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|  | *Crater Health District*  ***News Release*** |
| 109 Governor Street, Richmond, VA 23219 | |

# FOR IMMEDIATE RELEASE May 1, 2020

# Media Contact: Tara Rose, [Tara.Rose@vdh.virginia.gov](mailto:Tara.Rose@vdh.virginia.gov)

***A collaborative program with the Southside Trauma Informed Community Network***

**Join Crater Health District in Celebrating Resilience Week in Virginia with a COVID-19 Community Conversation and Communitywide Wellness Check-In**

(Petersburg, Virginia)- The Crater Health District (CHD) is excited to announce it is participating in Resilience Week in Virginia. Southside Trauma Informed Community Network (STICN) along with more than two dozen trauma informed community networks (TICNs) across Virginia help people learn about adverse childhood experiences, or ACEs. These adversities affect children and may include •**Emotional Abuse** •**Physical Abuse** •**Sexual Abuse** •**Emotional Neglect** •**Physical Neglect** •**Caregiver Divorce or Separation** •**Domestic Violence** •**Substance Abuse** •**Mental Health Challenge/Diagnosis and** •**Family Member Incarceration.** ACEs can cause trauma throughout a person’s life. Trauma is an event. It is something that happened to a person (or people) causing them to respond a certain way and perhaps even develop certain habits that could affect their future health.

“We are in a pandemic which many people may view as a traumatic time in our history. Some would say that COVID-19 and its effects will be long lasting and may cause a different type of adversity for our children and adults,” says Dr. Alton Hart, Jr. Director of the Crater Health District. “We must respond to the needs of people and look beyond the way they behave sometimes when under stress,” says Brian C. Little, Sr., Chair of the Southside Trauma Informed Community Network (STICN). He states that seeing people and letting them know they matter helps them feel acknowledged and that someone is paying attention to their concerns. “I see you and you matter,” he further states is a way of bringing equality to a conversation and helping people begin to feel resilient.

Join us in celebrating Resilience Week in Virginia as our Southside Trauma Informed Community Network hosts the following events.

**Tuesday, May 5 at 10 a.m.**

**COVID-19 Community Conversation**

Featuring Petersburg Superintendent, Dr. Pitre-Martin, Petersburg Social Services Director Norris Stevenson, Kateland Woodcock with Central Virginia Legal Aid and other City of Petersburg Officials.  Theresa Caldwell, leader of the Petersburg Wellness Consortium, and Dr. Alton Hart, Jr., Director of the Crater Health District will moderate the conversation.  The public can listen and watch on Southside TICN's Facebook Page.  We welcome questions from the community throughout the call.

**Thursday, May 7 at 10 a.m.**

**Contagious Calmness: Finding Balance During COVID-19**

Join Amanda Lynch, MA, RYT-200 from Greater Richmond Stop Child Abuse Now (SCAN), for a wellness chat and check-in. There will also be relaxing meditation to calm the body and mind and focus on our breathing. During this time, members of the community will be able to share in this healing/cleansing exercise with our trauma-informed leader.  This is a very gentle class and requires no standing. This session is open to everyone and we encourage families to join in.

For More Information about Resilience Week, log onto [www.craterhd.net](http://www.craterhd.net/), or Facebook through Southside TICN.

**To join either event, log onto the Zoom web address, or dial into the event**

Join Zoom Events at 10am

<https://childsavers.zoom.us/j/97508664521?pwd=Ly9kSkRNZlNTb09IUmRpcnFnN0dNdz09>

Meeting ID: 975 0866 4521

Password: 185852

One tap mobile

+13126266799,,97508664521# US (Chicago)

+16465588656,,97508664521# US (New York)

Dial by your location

        +1 312 626 6799 US (Chicago)

        +1 646 558 8656 US (New York)

        +1 301 715 8592 US (Germantown)

        +1 346 248 7799 US (Houston)

        +1 669 900 9128 US (San Jose)

        +1 253 215 8782 US (Tacoma)

Meeting ID: 975 0866 4521

* **All participants must identify themselves as needed.**

**Coronavirus note-**

The Crater Health District has activated coronavirus call center, staffed Monday through Friday from 9:30 a.m. – 5 p.m. to address questions from residents. Community members may call the Crater Call Center at 804-862-8989 or 877-ASK-VDH3, which is available 24 hours a day, 7 days a week.

For more information on COVID-19, please visit the following websites:  [www.vdh.virginia.gov/coronavirus](http://www.vdh.virginia.gov/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

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