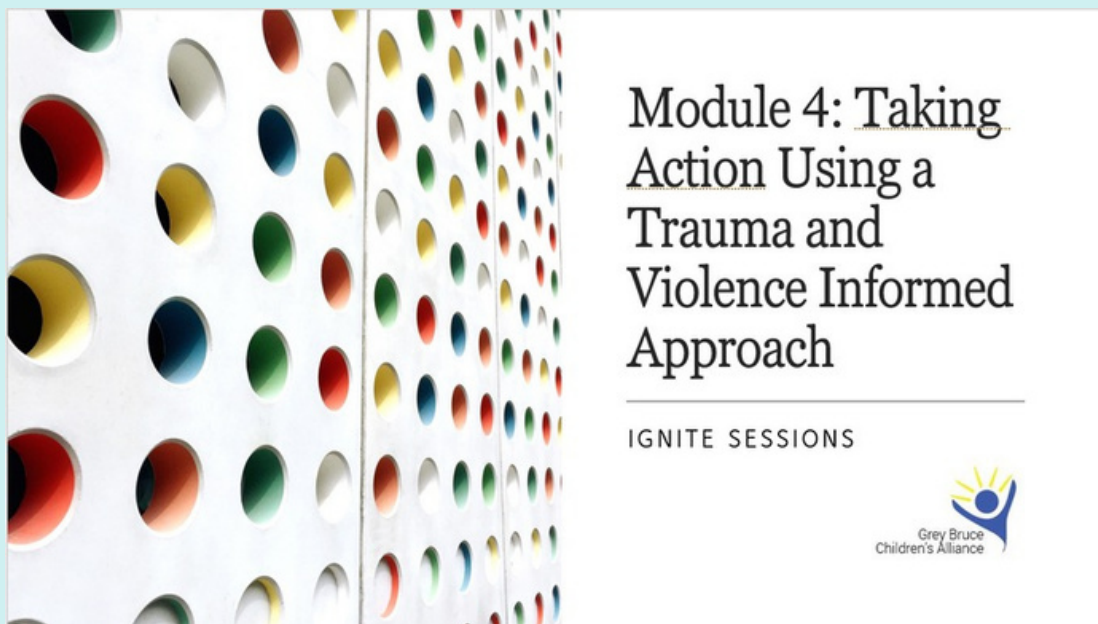


Addendum to Community Resilience Core Training Progress Report to Community Foundation GB



July 2026

Introduction

The Grey Bruce Children's Alliance is a network of organizations that supports collective action to change our systems to improve the well-being of children and youth in Grey and Bruce Counties. The Adverse Childhood Experiences and Resilience (ACERs) Working Group of the Grey Bruce Children's Alliance is building capacity to work together to build community resilience through training and developing a Grey Bruce ACERs Community of Practice which focuses on training, best practices and building community resilience in Grey Bruce.

Childhood experiences, both positive and negative, shape development and have lasting effects on health and well-being. Resilience is a person's capacity to successfully adapt to adversity and maintain their well-being. It is influenced by genetics, relationships, life experiences and environments. A person does not become resilient on their own. Resilience is nurtured through positive interactions, protective factors, and by mitigating toxic stress.

Reducing sources of stress, enhancing skills and creating supportive environments can strengthen resilience, especially for those with past adversities. While resilience can be strengthened at any age, the best time to develop resilience is at a young age.

The Children's Alliance purchased a 5-module Community Resilience Core Training package and Facilitator Guide from the Community Resilience Coalition of Guelph-Wellington to provide training to 28 people of 14 organizations.

The Fall 2025 Community Resilience Core Training session had 19 participants from 10 organizations plus 3 facilitators enrolled and 1 person enrolling in the online module only. Session 2 Spring 2026 had 19 participants from 7 organizations plus 2 people enrolling in the online modules only. 17 of these participants used the Children's Alliance code and 4 of these were funded through Grey Bruce Public Health.

A total of 39 people used our purchased codes and 37 from 12 organizations participated in the Ignite Sessions.

Training Goals and Staff Development in Community Resilience

Supporting staff development in community resilience helps organizations:

- Build awareness of how early adversity impacts our community and our work
- Provide a supportive service environment for clients and community members
- Strengthen protective factors at both individual and community levels
- Identify and address structural inequities that contribute to adversity
- Enhance staff mental health

Grey Bruce Community Resilience Training consisted of two main components: Community Resilience Core training and Ignite virtual discussion sessions.

- The Community Resilience Core Training is a series of five self-paced virtual modules offered by the Community Resilience Coalition of Guelph & Wellington. Each training module was completed online followed by an online facilitated IGNITE session.
- The complementary IGNITE virtual discussion sessions are a series of 5 facilitated virtual discussions, each offered at two scheduled times. IGNITE sessions were offered bi-weekly and two times in the week were offered.

We chose to apply the Facilitator Guide in an innovative manner by using it to guide the Ignite sessions in a virtual setting and with participants from varying roles and organizations.



Evaluation Results of 2 Training Sessions

Evaluation Methodology

An online evaluation survey was conducted in January and June 2026 after each training sessions. The survey was circulated by email to # Community Resilience Training participants. The survey asked about knowledge and learning outcomes, participant experience and input into future directions. Following the initial survey invitation, two follow up reminder emails were sent over a two-week period prior to the survey closing.

The combined response rate for both groups surveyed was 65% with 24 of the 37 Ignite Session participants responding. Respondents represented a broad range of service sectors including Health & Mental Health (50%), Children's Services, Childcare & Early Learning (25%), Community and Social Support (17%), Public Health and Public Library (8%). Respondents also reflected various roles, with 52% indicating frontline, 30% indicating manager or senior leader and 22% holding other roles.

Key Evaluation Findings

Training Participants were satisfied.

Overall, respondents indicated a high level of satisfaction with the Community Resilience Training with 79% of respondents indicating they strongly agreed and 13% agreed that they were satisfied with the training, while 88% of respondents indicating that they would recommend the training to coworkers. 71% of respondents indicated they experienced no barriers to accessing the training, but 7 respondents noted that their own schedules and workloads were a challenge.

Training supported participant understanding and application.

Respondents reported gains in their understanding of key concepts covered in the Community Resilience Core Training. When asked about their agreement with several learning-related statements, the majority indicated positive outcomes across all areas measured.

Regarding their understanding of early brain development, positive childhood experiences, and their impact on lifelong health, 96% of respondents agreed or strongly agreed that the training enhanced their knowledge, 4% were neutral.

Similarly, 91% agreed or strongly agreed that they gained a clearer understanding of how their own role connects to resilience and long-term health outcomes, with the remaining 9% selecting a neutral response.

Evaluation Results Cont'd

Respondents had mixed views on how well the training contributed to key objectives.

When asked whether the IGNITE virtual sessions enhanced the online modules, overall 91% agreed. Of those 61% strongly agreed. 52% rated the IGNITE virtual discussions as excellent, 35% as very good.

When asked about strengthening a coordinated and collaborative approach to community resilience within their organization, 8% rated the impact as low, 21% moderate, 29% high, and 42% very high, reflecting a wide distribution of perspectives.

For identifying community-resilience-building initiatives relevant to their work, responses were similarly varied, with 17% rating the impact low, 17% moderate, 42% high, and 25% very high. These results indicate that while many participants experienced meaningful benefits, the perceived level of impact differed across individuals.

Qualitative comments about the topic were received from 11 respondents. All 11 shared that they would like to see the training expanded and offered to more staff within their organization. Participants emphasized the need to move beyond learning to action by strengthening confidence and practical skills to apply ACEs and Community Resilience (ACER) principles in everyday conversations, workplaces, and community initiatives. They expressed interest in more scenario-based learning, tools for communicating key messages (such as an "elevator speech"), guidance on implementing organizational change, and support for scaling the training across organizations. Participants also encouraged expanding access to the training, engaging leaders and decision-makers, and fostering ongoing discussions that translate learning into coordinated local action.

The facilitators received positive feedback.

All survey respondents agreed that facilitators treated people with sensitivity and respect, provided a high-quality experience and had a helpful approach and style. All respondents also indicated that they felt supported in the group and that they felt they could reach out for support if needed.

Many participants are interested in continuing to connect.

Respondents indicated they were interested in continuing to meet in a group to discuss early adversity and resilience with 52% indicating that they were very interested and 48% indicating they were somewhat interested.

Acknowledgements

We are grateful for the Community Resilience Coalition of Guelph-Wellington for developing the training materials, offering a discounted rate to purchase the number of training codes and giving permission for the Grey Bruce Children's Alliance to create the IGNITE Sessions.

We thank the Grey Bruce Public Health team - Terra Luscombe and Amber Schieck - who led this initiative and are part of the larger Public Health Ontario Adverse Childhood Experiences and Resilience Community of Practice.

Together with Jill Umbach of the United Way of Bruce Grey they developed and facilitated the IGNITE Sessions curriculum.

<https://greybrucechildrensalliance.ca/ta-king-action/adverse-childhood-experiences-and-resilience/>

We thank the Community Foundation Grey Bruce for their grant that enabled the Community Resilience Core training and IGNITE sessions.



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We're here for good.

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TOGETHER, WE DO MORE How We Work

How we work together as the Children's Alliance is just as important as what we do. Together we support collective action to change our systems to improve the well-being and lives of children and youth in Bruce County and Grey County.



Making Connections



Analyzing Community Trends



Promoting Equity