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FOR IMMEDIATE RELEASE: May 26, 2021

Thrive, the North Valley Community Foundation's healing initiative, has launched a new video series designed to provide tools for adults to help youths who are struggling with stress and trauma.

The Thrive Children's Resilience Initiative is a free online video series for parents, educators and other youth-serving professionals.

The videos and the accompanying Discussion Guide, both available at www.nvcf.org/thrivecri, are designed to help adults understand the impact of trauma on vulnerable children, how it affects them and what adults can do to help. Straightforward explanations of the science behind toxic stress and childhood trauma help frame practical self-care and child well-being tools.

Many Butte County children face extreme stress and trauma from wildfires. For many, that includes the loss of their homes, schools and other safety and support systems. The closure of schools in the COVID-19 added to the stressors. Left unaddressed, these ongoing mental, physical and financial challenges can have a lifelong impact on a child's development, quality of life and ability to succeed.

"Our community has experienced trauma upon trauma during the last few years," said Alexa Benson-Valavanis, NVCF's president and CEO. "This video series gives our frontline heroes working with youth additional tools they need to help transform trauma into growth and resilience."

The course is made up of five eight-minute to 10-minute modules with reflection exercises to develop an understanding of each theme before moving on to the next. The downloadable Discussion Guide augments the videos with additional information, exercises and group engagement prompts for each module.

The Children's Resilience Initiative video series was created in collaboration with community leaders and leading local and national mental health experts.

Thrive is an initiative led by NVCF and focused on emotional healing for children, families and individuals after the Camp Fire and other local crises. Thrive brings together a collaboration of people, organizations and agencies committed to engaging in work surrounding the impact of childhood trauma across all generations.

For more information about the Children's Resilience Initiative or any of the other Thrive healing initiatives, please visit www.nvcf.org/thrive or contact us at thrive@nvcf.org.