

# FLINT RECAST



## Closing Report

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# DEFINING RESILIENCE

Resiliency in Communities After Stress and Trauma (ReCAST) is a project funded by the U.S. Department of Health & Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA). As noted by SAMHSA in their Concept of Trauma and Guidance for a Trauma-Informed Approach document, "Trauma is a widespread, harmful and costly public health problem. It occurs as a result of violence, abuse, neglect, loss, disaster, war, and other emotionally harmful experiences." What we know is that unaddressed trauma can significantly increase the risk of mental and physical health concerns.



## RE·SIL·IENCE

noun

the capacity to recover quickly from difficulties; toughness



The American Psychological Association (APA) defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress." As studies have shown, resilience develops over time and is the culmination of multiple internal and external factors. These factors may be individual level, as a sense of control over one's life; a feeling of self-worth; or a sense of social justice. Some factors may be family or group level, like trusting relationships or appropriate parental involvement. Lastly, a few factors may be community level, like developing a social network of peers or a safe environment.

In most cases, resilience is cultivated via a combination of factors within these three levels, which allow us to persevere, overcome, and continue in the face of adversity, challenge, or trauma. Essentially, resilient people are more likely to "bounce back" from stressful or traumatic situations. Additionally, resilient people demonstrate optimism by opting to see lessons within failure. It's with this premise in mind that the ReCAST program was developed by SAMHSA.

# FLINT RECAST

The Flint ReCAST program is intended to assist high-risk youth and families in the city of Flint impacted by the Flint Water Emergency (FWE). Flint ReCAST seeks to promote resilience and equity through the implementation of evidence-based violence prevention and community youth engagement programs, as well as via linkages to trauma-informed behavioral health services. Flint ReCAST envisions the greater Flint community working together in ways that lead to improved behavioral health, empowered community residents, reductions in trauma, and sustained community change.

Flint ReCAST is a program of the City of Flint and the Greater Flint Health Coalition serves as the facilitation partner. The program functions with the help of community partners who provide services aimed at mental health promotion, the integration of trauma-informed practices, and youth engagement.



## FIVE GOALS OF FLINT RECAST:

- Build on strong local programs and partnerships to support at-risk youth and families in developing resilience, reducing violence, and developing a vibrant community.
- Use trauma-informed evidence-based programming to mitigate potential behavioral health impacts of the FWE on Flint youth and their families.
- Integrate evidence-based violence prevention programming to enhance ongoing community organization-led activities to encourage youth at high risk for developing traumatic stress symptomatology toward empowerment and achievement pipelines rather than the school to prison pipelines.
- Create a trauma-informed first responder community by providing trauma training to local police, first responders, and correction officers.
- Increase capacity for youth and families in the Flint community to support skill-building and career opportunities to implement evidence-based programs.

# RESILIENCE

## TRAUMA-INFORMED PRACTICES

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Trauma-informed practices were developed to help systems become agents in resolving, not exacerbating, the impact of trauma on individuals. The framework for these approaches has become a working concept in both clinical and non-clinical settings in an effort to support the connection between mental health and traumatic stress. Sectors like the juvenile justice system, primary care practices, educational institutions, and others are all seeking ways to recognize and adhere to the use of trauma-informed practices.

Though there are many different definitions of trauma-informed practices, SAMHSA has produced a Concept of Trauma and Guidance for a Trauma-Informed Approach as part of their Trauma and Justice Strategic Initiative and published a technical package of the same title in 2014.

Flint Recast adheres to SAMHSA's six principles that guide a trauma-informed approach by:

- Providing an emotionally and physically safe, welcoming environment
- Adequately preparing to serve the community in a way that is sensitive to each individual's needs
- Requiring that consent be provided before any level of participation
- Communicating with participants and project staff to effectively collaborate on outcomes that are representative of our community
- Empowering participants by providing opportunities to start, stop, or continue participation by providing participants with a voice in how their experiences will be shared
- Respecting the diversity of participants and project staff in all forms

More information on SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach can be found by visiting [https://ncsacw.samhsa.gov/userfiles/files/SAMHSA\\_Trauma.pdf](https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf)



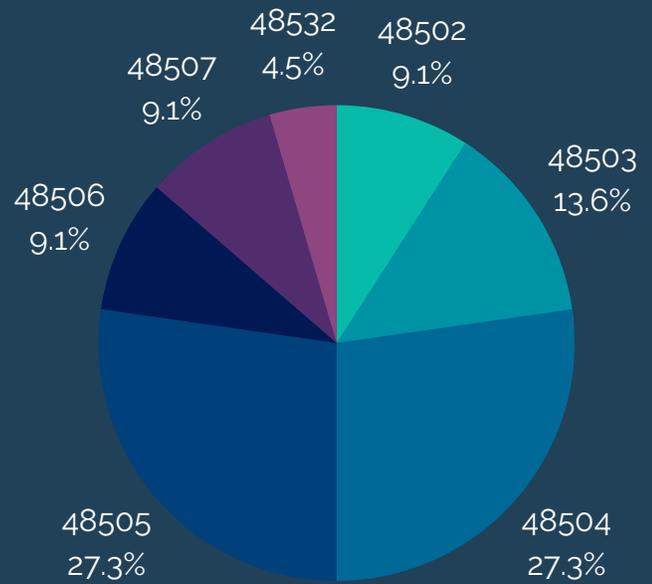
# FUNDED PROJECTS

Flint ReCAST awarded mini-grants and supplemental funding grants to various organizations for the expressed purpose of supporting opportunities for collaboration, formalizing trauma-informed practices and policies, and developing a sustainability plan for using trauma-informed practices to support the Flint community.

## MINI-GRANT PROGRAM AREAS

Each recipient worked towards one of three goal areas:

- RFP Goal 1: Support at-risk youth and families to develop resiliency by implementing community programs that provide youth with training and skills for psychological recovery and support.
- RFP Goal 2: Mitigate behavioral health impacts of the Flint Water Emergency via programs providing professional, trauma-informed training and mentoring to equip area clinicians to deliver intensive, short-term, trauma-focused treatment through individual and/or group therapy for Flint-area youth and families.
- RFP Goal 3: Implement evidence-based programs to support skill-building and career opportunities for youth and families with a focus on increasing access to community-based artistic and cultural resilience events and activities (e.g. art, music, theatre, dance, photography) for Flint-area youth and families, in collaboration with local community-based organizations, to advance **health and well-being**.



PERCENTAGE OF PROJECTS FUNDED TO SERVE EACH ZIP CODE

**1,724**

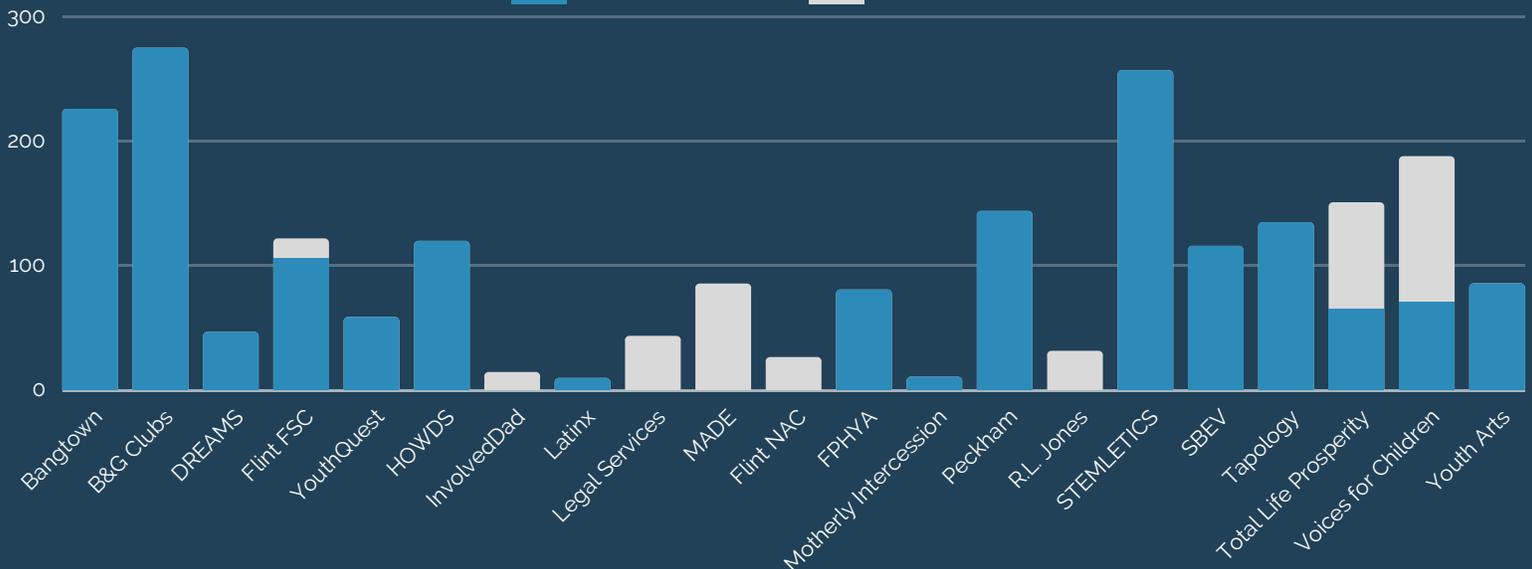
YOUTH SERVED

**295**

ADULTS SERVED

## FUNDED PROJECT REACH

■ Youth Engaged ■ Adults Engaged



# RESILIENCY

## REDUCING STIGMA

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One of the biggest barriers to mental health promotion is stigma. With this in mind, Flint ReCAST, alongside our community partners, developed and provided opportunities throughout the year to break the stigma associated with mental health and create conversations about mental health. Some of those activities included:

- During the month of May, activities took place throughout the community in celebration of Mental Health Awareness Month, which raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.
- Throughout the month of July, activities took place for Black Indigenous and People of Color (BIPOC) Mental Health Month. BIPOC Mental Health Month intends to raise awareness of trauma and its impact on the physical, emotional, and mental well-being of children, families, and communities. Intersectionality is key towards understanding the impact of trauma experienced by the BIPOC community.
- Leading youth workshops regarding managing big emotions and how to create self-care plans.
- Creating youth activity sessions where mindfulness jars and stress balls were made.
- A "Grow Positive Thoughts" senior activity taught mindfulness to senior citizens via gardening.

## DEFINING SUCCESS

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As a result of Flint ReCAST efforts consistent with the goals of the grant:

- 100% of Flint Police Department participated in Mental Health First Aid presentations and have been sufficiently trained.
- Increased the number of trauma-informed first responders in the community through a mindfulness-based resiliency training program built and established by a mini-grant that provided services to 50 first responders.
- 20 neighborhood groups received capacity support for Crime Watch intervention tools.
- A Monthly Coffee & Conversation: Behavioral Health Family Support program for parents in response to added stress from COVID-19 was created.
- Over 5,000 residents were engaged in Mental Health Awareness Month and BIPOC (Black, Indigenous, and People of Color) Mental Health Month with activities designed to raise awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.