



**RESILIENT
NORTHEAST
GEORGIA**

A Fund at the Athens Area Community Foundation

SUMMIT DATA REPORT 2023

INFORM. INSPIRE. EMPOWER.
TEEN RESILIENCY SUMMIT

EXECUTIVE SUMMARY



On July 12, 2023, the Athens Area Community Foundation's Resilient Northeast Georgia grant project hosted the hosted INFORM. INSPIRE. EMPOWER. summit in partnership with Georgia Family Connection Partnership's Region Five. The summit brought together 245 individuals from across all twelve counties of the region of service for a day of learning and networking focused on teen resiliency and trauma-informed collaboration.

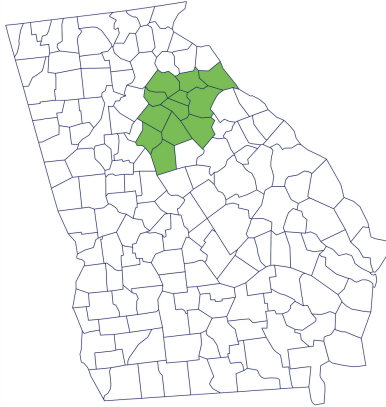
INFORM. INSPIRE. EMPOWER. was divided into three segments designed to focus on different outcomes for attendees. The INFORM session highlighted speakers' lived and professional experiences to provide a foundational introduction with story-driven, resiliency-focused perspectives. Following that, the INSPIRE session brought together two panel sessions, one featuring a panel of teen leaders and another featuring a cross-section of the community. This session examined teen and professional outlooks on mental health, community-driven programming, and opportunities for collaborative efforts to improve resiliency. The third session, EMPOWER, brought teen groups and regional service providers alongside each other to present resource tables, hands-on activity stations, and a chance for follow-up questions from previous session speakers in an interactive session for participants to learn more about innovative approaches and resources within the region. These sessions were book-ended by motivational sessions, featuring first a former University of Georgia football player with lived experiences with mental health struggles and closing out the day with a poem and a reflection on community-driven programming from the leader of a local nonprofit operating in the youth development space.

This event used pre- and post-summit surveys to measure changes in knowledge and attitudes, valuable regional resources, and ways that the Resilient Northeast Georgia Coalition can lead and support trauma-informed efforts. The results compiled in this report serve as a guide for future regional action by leveraging the insights of those in attendance to inform the direction of the coalition's next steps. As we continue working to create a trauma-informed and resilient northeast Georgia, the findings of this report will help determine our next steps as a region and at the county level, working in tandem with existing strategic plans and qualitative data sets to provide a snapshot of the region and its growth potential.

OVERVIEW OF FINDINGS

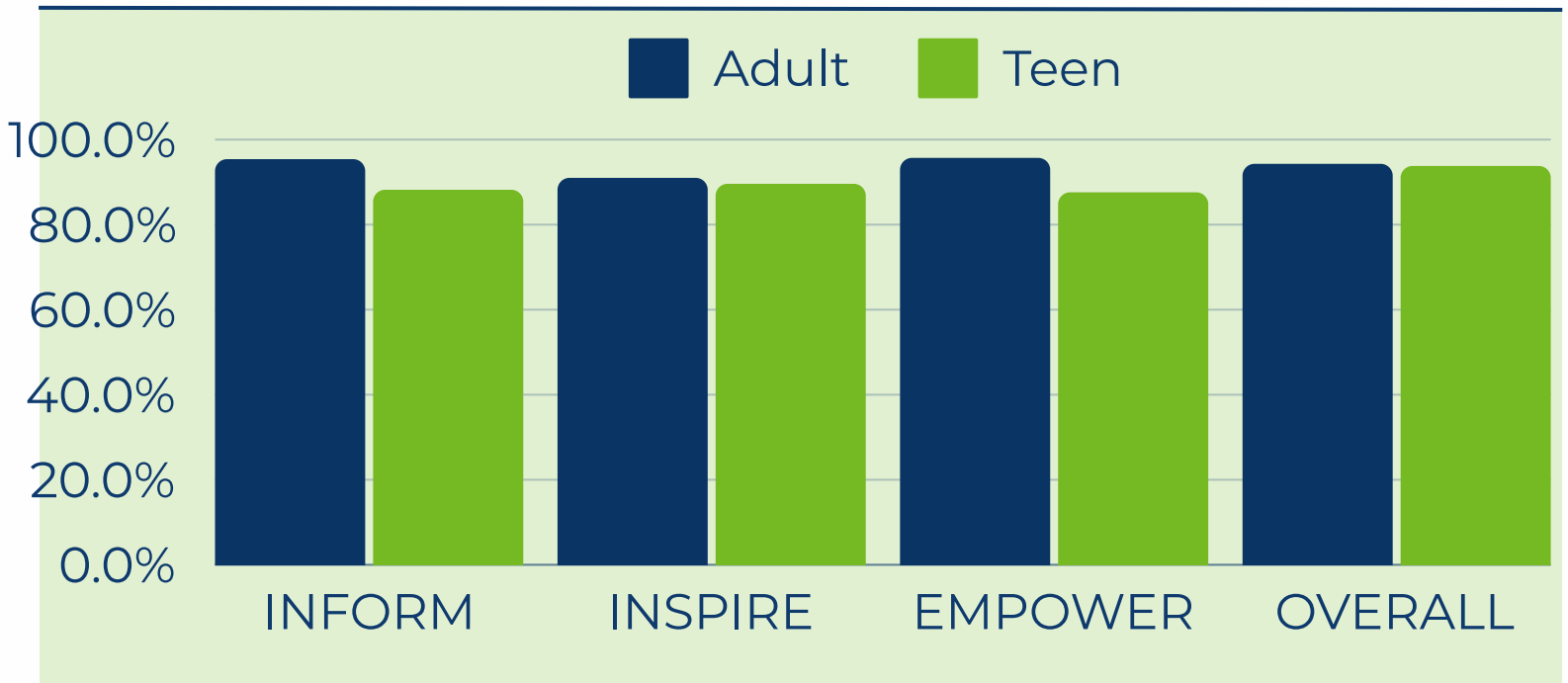
245

Summit
Attendees



12

Counties
Represented



INFORM:

95.4% of Adults
88.2% of Teens

reported learning something new as a result of attending the summit

INSPIRE:

91% of Adults
89.6% of Teens

reported feeling inspired by a speaker or topic presented at the summit

EMPOWER:

95.7% of Adults
87.6% of Teens

reported feeling more confident as a leader in teen mental health efforts in their counties as a result of attending the summit

OVERALL:

94.3% of Adults
93.8% of Teens

reported feeling that the summit created an environment of mutual respect, consideration, and inclusiveness

245

Total Attendees

12

Counties Represented

100

Teen Participants Present

18

Service Providers Present to Table

14

Subject Matter Expert Speakers

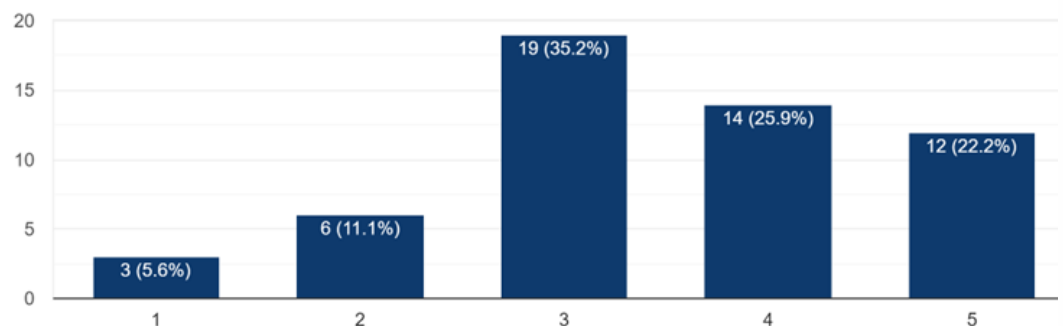
SUMMIT SPOTLIGHT: TEEN LEADERSHIP



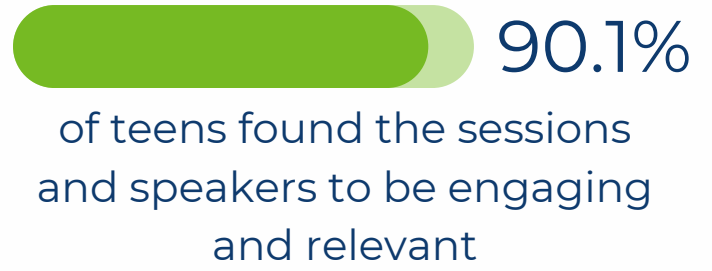
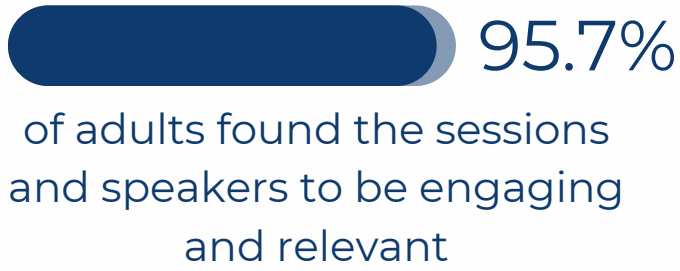
As a summit planned by, for, and with teens, **INFORM. INSPIRE. EMPOWER.** leveraged a remarkable level of talent and expertise from partners not previously engaged by our annual summit. Teens from across the region served on the planning advisory committee, presented in the **INFORM.** and **INSPIRE.** sessions, and hosted resourcing and activity tables in the **EMPOWER.** session. As a whole, the summit put a spotlight on the capacity for a teen role in improving community resiliency. Many counties with strong teen-led initiatives were able to share their insights and experiences with other groups at the summit, creating a culture of learning and collaboration. Below, summit attendees surveys indicated the current perceived level of teen inclusion in these efforts. Many left feeling empowered to better define or expand that role as a result of attending the summit.

On a scale of 1 to 5, how much of a role do teens have in efforts to improve teen mental health and community resiliency?

5a



SESSIONS AND CONTENT



I learned something new about a program or experience from the INFORM. Session.

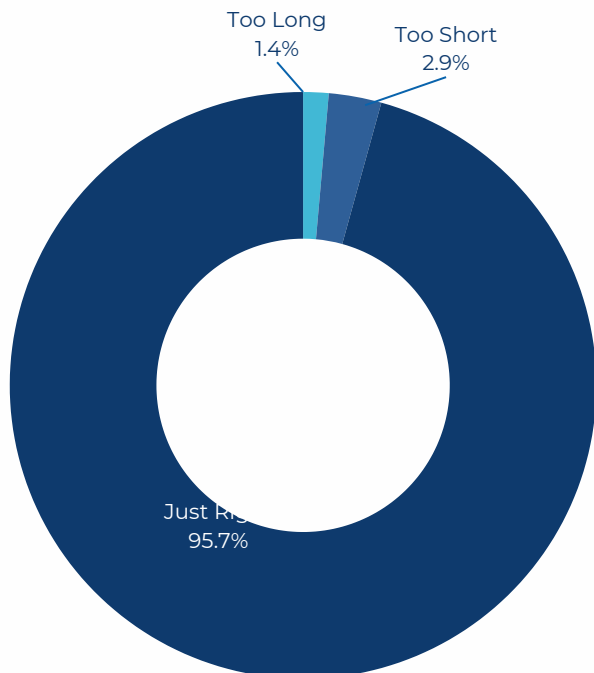


I felt inspired or uplifted after attending the INSPIRE. Panels.



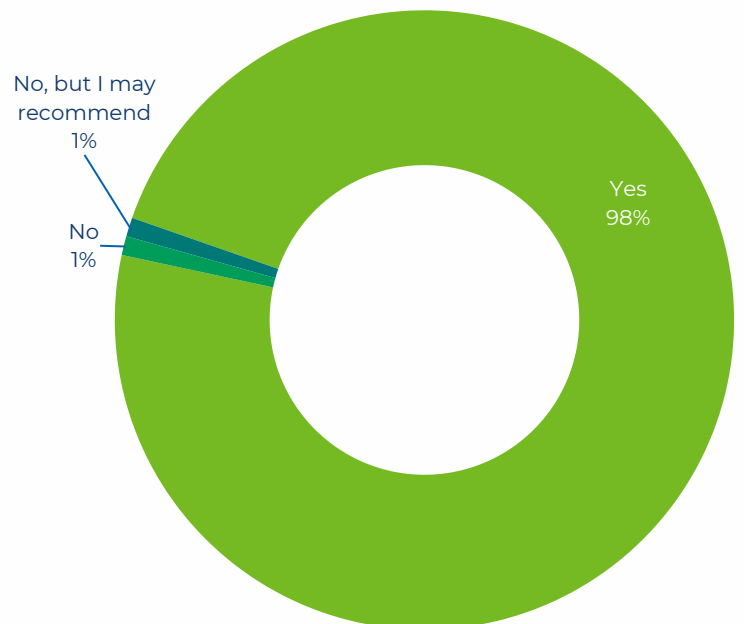
Length of Sessions

How would you rate the overall length of each session?

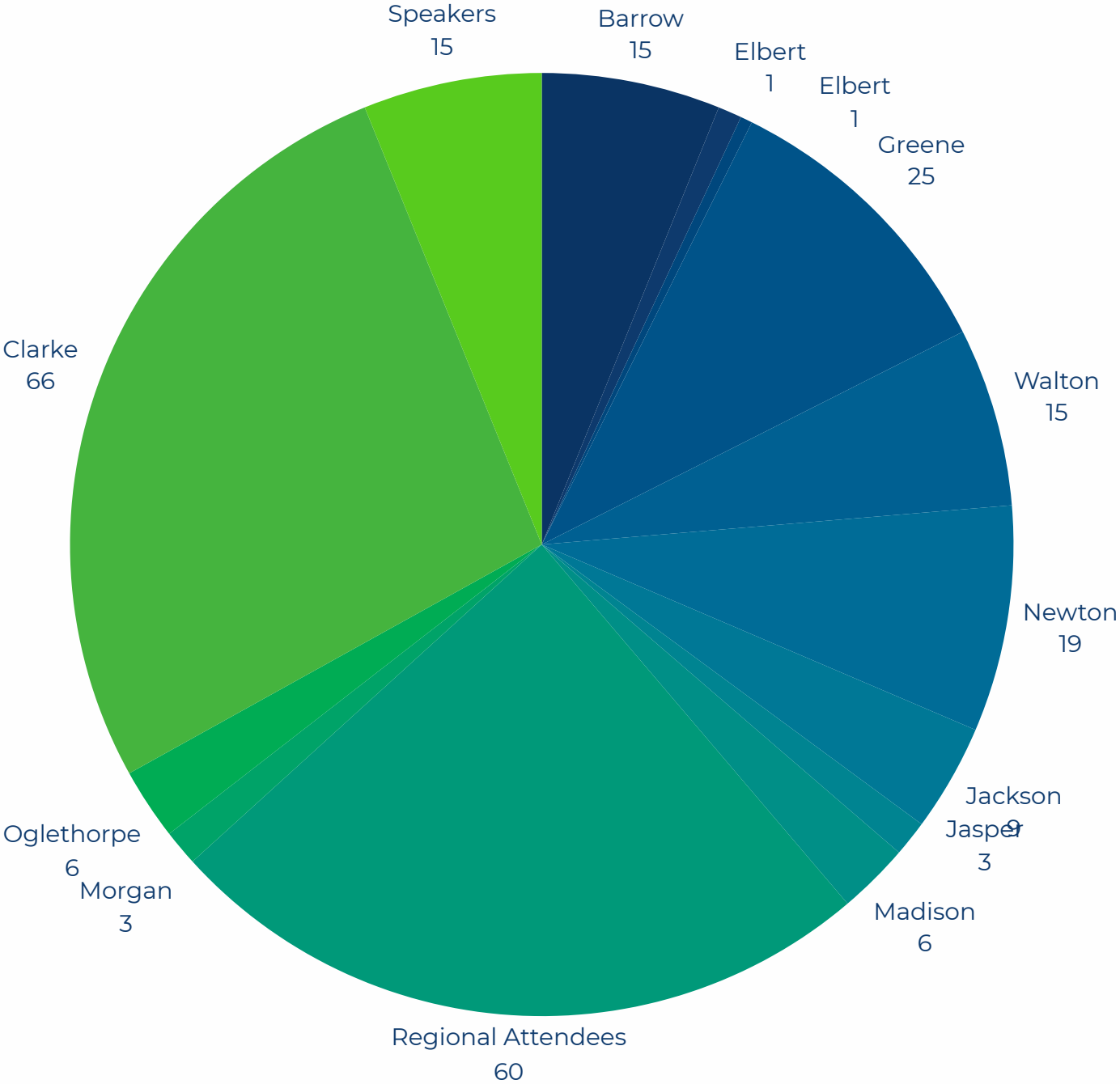


Willingness to Attend a Future Summit

Would you attend another regional summit if we were to host one again next year?



SUMMIT ATTENDANCE



145 Adults Present



100 Teens Present

SESSIONS AND CONTENT

What Resonated Most with You?



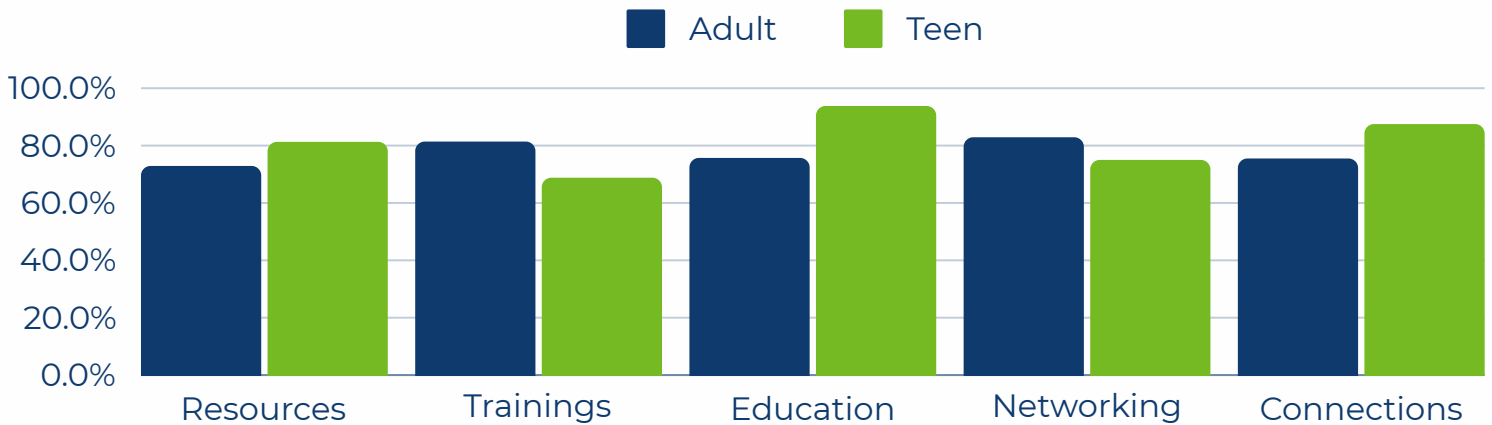
What topics resonated with summit attendees the most?

At the end of the summit, we asked attendees what topic presented during the summit resonated with them the most. Shown above are some of the most common responses from the survey.

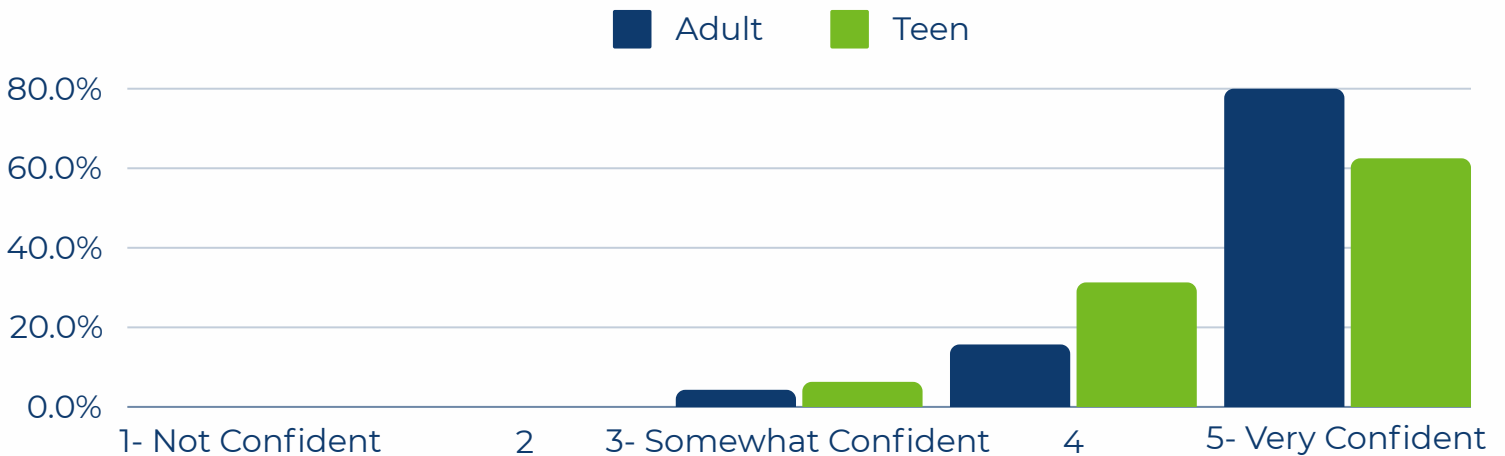
The themes captured in this question reflect many of the answers shown in other parts of this report. The opportunity for learning together, networking, and making new connections across sectors and geopolitical boundaries were among the most meaningful take-aways from the INFORM. INSPIRE. EMPOWER. summit. Many participants also remarked on feeling a collective sense of passion and community drawn from the collaborative activities during the summit, reportedly enjoying the chance to connect with people interested in trauma-informed community work.

NEXT STEPS AND INSPIRED ACTIONS

What can Resilient Northeast Georgia do to help you support your community?



On a scale of 1 to 5, how confident do you feel engaging with adults and teens in your county on efforts to improve teen mental health and community resiliency after attending this summit?



On a scale of 1 to 5, how confident do you feel in returning to your community as a leader for change in the teen mental health advocacy space on topics discussed today?

