



A Year in Review

In April 2019 we hosted our first Resilient Georgia two-day Strategic Planning Meeting, and with the help of stakeholders and partners like you, we developed a [Strategic Map](#) for our first three years (2019 to 2022). As you read through this update, you will see we checked off quite a few boxes. This tool has allowed us to frame, align, plan and implement our work. Below are several first year priorities that were identified. Throughout this document we have noted how our updates are aligned with these priorities.

- **A1:** Assess Assets Across the Behavioral Health Continuum Nationally and Identify Gaps in Georgia
- **B2:** Identify & Incorporate TIC Competencies/Curriculum by Workforce Type
- **C3:** Develop a Repository of Resources & Training for the State & Communities
- **E1:** Build a Nimble Proactive Organization with Strong Governance & Representative Membership
- **E2:** Identify Organizational Outcome Measures and Targets

Since then we have hosted six more General Meetings. Our General Meetings serve not only to get information to our stakeholders and partners, but, more importantly, to get feedback and information *from* our stakeholders and partners. Creating this open dialog has allowed us to better understand Georgia's landscape, needs and the incredible diversity of our state. **E1**

We also uncovered three themes we now consider the pillars of our work: To Convene and Connect; To Share Innovation; and To Remove Barriers. These pillars have been integral to our success and will continue to drive our goal of aligning public and private efforts and resources across the state to support resiliency for all people between the ages of 0 and 26, as well as their families. **E1**





Governance

In 2019 we were able to build a strong governance for Resilient Georgia by forming our [Executive Board of Directors](#). We also created three work committees: Education and Training; Awareness and Communications; and Telehealth and Technology. And lastly, we received our 501c3 status in June 2019. **E1**

Peer Learning

Our Strategic Planning session allowed us to identify our No. 1 priority—to learn from our peers. The stakeholders and partners at the table identified that, to be truly successful, Resilient Georgia needed to first look at what other states were doing—and how they were doing it. After many calls, internet searches and conversations, we completed the [National Landscape Scan of Trauma Informed Care and Adverse Childhood Experience Prevention](#) efforts. While we found many states are doing phenomenal work, we identified that there was not a perfect model for us to emulate. With the help of our partners, we then started to explore what Georgia's landscape looks like. We have completed the first three chapters of the state scan in 2020. [Chapter one](#) is a peer reviewed literature review of Georgia based work, [Chapter two](#) outlines some of our workforce and access issues in GA, and [Chapter three](#) outlines how we created the [Training Road Map](#) on our website. **A1**





Communications and Awareness

During the last year we have been very intentional about creating a shared language among all partners, and working to create aligned communication efforts that promote resiliency. To start the conversation, we partnered with the Medical Association of Georgia (MAG) to produce two podcasts. [Dr. Stan Sonu](#) addressed adverse childhood experiences (ACEs) and “systemic empathy”—which is designed to integrate empathy into our healthcare experience/system to improve patient outcomes. [Dr. Brenda Fitzgerald](#) picked up where Dr. Sonu left off and explained the intersection of ACEs and early brain development, as well as the definition of toxic stress, and what Resilient Georgia is doing to prevent ACEs. **C3**

Resilient Georgia also developed a public awareness campaign titled Mental Fitness for Resiliency. We partnered with Georgia Public Broadcasting to produce two panels so far. The first featured five subject-matter experts who [discussed Resiliency amid COVID-19](#), while the second featured four experts who discussed [Racism and Resiliency](#). As part of this campaign, we created a long list of subject-matter experts who are able to speak about resiliency and related topics. We continually share this list to media outlets to promote features about behavior health and resilience. **C3**

We have also been hard at work branding ourselves. Our [website](#) is up and running, as well as our [media kit](#). We hope you will share both widely. Although our webpage is still under construction, we have been working diligently with our partners to develop this [trauma informed care \(TIC\) road map](#) that highlights and promotes the amazing work being implemented across the state to create a trauma informed Georgia. In 2020 we also started tackling social media. You will now see us on [Facebook](#), [Instagram](#) and LinkedIn. We look forward to being your friend. **C3, B2**



Education and Training

Education is at the heart of all we do. Throughout the past year we have been working closely with partners to discover how to best identify, promote and implement Trauma Informed Care (TIC) and ACEs prevention training efforts. We have identified 12 sectors that will benefit from training, and multiple best practice training opportunities. This multi-sector training repository has been shared widely with our Resilient Georgia grantees, state and national partners, and stakeholders.

In 2020 we worked with Health Students Taking Action Together (HSTAT) to plan and execute the second annual [Trauma Informed Training Day](#). Students and clinicians from across the state gathered at Emory School of Medicine last fall to learn how to improve the care of people impacted by ACEs and other forms of trauma. The day was a huge success and we are continuing to work with student leaders to identify other opportunities for collaboration.

We also worked very closely with the Georgia Center for Child Advocacy to promote the [Connections Matter](#) training across the state, as well as with [experts at the Emory School of Nursing](#) to expand [Community Resiliency Model](#) (CRM) training. We also worked to support multiple CRM training sessions for frontline health care workers at Grady Hospital in the summer of 2020, and with Resilient Middle Georgia in late 2020. **B2, C3**





Telehealth and Technology

COVID-19 has created many barriers for all of us, but it has also fast-tracked innovation in many ways. Telehealth and technology have never been more important than now, and we have been working hard to get resources to those who need them most.

Before this year, many knew what Zoom was, but it was not a part of most people's everyday conversations. One exception is if you worked with the [ECHO model](#). The ECHO model uses the Zoom platform and was developed to equip communities with knowledge and peer learning to address the needs of the most vulnerable populations. Using proven adult-learning techniques, the model connects groups of community providers with subject-matter experts and promotes peer learning in real time. Given Georgia's diverse landscape, Resilient Georgia recognized the value of this model and formalized a partnership with the ECHO Institute to build capacity in Georgia. Resilient Georgia staff and partners at the Georgia Center for Rural Innovation will attend ECHO immersion training in the fall of 2020. We are currently identifying next steps to create a robust ECHO hub that will include a Trauma Informed ECHO for Regional partners **B2, C3**

Resilient Georgia has been working with academic partners at the University of Georgia and Albany State University to pilot an innovative answer to student mental health needs. Built by clinical psychologists, "Tess" is a mental health chatbot that coaches people through tough times, helping them strengthen resilience through text message conversations similar to those they'd have with a friend or coach. The groundwork for this project was completed in 2020 and full implementation will occur in early 2021. Our hope is that this project may also control for implicit bias in coaching and referring to services.



True Collective Impact

We identified ourselves as a true collective impact initiative from the beginning—and it has allowed us to achieve many successes in just one short year. After seeing the impact of true public-private partnership, we saw the need to help Georgia's communities create smaller-scale initiatives framed in collective impact of their own. In late 2019 Resilient Georgia partnered with the Pittuloch Foundation to help four cities and their surrounding counties to provide a regional emphasis on trauma informed awareness, ACEs and child sexual abuse prevention training as a basis to transform systems and procedures crossing both public and private sectors. To date, Athens, Augusta, Macon, Savannah, Rome, Thomasville, Albany and Columbus have been awarded grants and have made enormous impacts across the state. Hundreds of clinicians, youth, community leaders, and medical school students have received training and education. Four new regions have recently been announced including Albany, Columbus, Rome and Thomasville. We cannot wait to see the work they do. Visit our [website here](#) for a regional synopsis of this work.

Partnership

Resilient Georgia thrives on partnership. One way we have worked to showcase the great work our partners are doing is through our newsletters. Once COVID hit in March of 2020, we started rapidly collecting resources to include in our newsletters twice a month, and highlight the great work being done statewide. Below is a complete list of our 2020 mailings.

First Edition (08/12/2020): <https://conta.cc/3fNN3EI>

Second Edition (08/26/2020): <https://conta.cc/2QqwMuT>

Third Edition (09/09/2020): <https://conta.cc/3m1hM5a>

Fourth Edition (09/23/2020): <https://conta.cc/3mJ5SgG>

Fifth Edition (10/07/2020): <https://conta.cc/2GOBVQp>

Sixth Edition (10/21/2020): <https://conta.cc/34hF1Rv>

Seventh Edition (11/04/2020): <https://conta.cc/2JuGITO>

Eighth Edition (11/18/2020): <https://conta.cc/3IJIRdO>

Ninth Edition (12/16/2020): <https://conta.cc/38d3vMv>

RG Holiday Card 2020 : <https://conta.cc/38xUHRE>

