



**RESOURCES FOR RESILIENCE**

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**ANNUAL  
REPORT**

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**2022**

# **Resources FOR Resilience**

13½ Eagle Street, Suite K | Asheville, NC 28801  
[www.resourcesforresilience.com](http://www.resourcesforresilience.com)

Find us on    

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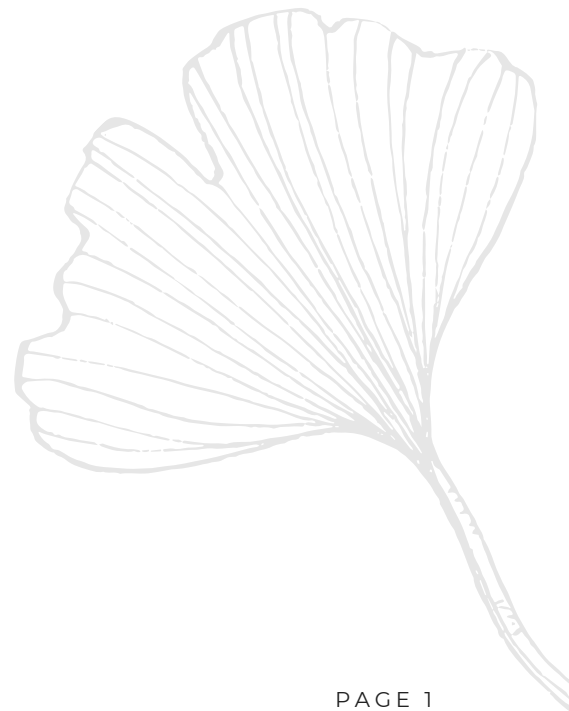
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## FROM THE EXECUTIVE DIRECTOR

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As Resources for Resilience™ continues to grow and evolve, we are excited to announce the upcoming launch of several innovative training programs. These new offerings and curriculum updates will help us extend our reach to include North Carolina healthcare workers, youth, and Spanish-speaking professionals. Our team has also been hard at work this year on developing a Reconnect for Resilience™ facilitator manual for Resiliency Educators. This tool reflects our commitment to both quality content and health literacy and is designed to ensure that our trainers have the tools that they need to deliver our programs with confidence and fidelity.

In addition to these curricula updates, we are proud of the many grant-funded initiatives and contracted programs that we completed in 2022. Our strategic partnerships with like-minded organizations have been instrumental in expanding our reach and impact across the state, enabling us to reach almost 2,000 North Carolina residents this year.

Looking ahead, we are committed to furthering our mission of promoting health and resilience through community education and outreach. We are excited about the opportunities for expansion that lie ahead and are grateful to have you by our side as we continue on this journey.

Thank you for your ongoing support as we work together to build healthier and more resilient communities for all.

Yours in connection,



**ANN DUPRE ROGERS**  
EXECUTIVE DIRECTOR

# ABOUT US

## **About Resources for Resilience™**

At Resources for Resilience™ (RFR), we believe that every person can deepen their resilience. That is why we are sharing practical tools and research-based resources to teach people of all ages ways to manage their stress and find health, healing, compassion, and connection – even in difficult times. 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.





Across our district, we have seen an increase in emotional stress with our staff and students over the past few years. Working with Resources for Resilience™ and providing the Reconnect training has provided our staff with the tools they need to regulate their own selves and be able to better support students.

*Jeannie Kerr*

Director of Project AWARE, Nash County Public Schools

## 2022 AT A GLANCE

### **Key Programs and Partnerships**

*Circle of Security® Parenting™*

Buncombe County Health and Human Services

*North Carolina Certificate in Trauma and Resilience*

DHHS Division of Mental Health, Area L AHEC, North Carolina Partnership for Children, & Community Organizing for Racial Equity

*Reconnect for Resilience™ Trainings*

ABCCM & Veterans Services of the Carolinas

Blue Ridge Partnership for Children & Raising Resilience WNC

Charlotte AHEC & Charlotte ReCAST

Vaya Health Juvenile Justice Behavioral Health Program

*Reconnect for Resilience™ Pilot for First Responders*

North Carolina Department of Health and Human Services & Eastpointe

*Reconnect for Resilience™ Orientations*

North Carolina Division of Child Development and Early Education

*Resiliency Ambassadors for Youth Pilot Program*

Franklin School of Innovation

*Resiliency Champions and Implementation Coaching*

Carteret County, North Carolina

Cherokee Choices

Charlotte-Mecklenburg Schools

Jackson County Schools

*Resources for Resilience™ Listening Circles*

SPARC Foundation

1,989

Community  
members  
reached

33

Active  
community  
partnerships

186

Total  
events  
completed

2

New  
programs  
launched

**73%** of NC counties reached

We continue to expand our reach as we work to teach people across the state new ways to build their resilience and manage stress.

Since our founding, we have led Reconnect for Resilience™ trainings in 73 of the 100 NC counties.

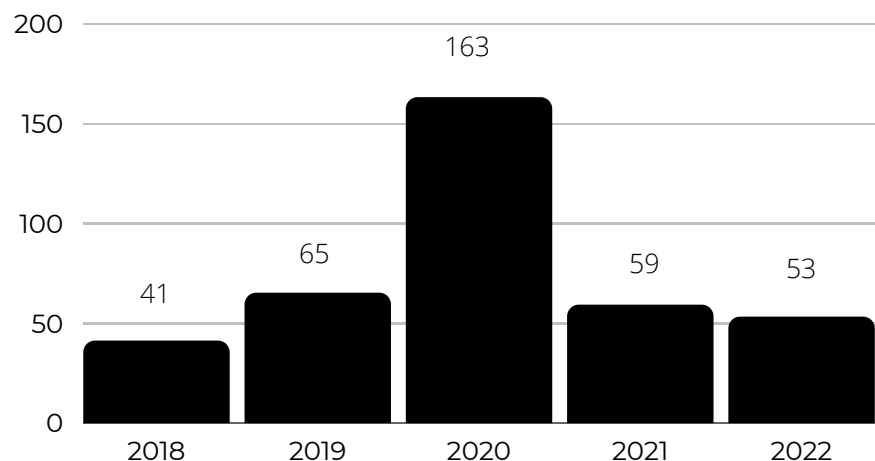
**Resources for Resilience™**  
North Carolina County Map



## RECONNECT FOR RESILIENCE™ TRAININGS BY YEAR

FIGURE 1.

Number of Reconnect for Resilience™ trainings each year, beginning in 2018. To date, RFR has reached more than 9,250 community members with our curriculum..



# FINANCIAL HEALTH

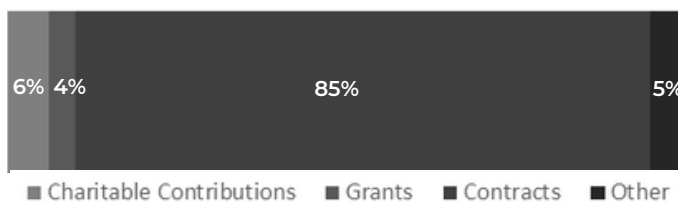


RFR experienced continued growth in 2022, requiring the further expansion of our operating budget and the use of reserve funds to sustain our work. Our efforts were also supported by the generous contributions of our donors and by our community partners whose investment in this work enabled us to bring our resiliency-building initiatives to their communities.

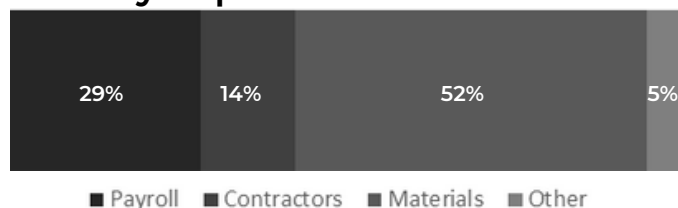
**96%**  
**OF EXPENSES GO DIRECTLY TO OUR  
COMMUNITY EDUCATION PROGRAMS**

As we look ahead to 2023, we are projected to continue along this growth trajectory. Recognizing that such growth and the upholding of our mission will require an investment of both human and financial resources, we are working with a team of expansion planning professionals at the Raben Group to develop new partnerships and nurture our existing relationships to ensure that we can continue to give back to the community in meaningful ways.

## Primary Income Sources



## Primary Expenses



## GIVING BACK

Thanks to the generous support of our donors and notable contributors, RFR was once again able to give back to the community in meaningful ways. As a direct result of their giving, we provided the following trainings and other supports at no cost to the community or to program recipients.

- Presented seven self-care and resiliency tools workshops to roughly 150 North Carolina law enforcement officers and first responders in the western region through the Crisis Intervention Team (CIT) program.
- Facilitated eight Resilient Connections groups for past participants to connect with our team, ask questions, practice, and share ideas for using the resiliency tools at home and at work.
- Provided one Youth Stress Management Workshop at the Stephens Lee Center for 15 Asheville young people.
- Offered 13 full equity assistance seats to help eliminate barriers to participation in our community Reconnect trainings.



# NEXT STEPS FOR 2023



01

## **Reconnect for Healthcare Professionals**

In partnership with NC DHHS, RFR piloted a series of Reconnect trainings for NC first responders in 2022. Recognizing the unique training needs of these and other frontline healthcare workers, we plan to develop a module version of the Reconnect curriculum to better serve these groups.



02

## **Reconnect for the Spanish-speaking Community**

Having translated the Reconnect curriculum with support from the Cenzontle Language Justice Cooperative, we look forward to expanding our outreach to the Spanish-speaking community in 2023, including the development of a Spanish-language iteration of our new healthcare training modules.



03

## **Resiliency Ambassadors for Youth Program**

The Resiliency Ambassadors for Youth, or R.A.Y., program helps teens tap into their resilience and gives them tools to support their peers during hard times. After the successful launch of our 2022 pilot, we plan to expand and test this new program in three additional school districts in the coming year.



04

## **Resiliency Educator Facilitator Manual**

RFR is committed to the professional development of our Resiliency Educators, as well as to quality content and health literacy. With this in mind, we are developing an in-depth facilitator manual to better support our trainers as they share the Reconnect curriculum with others.

# Thank you for your ongoing support of our programs.

## ACKNOWLEDGEMENTS

### Grants and Major Gifts

*Buncombe County Strategic Partnership Grant*

*Montreat Presbyterian Church (PC-USA)*

*Tzedek Social Justice Fund*

*Vidant Community Grant in partnership with the Town of Ahoskie, NC*

*Special thanks also to our anonymous donors and other contributors*

### Support Services

*Affordable Bookkeeping*

*Cenzontle Language Justice Cooperative*

*Corliss & Solomon*

*McGuire, Wood & Bissette*

*The Moskowitz Firm*

*The Raben Group*

### Founding Members

*Mary Lynn Barrett, Stephanie Citron, Ginger Clough, Katie Roberts,*

*Ann DuPre Rogers, Beth Turner, and Susanne Walker Wilson*

### Senior Trainers

*Mary Lynn Barrett, Stephanie Citron, MC Ellis, Victor Jones,*

*Ann DuPre Rogers, Jenny Vial, and Susanne Walker Wilson*

### Resiliency Educators and Staff

### Board of Directors

*Noreal Armstrong, Beth Fountain, Kerry A. Friedman, Dawa Hitch,*

*Joseph Jamison, Laura Jeffords, Evan Richardson, Aisha Shepherd*

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