



Isabel Perez with Connections Individual and Family Services was all smiles at our most recent Mental Health First Aid training organized by the Resilient Bastrop County Initiative.

## WHAT IS RESILIENCE?

By Linda Parker, LPC

Have you ever realized that the more you know, the more you realize you DON'T know?

Resilience is a concept like that. Scholars and researchers are exploring the concept of resilience with great zeal these days. It has many dimensions and applications and can vary in degree across a person's life situations and stages.

For our purposes, let's go with the American Psychological Association's definition.

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

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Bastrop County Cares has embarked on a fascinating endeavor to help our neighbors adapt well, to discover those supports that will provide the needed back up that can make a real difference in lives. Sometimes it's a vision that's needed, someone to say, "It can be different." Sometimes a relationship, professional help, or education is key. Our neighbors are the experts on themselves. Our understanding of resilience can truly grow as we seek to know their challenges and what they see would support their bouncing back. Hmmm. Maybe we can all bounce forward together in the process and experience a new degree of resilience.

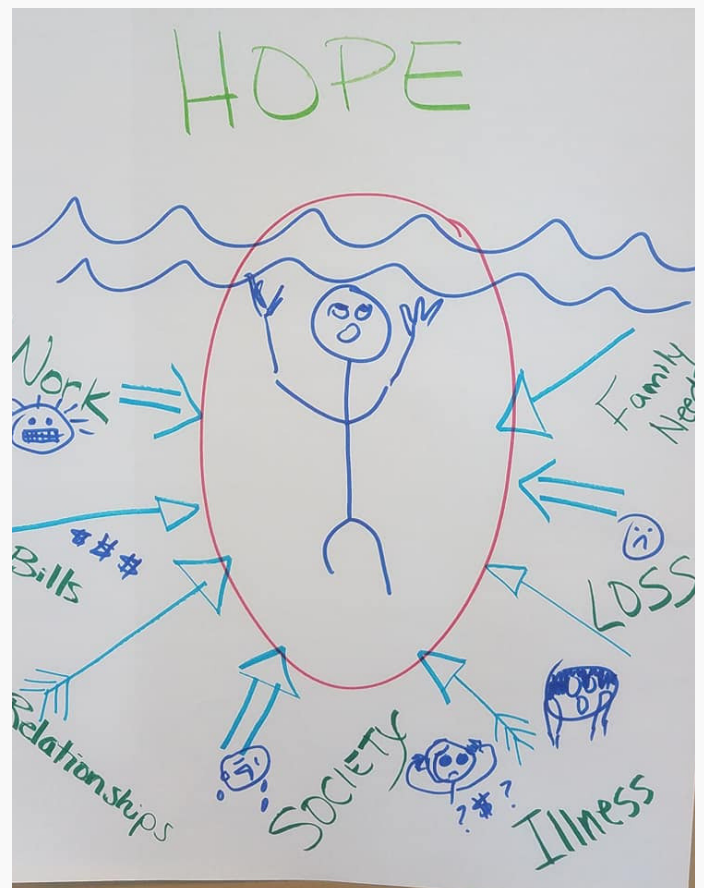


## TRAUMA-INFORMED BASTROP COUNTY

By Krystal Grimes

Through a partnership between the Early Childhood Coalition (ECC) and the Resilience Design Team (RDT), Bastrop County Cares (BCC) will focus many of its future efforts on providing trauma-informed care to the teachers and other caring adults vital in the lives of children.

Bastrop County Cares is on a mission to ensure that our county is the most Trauma-Informed County in Texas. This will require continuous opportunities for capacity building through collaborative approaches. In a recent meeting held by the ECC, group members were walked through a Results-Based Accountability activity aimed at planning activities for the future of children and their families. To learn more about this initiative, please consider joining the ECC and/or RDT. Contact Krystal at [krystal@bastropcares.org](mailto:krystal@bastropcares.org) for more information. . “ There is a growing recognition in Texas and nationwide that students do better in school – both academically and behaviorally – when the adults in a school understand how mental health and trauma is linked to student learning and behavior” (Texans Care for Children, 2019)







## BASTROP CO. VETERANS COLLABORATIVE

*By Krystal Grimes*

Together with the PTSD Foundation of America, Restoration Ranch, Combined Arms, and the Lost Pines Art Center; BCC is working towards creating a more resilient Bastrop Co. for Veterans. Coming this fall, support groups and healing art programs will be offered to veterans and their families. With over 7,300 veterans in the county, the Bastrop County Veterans Collaborative have identified gaps in services that can lead towards greater inclusion and healing.

Currently, the BCVC has representation from multiple organizations including but not limited to, service providers, veterans, active military, and their family members.

BCVC meeting are held on the last Thursday of each month at the Lost Pines Art Center 3-4:30pm.

## LEADERSHIP SERIES: PLEASE JOIN!!!

*By Bastrop County Cares*

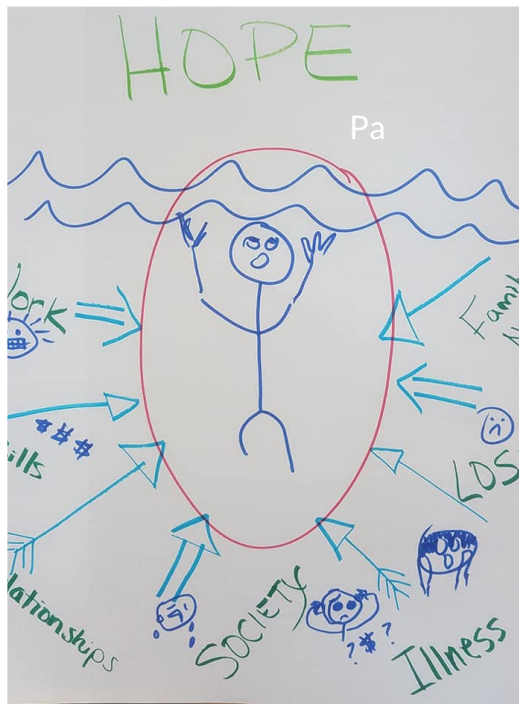
This is a special invitation for each of you to hear about a year long training offered by the St. David's Foundation for community members that are interested in this exceptional opportunity. The training will teach us how to make the change we want to see for our community.

Network Weaving by the Strategy Group has been used in rural communities in many areas around the country and has proven to be a very successful model. The one hour call that is schedule in a variety of times and dates over the summer will allow you to understand the parameters of the commitment and answer questions you may have. You only need to be on one call.

There is an application process and a commitment of time but the cost is free. Your work in your community has been so helpful and this is a opportunity to learn more and connect with others.

Contact Krystal at [Krystal@bastropcares.org](mailto:Krystal@bastropcares.org) for more information.





## Mental Health First Aid

By Krystal Grimes

The Resilient Bastrop County Initiative hosted its second session of Mental Health First Aid training for the county. Instructors Vicky Coffee with the Hogg Foundation along with Natasha Stewart with The Potter's House of Dallas offered style and expertise to an otherwise difficult topic. The 8-hour training day was filled with interactive activities for the group of diverse community members and leaders from the central Texas area.

Just as CPR helps to assist individuals having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

## Faith Communities in Collaboration

By Krystal Grimes

Faith Communities in Collaboration has begun planning to impact resilience from a faith-based perspective. FCC Chair, Maureen Stanek has been working diligently to coordinate capacity building opportunities for her congregation and county. In addition to serving as a board member for the Children's Advocacy Center, Maureen is also a Pastor for Bastrop Christian Outreach Center (BCOC).

BCOC will be hosting a "Recognizing & Reporting Child Abuse" training on Sunday, August 25, 2019 from 4:00 – 5:30 p.m. in the main sanctuary. Jacelyn Perez, and Meagan Webb of the Children's Advocacy Center serving Bastrop, Lee & Fayette Counties will be presenting. This training will provide an understanding on the obligation to report any suspected abuse and proper reporting protocols so that we may better protect the children in our lives. This training is free and open to the public. Childcare will be offered (please pre-register at [https://www.bcocchurch.org/register/?event\\_id=7383](https://www.bcocchurch.org/register/?event_id=7383) if you need childcare). We encourage our community to attend this training to become better informed of this serious issue.

If you have any questions, please contact Maureen Stanek at [mstanek@bcocchurch.org](mailto:mstanek@bcocchurch.org) or 512-321-2273.

We look forward to seeing you.



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

**Email Krystal at  
[krystal@bastropcares.org](mailto: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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**[www.bastropcares.org](http://www.bastropcares.org)**