



WATAUGA COMPASSIONATE
COMMUNITY INITIATIVE

MAY NEWSLETTER

What's Strong in You?

Learn more about WCCI, visit our website

www.wataugacci.org

Member Spotlight

CRYSTAL KELLY

CRYSTAL RECEIVED A MASTERS OF SOCIAL WORK FROM APPALACHIAN STATE UNIVERSITY AND A POST GRADUATE CERTIFICATE IN MATERNAL AND CHILD HEALTH LEADERSHIP FROM THE UNC GILLINGS SCHOOL OF PUBLIC HEALTH. SHE HAS WORKED IN THE PUBLIC AND NONPROFIT SECTORS IN THE HIGH COUNTRY FOR THE PAST 17+ YEARS AS A SOCIAL WORKER, ADVOCATE, ADMINISTRATOR, AND CLINICAL THERAPIST. SHE IS ALSO A DOULA AND HAS TAUGHT CHILDBIRTH AND NEWBORN BEHAVIOR CLASSES FOR NEW PARENTS. CRYSTAL JOINED THE CHILDREN'S COUNCIL IN 2009 AND ESTABLISHED THE TEEN PARENTING PROGRAM WITH A GRANT FROM THE NORTH CAROLINA DEPARTMENT OF PUBLIC INSTRUCTION. CRYSTAL SERVED AS EXECUTIVE DIRECTOR OF THE CHILDREN'S COUNCIL FROM 2012-2018. SHE IS A GRADUATE FACULTY MEMBER IN THE SOCIAL WORK DEPARTMENT AT APPALACHIAN STATE UNIVERSITY. SHE WAS RECENTLY SELECTED AS A PRITZKER FELLOW FOR THE NATIONAL COLLABORATIVE FOR INFANTS AND TODDLERS WITH A SPECIFIC FOCUS OF STRENGTHENING LOCAL INVESTMENTS FOR THE PRENATAL TO THREE POPULATION IN WATAUGA COUNTY.



Resiliency Skill

CHAIR PULLS & WALL PUSHES

TO RESET YOUR NERVOUS SYSTEM IN 30 SECONDS:

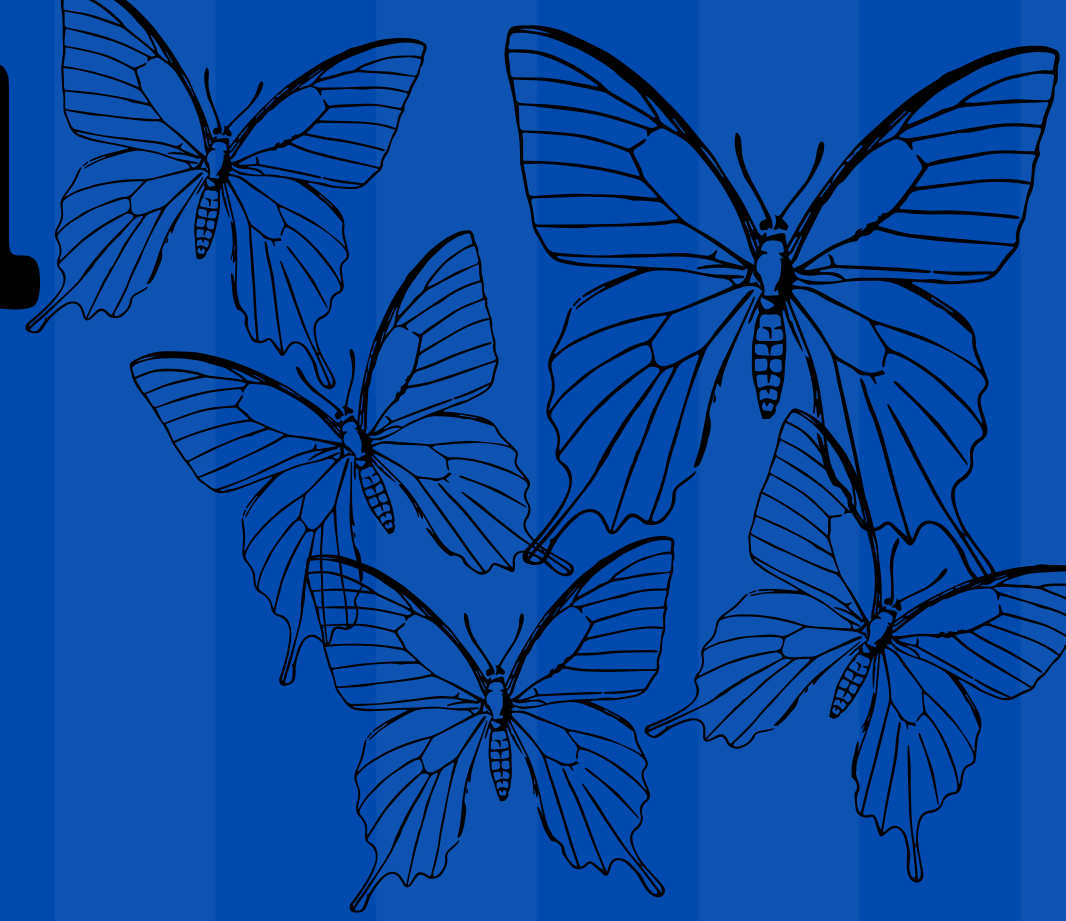
FIND A WAY TO POSITION SO YOU ARE ABLE TO TENSE AND HOLD YOUR LARGE MUSCLES ISOMETRICALLY FOR 30 SECONDS. SOME SUGGESTIONS ARE:

- PUSH YOUR BACK AGAINST A WALL, FACE A WALL AND PUSH AGAINST THE WALL WITH YOUR HANDS, BRACING YOUR LEGS
- SIT ON A CHAIR AND GRIP THE BOTTOM OF IT WITH YOUR HANDS.

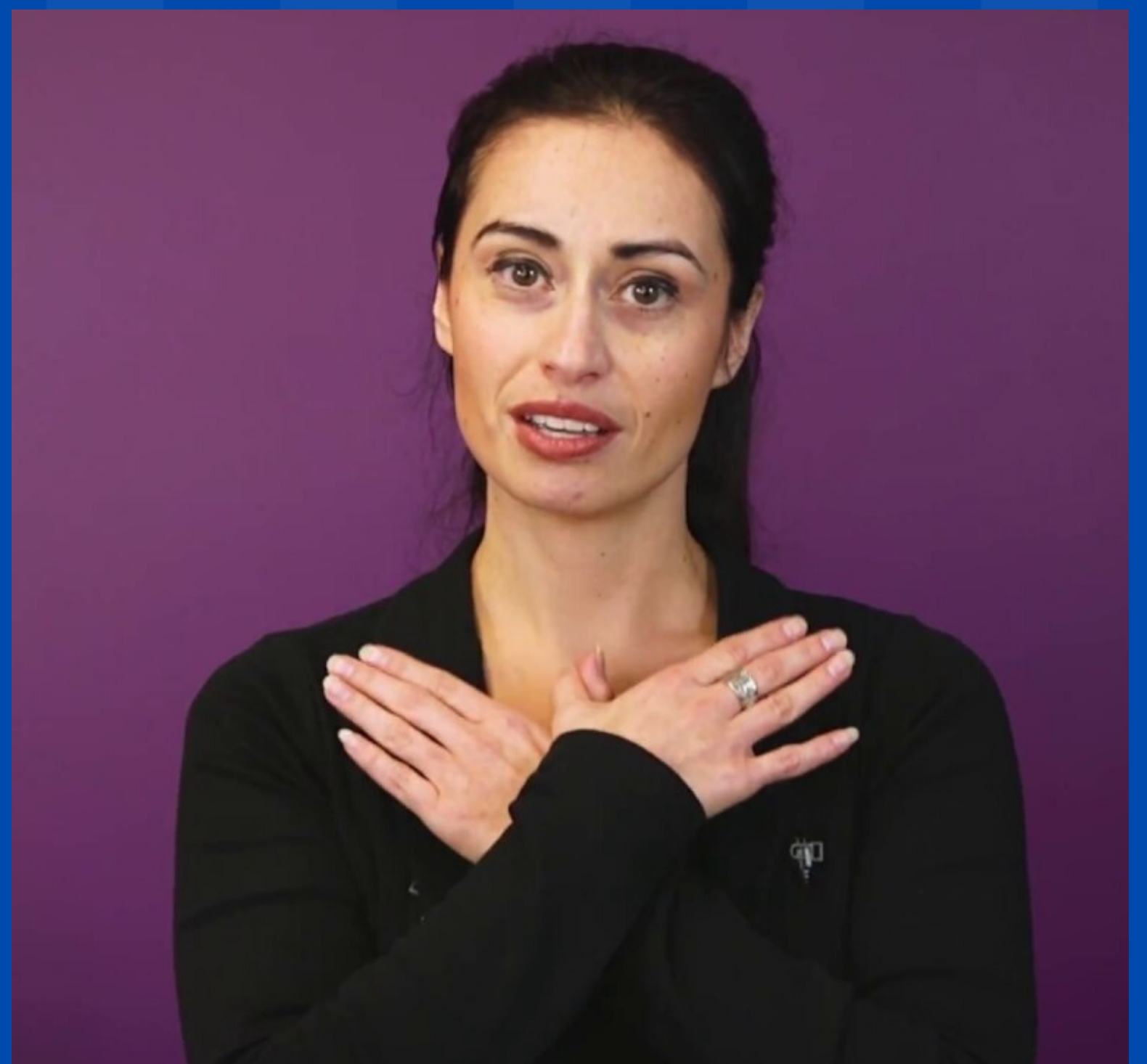
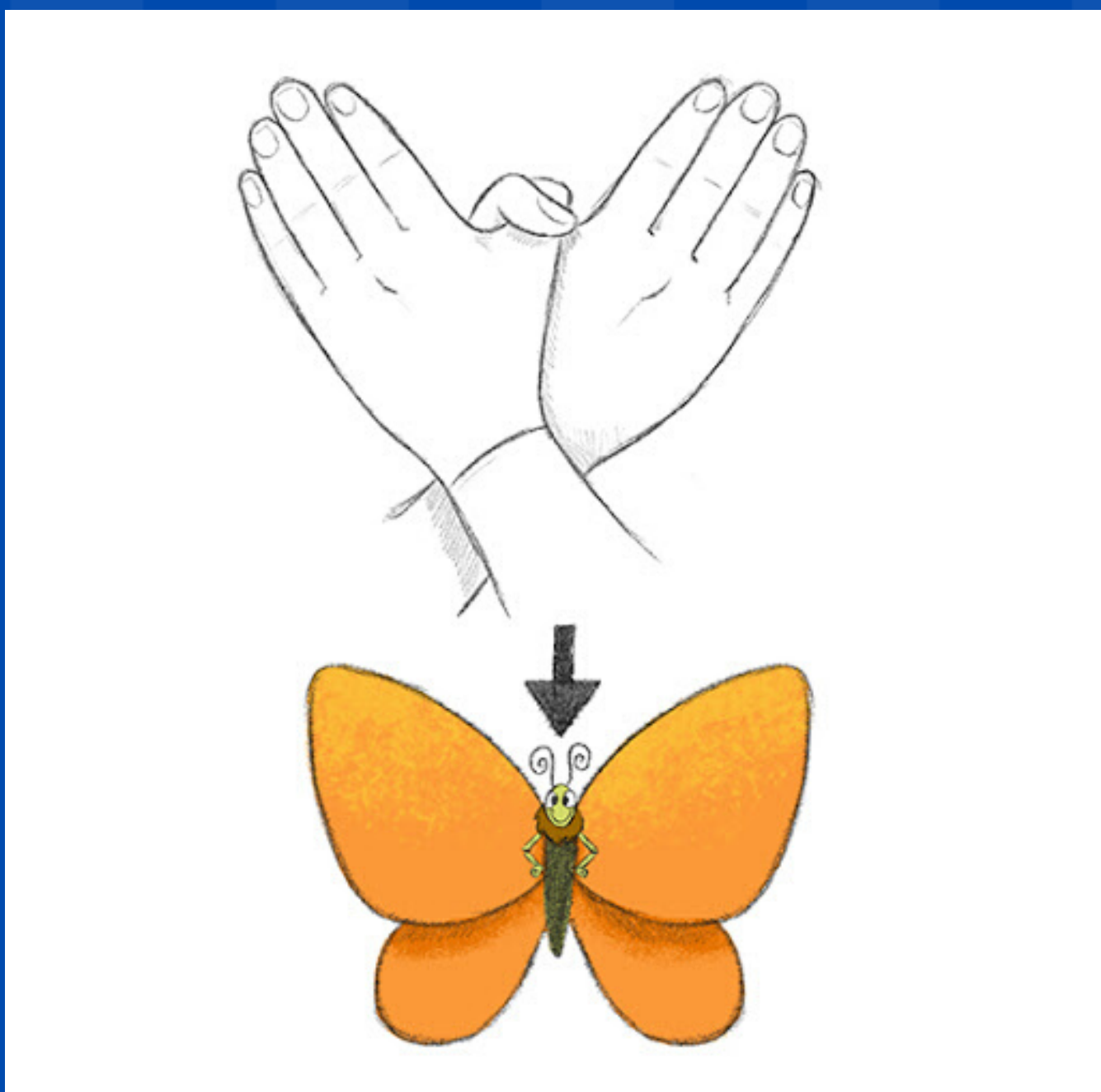
SET A STOPWATCH FOR 33 SECONDS (THE ADDITIONAL 3 SEC GIVES YOU TIME TO ASSUME YOUR POSITION), POSITION YOUR BODY AND EXERT AS MUCH ENERGY INTO YOUR LARGE MUSCLES AS YOU CAN AND HOLD IT FOR 30 SECONDS. YOU MAY FIND YOURSELF WANTING TO RELEASE BEFORE THEN, BUT HANG INT THERE FOR THE FULL 30 TO GIVE YOUR BODY ENOUGH TIME TO RESET. TRY TO TIGHTEN AND SUSTAIN AS MANY OF YOUR LARGE MUSCLES AS YOU CAN, YOUR LIMBS, ABS, GLUTS, ETC. WHEN THE TIMER GOES OFF, ALLOW YOUR SELF SOME TIME TO SIMPLY ENJOY RELAXING. AHHHH...!

Resiliency Skill

"BILATERAL STIMULATION" OR "BUTTERFLY TAPPING"



CROSS YOUR ARMS COMFORTABLY OVER YOUR CHEST AND ALLOW THE HANDS TO REST ON EACH OPPOSITE UPPER ARM. BEGIN GENTLY TAPPING, ALTERNATING EACH TAP WITH THE WHOLE HAND, OR USING JUST ONE TO TWO FINGERS. IF TAPPING IS UNCOMFORTABLE, USE GENTLE, ALTERNATE SQUEEZES. USE 4 EXTENDED EXHALES BREATHING IN THE NOSE AND OUT THE MOUTH THROUGH PURSED LIPS TO EXTEND THE EXHALE. CLOSE EYES OR SOFTEN GAZE THEN BREATHE NORMAL FOR 2 MINUTES.



Awareness Committee

2019-2020 ACCOMPLISHMENTS

- THE AWARENESS COMMITTEE CONTINUED OUR FOCUS ON COMMUNITY-WIDE MESSAGING TO BROADEN THE REACH OF WCCI AND EDUCATE THE COMMUNITY ON ACES AND RESILIENCY.
- DEVELOPED A SPEAKER'S BUREAU TO ASSIST OUR WCCI CHAIR WITH LOCAL PRESENTATIONS. POTENTIAL SPEAKERS FROM WITHIN WCCI WERE TRAINED IN A STANDARD PRESENTATION FORMAT, A SCHEDULING PROCESS AND TRACKING FORMS WERE DEVELOPED, AND WCCI MEMBERS WERE ENCOURAGED TO PARTICIPATE IN GENERATING SPEAKING OPPORTUNITIES WITHIN THE COMMUNITY.
- DEVELOPED PROMOTION OF OUR WCCI WEBSITE, EXPANDED OUR SOCIAL MEDIA PRESENCE, PLANNED ENHANCEMENT OF OUR PRESENCE IN LOCAL NEWSPAPERS AND ON LOCAL/REGIONAL RADIO STATIONS, AND BEGAN A REVISION OF OUR DISPLAY BOARD.
- LAUNCHED A MEN'S FOCUS GROUP ON ACES AND RESILIENCY TO OFFER ANOTHER SUPPORTIVE SPACE IN OUR COMMUNITY WHILE ALSO ENCOURAGING MALE INVOLVEMENT IN THE OVERALL WORK OF WCCI.

Data Committee

2019-2020 ACCOMPLISHMENTS

- THE COMMITTEE AGGREGATED ALL OF THE "INDICATORS OF SUCCESS". THE COMMITTEE DEVELOPED A DRAFT LOGIC MODEL WITH THESE INDICATORS TO PROVIDE A FOUNDATION TO HELP GUIDE THE WCCI IN ITS OUTPUTS, SHORT TERM OUTCOMES, AND LONG TERM OUTCOMES FOR FURTHER DISCUSSION AND USE BY THE WCCI.
- IMPLEMENTED ITS SECOND YEAR OF THE WCCI STUDY WHICH INCLUDED ADMINISTERING THE ACES QUESTIONNAIRE, THE BRIEF RESILIENCE SCALE (BRS) AND THE BRIEF THRIVING SCALE (BTS) TO NEW INTERESTED WCCI MEMBERS, AND THE BRS, BTS, AND A QUALITATIVE FOLLOW-UP SURVEY TO INTERESTED WCCI MEMBERS WHO HAVE BEEN PARTICIPATING FOR A YEAR WITH THE WCCI. THE COMMITTEE IS CURRENTLY ANALYZING RESULTS
- PROVIDED SUPPORT FOR THE DESIGN OF INTERVIEW GUIDES, INFORMED CONSENTS, AND RECORDING OF INTERVIEWS WITH NON-TRADITIONAL COMMUNITY PARTNERS, I.E., RESTAURANT STAFF; HAIR STYLISTS, ETC
- PROVIDED GUIDANCE TO MSW STUDENT GROUPS DEVELOPING SOME TARGETED WCCI PRESENTATIONS, CONFERENCE EVALUATION TOOLS, INFORMATION BRIEFS FOR LEGISLATORS & ALTERNATIVE STRUCTURES' FOR SUSTAINABILITY FOR THE WCCI STRUCTURES AND PROGRAM MODELS

Events Committee

2019-2020 ACCOMPLISHMENTS

- THE WCCI EVENTS COMMITTEE PUT ON THE 2019 WCI CONFERENCE WITH THE THEME "WHAT'S STRONG IN YOU?". OVER 580 PEOPLE SPENT THE DAY AT WATAUGA HIGH SCHOOL LEARNING ABOUT TRAUMA AND RESILIENCE. TWO LOCAL GUEST SPEAKERS SHARED WITH US THEIR STORIES, NOT ONLY OF TRAUMA BUT OF SURVIVAL, THRIVING, AND RESILIENCE. IT WAS A REMINDER THAT TRAUMA HAPPENS IN WATAUGA COUNTY BUT SO DOES SUPPORT AND HEALING.
- THE EVENTS COMMITTEE WAS HARD AT WORK PUTTING TOGETHER AN AMAZING CONFERENCE FOR 2020... UNTIL THE WORLD WAS TURNED UPSIDE DOWN BY A PESKY VIRUS! ONCE IT BECAME CLEAR THAT THE MAY 15 CONFERENCE WAS NOT GOING TO BE POSSIBLE, THE EVENTS COMMITTEE BEGAN TO PUT POSTPONEMENT PLANS INTO PLACE. WE HAVE WORKED TO REFUND CONFERENCE REGISTRATIONS WHERE NECESSARY, AND TO TRANSFER PRESENTERS AND OTHER PLANS TO APRIL 24, 2021. BE SURE TO MARK YOUR CALENDAR AND PLAN TO ATTEND NEXT APRIL! BECAUSE SOME CHANGES WILL INDEED BE NECESSARY, WE WILL COMPLETE A NEW REGISTRATION PROCESS NEXT YEAR.
- WE ARE ALSO EXPLORING WAYS TO BE CONNECTED WITH OUR COMMUNITY ON A MORE REGULAR BASIS IN 2020-2021 SO STAY TUNED!

Policy Committee

2019-2020 ACCOMPLISHMENTS

- REVIEWED AND COLLECTED INFORMATION ABOUT HOUSING OPPORTUNITIES AND AREAS FOR IMPROVEMENT IN WATAUGA COUNTY
- BROUGHT TOGETHER MULTIPLE AGENCIES TO DRIVE LOCAL POLICY CHANGE, USING THE NC GUIDELINES ON A FAMILY FORWARD WORKPLACE.
- WORKING ON REVIEWING AND PILOTING POLICY CHANGES WITH: WESTERN YOUTH NETWORK, CHILDREN'S COUNCIL OF WATAUGA, HUNGER AND HEALTH COALITION, APPHEALTHCAREADVANCED THE GOAL OF LOCAL POLICY CHANGE BY SURVEYING LOCAL DECISION MAKERS ABOUT THEIR KNOWLEDGE OF ACES AND PREVENTION STRATEGIES. NOW WORKING ON A POLICY BRIEF FOR DECISION MAKERS SO THAT THEY KNOW HOW TO HELP
- ADVANCE OUR GOALS AS WELL AS A POLICY MAKER SEMINAR IN THE FALL. SOCIAL DETERMINANTS OF HEALTH MAPPING PROJECT WAS COMPLETED
- WORKING ON IMPROVING OUR DATA COLLECTION RELATED TO THE SOCIAL DETERMINANTS OF HEALTH

Prevention Committee

2019-2020 ACCOMPLISHMENTS

- WE ARE PARTICULARLY EXCITED ABOUT A PROJECT RELATED TO THE GOAL “TO EMPOWER COMMUNITY MEMBERS TO PROVIDE RESOURCES AND SHATTER STIGMA.”
- IN SEPTEMBER 2019, IDEAS DEVELOPED AROUND ENGAGING NONTRADITIONAL COMMUNITY PARTNERS (SUCH AS RESTAURANTS, HAIR SALONS, SCOUT LEADERS, MASSAGE THERAPISTS, ETC.), NOT JUST THOSE IN TRADITIONAL SOCIAL SERVICE/HELPING PROFESSIONS. THE SUBCOMMITTEE MEMBERS DECIDED THAT THEY WERE INTERESTED IN INTERVIEWING NONTRADITIONAL PARTNERS ABOUT EXPERIENCES RELATED TO TRAUMA AND ADVERSITY, PARTICULARLY IN THE CONTEXT OF THE PARTNERS’ ROLE OR JOB POSITION.
- RECENTLY, WE WERE ABLE TO COLLABORATE WITH COLLEAGUES FROM APPALACHIAN STATE UNIVERSITY TO FINALIZE A PLAN FOR CONDUCTING INTERVIEWS IN A WAY THAT WOULD ALLOW US TO GATHER DATA ON COMMUNITY NEEDS. THIS WORK WILL GUIDE US ON HOW TO EMPOWER COMMUNITY MEMBERS TO RESPOND TO INDIVIDUALS AFFECTED BY TRAUMA OR ADVERSITY. SUBCOMMITTEE MEMBERS WILL BEGIN INTERVIEWS WITH NONTRADITIONAL COMMUNITY PARTNERS IN MARCH 2020. WE ANTICIPATE THAT THIS PROJECT WILL MAKE POSITIVE CHANGES IN OUR COMMUNITY AND ARE EXCITED TO SEE WHERE IT TAKES US!