As I reflect on my first year as the program director of the Thrive healing initiatives at NVCF, I feel so incredibly grateful! Grateful for the opportunity to work with an amazing community of passionate "healers," grateful for the incredible relationships that have formed, grateful for the opportunity to collaborate on impactful healing efforts and grateful to do this all with the Thrive team. It has truly been a blessing and fills my heart! I am honored to be a part of the NVCF organization, inspired by the vision and passion of our community stakeholders and excited for our future endeavors together. Thank you for your continued support of the Thrive team, for your ongoing willingness to dive into the work with us and for your courage to take risks with us to help our community heal.

It has also been a year of continued community crisis and trauma with COVID-19, the repeated wildfires and the devastating suicides. My heart hurts thinking about those who are suffering most. However, our community is resilient and our collective impact is strong! We will continue to provide support, compassion and love. We will continue to be brave and take risks. We will continue to lean in and walk alongside those who are suffering. We will reduce trauma. We will save lives. And, we will do this together!

With gratitude and hope, Danelle

"EVERY YOUNG PERSON NEEDS TO REALIZE HOW MUCH THEY MATTER"

"The strength of any community is demonstrated in its ability to work together to meet its most pressing challenges — to collaborate for the good of the whole. Thrive is that collaboration." — Jovanni Tricerri, vice president, regional recovery and partnerships
After 14 months at Thrive I can safely say I have found a home in which to carry out my heart’s work. From developing online training platforms and summits, to triaging calls for the CARE Team, there is never a lackluster, nor meaningless moment. I love the innovative, fearless approach our team takes to combat the suffering in our community, and I am grateful for the opportunity to work alongside the most amazing group of people! Thank you all for your support and guidance this past year and beyond. This work is so vital to the youth and families in our community, and we could not do it without all of you!

It has been such a gratifying experience to be a part of the Thrive team at NVCF. Every individual on our team has taught me something about what it means to put compassion into action for the good of others. As a student, I am so fortunate to learn from those at Thrive, as well as from our amazing community partners. I am grateful the community I grew up in now has this team advocating on behalf of the youth and families who call it home. I firmly believe these efforts will create a safer, more supportive place for young people to truly thrive -- for many generations to come.
INTRODUCTION

Thrive is North Valley Community Foundation's response to the suffering in our community from decades of trauma compounded by consecutive crises. At Thrive, we have assembled collaborative initiatives of support and resources, so those in need can find the guidance and compassion they deserve, to help those suffering transform pain into growth, heal with resilience and discover what it means to thrive. With collective and compassionate support — working together — Thrive responds to the needs of the community, delivering effective healing initiatives that bring help and hope to those suffering.

"When those who are suffering can easily get the support and compassion they need, our community will heal and Thrive."

SELF-HEALING COMMUNITIES

In collaboration with Dr. Laura Porter, Thrive convened a workgroup to focus on the Self-Healing Communities Model. We identified priority issue areas and a community mobilization framework. It is our hope that "experts" and agency partners will mobilize and respond to each issue area with innovative learning projects. We are excited to provide small grants to support these learning projects and stimulate innovation and collaboration. It is our belief that together, we have the power to Thrive — guiding our efforts by the mission of community healing community.
CRM — Community Resilience Model

The Community Resiliency Model (CRM)® — is designed to help individuals understand the biology of traumatic stress reactions and learn specific skills to return the body, mind and spirit back to balance after experiencing traumatic events. In partnership with Linda Zorn from the Butte College Training Place, 21 professionals from 15 community organizations in Butte and Glenn counties participated in a five-day, 40-hour Community Resiliency Model training program. Butte-Glenn CRM trainers have provided more than 45 workshops reaching 840 community members. In the face of COVID-19, our partners identified a great need to provide support to skilled nursing facility staff who were experiencing patient loss month after month and the overwhelming effects of secondary trauma amidst the COVID-19 pandemic. We pivoted quickly to provide individual and group support in an effort to reduce the resounding impact of that trauma and promote healing, self-care and trauma-informed practice.

The new focus areas of CRM include:
- Underserved/underrepresented geographical areas (e.g., Berry Creek, Magalia)
- Indigenous Peoples and other diverse ethnic groups
- School counselors and teachers — dedicated training and support focused on compassion fatigue, secondary trauma and self-care
- Forest Therapy — a relational practice that brings people deeper connection to the natural environment and supports healing and wellness through immersion in forests and other natural environments.

nvcf.org/thrive-initiatives

SHIELD OF PROTECTION

in partnership with Beau Biden Foundation

Through this partnership, seven local organizations are engaged in the Shield of Protection program (Youth for Change, Boys and Girls Club of the North Valley, Reading Pals, the Axiom, the African-American Family Cultural Center, Butte County Behavioral Health Prevention Services and Valley Oak Children’s Services) an innovative and comprehensive collaboration with schools and youth-serving organizations to help improve existing child protection policies and implement evidence-informed abuse prevention trainings with the foundation’s team of experienced lawyers, educators and retired law enforcement.

As part of the Shield of Protection program, the Beau Biden Foundation provides training in specific areas designed to strengthen child protection and increase employee awareness/safety. Most recently the BBF trained the staff of Butte County Behavioral Health Prevention Services on mandated reporting and grooming. Based on extremely positive staff feedback and experience, we are exploring opportunities to make these trainings more widely available to youth-serving organizations in our area.
30 local community members were selected to complete the three-day, ACE Interface Master Training of Trainers course. They have provided more than 24 hours of training during bimonthly ACE Interface presentations, engaging more than 530 participants in deepening their understanding of ACEs. Customized workshops and trainings will be provided in the coming year.

Butte County has the highest Adverse Childhood Experiences (ACE) scores in the state of California. ACE scores are correlated with higher suicide rates.

Reducing Suffering in the Face of Community Trauma

Outreach and education around trauma, toxic stress and the impacts of early adverse experiences are essential, especially for those most intimately involved in the lives of youth, and work laden with secondary trauma exposure. Thrive recognizes the critical nature of supporting our community in this capacity — not only because of Butte County’s collectively high ACE score, but also in consideration of the unique and immense traumas suffered on a community-wide level.
Thrive Healing Summit

More than 300 people came together for the daylong virtual summit on Oct. 24, 2020. The summit provided an intimate, engaging and inspirational experience for those engaged in direct service to families, parents, caregivers and children to increase knowledge, build skills and receive tools to strengthen their work in our community.

Summit Presentations

- **Aaron Davis**, Keynote "It's All About Experiences & Relationships"
- **Laura Porter** with **Bobby Jones, Norma S. Lacey, & Ge Yang** "Emerging Trends: Child & Family Wellbeing"
- **Dr. Devjani (Juni) Banerjee-Stevens** "Emotional Literacy 101"
- **Dr. Christina Bethell** "We are the Medicine"
- **Samier Mansur** "Thrive Children’s Resilience Initiative"
- **Sandra Azevedo & Matt Reddam** Butte County Office of Education "Holding a Dialogue Space"
- **Lain Hensley** "Virtual Team Mosaic"
- **Patricia Dailey Lewis, Patricia Gioffrey Scott, Claudine Wiant**, The Beau Biden Foundation "Protecting Children in a Virtual Environment"
- **Dr. Christina Bethell** "Parenting as Presence"

"As healers, you create safe places and relationships for youth. That makes you a hero. Never forget that."
CRI — Children's Resilience Initiative Training Series

On May 26, 2020, we launched the CRI. This heart-led, online video series is designed to provide parents, educators and youth-serving organizations with essential tools needed to create healing and supportive environments where even the most vulnerable children can rise and thrive. The series and accompanying discussion guide is designed to help Individuals and groups understand the impact of trauma, how it affects young people and what you can do to support them. Straightforward explanations of the science behind toxic stress and childhood trauma along with practical self-care and child well-being tools will help our community heal one person at a time.

CRI Instructors, Authors and Collaborators

- Dr. Christina Bethell: Child and Adolescent Health Measurement Initiative (CAHMI) Director
- Sheriff Kory L. Honea: Butte County
- Dr. Devjani (Juni) Banerjee-Stevens, PsyD
- Matthew Reddam, LMFT: Butte County Office of Education
- Scott Dinitis, Boys & Girls Club of North Valley
- Dena Kapsalis, Student Services Director: Paradise USD
- Grandmaster Farshad Azad, NVCF Board of Directors, Azad's Martial Arts Center and Azad's International Inc.
- Ada Terry, Children's Bereavement Coordinator: Sutter Health
- Anita Barker, Athletic Director: CSU, Chico
- Wendy Baron, co-founder/chief officer: Social and Emotional Learning (SEL), Consultant and Coach
- Sandra Azevedo, PPS: Butte County Office of Education

"These modules helped me learn to let children know it is OK to have emotions that aren't just 'happy feel good' ones. All emotions are good and they are trying to help you in some way."

— CRI course user
End the Silence — Youth Mental Health/Suicide Prevention Summit

On April 22, 2021, more than 400 young people and 300 adults came together in schools and virtually to participate in the summit. The day was designed in response to the information we learned from the youth focus groups and from our amazing young ambassadors. We had inspiring speakers, live music, mindfulness sessions, incredible video diaries, an interactive virtual mosaic experience as well as World Café style discussions about the most pressing issues facing young people, support and resources they need to thrive, and what they want adults to know.

Summit Presentations
- **Matt Reddam**, Keynote "End the Silence"
- **Mike Smith** "Speak for the Silent, Stand for the Broken"
- **Stan Collins** "Finding Your Voice"
- **Lain Hensley** "Team Mosaic & World Cafe"
- **Chau Yoder** "Mini Mindfulness Sessions"
- **Maggie Steel** "The Moon & the Stars & What is Ours"
- **Aaron Davis** "Embrace the Unforgettable, Ignite the Possibilities"

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"Speak for the Silent. Stand for the Broken."

— Mike Smith, Summit Presenter

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Thrive End the Silence: Media Campaign

Our amazing youth ambassadors came together to help create a script and video campaign to educate their peers, parents and any adult with young people in their life. This campaign is a heartfelt delivery of guidance around what to say, what words to avoid and critical signs to look for when a youth is struggling with self-harm and/or suicidal ideation. Their support conveys a show of unity, validation of emotions and struggles, and urges all those watching to stop the stigma and End the Silence around youth suicide. May we follow their lead and start the conversation today!

End the Silence Youth Video Diaries

Mackenzie

Victor

Naomi

Matt, LMFT

A few of our youth ambassadors, alongside local community healer/youth advocate Matthew Reddam, were courageous enough to share their experience overcoming mental health struggles through a video diary series featured within our End the Silence campaign. Their brave contributions to this initiative are immeasurable, and their stories serve as an example of how we can all relate to these challenging experiences, and we can ALL help to End the Silence around youth suicide. Use the QR code links above to hear their incredible stories!
The CARE Team

3 LEVELS OF ACTIVATION

THREE ACTIVATION LEVELS of suicide response and prevention. Including when a young person is experiencing suicidal ideation, has attempted suicide, or has taken their life by suicide.

9 CARE TEAM COACHES

The CARE Team consists of highly trained, compassionate community healers, in addition to two local clinicians, able to respond quickly to youth and their immediate circles in need of support.

CONNECTION TO SUPPORT

The CARE Team will walk you through the healing process, helping navigate connections with the appropriate resources needed for long-term healing and support.

"One of the most important aspects of the program is that anyone can access the CARE Team. It is free, and we will see any young person who is struggling with suicide." — Jose Sandoval, CARE Team coach

We CARE!

nvcf.org/careteam

Head to our webpage to access supportive resources, information, and to download our CARE Team Toolkit — full of guidance around what to look for, what to say, and other strategies for how to support youth who are struggling with suicidal thoughts and ideation.

This team of compassionate community professionals is able to respond quickly to support youth and their families/support circle, in cases when a young person ...

- is experiencing suicidal ideation
- has attempted suicide
- has taken their life by suicide

THE CARE TEAM CAN BE ACTIVATED BY CALLING OR TEXTING THE ACCESS LINE. A FOLLOW UP WILL OCCUR WITHIN 24-48 HOURS.

Scan here to watch the incredible campaign series we created in partnership with CARE Team coaches and lead clinician, Dr. Sesha Zinn, as well as some of our amazing youth ambassadors!

"We need caring adults who are willing and available to walk alongside us in these difficult situations.” — Thrive Youth Ambassador
End the Silence Youth Mental Health and Suicide Prevention:

30-Day Mental Health A-Game App

We continue to work with the youth ambassadors to inform and guide our work on Youth Mental Health and Suicide Prevention. We have officially developed and launched our 30-Day Mental Health "A-Game" App. This experience was co-created with the help of expert sport psychologists and coaches, author Steven Kotler, Damon Valentino, our local youth ambassadors and the Athlete Committed youth coordinators. This 30-day experience provides an opportunity for high school athletes to engage in small daily doses of outstanding performance psychology, mental health/wellness activities, daily inspiration and gratitude, a team wall of "shout outs and support," motivational videos and daily habits that have the greatest return on investment — all designed to increase the optimal state of "flow," decrease stress/anxiety and promote/sustain wellness. We are currently piloting this initiative at Chico High and Pleasant Valley high schools. Within the first two weeks of launching with the Pleasant Valley varsity football team, 71 players had over 6,150 engagements with the app. We are off to a fantastic start!

School Wellness Centers

We are excited to announce that we are preparing to launch the first high school Campus Wellness Center at Paradise High School. In partnership with the youth ambassadors, Paradise Unified School District and Butte County Office of Education, the wellness space will provide diverse options and opportunities for support and integrate youth voices and perspectives at all levels. These wellness centers would most likely be housed on school campuses using this three-tiered support model.
STRATEGIC PLANNING UPDATE

We concluded the workgroup sessions with Laura Porter focused on the Self-Healing Communities Model, priority issue areas and community mobilization frameworks. Next steps included analyzing data and gathering feedback/consensus on priority issue areas and integrating the community mobilization model. In response to immense community concern and need, we practiced this framework with the first priority issue area (youth mental health and suicide prevention). We are creating opportunities for expanded workgroup engagement in the remaining priority areas. This process has created a strong foundation moving forward by clearly defining our purpose, assessing needs, identifying barriers/obstacles, identifying resources, creating the plan for communication and support and engaging with stakeholders who hold positions of influence in organizations/systems serving youth/families and providing behavioral services in our community.

"THE PATH TO HEALING SHOULDN'T HAVE TO BE THIS HARD"
- Thrive with MC2

As part of this strategic effort, the Thrive team also engaged in a branding process with MC2 to thoughtfully identify communication and outreach messaging which achieves the greatest level of inclusivity, community, and solidarity possible. This messaging has been incorporated into initiative efforts, including our website branding (look/feel, language, etc.) as well as the social, educational and outreach content curated and circulated by Thrive and NVCF.

We simply cannot convey enough gratitude for the ongoing support and contributions of our community partners, and all those working tirelessly to advocate for, and engage impactfully, with youth and families in our community. This year has been a journey and test of resilience for us all. But the Thrive Team remains hopeful, optimistic and eager to continue this work uplifting and supporting the young people, and families of our community. Thank you all for a year of amazing impactful and healing work together!

With blessings and gratitude,
The Thrive Team
Danelle, Erin and Michele