

**ReCAST Robeson
Robeson Overcoming Adversity through Resilience (R.O.A.R.) Coalition**

2024 Small Grants Initiative

The purpose of ReCAST Robeson is to promote resilience, trauma-informed approaches, and equity in Robeson County, NC; and assist high-risk youth and families using evidence-based violence prevention, and community youth engagement programs.

With funding from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), the R.O.A.R. Coalition is excited to announce this Request for Proposals. R.O.A.R. is a community coalition of stakeholders that meet monthly to learn, to partner, and to help build awareness of ACES and grow resilience for our community by focusing on the five protective factors known to help buffer the effects of ACES (adverse childhood experiences). We welcome grant applications from R.O.A.R. Coalition members and community-based agencies to launch activities, events, and initiatives to assist high risk youth and families. Grants will have a budget amount of up to \$20,000 and will go from March 1, 2024 to September 30, 2024. **The deadline for applications is February 9, 2024.** *NOTE: Completed applications will also be considered for smaller micro-grants available through funding from Kate B. Reynolds Charitable Trust, so complete the application even if you have a small budget project that could be accomplished in this time frame.*

*****Additional pages or attachments to support the application are allowed*****

All applicants must meet the following criteria:

1. Active R.O.A.R. membership agreement in place (new agencies and individuals are always welcome to join the Coalition).
2. The agency and proposed services must be located in Robeson County.
3. The proposed services must assist youth and their families by reducing stress and trauma or increasing protective factors.
4. The applicant must agree to keep detailed documentation of how the grant funds are spent. Funds cannot be spent on food or entertainment.

If interested in applying, please answer the following questions.

Name of Agency/Individual _____

Address _____

Are you an active R.O.A.R. Coalition Member? _____ Yes _____ No _____ Willing to Join

What is the goal for your project?

How will your project assist youth and families in Robeson County?

How will this project reduce stress and trauma or increase protective factors? *The five protective factors have been shown to make positive outcomes more likely for young children and their families. They are parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children.(see attached definitions for reference)*

Please use the space below to provide a simple budget for your project.

Is there anything else you would like us to know about your project?

Are you or your agency willing to host Community Resiliency Model or Protective Factors training for the R.O.A.R. Coalition? _____ Yes _____ No
(see attached Community Resiliency Model information for reference)

Thank you for applying for a ReCAST small grant. Please submit your application to Stacie Kinlaw, R.O.A.R. Coalition Coordinator, at skinlaw@rcpartnership4children.org. For questions, please contact Paul Smokowski, Executive Director, NC Youth Violence Prevention Center, at paul.smokowski@ncyvpc.org or call 919-428-5716.

*Applications will be reviewed by a sub-committee of ROAR stakeholders



Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

CENTER FOR THE STUDY
OF SOCIAL POLICIES
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

**CHILDREN'S
TRUST FUND**
Alliance™

ctfalliance.org/protective-factors

THE COMMUNITY RESILIENCY MODEL (CRM)[®]



TRAUMA RESOURCE
INSTITUTE

CRM is a set of biologically-based wellness skills aimed to re-set and stabilize the nervous system.

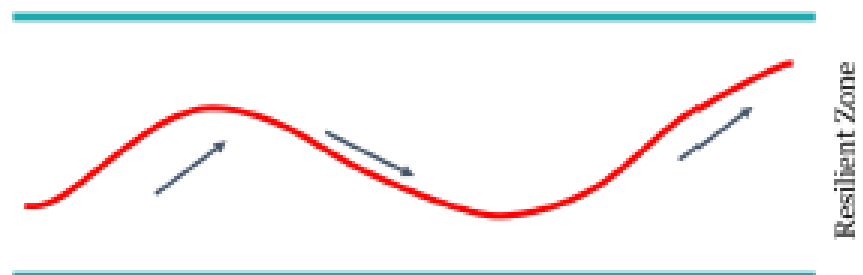


HUMAN BEINGS HAVE COMMON, BIOLOGICAL REACTIONS TO STRESSFUL AND TRAUMATIC EVENTS

We can learn to read our nervous system and bring it back into balance through practicing the CRM skills.

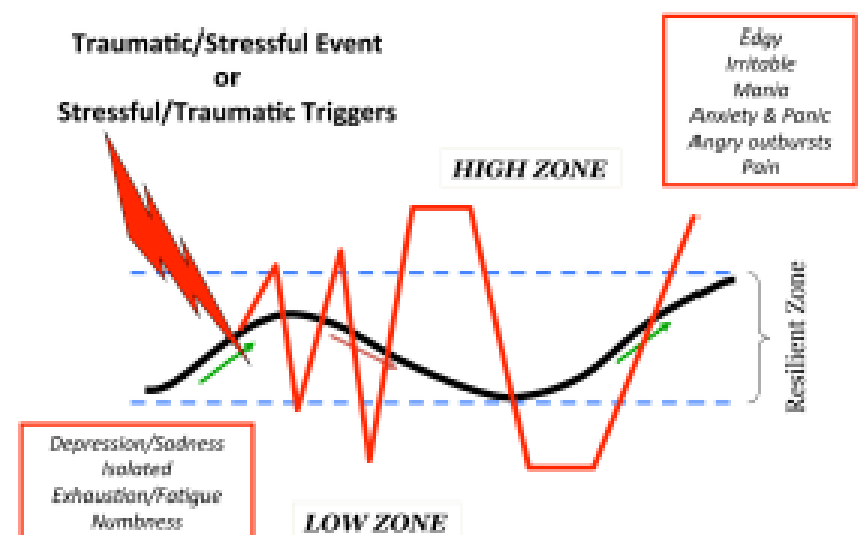
Resilient Zone:

Your "Resilient Zone" is a state of well-being where you are able to handle the stresses of life.



High & Low Zones:

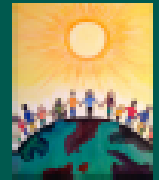
Life experiences can bump you out of your Resilient Zone and you may get stuck in the High or Low Zone.



More information at traumaresourceinstitute.com

WELLNESS SKILLS

To practice daily and when you are bumped out of the Resilient Zone.



TRACKING (reading the nervous system)

Tracking is paying attention to sensations in your body in the present moment.

- What do you notice happening inside?
- Are the sensations inside pleasant, neutral, or unpleasant?
- Bring your attention to the sensations that are pleasant or neutral.



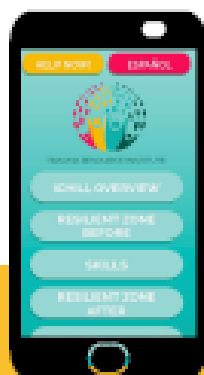
RESOURCING

A Resource is any person, place, thing, or memory (real or imagined) that provides you comfort, joy, peace, or happiness.

- What or who uplifts you?
- What or who gives you strength?
- What or who gets you through hard times?

GROUNDING

- Grounding is the contact of the body or part of the body with something that provides support in the present moment.
- You can ground by sitting in a chair, standing against a wall, laying down, walking, or floating in water.



iCHILL APP

- Download the iChill App to practice these skills and learn more skills. It's free and available in English and Spanish on iOS, Android, or at ichillapp.com.

MORE INFORMATION AT TRAUMARESOURCEINSTITUTE.COM