

FY2023 Buncombe County Strategic Partnership Grant Report

Organization Name:	Resources for Resilience	
Project Name:	Reconnect for Resilience with the Family Justice Center	
Reporting Quarter: (Check one)	<input type="checkbox"/>	Quarter 1 (July 1, 2022 - September 30, 2022)
	<input type="checkbox"/>	Quarter 2 (October 1, 2022 - December 31, 2022)
	<input type="checkbox"/>	Quarter 3 (January 1, 2023 - March 31, 2023)
	<input checked="" type="checkbox"/>	Quarter 4 (April 1, 2023 - June 30, 2023)

Narrative summary of grant related activities

Please provide a brief summary (no more than 1500 characters). You may attach supplemental documents if needed.

Quarter 1	<p>(1. On August 31, 2022 at 10:00am-11:00am Resource for Resilience team met with Family Justice Center Representation to review the partnership outline and begin planning the most effective launching strategy for this partnership. Important considerations is upcoming changes to physical location and space of the Family Justice Center, as well as continued staffing shortages and increases work loads of staff of FJC partners. The outlined approach agreed upon by RFR and FJC will be small Orientations to be presented at upcoming leadership meetings and community response collaborative meetings. These Orientations will be short in nature and enough to share data, facts, science, and style of Reconnect trainings. (2. The first Orientation session is scheduled for September 7th, 2022 from 1:00-2:00pm wiht RFR Executive Director, Ann DuPre Rogers attended and sharing, with focus of building connection with FJC leadership. The secong Orientation is scheduled for October CCR (Collaborative Community Response Team) Meeting at the FJC and will occur in quarter 2 of this grant. Staff present for the initial meeting: Ann DuPre Rogers, Executive Director; MC Ellis, Implementation Specialist; Ashley Putnam, Program Director ; Paulina Mendez/ Family Justice Center Program Coordinator 3) Factoring in our budget this month is the adminstrative time towards creating a staff allocation of time system, email and coordinating of meetings, as well as the devlopement of appropriate flyer and language for dissmenation to the target audience and sharing of other resources and materials we have available for connection building.</p>
Quarter 2	<p>October 25th 3:00pm & November 8th 12:00pm In Person Reconnect Orientation delivered for Family Justice Center Staff and Partners. We have completed the Orientations component of this partnership. All 3 Orientations were very successful in connection building. There was a total of 24 participants that registered through RFR Eventbrite page and a flyer sent through the staff and partners with the dates, location, and registration page. Reflected in the budget this quarter is Program Coordination acitivites to include but not limited to development of event brite registration page and editing of Orientation Flyer to share with FJC point of contact. Acitivites also include emailing reminders to registered participants, creating sign in sheets to be provided day of and event brite reports provided to FJC point of contact. Reflected this quarter is completion of the 2 Reconnect Orientations provided by our Senior Trainer and Implemenetation Specialist, MC Ellis.</p>

Quarter 3	<p>On March 10 & 24 a full 14-hour Reconnect for Resilienc Training was delivered to FJC staff and partners. There was an information and registration flyer shared with the networks and those who attended Orientations. Registration was managed through Eventbrite. Feedback from FJC staff was to schedule the 2-day training spread out over a couple of weeks to avoid staffing disruptions from a back to back training. Our parnters at FJC identified the training room locations and booked those for RFR. RFR communicated prior to the trianing a confirmation of registration as well as a reminder email the day before with details of what to expect for the two days together. There were a total of 18 people who registered and 10 people who attended day 1 & day 2 and fully completed the training. All participants received their own participant manual to keep that includes our Resilient Tool wheel, our Resilient Zone, copy of the slides and note pages, and all activities and reflections done while in the trianing together. While the participant total is lower than we had planned and anticipated, the feedback and participation from this group is across the board strong and postive, which supports future efforts in reaching out and building connection. In quarter 4 we will continue with hosting the Resilient Connections to support those who have attended a Reconnect trianing or an Orientation. This will support the deepening knowledge of the Resiliency Tools, common language developement, shifting work culrture. Please see attached for the raw data feedback and powerpoint response summary from the Reconnect for Resilience training completed on March 10th and 24th.</p>
Quarter 4	<p>For quarter 4, the final quarter, RFR staff coordinated with our Resiliency Educators and the Family Justice Center point of contact to schedule 3 private group 60 minute Resilient Connections for any participant of a full 14-hour Reconnect or the 1-hour Orientation. During these Resilient Connection hours, participants met with our Senior Implementation Specialist to ask questions, practice resiliency tools, and discuss strategies for using these tools at work and at home. The support of the ongoing practice allows for deepening practice, understanding and ability to implement Resiliency tools and strategies. RFR Program Director created recurring zoom link, Resilient Connections Flyer, and sent regular email reminders and check ins for the three private sessions. Each group was a success. Group sessions were held on May 15; 12:00 pm-1:00pm (5 participants) , May 22; 12:00pm- 1:00pm (5 participants) ; and final private group June 26th; 12:00pm - 1:00pm (2 participants). These sessions were all held virtually to accomodate all participants schedules and elimintating travel barriers and space barriers. All training participants have been added to the Resources for Resilience monthly open to the community Resilient Connections practice sessions via constant contact portal utilized with RFR for monthly reminders and Zoom link connections. Anyone will be able to drop in and join other past Reconnect participants which opens the conversations and opporutnity for real life application stories, practice, and deepened connection in the resiliency lanugage. RFR holds these on the fourth Thursday each month with regular attendance from a wide range of audience members across NC who have participated in a Reconnect for Resilience training. We look forward to the continued partnership with Family Justice Center partners. This opporutnity created a stronger connection and built a path for continued partnering activities and opportunities to support the FJC staff, partners, and volunteers in their work.</p>

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Progress toward annual goals

Measure	Annual Goal	Actual Results (Enter Data)				Progress toward Annual Goal
		Quarter 1	Quarter 2	Quarter 3	Quarter 4	
Number of FJC staff and/or volunteers who have completed Reconnect trainings	24	trainings will not be	delivered in Q3	9	na	9
Percent of participants who report decreased feelings associated with burnout on post-evaluation	50%	will be delivered in Q3	delivered in Q3	78%	na	78%
Percent of participants who report that their helping skills improved as a result of attending a Reconnect training	8%	will be delivered in Q3	delivered in Q3	89%	na	89%

Comments:

In Quarter 3 We have completed the full Reconnect for Resilience training. Our goal was up to 24 participants. We did not have a full 24 attend. 18 registered, 10 came and 9 were able to complete. However, the response from the 9 who were able to complete was overwhelmingly positive. In Quarter 4 we will continue with the Resilient Connections hours to continue the coaching and support for those who attended a Reconnect or previously attended an Orientation provided to support the deepening knowledge of the Resiliency Tools and how to implement those into their lives and the work setting to support sustainability, common language, and culture shift. Please see attached for the raw data of the evaluation feedback forms as well as the summary response data. In Quarter 4 we held 3 Resilient Connections hours with our Senior Implementation Specialist and had attendance at each one, allowing past Reconnect participants the opportunity to continue practicing the Resiliency tools and continuing conversation on implementation into the work culture.

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Use of funds to date and any budget considerations

Spending Category	Starting Budget	Total Spending (Enter Data)				Amount Remaining
		Quarter 1	Quarter 2	Quarter 3	Quarter 4	
Personnel	\$ 1,524	\$315.41	\$ 297		\$911.59	\$ -
Training	\$ 8,720			\$7,580.00	\$1,140.00	\$ -
Supplies/Materials						\$ -
Meetings						\$ -
Equipment/Furniture						\$ -
Printing/Marketing						\$ -
Licensing/Memberships/Dues/Subscriptions	\$ 440	\$ 110	\$ 110	\$110.00	\$110.00	\$ -
Client Support						\$ -
Contracts						\$ -
Professional Services	\$ 1,004	\$251.00	\$ 251	\$251	\$251.00	\$ -
Insurance and Bonds	\$ 312	\$78.00	\$ 78	\$78.00	\$78.00	\$ -
Building Maintenance	\$ 500	\$125.00	\$ 125	\$125.00	\$125.00	\$ -
List other cost						\$ -
List other cost						\$ -
List other cost						\$ -
Total	\$ 12,500.00	\$ 879.41	\$ 861.00	\$ 8,144.00	\$ 2,615.59	\$ -

Comments:

RECONNECT TRAINING

Reconnect for Resilience™ trainings offer community members a set of easy-to-use tools to stay well in the face of adversity. In this 14-hour class, participants learn what happens to our brains and bodies when we are stressed, and are given tools to stay healthy, connected, and resilient during tough times.

This trauma-informed and resiliency-focused program promotes a culture of resilience in homes, workplaces, and communities. It also introduces practical strategies that can be used by anyone to self-regulate, restore self-compassion, and re-connect to others.

ABOUT RFR

At Resources for Resilience™ (RFR), we believe that every person can deepen their resilience. Our trainings and professional development workshops are intended to help people work together to prevent future adversity and create safer, healthier communities. We're making resilience a reality by giving everyone the tools they need to thrive.

Special thanks to the Buncombe County Strategic Partnership funding for RFR to partner directly with the Family Justice Center and provide this at no cost to staff, partners, and volunteers.

WHEN & WHERE

Join us for this two-day, in-person training.

Dates: Day 1: March 10 & Day 2: March 24

From: 9:00 a.m. - 5:00 p.m.

Address: Family Justice Center 35 Woodfin Street

Day 1: Room A122

Day 2: Room 320

REGISTER ONLINE

[Click here to register or scan the QR code.](#)




ADDITIONAL INFO

All participants will receive a certificate of completion. MAHEC designates this continuing education activity as meeting the criteria for 1.4 CEUs and will be available for an additional \$50.

Questions? We can also be reached by emailing ashley.cole@resourcesforresilience.com

CONTACT US

 828-367-7092

 information@resourcesforresilience.com

 www.resourcesforresilience.com

 13½ Eagle Street, Suite K, Asheville, NC 28801



Resources
FOR
Resilience™

RESILIENT CONNECTIONS FOR FJC & PARTNERS

Practice Groups are available virtually to anyone who has participated in a Reconnect for Resilience™ training or Orientation. They are an opportunity for past participants to meet with our Resiliency Educators to ask questions, practice using resiliency tools with others, and discuss strategies for using these tools at work and at home.

WHEN & WHERE

Join us online for three opportunities!

- May 15 12:00pm -1:00pm
- May 22 12:00pm-1:00pm
- June 26 12:00pm- 1:00pm

Click here to join us on Zoom

You do NOT need to register in advance. We welcome you to join for any and all sessions.

ABOUT RFR

At Resources for Resilience™, our mission is to share practical tools to build up and support everyone’s resilience. That is why we offer trauma-informed and resiliency-focused programs to individuals, organizations, and entire communities. . We believe that everyone has the ability to deepen their resilience and experience better days.


SPECIAL THANKS

This is made possible through the Buncombe County Strategic Partnership Grant and our special partnership with the Family Justice Center.

MORE INFORMATION


Please email
ashley.putnam@resourcesforresilience.com

CONTACT & FOLLOW US

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Resources
FOR
Resilience™

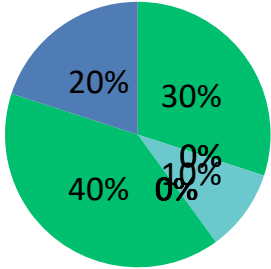




Resources for Resilience™ Attendance & Evaluation Form

Q2: What is your role in the community (select all that apply)?

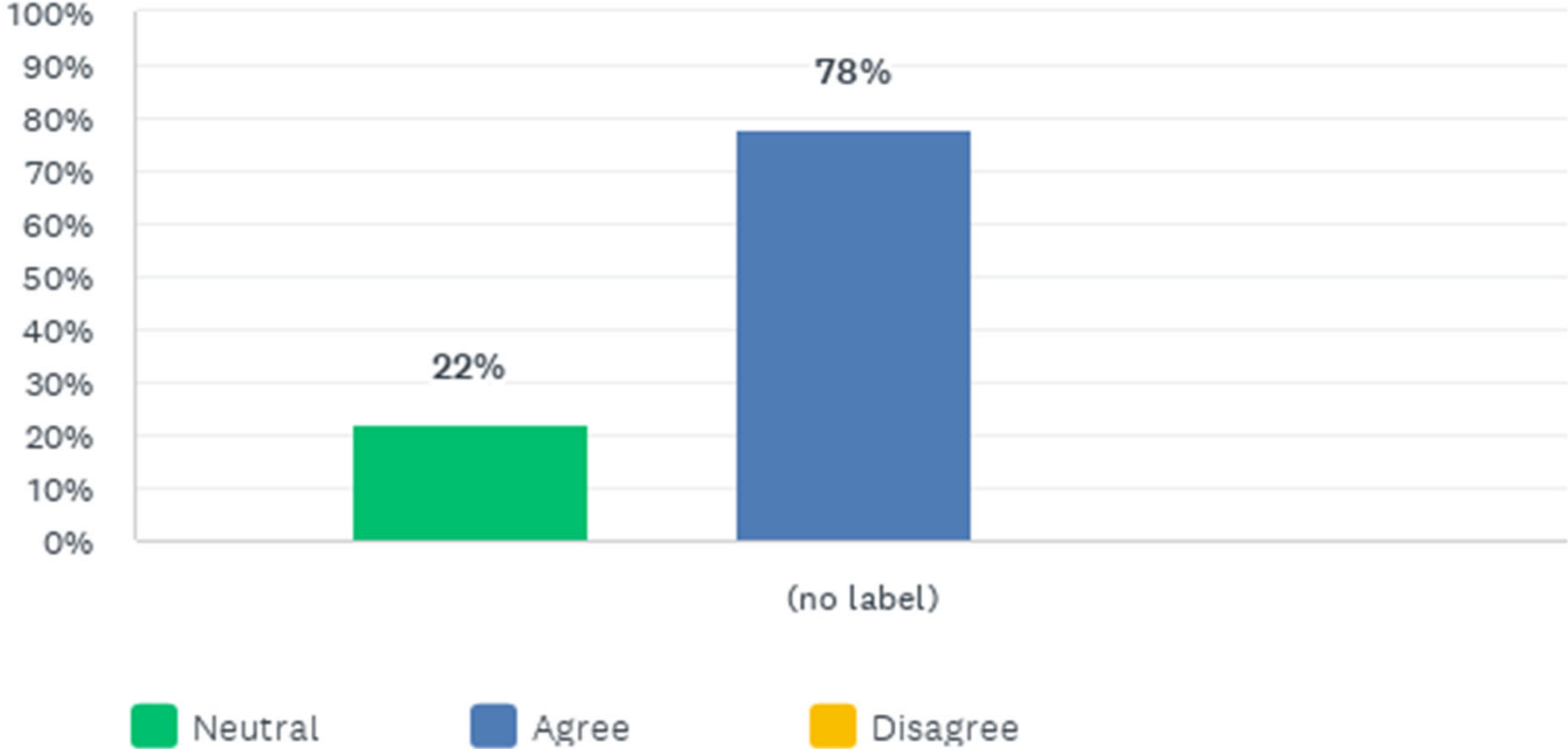
Answered: 10 Skipped: 0



- Behavioral health staff (ex. MH, SU professionals)
- Certified Peer Support Specialist
- Community Health Worker
- Community partner
- Early childhood educator/staff
- First responder
- Healthcare worker

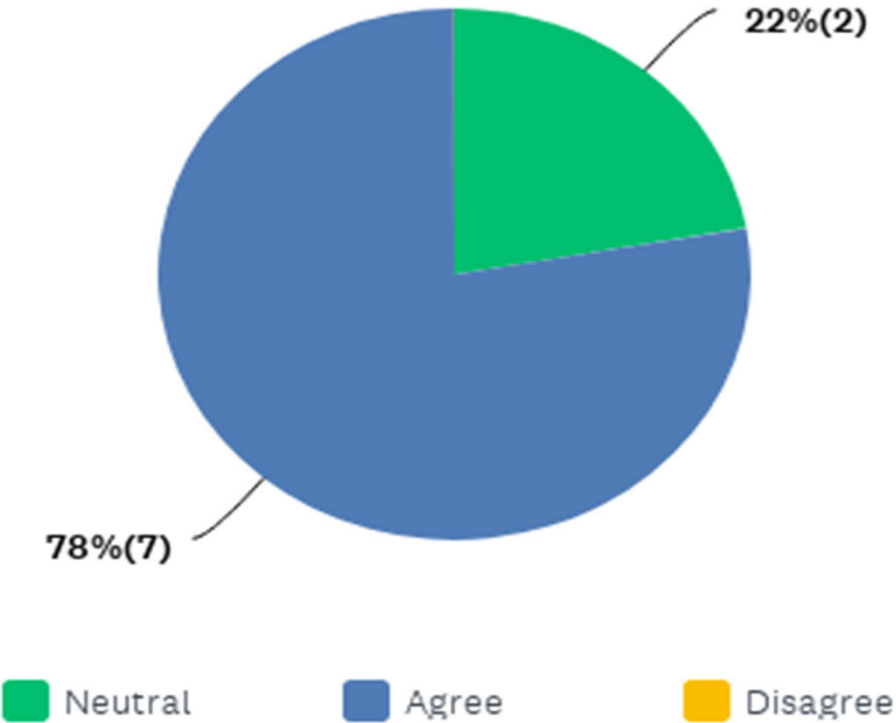
Q21: I found this training valuable.

Answered: 9 Skipped: 1



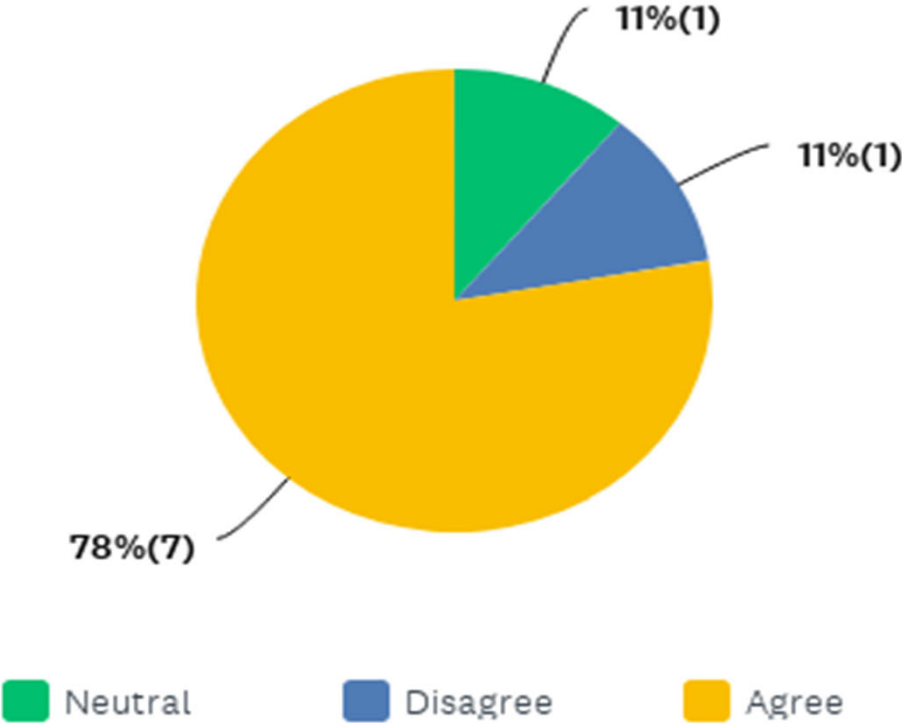
Q22: I would recommend this training to someone in my workplace or community.

Answered: 9 Skipped: 1



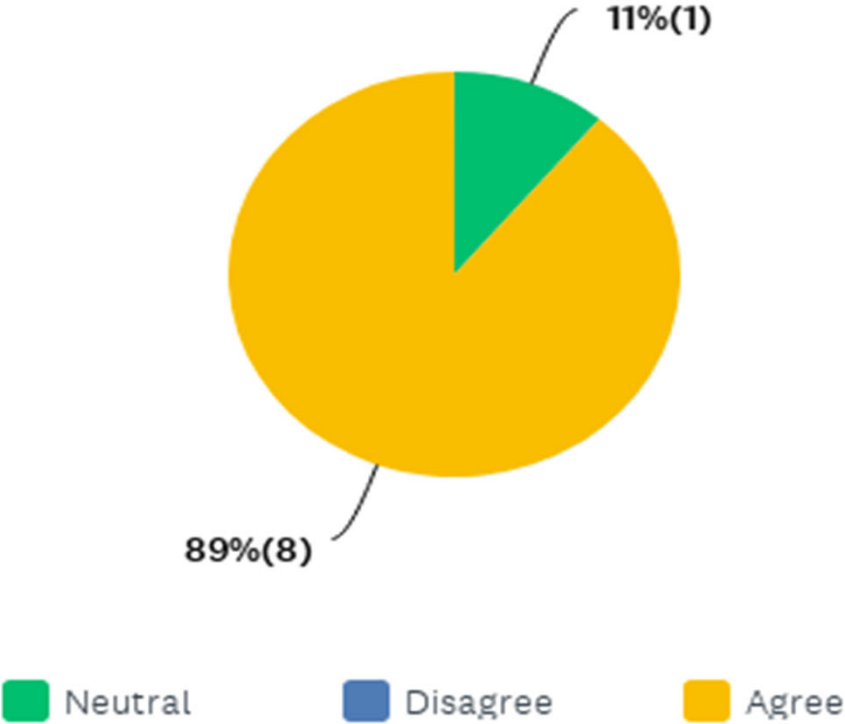
Q23: My knowledge of the hand brain model increased as a result of this training.

Answered: 9 Skipped: 1



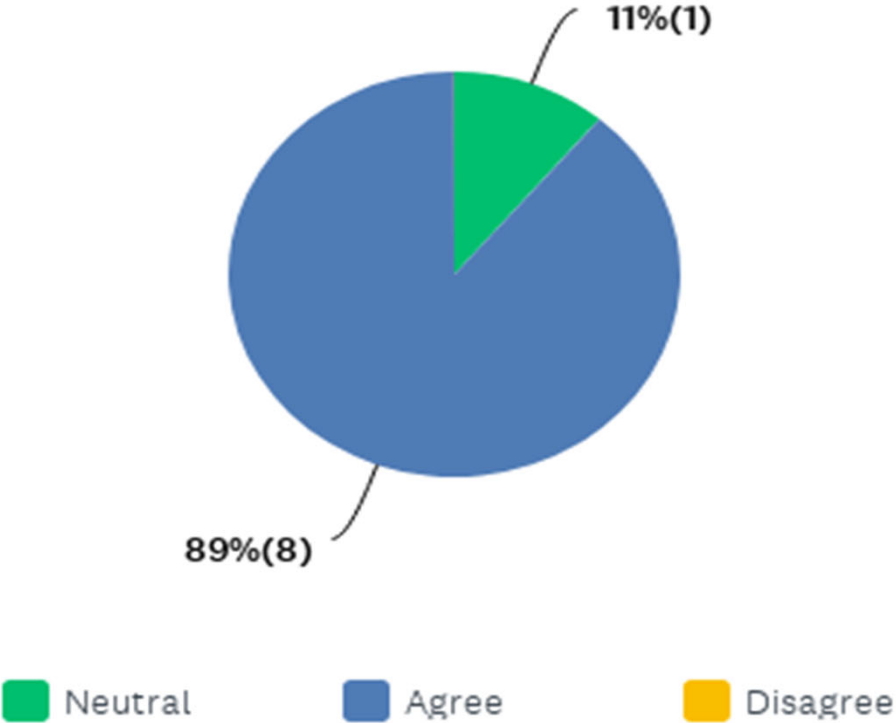
Q24: My knowledge of the importance of sensations increased as a result of this training.

Answered: 9 Skipped: 1



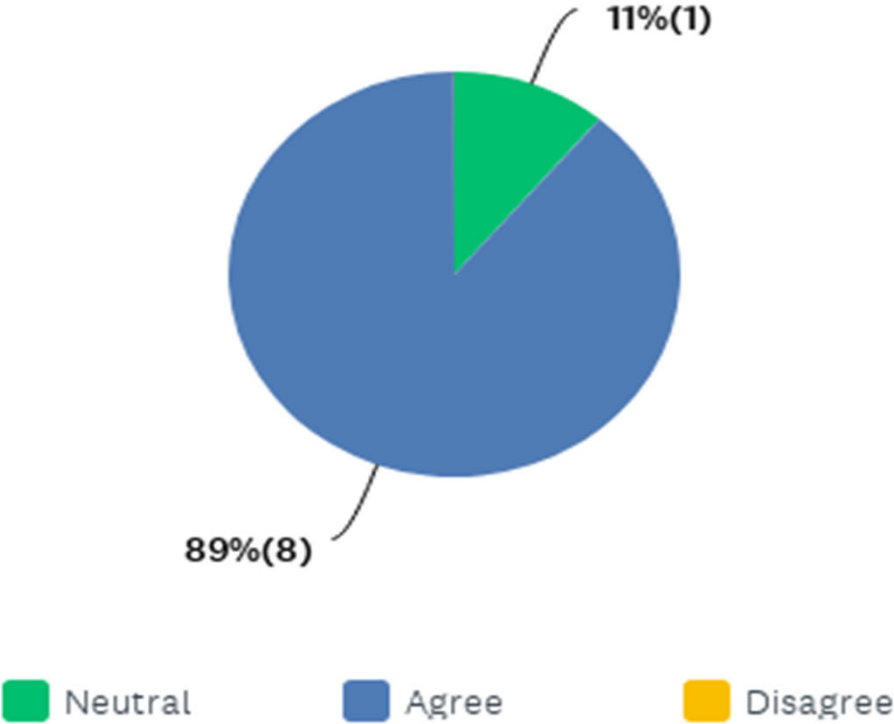
Q25: My knowledge of these Resiliency Tools increased as a result of this training.

Answered: 9 Skipped: 1



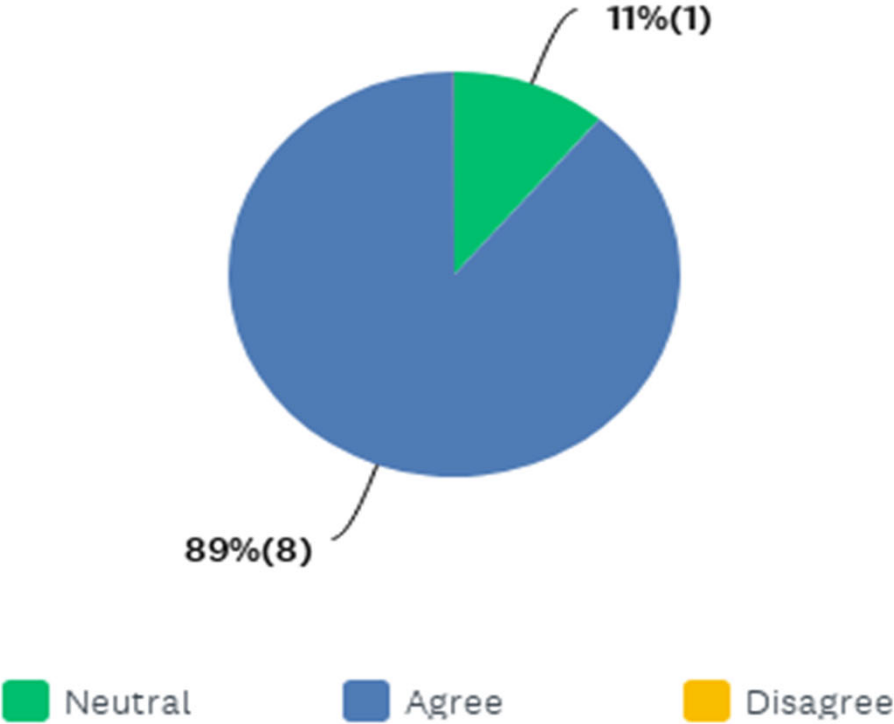
Q26: This training helped me understand how the Resiliency Tools work to reset my nervous system.

Answered: 9 Skipped: 1



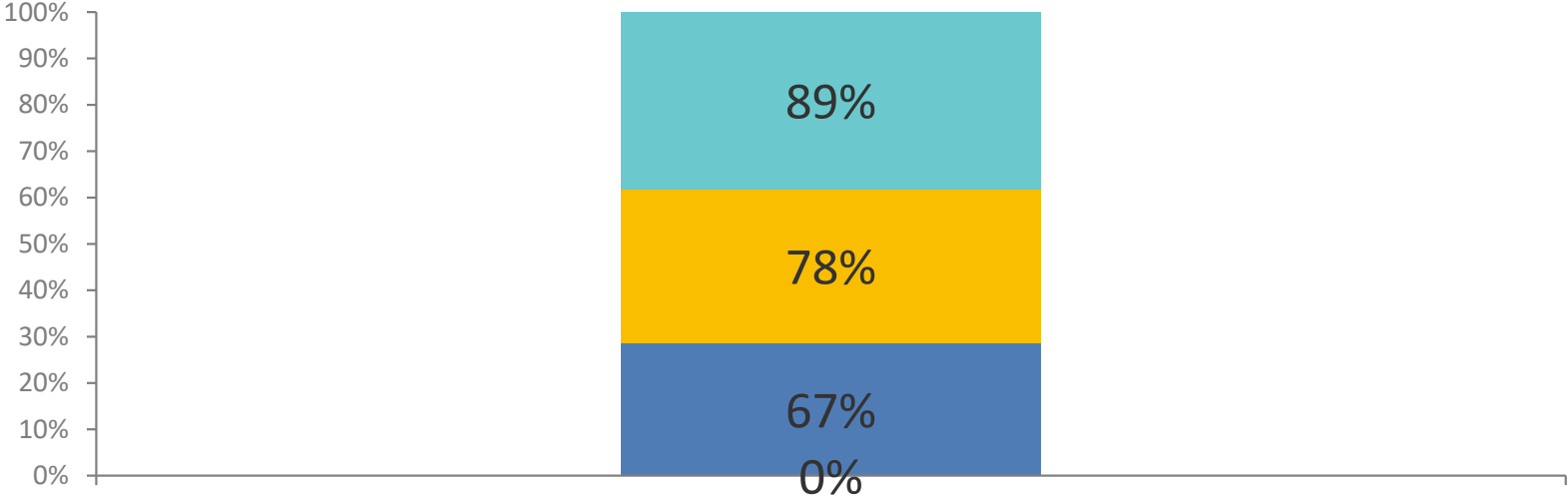
Q27: This training helped me understand the way trauma impacts how people show up.

Answered: 9 Skipped: 1



Q28: I plan to use the tools from this training to (check all that apply):

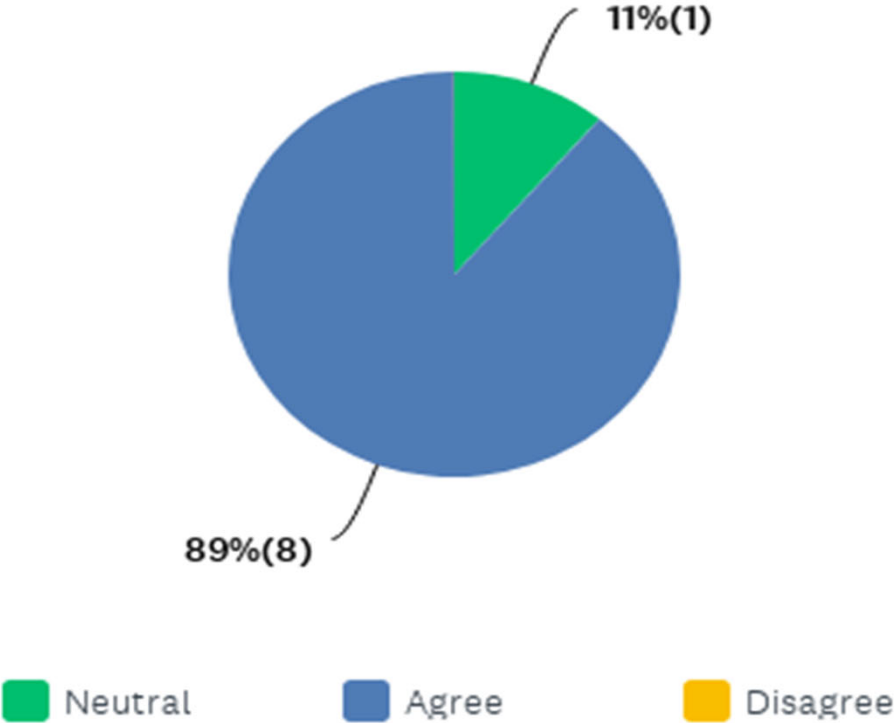
Answered: 9 Skipped: 1



- Support others in my community and/or workplace
- Support my family and/or friends
- Support myself
- I do NOT plan to use the tools I learned in this training.

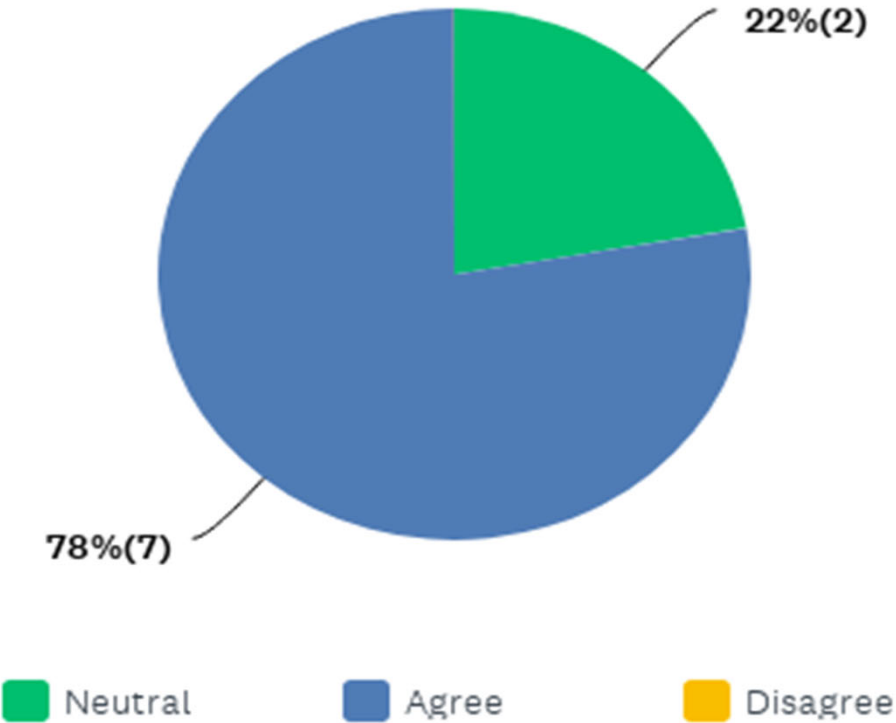
Q29: The tools that I learned from this training make me feel better able to help others.

Answered: 9 Skipped: 1



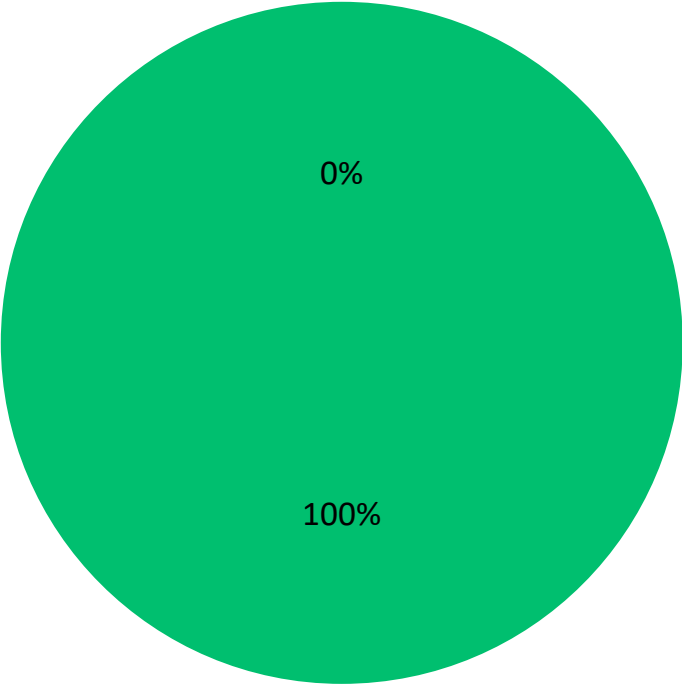
Q30: I believe that this training will be helpful in responding to my own feelings of burnout, compassion fatigue, and/or toxic stress.

Answered: 9 Skipped: 1



Q33: Regarding the training facility/delivery and other accommodations, did you have what you needed to be successful?

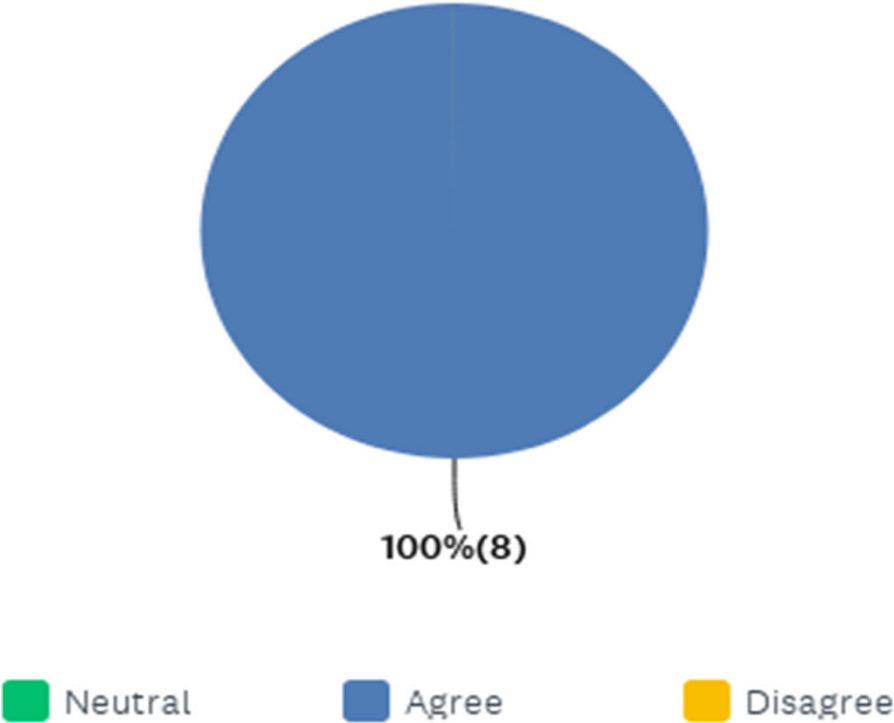
Answered: 9 Skipped: 1



■ Yes ■ No

Q35: I found Trainer 1 to be supportive of my learning.

Answered: 8 Skipped: 2



Q37: I found Trainer 2 to be supportive of my learning.

Answered: 7 Skipped: 3

