



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

Thank you to
everyone who signed
the birthday card!



HAPPY

BIRTH

Birthday Card

Can't wait to watch
you grow up!

Congratulations on
everything
accomplished during
this unprecedented
year.

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

Long live
RAISE!

¡CUPLEAÑOS FELIZ A 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 1st 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 1st Birthday

Strategies

Community Action Plan (Integrated Approach)

- Develop a community action plan to address the needs of the community.
- Identify and engage community members and organizations.
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Build on Existing Work

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Focus: 111, Address Health Risks and Parent Support Group/Text Line

Strategy: Focus on 111, Address Health Risks and Parent Support Group/Text Line

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Resiliency Guide/Toolkit

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Build, Evaluate, Improve Trauma and Healing

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Goal: 111, Address Health Risks and Parent Support Group/Text Line

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Promoting Community Wellness (Plan)

Supporting Parents

We are here to support YOU

Parent Support Line

CALL 703.324.7720

TEXT "SUPPORT" OR "PARENTING" TO 30644

Are you parenting a child 6-18 years old? We can help answer your parenting questions.

Services include: Parenting Support, Crisis Support, Referrals, and more.

Promoting Workforce Wellbeing

MINDFUL WELLNESS CIRCLES

FOR CITY EMPLOYEE

SIGN UP NOW

Supporting people with tools to help keep others safe from harm

Identifying High Risk Situations

Supporting Supervisors

Your Guide to Resiliency Resources for Alexandria Supervisors

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Distress	Strained Relationships
Emotional	Emotional	Mother/Teacher Involvement	Substance Abuse
School			

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

