

THE CONNECTIONS STAR

Connections at Project Harmony Newsletter

Child Abuse Awareness Month

BY JORDAN GRIESER

April is Child Abuse Awareness Month and so many exciting things are happening at Project Harmony.

Speaking of Children: This is Project Harmony's signature event with the mission of inspiring and educating the community in the fight against child abuse. This year, Project Harmony is proud to present Speaking of Children virtually with a Keynote Event featuring world-class swimmer Diana Nyad, and a monthly Training Series hosting nationally-recognized presenters. For more information on the trainings offered visit: <https://projectharmony.com/events/speaking-of-children/>

Take Out Tuesdays: Support local and a good cause! Participate throughout the month of April at one or all of the restaurants listed below and receive a pinwheel to display at your home or office. Project Harmony's Pinwheels for Prevention campaign serves as a reminder that everyone in our community has a responsibility to help protect children.

April 6 – Hiro 88

April 13 – Pitch

April 20 – Don & Millies

April 27 – Restaurants Inc Group (Stokin' Goat, Taxi's, Stokes, Twisted Fork)

Do Good Week: Hosted by SHARE Omaha and presented by First National Bank, community members are challenged to "think of all the different ways we can Do Good". Participate with Project Harmony each day throughout the week. Follow us on social media for more information.



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Connections
at Project Harmony





Connections Employee Spotlight: Alyssa Travis

BY ESPEN SCHOFIELD-SMITH

Meet Alyssa Travis! Alyssa is now the Match Mental Health Coordinator for Connections. Alyssa’s experience as an Individual Mental Health Coordinator makes her a great fit for her new role. As the Match MHC, Alyssa will continue to ensure that clients of Connections are matched with the best therapist for their needs.

In her free time, Alyssa enjoys fitness related activities such as weightlifting and conditioning. She also enjoys doing anything outdoors, taking her boxer and French Mastiff for walks, going to movies (pre-covid), drinking coffee, and trying new and interesting foods.



Introduction of New Program Director: Jordan Grieser

BY LINDSEY STEVENS



We are excited to announce and introduce our new Program Director at Connections, Jordan Grieser. She graduated from University of Nebraska Law School and was a Deputy Douglas County Attorney before coming to Project Harmony. Jordan has been with the Connections program since its inception in 2014 and brings a wealth of knowledge and passion to this position. "I have held a number of different roles at Connections and enjoyed them all. I am very excited

for this opportunity and all that Connections has planned in the upcoming year." We are thrilled to have her move into this role!

In her free time, Jordan enjoys spending time with her husband and two boys and has recently picked up a COVID hobby of learning how to embroider.

Connections Fall and Spring Group Data

BY ANNIE HOHMAN

The past year has brought unique challenges and opportunities to our communities and to the Connections program. As children and families navigated remote schooling, canceled activities and isolation from others, their mental health struggles persisted and often intensified. In an effort to combat some of the restrictions that the pandemic put on in person therapy services, Connections began offering some groups virtually. With the help of school staff and members of community programs such LCCNO, St. Luke’s Childcare Center and Upward Bound Benson, over 200 children and parents were able to benefit from group therapy this school year.

Community Resource Highlight: Together and Whispering Roots

Together and Whispering Roots and are providing a pantry home delivery service for those quarantined due to COVID and to those who are unable to access a traditional pantry due to transportation and mobility issues.

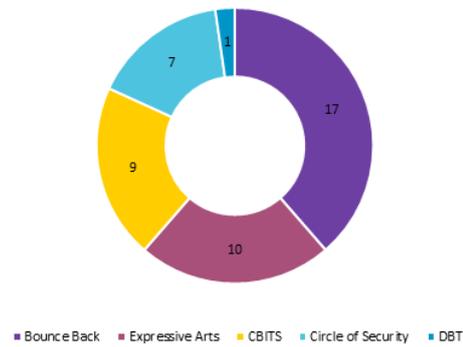
They provide boxes of produce, meat, and dairy along with non-perishables and diapers in a no-contact method (mostly for safety from COVID) of delivery to the doors of those in need of nourishing food.

For more information contact:

Together Omaha
Address: 812 S 24th St,
Omaha, NE 68108
Phone: (402) 345-8047

Whispering Roots
Phone: (402) 321-7228

Fall 2020 & Spring 2021 Groups



Talking to Children About Race

BY LAUREL WITHEE

Race can be a challenging conversation to have with children. Whether you're a parent, teacher, or counselor, it can be hard to know if you are getting it right. It's okay to not know all the answers and to recognize there is so much more to learn in working to contribute to an anti-racist society. Children notice and are curious about people's unique differences. The more comfortable you are respecting and embracing diversity the more a child will see and mirror that accepting behavior. Clinical social worker, Jessica Kroeker, advises adults to, "Start with having conversations with a friend or partner that you're comfortable with about race and racism. Start calling out racism you notice on television or in the media. Let your children see and hear you learning about and talking about the topic. Expose yourself and your children to diverse content and intentionally read, watch, or listen to BIPOC voices."



It is important to keep racial issues or discussion around racial violence age appropriate. In addition, it is also important to validate and give a child the space to share when they feel someone has mistreated them because of their race or ethnicity.

To start this conversation today, here are some resources for adults and kids:

- Video: Sesame Street's "Coming Together: Standing up to Racism Town hall"
- Diverse and inclusive books for kids and adults: @hereweeread on Instagram or the podcast "Here Wee Read"
- *Raising Little Allies-to-Be: An Incomplete Guide* by Lucy Song
- Books:
 - "A Kids Book About Racism" by Jalani Memory
 - "Antiracist Baby" by Ibram X. Kendi
 - "Stamped (for Kids)" by Jason Reynolds and Ibram X. Kendi

Upcoming Events

04/14

Speaking of Children Keynote
12:00PM-1:00PM

04/21

Difficult Conversations
10:00AM-11:30AM

04/29

Below the Line: Working with
People in Poverty
1:00pm-3:00pm

Additional Project Harmony
Trainings that may interest you can
be found here:

<https://projectharmony.com/training/calendar/>

