

AT A GLANCE - 2023 EVENTS

In 2023, Resilient Northeast Georgia provided a wide variety of evidence-based training offerings across 12 counties, aiming to establish a wider community baseline awareness of trauma while also providing trainees with tangible and applicable strategies for the prevention and mitigation of adverse childhood experiences (ACEs).

2023 also marked the coalition's second annual regional summit, hosted alongside Family Connection partners and featuring a teen-focused lens this year.

All around, this year has been a critical diversification point for the coalition, calling on partners to implement more diverse and county-specific initiatives than in any year previous. The coalition has expanded its capacity to train and convene the region and intends to continue this trend next year.

678

Trained on the Community Resiliency Model

The Community Resiliency Model (CRM) focuses on a biologically-based approach to re-regulating the nervous system in times of stress. In this training, participants learn 6 wellness skills designed to improve their personal and conveyable resiliency skills. CRM was offered in one-hour introductory courses and three-hour workshop sessions throughout 2022, with plans for continued use in 2023.

Total Contact Hours: 827 hours

245

Attended the INFORM. INSPIRE. EMPOWER Summit

The INFORM. INSPIRE. EMPOWER Teen Summit convened 245 regional partners and teens together for a day of learning about the impacts and trends in trauma. Featured speakers, adults and teens alike, talked about what it means to be resilient, the outlook on teen leadership in the mental health space, and the areas for collaboration present in the region.

Total Contact Hours: 1,470 hours

200

Attended the True Grit: Resilience in Food Banking Session

Hosted by the Food Bank of Northeast Georgia at their annual member agency conference, this CRM intro marked one of the larger single-session CRM offerings to date for the coalition. Participants learned about self-care and client-care skills they can apply to their work in food banking. This opportunity came about as a direct result of the Pittulloch Foundation's relationships and funding in the region.

Total Contact Hours: 200 hours

114

Trained on Youth Mental Health First Aid

Youth Mental Health First Aid (YMHFA) is geared towards parents, caregivers, teachers, and anyone who regularly interacts with children and teaches skills for recognizing and reacting to crisis and non-crisis situations young people today may experience. YMHFA was offered in six-hour workshop sessions in 2022, with plans for expanded utilization in 2023.

Total Contact Hours: 741 hours

20

Trained on Connections Matter

Connections Matter trainings provide community members and parents with a baseline overview of adverse childhood experiences (ACEs), brain development, and resiliency-building skills for all ages. Connections Matter was only offered in 2022 for the first time and will continue to be offered to partners in years to come for its succinct, relationship-based skills.

Total Contact Hours: 80 hours

15

Attended the Launch and Learn Event

Planned and presented alongside the Minority Business Association, Envision Athens, the Athens Area Chamber of Commerce, and the Athens Clarke County Economic Development Office, the Emergent Launch and Learn brought together new and emerging business leaders for a day of learning that included trauma-informed care tenets.


Total Contact Hours: 60 hours


1,212

Individuals participated in a training or event in 2023

In 2023, Resilient Northeast Georgia, due in part to the partnership with Family Connection's extensive network, has engaged 1,212 individuals in trainings, regional events, summits, and webinars.

Total Contact Hours: 3,378 hours

 44% of the total 2,778 participants engaged since 2020

 41% of the total 8,352 contact hours delivered since 2020