



Growing Resilience

...where we live, learn, work and play

The last two years have witnessed tremendous upheaval and sadness, highlighting crucial issues for our children and families. We've experienced an ongoing health pandemic, a racial reckoning, loss and grief, and more that have rocked our support systems and impacted our community. We've learned many lessons, especially the importance of relationships. Relationship building takes time and can feel painfully slow, but beauty happens when you see the shift from "you" and "I" to "us" and "we". We've laid much of the groundwork over the last two years, and we are excited for the next phase as we work to Grow Resilience, where we live, learn, work and play.

What we've been working on:

Ongoing **community trainings** on protective factors, ACEs, trauma-informed care, child abuse

Community Partner Forums as a response to service delivery in a 2020 virtual world



Parent Empowerment Series: 2021-2022, including community cafes and learning events

Merging of ACEs Resilience Initiative and Wake County Child Abuse Prevention Plan =



Creation of the **Family First Community Network** - February 2021



Formation of the first **Community Anchor** - Fall 2021

A Growing Resilience Website and Social Media: A central location for building resilience, practical tools and practices, access to resources and support, and a community calendar. Coming Summer 2022.

Additional Highlights:

- Racial Equity Learning Series - Spring 2020
- Formation of our Parent Advisory Council - January 2021
- Growing Resilience Quarterly Newsletter launched - March 2021
- Growing Resilience “tour” – impacting over 450 people – explaining the merger and spreading awareness - April 2021
- Co-created and facilitated a resiliency training for teen and young adult camp counselors for the YMCA - May 2021
- Growing Resilience Community Database to better understand potential gaps and strength of services - Fall 2021
- ACEs 101 Workshops - February 2022
- Supported creation and publication of the Funny Tummy Feelings poster - Summer 2022

Education and Awareness

Shifting our thinking about trauma, mental health, and parenting to be strength-based and focused on resources for support, healing, and exposure to positive prevention practices.

Increase resources available to families

Increasing availability and capacity of current resources and programs, as well as promoting trauma-informed, culturally responsive practices in prevention program development and delivery.

Address barriers to services that help families

Providing multiple opportunities for engagement that meet the needs of a diverse and large county. Linking families with providers and ensuring cross-organizational alignment and constant communication for best outcomes.

The Growing Resilience Movement: Unifying to prevent and alleviate ACEs

Contact Ginger Espino, SAFEchild’s community engagement and training coordinator, for more information:

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