



Happy Birthday, RAISE!

Born July 2019



# Birthday Activities



Welcome Party Attendees



Open Presents



Play Games



Eat Cake and Make a Wish



Welcome New  
Members!

If this is your first  
meeting, please  
introduce yourself



# Open Presents

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Thank you to  
everyone who signed  
the birthday card!



# Birthday Card

Can't wait to watch  
you grow up!

Congratulations on  
everything  
accomplished during  
this unprecedented  
year.

¡CUPLEAÑOS FELIZ A RAISE!

Thank you for  
supporting the  
youth by hearing  
us & giving us a  
voice.

Long live  
RAISE!

Thank you for all  
support you  
provide this  
community!

Excited to see how you'll  
continue lifting up our  
community!

So many people have  
been positively impacted  
by your presence.

Happy Birthday!!!

Glad to be a  
part of this  
amazing network  
of colleagues and  
professionals

FELICIDADES!!!!



Presents:  
Messages  
from City  
Leadership



# Play Games: Pin the Tail on the Timeline

May 2018: begin learning about TICNs

April 2019: Alexandria TICN attends Childhood Trauma & Resilience Summit

May 2019: Launched TICN with ACE Interface Training

July 2019: First official TICN meeting; identified sources of trauma in Alexandria

August 2019: Adopted RAISE as TICN name & Developed Priorities

December 2019: Youth raised awareness of mental health issues during RAISE meeting

October 2019: Established RAISE mission statement

January 2020: RAISE members advocate for a more trauma-informed Virginia during Advocacy Days in Richmond

February 2020:

- RAISE applies for 1<sup>st</sup> Grant
- RAISE members are trained in Linking Systems of Care

March 2020: Helped community "Cope with COVID" by providing resources on City webpage

April 2020: Developed Community Mental Health/Resilience Plan to promote community wellness in response to COVID

May 2020: Celebrated Resilience Week VA. Engaged thousands of community members in resilience building activities, trainings, and a town hall

June 2020:

- Shared Coping with Racial Trauma Continuum during Facing Racism, Demanding Change Town Hall
- Compiled more resources for coping with racism for City webpage
- Hosted Youth Forum on Mental Health
- Launched Parent Support Line in partnership with Fairfax County
- Began providing virtual Mindful Wellness Circles to City employees to help them cope with stress

July 2020: Celebrated 1<sup>st</sup> Birthday







Connectivity Model of Health Plan & Resiliency Plan for Promoting Community Wellbeing

**Strategies**

**Community Action Plan (Long-term Outcomes)**

- Strategy 1: Foster a Community Culture of Resiliency and Wellbeing by providing resources and support to individuals and families who are experiencing challenges.
- Strategy 2: Foster a Community Culture of Resiliency and Wellbeing by providing resources and support to individuals and families who are experiencing challenges.
- Strategy 3: Foster a Community Culture of Resiliency and Wellbeing by providing resources and support to individuals and families who are experiencing challenges.
- Strategy 4: Foster a Community Culture of Resiliency and Wellbeing by providing resources and support to individuals and families who are experiencing challenges.
- Strategy 5: Foster a Community Culture of Resiliency and Wellbeing by providing resources and support to individuals and families who are experiencing challenges.

**Resiliency Model**

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**Tools: 511, Mental Health Hotline and Parent Support Line/Text Line**

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**Resiliency Goals/Tools**

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Promoting  
Community  
Wellness (Plan)

Supporting  
Parents

**We are here to support YOU**

We know this is a challenging time for all of you and we want to be there for you. We can help support your parenting journey.

**PARENT SUPPORT LINE**

CALL 703.324.7720  
OR TEXT "SUPPORT" OR "PARENTING" TO 30644

Are you parenting a child 0-6 years old? We can help you with everything from child development to behavior management. We can help you with everything from child development to behavior management.

Are you parenting a child 7-18 years old? We can help you with everything from academic support to mental health. We can help you with everything from academic support to mental health.

Are you parenting a child 19-24 years old? We can help you with everything from career development to financial literacy. We can help you with everything from career development to financial literacy.

Are you parenting a child 25+ years old? We can help you with everything from housing to job training. We can help you with everything from housing to job training.

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Promoting  
Workforce  
Wellbeing

**MINDFUL WELLNESS CIRCLES**

SIGN UP NOW

Supporting  
Supervisors

Supporting people  
with tools to help  
keep others safe  
from harm

☒ ☐ ☐ ☐

**Identifying  
High Risk  
Situations**

**Your Guide to  
Resiliency Resources  
for Alexandria  
Supervisors**

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Illness	Domestic Violence
Emotional	Emotional	Mental Health Services	Substance Abuse
Sexual			

Promoting Youth  
Safety during  
Summer

Eat Cake &  
Make a Wish!

Light your candle, if you have one,  
and make a wish for RAISE as  
you blow it out

