

There are currently 104 organizations engaged in the **ACEs Resilience in Wake County Initiative** through the Advisory Board, Steering Committee, and four Work Groups. Initiative members have defined shared goals and outcomes using a results-oriented framework. Currently, Work Groups are working on their actions to ensure alignment to the goals and creating their verification, tracking, and quarterly reporting strategies. Below is an update of their achievements to date and shared vision of success for Year 1 of the Initiative.

Community Members Work Group

Desired Result: Increase personal resilience and support ACEs Resilience Initiative **impacting 1,000 Wake County residents.**

- Has begun collecting “real life” success stories of resilience in Wake County, identifying individuals who represent success (high ACEs matched with will high resilience). These individuals will share their personal stories to help raise awareness and inspire participation in creating a resilient community. Has outlined a strategy for community film screenings. First community screening to take place in Eastern Wake in November, in partnership with Social/Economic Vitality and Wendell faith community leaders. Currently developing tools for screening w/ different audiences.

Educators Work Group

Desired Result: Educators increase personal resilience and have the knowledge and skills necessary to teach and support resilience skills and make appropriate connections; **250 children** benefit from educators utilizing techniques that are shown to increase resilience.

- Will create a wellness toolkit and best practices resource list to be used by all work groups. This may include specific resources for classroom teachers and youth-serving organizations at large. Examples could be all teachers in WCPSS adopting and practicing one specific evidence-based practice to build resilience among all students. Will also create a collaborative team to provide cross-sector training and best practices for school counselors, educators, school personnel, and community-based youth serving organizations.

Helpers & Providers Work Group

Desired Result: Helpers and Providers share best practices to build capacity of other providers to increase resilience, improving skills of 100 helpers and providers, **impacting 8,000 Wake County residents receiving services.**

- Will create an organizational toolkit and training team to offer ACEs and resilience training and best practices for helpers and providers, including: law enforcement, healthcare providers and youth service organizations. Will collect, analyze, recommend and make available the best existing resources on ACEs and resilience, and identify communication strategies to disseminate this information to providers and helpers county-wide.

Policy Makers Work Group

Desired Result: Increase personal resilience and sustain effective implementation of policies that support increasing resilience, positively affecting **15,000 Wake County residents.**

- Will refine list of potential policy proposals with input from the other Work Groups. Next steps include meeting with policy makers and business leaders so they understand the focus of the initiative; identifying actionable local and state policy changes to support the work of the Community Members, Educator, and Helper & Provider work groups. Examples could include presentations to the joint Wake County School Board and County Commissioners meeting, or policy recommendations for business owners on long-term cost-savings of implementing trauma-informed policies.

Actions some organizations have taken after viewing *Resilience*

Town of Cary

- Staff joined ACEs Resilience Initiative as Steering Committee and Work Group members—2 in Education, and 2 in law enforcement officer in Helpers and Providers.
- Town-wide effort underway, mirroring results-oriented framework AHA put into place for Initiative; is 1) providing awareness, support, resources for **staff** to build resilience skills and 2) will follow with the Cary community at large.
- More than 560 staff have viewed the film, including fire station and police staff, general staff, and about 60 camp staff; town purchased the film.
- Staff advocates team includes parks, law enforcement, finance, HR, inspections, water utilities, and more.
- Developing internal website pages w/ info and resources, and a resource list
- *“The ACEs video truly opened my eyes. It constantly reminded me through camp that there are reasons why certain children act the way they do. Because I was aware of that, it helped me know how to handle different situations and how to interact with certain children to make them feel more comfortable.”* - Cary Summer Camp Counselor

Telamon Head Start:

- Screened film w/ entire staff of several hundred, from coaches/education managers to Family Services Workers to classroom staff, and discussed; then in March at statewide conf., and in Sept. at NCAEYC conference.
- Created mental health initiative focused on wellness of staff and building resilience w/ kids in the classroom.
- Will create mindfulness centers in each classroom and support groups at the center for staff.
- Partnered with NC Assn for the Education of Young Children (NCAEYC) to create a discussion guide geared for early childhood community for screening the film.

Disability Rights North Carolina

- Developed trauma-informed care strategies 6-part course.
- Provided a 3-session “Trauma Track” at annual conference in April in Chapel Hill.
- Incorporated resilience, ACEs and trauma impacts into 2-year performance goal of developing program staff
- Staff are developing confidence in advocating around trauma for their clients.
- Investigative and monitoring teams in facilities across North Carolina are promoting trauma training and trauma-informed care and approaches.
- Advocated that staff at 3 private psychiatric facilities in North Carolina watch *Resilience* and develop training opportunities. High-level executive then purchased the film to show all staff, including non-clinical staff who come in contact with children and families; trauma training for clinical staff and developing treatment models and programs focused on trauma and building resilience.

YMCA of the Triangle:

- Screened *Resilience* for 21 YMCA executives, including 11 Branch Directors (June 2017) to increase awareness
- Determined to incorporate trauma-informed training into youth staff employee training; phase it in because of challenges of training 1,500 staff persons, many who are part-time and under 21
- September 2018: training on social emotional learning for youth development staff
- October 2018: first training on introduction to trauma-informed approach for 40 youth development staff (all Triangle branches and the Rocky Mount YMCA branch; work with 13,000+ children and 1500+ teenage/young adult staff annually)



AHA convenes community leaders engaged in the **ACEs Resilience in Wake County Initiative**, a multi-sector, community-driven movement to address and prevent Adverse Childhood Experiences (ACEs), and build resilience for all in Wake County.