



COUNTY-WIDE COLLABORATIVE

By Krystal Grimes, MS
Director of Inclusion and Resilience for Bastrop County Cares

Gaining the support of local leadership is a clear message of a community's desire for change. It is a vital step towards the awareness and systems-level change that our initiative entails. We are honored to bring our collective work of the Resilient Bastrop County Initiative into the spotlight of the county!

October 15th the Bastrop County Commissioners proclaimed October 27th- November 2nd as Resilient Bastrop County week. This opportunity will be highlighted through the continuous efforts of the Resilience Design Team, Bastrop County Veterans Collaborative, Faith Communities in Collaboration, our youth advocates, and other partners. As we work to transform the environments where people live, learn, work, play, and pray, we also continue to enhance the collaborative practices throughout our community.

Here are some words directly from this highly appreciated and well-deserved proclamation to our county:

whereas, by understanding of the impacts of the social determinants of health as deciding factors in wellness, strength and resilience in all age groups, Resilient Bastrop County is identifying and working with those most susceptible in our society; and

whereas, the Resilient Bastrop County Initiative is in its second year of innovation and inclusion in working with diverse communities to support mental health and the general welfare of our citizens; and

whereas, thorough collaboration, networking and capacity-building with other social support team-members in our County, the Initiative works to strengthen our citizens

Now therefore, the BASTROP COUNTY COMMISSIONERS COURT, does hereby proclaim the week of October 27 through November 2, 2019 RESILIENT BASTROP COUNTY INITIATIVE WEEK in Bastrop County

Please support a more RESILIENT BASTROP COUNTY by using the hastag #resilientbastropcounty on all social media platforms during the designated week of Oct 27-Nov 2nd and beyond. Let's keep this movement going!

PROCLAMATION SUPPORTING THE RESILIENT BASTROP COUNTY INITIATIVE

Whereas, through the day to day challenges of life, coupled with a series of natural disasters, the citizens of Bastrop County have experienced many tests and trials and

RESILIENT YOUTH OF BASTROP COUNTY

*By Priscilla Ruiz, Youth Director
Ascension Catholic Church*

As Bastrop Independent School district continues to strive for excellence, a new Citizens Advisory Task Force has been established which is comprised of a diverse group of 64 community members and stakeholders who reflect the values, needs and desires of the greater community of Bastrop. The CATF is charged with becoming informed about current and future Bastrop ISD needs and goals and to design a bond referendum proposal that supports the District's vision for the future, meets students' needs, reflects good stewardship, and can be supported by the community. Each task force member has agreed to study the most critical needs of the district and make recommendations that align with the board's priority goals with a focus on the following:

- Safety, Security & Discipline
- Academic Achievement
- Facilities Improvement
- Relationships & Broad Based Support

A very strategic schedule has been set forth in eight 3 hour sessions which began October 7, 2019 and will conclude January 13, 2020. Outcomes for the first meeting were to create team alignment and ownership of the CATF work, establish ground rules and a decision-making model, receive clarity on process and group dynamics, review of CATF charter, review of demographics and growth trends for BISD, review public school finance 101, and overview of subsequent meetings. As a member of the CATF, I look forward to reporting what I know will be favorable outcomes for our children as we embark on the second 3 hour session, October 21, 2019, which will include a tour of Mina Elementary and Bastrop High School. The engagement of our students at every age is critical and we must address overcrowding in our schools which include, but are not limited to, aging facilities, aging furnishings, and current academic configurations that not as conducive to new learning standards. I look forward to seeing a happy, healthy, and productive student body. In the interim, I will be supporting this effort and sporting my "I ❤️ BISD" cap around town.

"Together -- through local, collaborative conversations and thoughtful, courageous action...communities create engaging education to ensure our youth thrive as a result of their time in our schools."





MASKS OF RESILIENCE

*By Kathleen Moore, LPC-S
Co-Chair of Bastrop Co. Early Childhood Coalition*

Masks are generally thought of as something to hide the real face of the wearer.

Masks in many cultures are also used to transcend human limitations. The act of wearing the mask can promote healing through receiving the energy, power and feeling of the mask. Our faces often represent our personality, at times appearing tired and stressed as we meet the challenges and struggles of life. The tendency at these times is to withdraw and pull inward and to not engage with others. It is exactly at these times that putting on a mask of appropriate social interaction can serve as a healing act. The mask of having to greet others with a happy face at work or a calm face with children or an interested face with friends can restore our inner soul. The masks of these roles can rejuvenate and change the withdrawn self to a happier, confident and resilient person able and willing to meet the demands of life with restored optimism.

As we celebrate the innate Resilience Throughout our county, here are some ways to decorate your mask as you continue through your journey:

- Wear a feather boa and sunglasses
- Write a gratitude letter, frame or laminate it and deliver it in person
- Resolve not to impress people
- Discover something new. Visit an art Gallery
- Ask questions of people
- Make a resolution to speak kindly of others
- Decorate a workspace
- Tell someone you love them
- Place your hand on your heart
- Dance to music
- Find a spiritual connection and practice it both alone and with others
- Smile at least 3x per day
- Choose and buy nutritious food
- Believe your life has a purpose
- Send an e card to a friend

CONFIDENT,
RESILIENT
AND HAPPY
PEOPLE WEAR
MANY MASKS



BASTROP COUNTY CARES/ RESILIENT BASTROP COUNTY INITIATIVE

BC VETERANS COLLABORATIVE

As a collaborative, we are making strides towards gaining synergy and coordination. The first step is creating a veterans' resource guide specific to Bastrop County and that is underway! We will also enjoy our 1st Veteran Family Bowling night sponsored by our group!!



Bastrop Veteran Family
BOWLING NIGHT

COMMUNITY CAPACITY BUILDING

Our next session of Mental Health First Aid will be November 13th in Smithville. We have the pleasure of hosting Vicky Coffee and Natasha Stewart with The Hogg Foundation and Potter's House!! This is sure to be another fun and vital skills building event for our community.



A RESILIENT BASTROP COUNTY INITIATIVE

MENTAL HEALTH FIRST AID

November 13, 2019

8:30-5:00pm (Must attend full day)

Smithville Recreation Center

106 Gazley St,
Smithville, TX 78957

krystal@bastropcares.org for details

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

Upon successful completion of the MHFA course you will be certified in MHFA and the certification is good for three years.

Email Krystal at krystal@bastropcares.org to join our movement today!
or visit BASTROPCARES.ORG for more information