



Clifford W. Beers Guidance Clinic, a 110 year old New Haven mental health institution, in a collaborative partnership with the First Calvary Baptist Church, located at 609 Dixwell Avenue, is proposing to open Connecticut's first trauma-informed community wellness , mental health and education center focused on youth and families, *provisionally* called: "**The Resilience Academy.**" The Resilience Academy is located in the heart of Newhallville, 794 Dixwell Ave in a large school building. It will purchased by bonding funds and other sources by 1/31/2024, will host early childhood services, school readiness, race based mental health programs, after school, and community health and prevention activities. In addition, Rev. Kimber will launch a new all boys' charter school starting with 75 fifth grade students for years one and two. This Academy is located in the center of Dixwell Ave community, with a focus on serving residents of the Newhallville. Ultimately, **The Resilience Academy** will be identified as a community wellness and family programming educational center, operating via a whole-family, trauma-informed approach. All services and programs have been discussed and envisioned with the community living in Newhallville, through focus groups and community meetings.

The American Academy of Pediatrics and the nation's children's hospitals have declared a [state of emergency](#) for children's mental health. The American Academy of Pediatrics calls for, among many things, an increase in funding for children's mental health, better accessibility, suicide interventions, more trauma-informed care and the need to address workforce issues. All of the above are issues of concern in New Haven, and in particular within our BIPOC community. Due to stigma, inadequate funding, and siloed program activities, access to mental services is at best difficult, with the waiting lists growing. It has been Clifford Beers' vision and belief that community based mental health services, with a particular focus on trauma-informed care, increases youth's ability to focus and succeed within a school environment.

With over a century of experience in delivering community services, Clifford Beers has great expertise in blending education and mental health services to achieve success for not only the student, but also their family. This trauma-informed, whole-school, whole-family approach has been a key focus for Clifford Beers over the last nine years. Clifford Beers has embedded community based mental health and care coordination in 12 New Haven Public Schools and shown that combined mental health and educational interventions create an environment for resilience and recovery, decreasing post-traumatic stress symptoms and reducing chronic absenteeism. In 2020, Clifford Beers merged with 130 year old community center, Farnam Neighborhood House, which has served the Fair Haven Community, delivering school readiness, afterschool, basic needs and martial arts and fencing training, and also has an 80 acre camp in Durham, CT. CB has much experience of being a partner in the communities we serve.

In a 2019 American Psychological Association publication describes racial trauma and the call for adapting practices that better suit the BIPOC community:

Racial trauma, a form of race-based stress, refers to People of Color and Indigenous individuals' (POCI) reactions to dangerous events and real or perceived experiences of racial discrimination. Such experiences may include threats of harm and injury, humiliating and shaming events, and witnessing racial discrimination toward other POCI. Although similar to posttraumatic stress disorder, racial trauma is

unique in that it involves ongoing individual and collective injuries due to exposure and reexposure to race-based stress...The authors encourage psychologists to develop culturally informed healing modalities

Clifford Beers is now an affiliate of Clifford Beers Community Health Partners. As part of Clifford Beers Community Health Partners affiliated organizations, its new name is Clifford Beers Community Care Center. To learn more, visit our new website at <https://cliffordbeersccc.org/>.



and methodologically sophisticated research and urge the inclusion of public policy interventions in the area of racial trauma. (Comas-Díaz, L., Hall, G. N., & Neville, H. A. (2019). Racial trauma: Theory, research, and healing: Introduction to the special issue. *American Psychologist*, 74(1), 1–5.)

The Resilience Academy, located in heart of Newhallville community, will operationalize this goal for CT. The goal of this center would be to test and provide culturally informed, evidence based and indigenous healing practices. In partnership with CT Universities, for example, Southern CT State University MSW Program, train BIPOC students in human service field to address racial trauma and create a public health approach to addressing trauma and adversity on the local community level in Newhallville. This will involve training trusted messengers within the community about trauma, its impact on child development, and foster ways to alleviate stress, including physical, mental and social determinants of health within the community. The vision and design for this wellness center will be led with Clifford Beers and prominent leaders of the Black mental health community, for example, Dr. Steven Kniffley, from Ohio, who has been translating and training clinicians at Clifford Beers, in his Urban Trauma Model with the help of DCF. Other Black leaders, for example, Dr. Kendell Coker, Teo-Carlo Straun M.D., and Erica Reshard, LCSW, have expressed a great interest in building a model of racial trauma healing in the new Dixwell venue. In addition, we will work with Katurah Bryant, RN, a local resident, to bring her culturally-informed, spirituality-based intervention to help people work through their grief/loss (ZOLA Approach).

In addition to delivering culturally appropriate mental health services, we vision bringing people from the community together to talk about trauma, coping with grief/loss, and the enormous toll it takes on people's emotional wellness when it goes untreated. This is exacerbated by stigma surrounding mental health in Black/Brown communities. We hope to hold at least one event in the new year to launch the program, including people like Katurah Bryant (ZOLA), Nakia Dawson-Douglas (Bereavement Care Network), Reverend Howard Hill, and Odell Cooper. We envision this as a community education and outreach event to learn about these types of services and opportunities for help (demystify the therapeutic experience).

The Resilience Academy will be purposely located where participants are members of a neighborhood which has historically experienced health care access disparities and are often publicly insured, underinsured, or uninsured. Children from low-income or BIPOC populations are more likely to develop chronic health problems, are less likely to have a consistent source of medical care, and are at greater risk of school failure than their more affluent peers. By addressing the physical and mental health issues and providing consistent support to youth and families in the community, **The Resilience Academy** will help all students to be mentally and physically healthy, focused, thriving and able to reach their full potential in school and in life.

Clifford Beers is in an expedient position to launch this initiative. Clifford Beers is seen as a state and national leader in trauma-informed health and educational services. Clifford Beers continues to partner with New Haven Public Schools and provide both embedded mental health services and wraparound care coordination in all NHPS. We are also the recipients of a large federal initiative funded by the Center for Medicaid and Medicare services called Integrated Care for Kids (INCK). This \$17,000,000, seven year project run in partnership with DSS and DCF is responsible for health and wellness improvement of the 30,000 youth ages birth through 21 and pregnant and postpartum mothers in New Haven and on Medicaid. Newhallville is a center of this population. Clifford Beers is working with over 40 community partners on this initiative. The core of the INCK program will be housed at **The Resilience Academy**. Clifford Beers and the First Calvary Baptist Church are also working together on a six year SAMHSA National Child Traumatic Stress federal grant to implement and educate community providers on anti-racist trauma-informed practices, and are bringing mental health programs within faith based communities in CT.

Clifford Beers is now an affiliate of Clifford Beers Community Health Partners. As part of Clifford Beers Community Health Partners affiliated organizations, its new name is Clifford Beers Community Care Center. To learn more, visit our new website at <https://cliffordbeersccc.org/>.



The work of this project, which is to bring peer-to-peer mental health support for those who identify as of African American will also locate its program in the Academy.

We are looking for overall support for this new model of care for our BIPOC community, asking the support of the City of New Haven to help the building be ready for programming with the support of our application to the Community investment Fund (see estimated budget attached).

Warmly,

A handwritten signature in black ink, appearing to read "Alice Forrester", with a stylized flourish at the end.

Alice Forrester, CEO, Clifford Beers
(203)675-0281
aforrester@cliffordbeers.org

Clifford Beers is now an affiliate of Clifford Beers Community Health Partners. As part of Clifford Beers Community Health Partners affiliated organizations, its new name is Clifford Beers Community Care Center. To learn more, visit our new website at <https://cliffordbeersccc.org/>.

Clifford Beers Community Care Center | 93 Edwards St, New Haven, CT 06511 | P: (203) 772-1270 | F: (203) 785-0617
www.cliffordbeersccc.org



Potential Sources of Funding for *The Resilience Academy*

State Bond:	2,000,000	70%
Grants and Donations:	850,000	21%

Building expected to be purchased by January 30, 2024.

Cost of Launching Program

Description	Estimate Cost	
Purchase of Building	2,850,000	<u>2 Million State Bonding 850,000 Loan, CFGNH, CBCCC, Bank To be acquired 1/31/2024</u>
Programming		
Staff and Benefits	700,000	Funding: DCF, City of New Haven, NHPS, and Philanthropy
Program Consultants/design	150,000	
Building Overhead	50,000	
Flex Funds/Community Investment	50,000	
Anticipated Start up funds:	950,000	
Estimated Costs per year 2, etc.	800,000	
Bonding		
Furnishings, repairs	250,000	<u>Bonding application</u>

State Legislators supporting:

Rep. Walker of the 93rd

Rep. Porter of the 94th

Senator Winfield of the 10th

Federal Legislators:

Delauo of the 3rd

Clifford Beers is now an affiliate of Clifford Beers Community Health Partners. As part of Clifford Beers Community Health Partners affiliated organizations, its new name is Clifford Beers Community Care Center. To learn more, visit our new website at <https://cliffordbeersccc.org/>.