

## **NCCAA receives innovation grant to address childhood trauma**

The North Carolina Community Action Association has been awarded a \$170,000 Innovation Grant from The Tow Foundation. This grant, given as part of The Tow Foundation's newly created Innovation Fund, will support NCCAA's *NC H.E.A.L. Social Determinants of Health (SDOH)* initiative.

NC H.E.A.L. (**H**alt the cycle, **E**ducate all, **A**ddress the trauma, and **L**earn resilience) is a multi-disciplinary, community-based, multi-generational approach, which utilizes a trauma-informed change model to create a resiliency-focused community. While the community shares a common understanding of the impact of trauma and toxic stress on the nervous system, children and their caregivers learn resiliency through a skills-based approach.

The Tow Foundation Innovation Fund supports nonprofit organizations pursuing inventive approaches to three issue areas affecting children and their families: mental health, early intervention efforts in schools, and public health approaches to reducing gun violence.

The Tow Foundation assembled a committee of experts, including directly impacted community members, to review applications and make grant recommendations. NCCAA was chosen as one of only 10 Innovation Grant recipients from a pool of more than 400 applicants.

With this grant, NCCAA will provide the curriculum to teach children and their caregivers a skills-based resiliency approach, while helping participants identify, mitigate, and prevent adverse childhood experiences, and encourage the use of protective factors. NCCAA will also participate in a cohort learning model alongside its fellow Innovation Grant recipients.

"Historically, mental health, trauma, and culture within the low-income community have been largely ignored," said Sharon. C. Goodson, executive director, NCCAA. "Identifying and addressing mental health as a public health crisis is imperative to building healthier and more productive communities.

"It takes a village to address the effects of childhood trauma," said Frank Tow, chair of the Innovation Fund Committee and vice president of The Tow Foundation's Board of Directors. "We're excited to support the expansion of NCCAA's multi-generational, community-based approach to improving health and mental health outcomes in North Carolina."

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### **About the North Carolina Community Action Association**

The North Carolina Community Action Association is an anti-poverty member organization that advocates on behalf of the needs of vulnerable families through its statewide network of 34 community action agencies (CAAs) serving all 100 counties. Founded in 1965, we offer training, technical assistance, and other resources to aid our members in fighting poverty in their local communities. Our goal is to empower agencies to help families and communities thrive. For more information about the North Carolina Community Action Association, please visit our website at [www.nccaa.net](http://www.nccaa.net).

### **About The Tow Foundation**

The Tow Foundation, established in 1988 by Leonard and Claire Tow, supports visionary leaders and nonprofit organizations that serve historically marginalized populations, help individuals contribute to their communities, and champion advancements and experiences that make it possible for all people to live healthy and joyous lives. We invest in innovative programs and reform in culture, higher education, journalism, justice and community wellness, and medicine. For more information, visit [www.towfoundation.org](http://www.towfoundation.org) or connect with us on [Facebook](#), [Instagram](#), [LinkedIn](#) and [Twitter](#).