, so the movement continues to gain some support at the national level, and funding may become available in the future.¹⁰ Until then, as some TICN leaders shared during the assessment, the key is searching for grants that support community-focused initiatives, coalition building, and prevention, and connecting trauma-informed efforts to issue-specific grants.

Multiple groups (committees, councils, task forces, etc.) with similar values and goals may exist in a region without coordinating their efforts, and many TICN leaders noted this as a challenge that can cause the TICN to be perceived as yet another group focused on a specific topic: trauma. Some TICN leaders noted that trauma was more of a "buzzword" in the 2010s and again with the onset of the pandemic, but that they have seen interest in trauma slow in the past year or two, with more special interests taking priority. For some regions, the work shifted to those specific focus areas like substance use or mental health.

However, TICNs are a community-level prevention strategy for all four realms of ACEs: adverse childhood experiences, adverse community experiences, adverse climate experiences, and atrocious cultural experiences.¹¹ TICNs address the root cause of the social issues impacting our communities and help forge connections to mitigate and prevent those traumas, and they utilize a cross-sector approach that encourages collaboration. While trauma-informed, healing-centered, and resilience-building work may sometimes appear at first glance to be an additional ask or extra task, incorporating these frameworks into ongoing work and new initiatives can only aid in their success.

Community Partners of the Eastern Shore, Northern Neck Resource Council, and Page Alliance for Community Action are examples of cross-sector coalitions that are not TICNs explicitly in name but incorporate trauma-informed principles into their work and so are TICNs in practice. These networks participate in the VA TICNs coalition while using language specific to and informed by their communities, understanding that trauma-informed principles are at the foundation of the work. This approach may be helpful for regions that do not have the capacity or need to build a new coalition as a TICN but may be able to bring TICN principles and practices into an existing coalition.

This assessment was an important reminder that community-building and social change is often slow-moving and requires consistency,

commitment, and thoughtful intention. TICNs provide education, information, resources, and tools, as well as opportunities for connection and collaboration that help to support individuals, families, groups, organizations, and systems. Communities are often confronting very real crises and traumas that require rapid responses, and TICNs help to build and strengthen the foundations, systems, and relationships needed to prepare communities for trauma response, support communities during trauma, and help communities rebuild in the wake of trauma, all while cultivating resilience and healing. Networks may experience transitions, pauses, and even endings, but these are all parts of the ongoing emergent process of coalition building and provide opportunities to return to the work with a fresh perspective and renewed commitment.

Addressing TICN Coordinator Needs

More funding is needed for the administrative coordination of the TICNs and to support community programming and initiatives. Many coordinators do not have time to search for and apply for grants and need support with that as well. SCAN will continue to provide information about funding as it becomes available and provide opportunities for coordinators to share strategies around accessing funding. SCAN will also continue to share opportunities and resources for advocacy at the local, state, and federal level.

TICN coordinators expressed a desire to know more about what other networks are doing and requested more opportunities to engage with one another, to share and connect more around the work of coordinating a TICN. Some TICN leaders expressed a desire to collaborate

specifically with networks in close proximity and share regional efforts and strategic planning.

SCAN hosted the first Coordinators Call on December 3, 2024, and will offer additional calls on a bi-monthly basis beginning in February 2025. The VA TICNs Coordinator will explore additional methods for connection and information sharing amongst network leaders.

TICN coordinators requested resources and guidance around how to communicate about a TICN, such as templates for providing information about the network to their communities. The VA TICNs Coordinator will focus on developing these resources in 2025.

TICN Highlights

Note: These highlights from 2024 were shared in individual meetings or via email during the assessment period. This is not a comprehensive list representing every TICN but rather a glimpse into what TICNs can accomplish.

Engaging Diverse Sectors and Collaborating with Other Coalitions:

Hampton Roads TICN (HRTICN) provided resources, training, and support for the United Way Hope and Healing Coalition, which was created in response to gun violence in Chesapeake; the HRTICN then invited the Hope and Healing Coalition to speak to their network about gun violence prevention. New River Valley (NRV) Resiliency Network's backbone agency, NRV Cares, is part of a Chamber of Commerce group in their region and presented on the TICN to the group, which created a lot of excitement and energy for trauma-informed work. Roanoke Valley TICN works closely with law enforcement and developed a Trauma Basics training specific to that sector; their TICN has also expanded into healthcare, with their Trauma Basics training given in the local technical medical school. They also participated in a panel for Blue Ridge Literacy and had the opportunity to engage in language learning for refugees. Peninsula TICN participated in a discussion about vaping with communities in Hampton and Newport News and provided education about the root causes relating to trauma, which ignited a deeper conversation and inspired future collaborations. Community Partners of the Easter Shore (CPES) met with their regional animal authority and animal shelter and invited them into the network. The Greater Richmond TICN's (GRTICN) Legal and Courts Committee led efforts within the Richmond Juvenile and Domestic Relations District Court to implement trauma-informed principles into their spaces, practices, and policies.

Enhancing Visibility and Raising

Awareness: CPES developed a branding toolkit and use social media, newspapers, and local radio to advertise. They also require partners to include their coalition logo in their event marketing. NRV Resiliency Network maintains a Facebook page that allows them to share resources from community members and agencies involved in the network; they also developed a new logo and branded items to help increase network recognition in the community. Peninsula TICN ran local media advertisements on ACEs, trauma, and resilience. Amherst County Caring Coalition maintains a robust website with photos of their community efforts, resources, and information about meetings, and they plan to issue a press release about their trauma-informed Caring Spaces initiative once all the spaces are complete.

Finding Funding: NRV Resiliency Network temporarily funded a part-time coordinator with opioid abatement funds by connecting substance use disorder with trauma. Roanoke Valley TICN has received funding in part through their local United Way. Prince William TICN put funds from regional suicide prevention grants towards an operational and staff budget. Page Alliance for Community Action (PACA) received funding through the Drug-Free Communities federal grant and through the Virginia Foundation for Healthy Youth. PACA applied for the federal grant three times before receiving it and existed as a coalition for nearly ten years before so are a testament to commitment and perseverance.

Hosting Community Events: The Greater Charlottesville TICN hosted a Resilience Week Block Party and held a special event at a local Omni hotel for community partners with the mayor in attendance. GRTICN also hosted a Community Resilience Block Party during Resilience Week with food, music, activities, and tabling from community partners. Over thirty vendors provided various resources needed in the community, from housing to summer camps, for over 200 members of the community in attendance. HRTICN partnered with United Way of South Hampton Roads to screen the documentary *Resilience*. Roanoke Valley TICN partnered with libraries in underserved neighborhoods and held a Resilience Week movie night. Greater Prince William TICN hosted a regional in-person conference on cultivating belonging and supporting resiliency across the lifespan that brought in new sectors and resulted in growth for their network. Triumph Over Trauma hosted a summit to increase awareness about trauma and resilience in the community, which helped increase visibility of the TICN and engage new members. Southside TICN supported the third annual Beyond ACEs Summit on understanding the intersection of trauma and substance use.

Leading Community Initiatives: CPES held an honorary veterans' suicide prevention dinner, out of which grew a TICN committee to address services and needs for local veterans. They also held a mobile unit services rally, providing mental health services and healthcare screenings in rural areas where community members face barriers to healthcare. NRV Resiliency Network provided mini grants to create trauma-informed spaces; five grants were

awarded to agencies and community groups who then had to take Trauma Basics training, conduct an assessment around a physical space, and implement changes to make it more trauma-informed using a framework created by the Fairfax TICN. One grantee was Instill Mindfulness in Pulaski, who received feedback during their assessment that their furniture made people feel more institutionalized; they used the funding to purchase secondhand furniture and refurbished their space to look and feel more like a welcoming living room. Roanoke Valley TICN is developing campaigns with their Education Committee around dispelling myths about CPS and DSS and using restorative circles to address gun violence. The Southwest VA TICN, in partnership with six CSBs, implemented a youth risk behavior survey and received more than 3600 responses, which they will use to help inform mental health services in schools. Triumph Over Trauma led four community book reads of *What Happened to You? Conversations on Trauma, Resilience, and Healing* and provided books for others in the community to lead their own reading groups. GRTICN's Community Resilience Committee engages community spaces and organizations in their region to connect with community members and elevate community voice. PACA partnered with Shenandoah County for Camp Hope, which provides activities year-round and summer camp for youth who have experienced trauma in the home. Amherst County Caring Coalition created trauma-informed Caring Spaces in their local DSS lobby, Court Services Unit, Sheriff's Department, and local Dispatch Office for clients and staff.

Providing Education and Training: Fairfax TICN provides free Trauma and Resilience Basics training to organizations and community members. HRTICN provides free training in partnership with their backbone agency, the Children’s Hospital of the King’s Daughters Child Advocacy Center. NRV Resiliency Network has a pool of over 20 trainers from different member agencies who provide basics training. Roanoke Valley TICN’s Education Committee developed a Trauma Basics training and have trained over 3000 people since 2021; they provide the training for free every other month and for organizations by request, and many local nonprofits now require staff to take the training when they’re onboarded, which also helps get new staff interested in the network. Roanoke Valley TICN also provides a Train the Trainer twice a year or by request to help encourage more volunteers to be able to provide the training to their own organizations and groups. They also offer Trauma-Informed Supervision twice a year and recently developed Trauma Basics 2.0. PACA delivers ACEs training and REVIVE training, which is also an opportunity for the network to talk about trauma-informed approaches. Southside TICN hosted a Healing-Centered Engagement training cohort of backbone agency Crater Health District staff, community members, and community partners.

Working with Schools: CPES has a Trauma-Informed Schools Committee working on anti-bullying initiatives in schools. HRTICN often has students from their local universities join meetings thanks to encouragement from professors in Schools of Social Work. Southwest VA TICN has helped schools set up calming rooms/reset spaces in elementary, middle, and high schools and will be collecting data to highlight outcomes and utilization.

PACA provided Safe Talk training for all of the juniors at one of their high schools and participated in a public forum with educators on the topic of trauma-informed care. Amherst County Caring Coalition collaborated with schools on a new program called BEST Labs to create calming rooms for students who are feeling dysregulated and provided trauma-informed training for new teachers.

TICNs are a community-level prevention strategy for all four realms of ACEs.

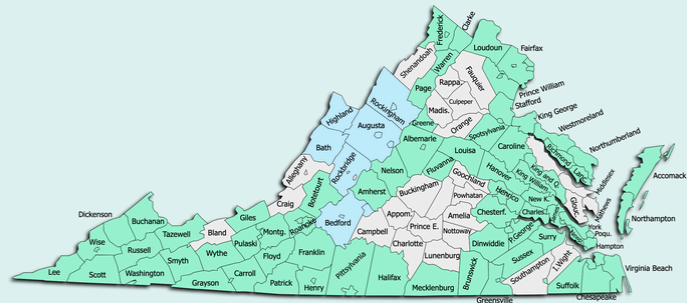
TICNs address the root cause of the social issues impacting our communities and help forge connections to mitigate and prevent those traumas.

TICNs utilize a cross-sector approach that encourages collaboration.

TICNs provide education, information, resources, and tools, as well as opportunities for connection and collaboration that help to support individuals, families, organizations, and community groups.

TICNs help to build and strengthen the foundations, systems, and relationships needed to prepare communities for trauma response, support communities during trauma, and help communities rebuild in the wake of trauma, all while cultivating resilience and healing.

VA TICNs and Regions Represented



Amherst County Caring Coalition: Amherst County

Arlington Resilience Community: Arlington County

Caroline Virginia Community Resilience Network: Caroline County

Community Partners of the Eastern Shore: Counties of Accomack and Northampton

Fairfax County TICN: Fairfax County, Falls Church

Greater Charlottesville TICN: Charlottesville; Counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson

Greater Prince William TICN: Manassas, Manassas Park; Prince William County

Greater Richmond TICN: Richmond City; Counties of Chesterfield, Hanover, and Henrico

Greater Williamsburg TICN: Poquoson, Williamsburg; Counties of James City and York

Hampton Roads TICN: Norfolk, Suffolk, Virginia Beach, Chesapeake, Portsmouth

Loudoun County TICN: Loudoun County

Northern Neck Resource Council: Lancaster; Counties of Northumberland, Richmond, and Westmoreland

NRV Resiliency Network: Floyd, Radford; Counties of Giles, Montgomery, and Pulaski

Page Alliance for Community Action: Page County

Peninsula TICN: Hampton, Newport News

RAISE (Resilience Alexandria: Inform. Support. Elevate.): Alexandria

Resilient Rappahannock: Fredericksburg; Counties of King George, Spotsylvania, Stafford

Roanoke Valley TICN: Roanoke City, Salem; Counties of Botetourt, Franklin, and Roanoke

Southside TICN: Colonial Heights, Emporia, Hopewell, and Petersburg; Counties of Dinwiddie, Greenville, Prince George, Surry, and Sussex

Southwest VA TICN: Bristol, Galax, Norton; Counties of Buchanan, Carroll, Dickenson, Grayson, Lee, Russell, Scott, Smyth, Tazewell, Washington, Wise, Wythe

Trauma Awareness and Resilience Partners: Counties of Brunswick, Halifax, and Mecklenburg

Tri-Rivers TICN: West Point; Counties of Charles City, King William, King and Queen, and New Kent

Triumph Over Trauma: Northern Shenandoah Valley Resiliency Initiative: Winchester; Counties of Frederick, Clarke, and Warren

West Piedmont Trauma and Resiliency Network: Danville, Martinsville; Counties of Henry, Franklin, Patrick, and Pittsylvania

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