

DEVELOPING COMMUNITY LEADERSHIP

By Krystal Grimes

A critical component to the mental health of individuals and communities is the experience of empowerment and control over one's life. To increase the opportunities for individuals to develop resilience, Bastrop County Cares (BCC) has worked diligently to offer a leadership development opportunity, which begins early September. This leadership cohort entitled *Network Weavers* is a model that draws on the natural leadership capacity that exists within all of us. It is a multi-facted approach to networking and moving organizations, communities, and individuals towards change that involves honoring the existing skills and talents of community members.

Through identified connections, *Network Weavers* will be essential in moving towards action planning. You may be asking yourself, why networks instead of tradition leadership approaches?

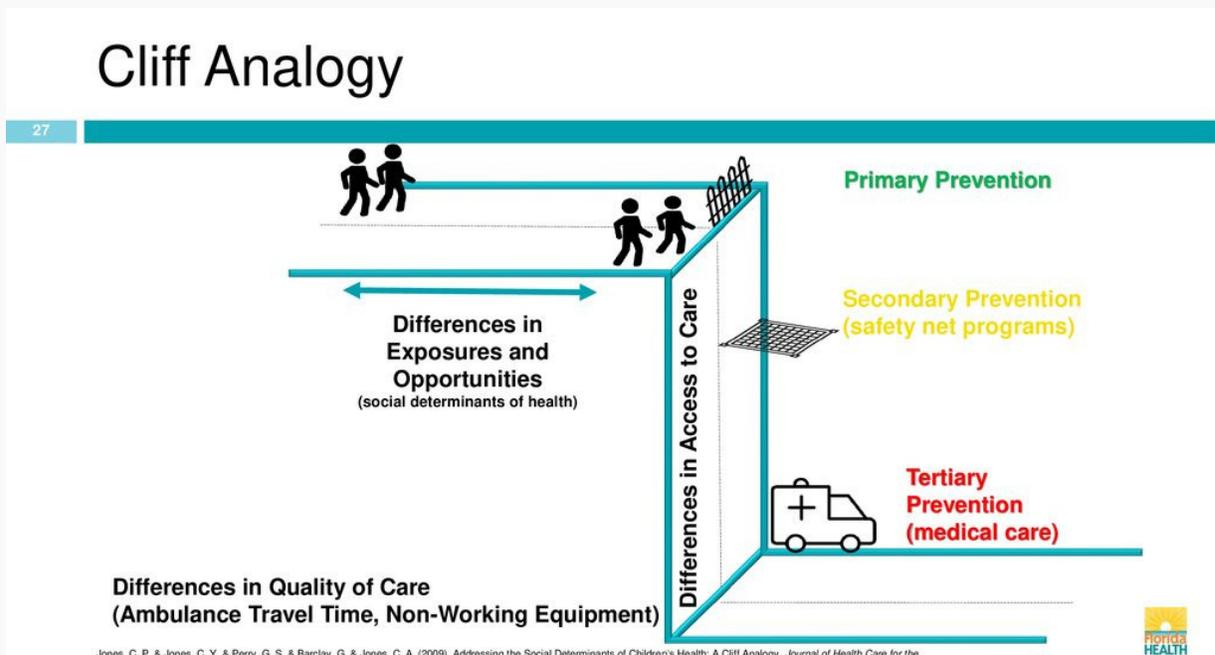
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Networks can assist with engaging excluded communities, addressing complex community issues that require larger support, and more targeted and effective results. This requires acknowledgment of leadership qualities in others and the support of those skills. To quote June Holley from the *Network Weavers*, "It is often not just what we do but how and with whom we act and interact that brings transformation.

A Network Approach brings system change by:

1. Improving the quantity and quality of **RELATIONSHIPS**
2. Mobilizing more **LEADERSHIP**
3. Providing a framework for effective **INTENTIONAL NETWORKS**
4. Generating more actions that lead to **BREAKTHROUGHS**

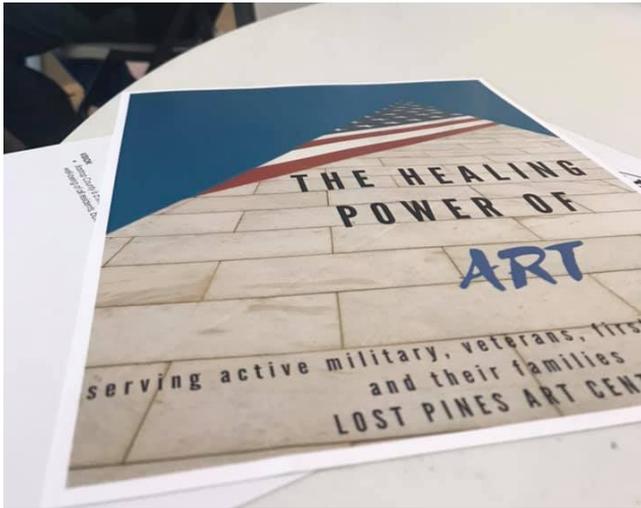


UNDERSTANDING HEALTH EQUITY

By Krystal Grimes

Dr. Camara Jones is a family physician and epidemiologist whose work focuses on the impacts of racism on the health and well-being of the nation. I was first introduced to her work June 2018, through a community impact symposium sponsored by Prevention and Early Intervention.

Guiding the audience through her empirical work, Dr. Jones was able to assist the audience to think diversely about the historical implications of systemic racism and health inequities. In an article by Dr. Tim Beck, he discussed the research that has linked social inequalities to alterations in brain development. The Cliff Analogy which was developed by Dr. Jones upholds the need to incorporate multiple levels of support into communities and systems of society that work to minimize inequities. The picture above depicts a cartoon of possible interventions to deal with the problem of people falling off of the cliff of good health. The first level of service that is typically seen in communities is **Tertiary prevention**. This is emergency response services that are implemented only in times for crisis/critical need. Although helpful, but bypasses opportunities that could have eliminated the situation. **Secondary prevention** represents services like mentor programs, job training, etc. This level is represented by a net or trampoline, but the reality is, many may never reach the top of the cliff again and remain living life just above crisis. Lastly, adding fences to the top of the cliff allows for **primary prevention** and support of all community members. This is done through changing the structure of existing systems through representation, acknowledgment and action. With supports in Bastrop County to provide support at all levels of functioning is critical and a goal of the Resilient Bastrop County Initiative.



MOVING TOWARDS A VISION FOR VETERANS

By Krystal Grimes

During our July meeting, the Bastrop County Veterans Collaborative (BCVC) was presented with a data walk of information relevant to county, state, and nation-wide Veterans. This information was presented with the goal of moving the conversations of the group towards the development of a shared vision for Bastrop County Veterans. Each attendee shared their person vision for the group and this information will be used to prepare a well organized visual for the August BCVC meeting.

The BCVC is moving in a very hopeful direction with connections forming and additional resources for the Bastrop community to come. If you are interested in being a part of this diverse group, please email krystal@bastropcares.org for more information.

DEVELOPING A SHARED UNDERSTANDING

By Krystal Grimes

Foundational to the work of building community resilience is developing a shared understanding around adversities and opportunities in the community- and doing so with respect for the wisdom and experiences of the members of that community. The BCR approach is built on guiding community change through work with community, not upon community. (Source: Building Community Resilience, Milken Institute School of Public Health).

The Resilient Bastrop County Initiative holds community involvement as the cornerstone of change. Through all activities, the goal is to utilize a deep understanding of the needs and resources required to elevate the resilience and well-being of all community members. Topics like ACEs, trauma-informed care, diversity, historical trauma and inequalities are all current focus areas of capacity building for the Resilient Bastrop County Initiative. Do you have any ideas to share that can enhance the direction of our work? Join one of our collaboratives today! Contact information on page 5.



FCC SURVEY RESULTS

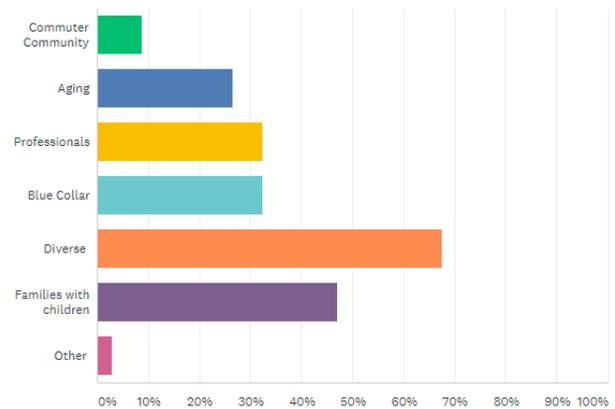
By Krystal Grimes

For 2 months BCC and the Faith Communities collaborative (FCC) produced and disseminated a survey for the county. The purpose of this assessment was to better address the needs of all Bastrop County faith communities. With this information, strategies will be planned and implemented through several working groups of Bastrop County Cares to enhance county-wide partnerships and well-being.

The survey results were presented at the August FCC meeting. This included a summary of the 35 respondents, representative of the Bastrop County faith community. Questions regarding congregation strengths, gaps, support for youth, and more were asked. For a copy of survey results, visit <https://www.surveymonkey.com/r/YG7WWRM>

How would you describe your congregation?

Answered: 34 Skipped: 1



BASTROP ROOTED AND RAISED!

By Taylor Andry

I graduated from Bastrop High School, class of 2012. I attended a wonderful and historical HBCU; Huston Tilloston University where I graduated class of 2016 with a Bachelors in Business Marketing. I have worked in the nonprofit sector for 5 years now; working with organizations such as Skillpoint Alliance, Austin Grief & Loss, Bastrop County Emergency Food Pantry, and now Bastrop County Cares as the Program Coordinator. Working with nonprofits to develop and implement positive sustainable change within the community and in the lives of others has truly become my passion. Aside from my professional life; the foundation or core to me as a person is that I am a devoted mother to the most sweet, lovable, charismatic little boy; a faithful child of God; and overall dedicated to my family and loved ones. I believe Proverbs 3:5-6 are words to live by and that there is no greater purpose then to love and help others.

Thank you for taking time out to read this and I hope to have the opportunity to work with you all in the future!

Be Blessed!

Want to join one of our
Collaborative's....

Email Krystal at
krystal@bastropcares.org

Thanks for reading!



We are now located in the
Bastrop County Annex Courthouse
804 Pecan St.,
Bastrop, TX 78602

RESILIENT BASTROP COUNTY INITIATIVE

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