

104 organizations are engaged in the **ACEs Resilience in Wake County Initiative** through an Advisory Board, Steering Committee, and four Work Groups. Initiative members have defined shared goals and outcomes using a results-oriented framework. Work Groups are defining their actions aligned with the goals and creating verification, tracking, and quarterly reporting strategies. Some 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 Initiative **impacting 1,000 Wake County residents.**

- Hosted community-based *Resilience* film screening and discussion in Wendell, NC, in partnership with Wake County Social/Economic Vitality Program and Wendell faith community leaders. Outlined a strategy for community film screenings. Plans to share the model with tools for screening w/ different audiences. Is collecting “real life” success stories of resilience in Wake County. These individuals will share their personal stories to help raise awareness and inspire participation in creating a resilient community.

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.

- Has formed collaborative team to ensure alignment of best practices and provide cross-sector training for k-12 educators, school counselors, school personnel, and community-based youth serving organizations. Examples could be teachers in WCPSS and staff in youth-serving organizations adopting one specific evidence-based practice to build resilience among all students. Will curate a resource list of best practices for use in a wide range of education settings. Resources will include strategies that are culturally sensitive and consider the unique needs of youth with disabilities.

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: organizations that focus on public safety, health care, and youth and family outreach. 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.**

- Refining potential policy proposals with input from the other Work Groups. Next steps: meeting with policy makers and business leaders so they understand the Initiative; identifying actionable local and state policy changes to support each Work Group. 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

- Town-wide effort underway, mirroring results-oriented framework for Initiative; 1) providing awareness, support, resources for **staff** to build resilience skills and 2) will follow w/ the Cary community at large.
- More than 560 staff have viewed the film, including fire station and police staff, general staff, and 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 reminded me 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: Head Start workforce typically experiences high ACEs, and children currently experience trauma.

- Screened film w/ entire staff of several hundred, from coaches/education managers to Family Services Workers to classroom staff, and discussed; and in March at statewide conf., 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.
- 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 to staff at 3 private psychiatric facilities in NC; high-level executive purchased the film and showed 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:

- June 2017: Screened *Resilience* for 21 YMCA executives, including 11 Branch Directors
- 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: training on intro to trauma-informed approach for 40 youth development staff (all Triangle branches and Rocky Mount branch; work with 13,000+ children and 1500+ teenage/young adult staff annually)

St. Paul's Episcopal Church

- Created a Resilience Ministry after viewing *Resilience*



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.