

Creative Trails Programming Through Public-Private Partnerships

Beth (Tucker) Smith, AICP – Gwinnett Trails Program Manager



Creative Trails Programming Through Public-Private Partnerships

- Gwinnett Trails program
- Children's Healthcare of Atlanta's Raising Resilience initiative through the Strong4Life program
- Gwinnett County's Live Healthy Gwinnett Program

RAISING RESILIENCE

STRONG4LIFE /  Children's Healthcare of Atlanta

We can't control everything that happens to our kids, but we can prepare them with the tools they need to cope with challenges, manage stress and make healthy choices. We can teach our kids—at any age—to be resilient in the face of life's ups and downs.

Be on the lookout for the Raising Resilience stations throughout this park, where you'll find activities to help the whole family build resilience.

Together, we're Raising Resilience.



Scan here to learn how you can develop resilience in kids of all ages
Strong4Life.com/resilience

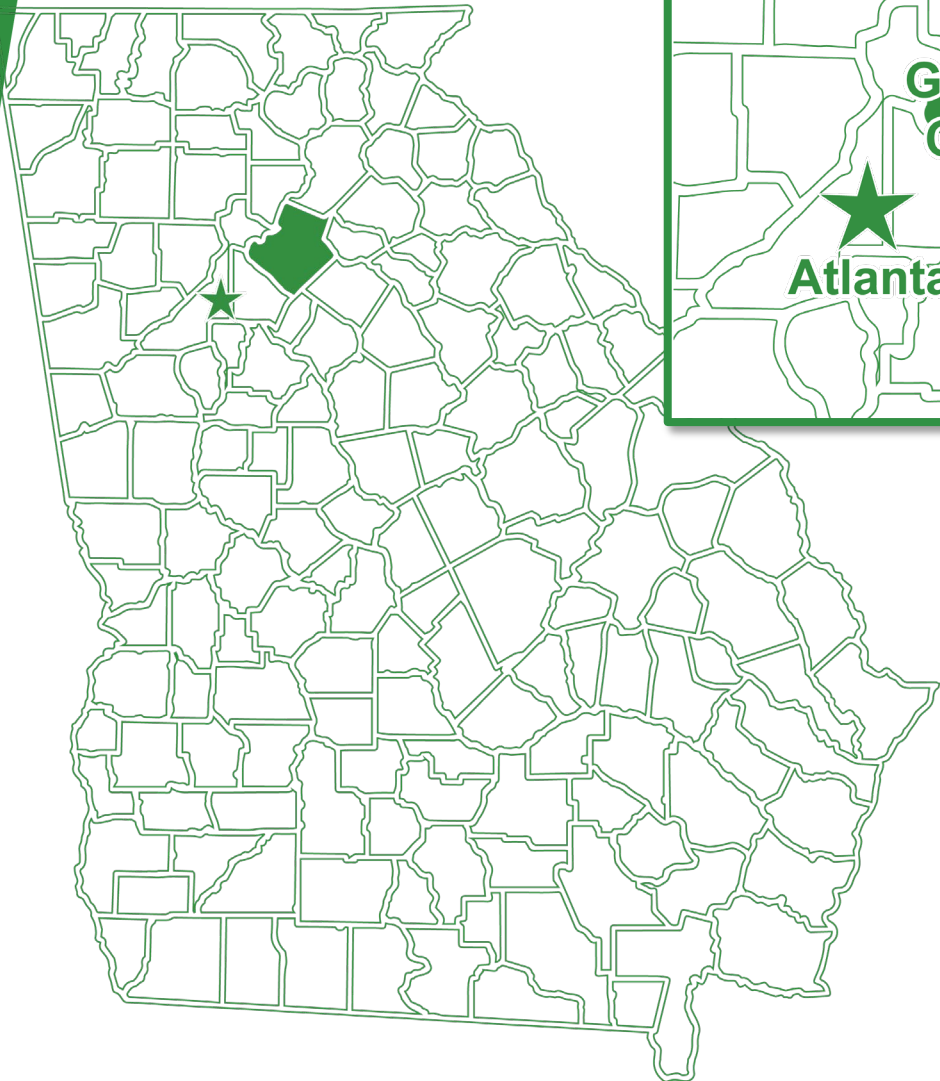


Call for more information
1-800-877-8772

Calm Your Mind

RAISING
RESILIENCE
COURAGE & CONFIDENCE

Gwinnett County, GA



POPULATION STATISTICS

Current: 1,002,584

Projected by 2050: 1,602,776

Languages spoken: 140+



Gwinnett Countywide Trails Master Plan

RECOMMENDATIONS REPORT

BICYCLE AND PEDESTRIAN

PRIORITY BICYCLE NETWORK

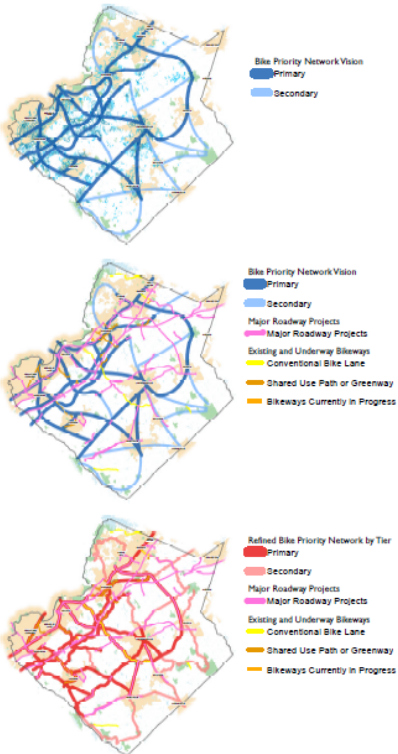
Based on the bicycle and pedestrian suitability analysis presented as part of the Needs Assessment phase of the CTP, a Priority Bicycle Network was developed. This priority network is meant to be a policy tool for guiding future bicycle infrastructure investments.

In the first step of this process, the areas of the County with the highest performing suitability scores were highlighted. These areas were used to develop an overarching vision for how a Countywide bicycle network could be implemented. Connections within and between these high performing areas were identified as part of a Primary Vision, with additional connections to show coverage throughout the County identified as part of a Secondary Vision.

The Primary and Secondary Visions were then compared with other initiatives being developed in the CTP process and Trails Master Plan companion effort. Projects and corridors identified from these efforts were mapped and contrasted with the Primary and Secondary Visions as indicated in the map.

In a final step to develop a Priority Bicycle Network, the Primary and Secondary Visions were refined relative to the initiatives identified in the previous step in order to take advantage of where planned roadway and capacity projects may offer a synergistic opportunity to expand the bicycle network. The final Priority Bicycle Network is provided in the third map.

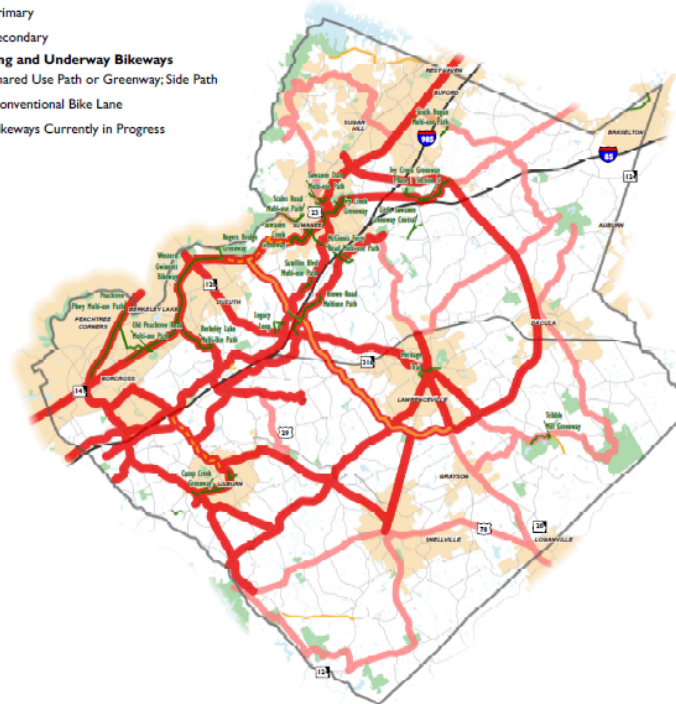
A final consideration in the development of the Priority Bicycle Network is identifying ways to incentivize and/or regulate implementation beyond the programming of capital projects. For instance, the County's Unified Development Ordinance could be modified to include standards for the implementation of bicycle facilities on corridors identified in the Priority Bicycle Network.



Similarly, in coordination with the County's Planning & Development Department, there may be opportunities to incentivize development investment in areas served by the Priority Bicycle Network, with the understanding that vehicular trips can be reduced in areas where such facilities are in place.

Refined Bike Priority Network by Tier

- Primary
- Secondary
- Existing and Underway Bikeways
 - Shared Use Path or Greenway; Side Path
 - Conventional Bike Lane
 - Bikeways Currently in Progress



Planning Process



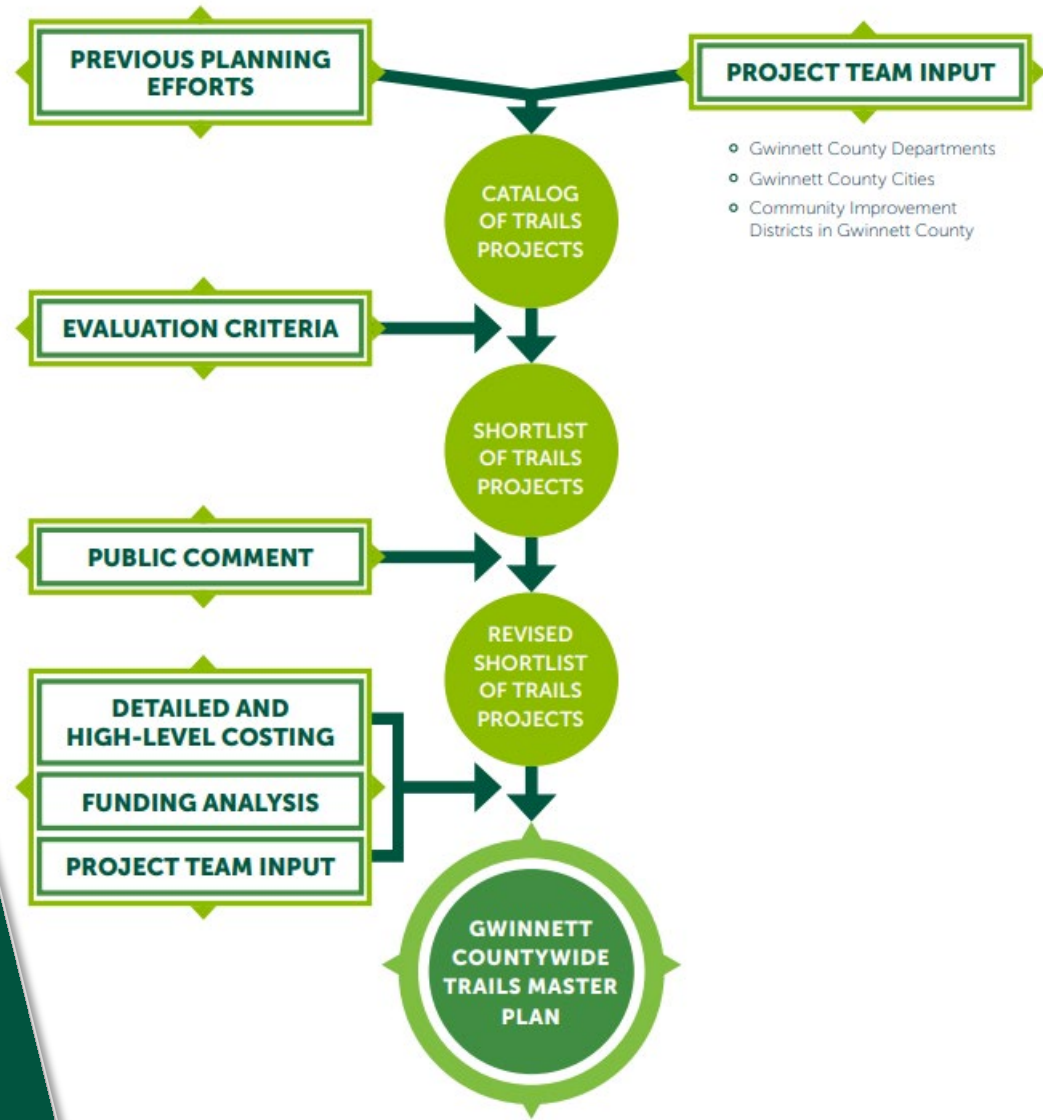
ACKNOWLEDGMENTS

GWINNETT COUNTY BOARD OF COMMISSIONERS
 Charlotte Nash, Chairman; Jace Brooks, District 1; Lynette Howard, District 2;
 Tommy Hunter, District 3; John Heard, District 4

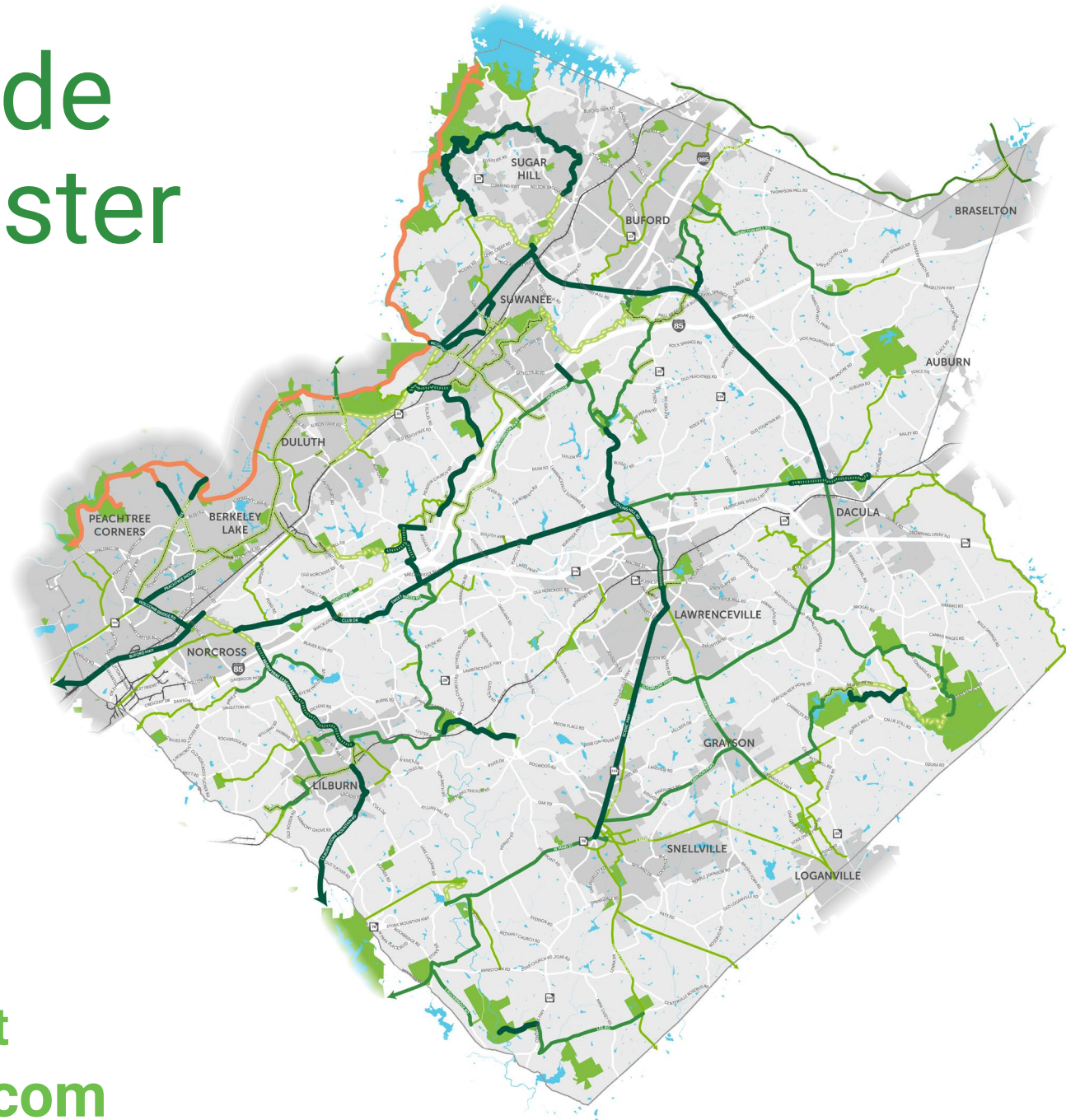
PROJECT MANAGEMENT TEAM
 Phil Hoskins, Deputy County Administrator; Glenn Stephens, County Administrator; Gwinnett County Department of Transportation: Alan Chapman, Lewis Cooksey, Vince Edwards, and Britton Lockhart; Gwinnett County Department of Community Services (Parks and Recreation): Tina Fleming, Grant Guess, Marcie Moore, Mark Patterson

PROJECT TEAM
 Gwinnett County Department of Planning and Development: Cyndi Sloan | Gwinnett County Department of Water Resources: Charles Crowell, Chuck Graham | Gwinnett Municipal Association: Randy Meacham | City of Auburn: Ron Griffith, Alex Mitchem | City of Berkeley Lake: Pat Chapman, Tom Rozler | Town of Braselton: Jennifer Dees | City of Buford: Dan Branch, Bryan Kerlin | City of Dacula: Brittini Olesen | City of Duluth: Bill Aiken, Margie Pozin, James Riker | City of Grayson: Allison Wilkerson | City of Lawrenceville: Bob Baroni, Dennis Billew, Steve North, Ryan Remillard, Hayes James (on behalf of City of Lawrenceville), Chuck Warbington | City of Lilburn: Kim Conroy, Bill Johns, Doug Stacks | City of Loganville: Bill Jones | City of Norcross: Jon Davis, Jeff Mueller, Butch Sanders, Austin Shelton, Eric Van Otteren | City of Sugar Hill: Nguyen, Greg Ramsey | City of Suwanee: Marty Allen | Evermore CID: Jim Brooks | Gateway 85 CID: Troy Besseche, Paul Radford | City of Gwinnett Place CID: Joe Allen | Lilburn CID: Lawrence Kaiser, Emory Marsha Anderson Bomar, Matt Gore | Gwinnett Place CID: Alyssa Davis

CONSULTANT TEAM
 Kimley-Horn
 Pond & Company






Countywide Trails Master Plan



COUNTYWIDE TRAILS

-  CORE TRAIL NETWORK
-  PRIORITY TRAILS
-  TRAILS WITH PARTNERS
-  CHATTAHOOCHEE TRAIL NETWORK

EXISTING & FUNDED BICYCLE & PEDESTRIAN FACILITIES

-  EXISTING TRAIL
-  FUNDED TRAIL
-  PARTIALLY FUNDED TRAIL

For more info, visit
GwinnettTrails.com



Trail Types

- **Off-Road Trails:** not located along a roadway but instead follow their own path



- **Side Paths:** multiuse trails that run adjacent to a roadway



Building Awareness



#TrailsTuesday



DID YOU KNOW?
More than 130 miles of #GwinnettTrails remained open last year during the pandemic!



gwinnettparksandrec We believe our trails play an important role in our mental and physical health and ensure safe spaces for rest and recreation. What is your favorite trail to walk on? Let us know in the comments below! #TrailsTuesday


1w

gwinnettparksandrec #GwinnettTrails #trails #parks #GwinnettParks #recreation #health #nature

1w Reply

janak.king Being able to walk my dogs (almost) daily on the trails at RIP and Rabbit Hill during the

16 likes



Gwinnett Parks and Recreation
July 12 at 3:00 PM


#GwinnettTrails are the most loved and used amenity in our parks, and they're a big part of #OurParkAndRecStory. Share your favorite story or experience on our trails and photos of your favorite Gwinnett Trail in the comments below!

3 1 Comment 1 Share

Like Comment Share

Most Relevant

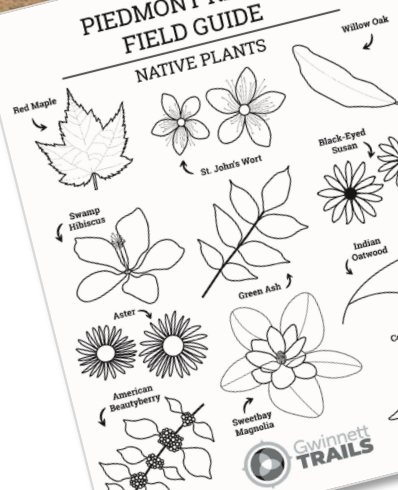
Us Nge
Last month, at Alexander park



Like Reply · 2w

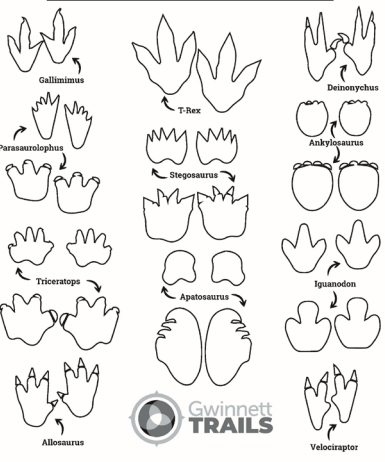
Write a comment...

PIEDMONT REGION FIELD GUIDE
NATIVE PLANTS




Gwinnett TRAILS

DINOSAUR FOOTPRINTS GUIDE



Gwinnett TRAILS

PIEDMONT REGION FIELD GUIDE
ANIMAL TRACKS



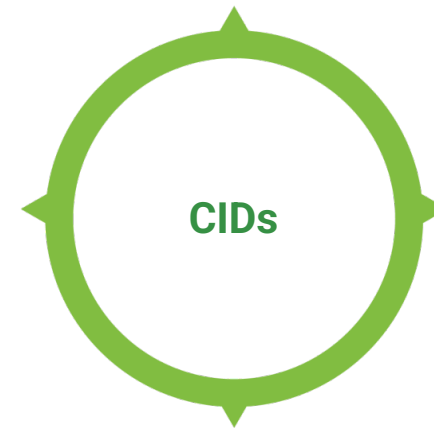
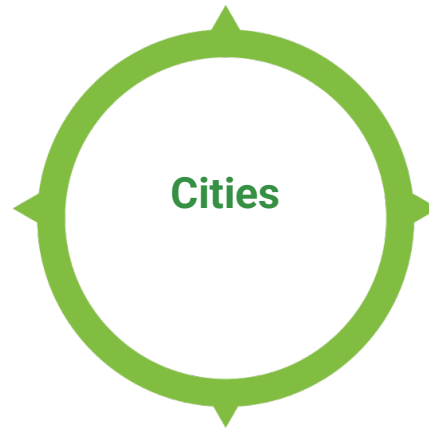
Gwinnett TRAILS





Opportunities for Funding Partnerships

- SPLOST
- State/Federal Funding
- Infrastructure Overlap



Funding Opportunities



Atlanta Regional Commission



RAISING RESILIENCE

STRONG⁴LIFE™



Children's™
Healthcare of Atlanta

Raising Resilience

Jody Baumstein, LCSW

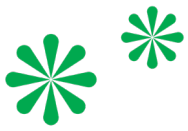




ABOUT STRONG4LIFE

Backed by clinical, safety, and mental health experts at Children's Healthcare of Atlanta, Strong4Life is on a mission to help caregivers raise healthy, safe, resilient kids.

In 2022, Strong4Life launched its biggest behavioral and mental health prevention initiative yet: the multiyear Raising Resilience campaign.



Why Raising Resilience?

Resilience: The ability to handle life's ups and downs.

- It's normal to want to shield our kids from hard things, but we can't protect them from all the challenges they'll face, and sometimes doing so can do more harm than good.
- We're all born with the capacity to become resilient, but kids need help from trusted grown-ups to learn how to be resilient.
- It's up to us grown-ups to proactively teach our kids the skills they need to be resilient—how to cope with challenges, manage stress, and make healthy decisions throughout their lives.

Together, we're Raising Resilience.



Raising Resilience in Nature

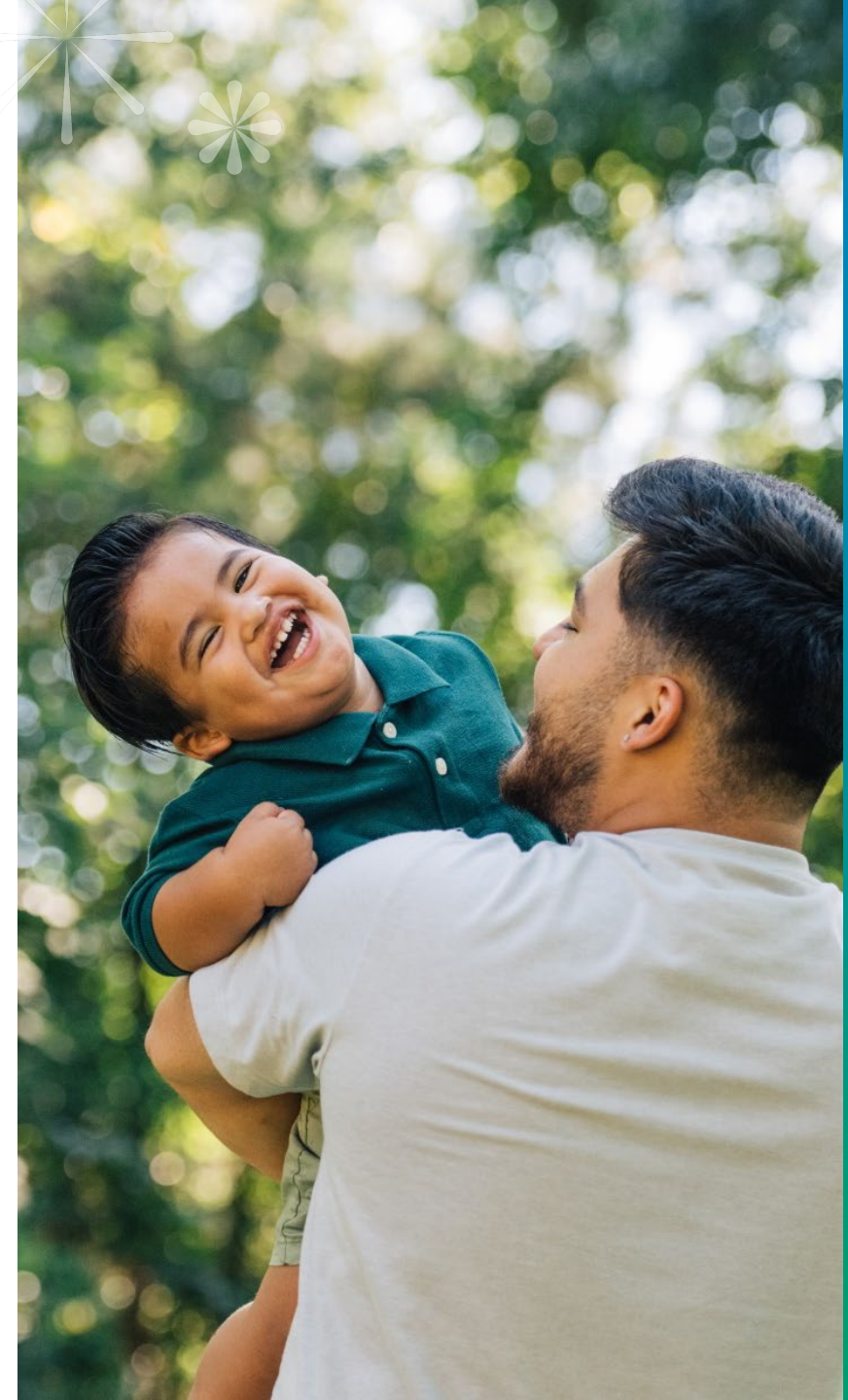
One way grown-ups can help kids build resilience is by teaching and practicing healthy coping skills.

Our Strong4Life licensed therapists developed guided coping skills videos for kids and families to practice together or on their own, as well as conversation starters to help kids and grown-ups connect through meaningful conversations.

 **Bring Raising Resilience to life in nature.**  

What's included?

- Signs with prompts to guided coping skills videos
- Placards with prompts to conversations starters
- Strong4Life emotional wellness resources





SIGNS AND PLACARDS



Campaign Overview Signs

As an introduction to the signage visitors will encounter along the trails, this sign offers a brief introduction to the importance of behavioral and mental health for kids and teens, as well as the Raising Resilience initiative.

This sign is designed to be posted at the entrance of a facility, next to a map or in other high-traffic areas.





Coping Skills Signs

Strong4Life collaborated with staff to identify the best locations for coping skill stations, which are now marked with 18-by-24-inch signs that direct kids and families to one of two guided videos:

- Calm Your Mind
- Take a Breath

Each video is approximately 5 minutes long and includes prompting narration in English.





Coping Skills Videos

QR codes on the coping skills signs link to one of two Raising Resilience in Nature coping skills videos:

Calm Your Mind
with this grounding exercise
(6 min. 25 sec.)

Take a Breath
with this deep breathing exercise
(4 min. 6 sec.)





Strong4Life.com/coping

[About Strong4Life](#)
[choa.org](#)
[Clinicians](#)
[Early Care, Schools and Community](#)
[English](#)

[Parenting](#)
[Being Active](#)
[Feeding and Nutrition](#)
[Staying Safe](#)
[Emotional Wellness](#)
[Raising Resilience](#)


Children's Healthcare of Atlanta Strong4Life helps families raise healthy, safe, resilient kids.

Coping Skills


Kids need our help learning how to manage their feelings and stress. Help them by introducing and practicing healthy coping strategies. Download, print or share these resources—many of which are available in both English and Spanish.

Mental Health Videos for Kids and Teens

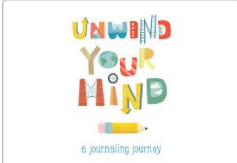
Guided Coping Skills and Other Mental Health Video...



Healthy Coping Strategies for Kids and Teens



Simple Coping Skills Ideas for Kids



Journaling Prompts for Kids





Coping Skills Messages

- Teach new skills when everyone is calm
- Provide choice
- Practice regularly
- Teach a variety of skills
- Have realistic expectations
- Be a positive role model
- It's never too late

Grounding Your Body and Mind

As kids grow older, they face new stressors and challenges. By helping your child develop healthy coping skills tools to help them manage their feelings and reduce stress, you're helping them become more resilient (better able to handle life's ups and downs).

Why practice grounding?
Grounding is a relaxation exercise that can be used at any time to focus on the present moment rather than our worries, which helps calm our bodies and minds. Grounding exercises can improve concentration, decrease anxiety, and enhance decision-making and problem-solving skills.

How to practice grounding

- 1 Find a comfortable place to sit or lie down and, if you feel comfortable, close your eyes.
- 2 Take several slow, deep breaths in through your nose and out through your mouth.
- 3 Use your five senses to notice the following:
 - 5 things you can see around you. Maybe it's a book, a painting or a chair.
 - 4 things you can touch around you. Maybe it's a dog, your desk or your leg.
 - 3 things you can hear around you. Maybe it's a ticking clock, a car alarm or a dog barking.
 - 2 things you can smell. Maybe it's the scent of soap or lotion on your hands.

It is difficult to learn something new when we are anxious, angry or distracted. Teaching and practicing coping skills when everyone is calm gives us a variety of tools we can use to manage our feelings and reduce stress.

Did you know games and...

Coping Skills

Coping skills are tools or strategies anyone can use to manage their feelings, reduce stress and become more resilient (better able to handle life's ups and downs). What works for you one day may not work the next, so build your coping skills toolbox by learning and practicing lots of different strategies.

The options are limitless, but here are some coping skills ideas to get you started:

Be active	Find your calm	Get creative	Connect with others	Shift your mindset
Put on music and dance	Take some deep breaths	Color, draw or paint	Cuddle or play with your pet	Think of something positive
Build with Legos or blocks	Listen to music or sing a song	Play with Play-Doh or clay	Read a book with someone	Focus on one thing you're grateful for
Do 20 jumping jacks	Close your eyes and count to 10 or backward from 100	Play an instrument	Play a game with a friend or family member	Identify your top three strengths
Run in place for 20 seconds	Take a quiet break or rest	Make up a song	Work with someone on a puzzle	Think about something you're looking forward to

Deep Breathing

As kids grow older, they face new stressors and challenges. By helping your child develop healthy coping skills tools to help them manage their feelings and reduce stress, you're helping them become more resilient (better able to handle life's ups and downs).

Why practice deep breathing?
Unlike normal breathing, taking deep breaths encourages you to slow down and pay attention to your body as you inhale and exhale. This relaxation exercise can help improve your ability to focus and better handle your emotions by lowering your heart rate, allowing your muscles to relax, and calming your mind and body.

How to practice deep breathing

- 1 Sit or lie down in a comfortable position.
- 2 Place your hand on your stomach so that you can feel your hand moving up and down with each breath.
- 3 Inhale through your nose and feel your stomach fill with air.
- 4 Hold your breath for a few seconds.
- 5 Exhale slowly through your mouth.
- 6 Repeat several times or until you feel your body relaxing.

With deep breathing, you want to fill your stomach with air. If you notice that only your chest or shoulders are rising and falling, try to breathe even deeper so your stomach fills with air.

Triangle breathing

- Start at the bottom left of the triangle
- Breathe in through your nose for 3 counts as you trace the first side
- Hold your breath for 3 counts as you trace the second side
- Breathe out of your mouth for 3 counts as you trace the final side
- Repeat several times or until you feel your body relaxing

Square breathing

- Start at the bottom right of the square
- Breathe in through your nose for 4 counts as you trace the first side
- Hold your breath for 4 counts as you trace the second side
- Breathe out of your mouth for 4 counts as you trace the third side
- Breathe in for 4 counts as you trace the final side
- Repeat several times or until you feel your body relaxing

COPING SKILLS

Take a break or rest

Talk to someone you trust

Imagine a peaceful, safe place

Know when your muscles are tense

Close eyes & slowly count backwards from 10

Listen to music

Take slow, deep breaths

Write about thoughts or feelings

Use your senses to notice what's around you

Be active

Ask for help

STRONG LIFE
Children's
Institute of Atlanta





Conversation Starters Placards

Strong4Life collaborated with staff to identify the best locations for 4-by-3-inch placards, which direct kids and families to conversation starters.

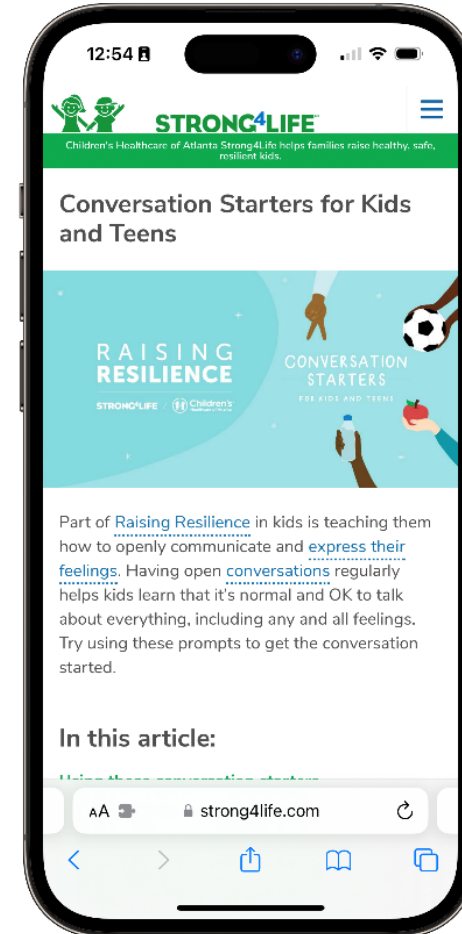
These placards are designed to be placed in areas where people gather and can be mounted to picnic tables, sign posts or benches, or placed as free-standing centerpieces on tables.





Conversation Starters Webpage

QR codes on the placards link to the conversation starters webpage on Strong4Life.com, where grown-ups can choose from a list of open-ended questions to ask kids (and vice versa).





Communication Messages

- Have regular conversations
- Ask open-ended questions
- Actively listen
- Reflect back what you hear
- Normalize and validate all feelings

The screenshot shows the top navigation bar of the Strong4Life website, including links for 'About Strong4Life', 'choa.org', 'Clinicians', 'Early Care, Schools and Community', and 'English'. Below this is a secondary navigation bar with categories: 'Parenting', 'Being Active', 'Feeding and Nutrition', 'Staying Safe', 'Emotional Wellness', and 'Raising Resilience'. The main content area features the article title 'How to Effectively Communicate With Kids and Teens' and a photograph of a man and a woman sitting on a couch, talking. To the right of the photo is a list of links for 'In this article:', including 'Practice active listening', 'Ask open-ended questions', 'Practice reflective listening', 'Help kids label their feelings', 'Normalize and validate feelings', and 'What to say when you're not sure'. Below the photo is a paragraph of text about resilient kids and a link to download a PDF. A QR code is overlaid on the right side of the screenshot. At the bottom, there is a section for 'Practice active listening' with a definition and a list of tips, and a 'Related Content' section with two article thumbnails.





Directional Signs

Strong4Life collaborated with staff to identify the best locations for directional signs, which guide kids and families to the activations.

- Arrow-shaped signs can be used at path junctions
- Square blazes can be used for trailside wayfinding

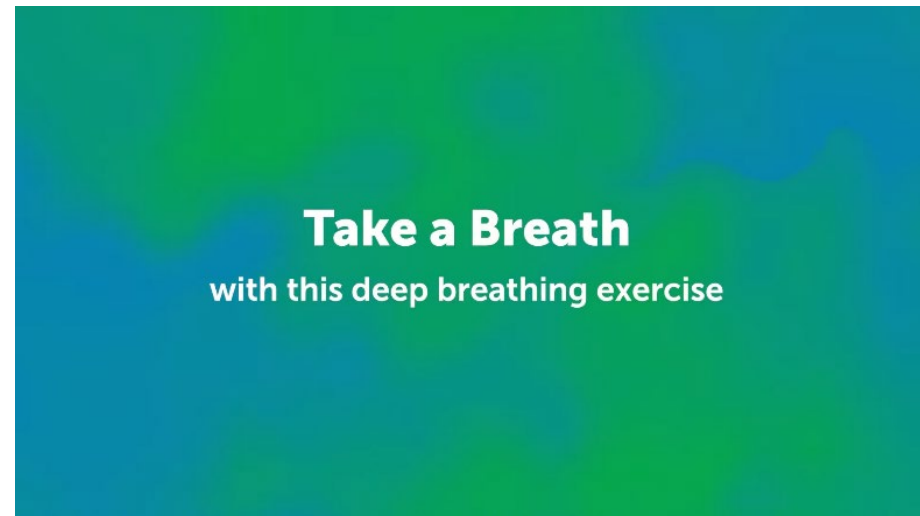




Stats

508 views

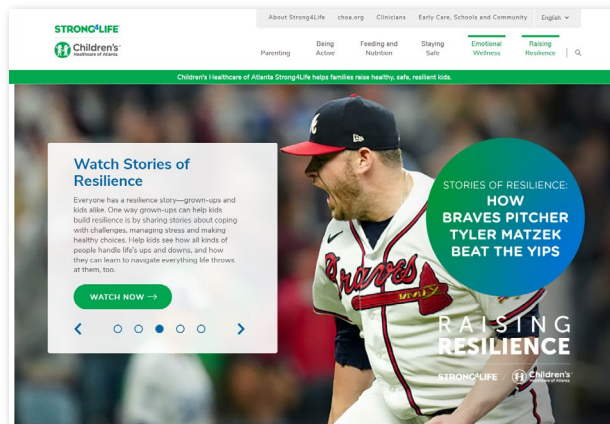
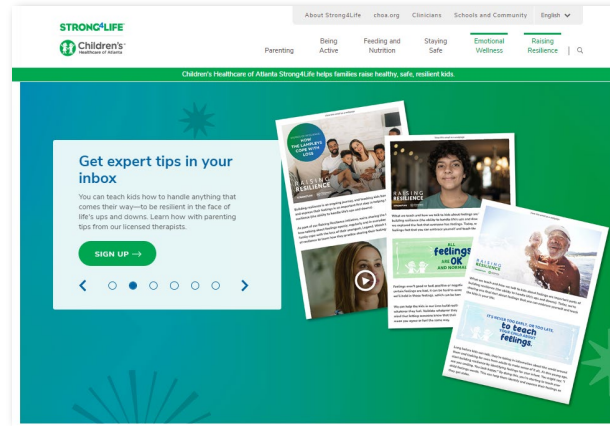
14.9 hours of watch time



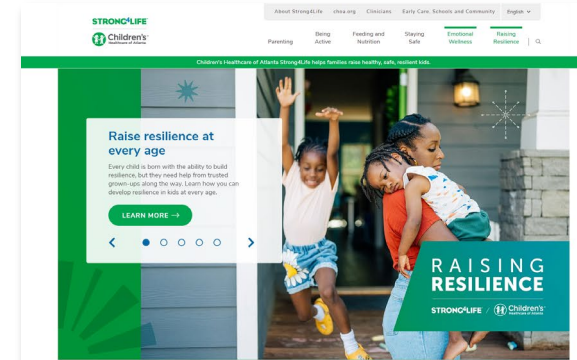
Raising Resilience

Strong4Life.com/resilience

Subscribe to Raising Resilience email series



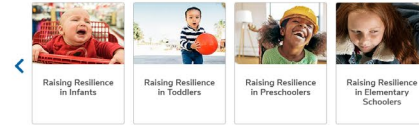
Watch the latest videos



Join us in Raising Resilience

From challenges that come with changes in technology and social media, to increased pressure at school and in after-school activities, to growing concerns about the news and current events, our kids are facing a lot. And many of them are struggling to cope. The truth is, we can't control everything that happens to our kids. But there are things us grown-ups can do to help. We can prepare them to cope with challenges, manage stress, make healthy choices and ultimately teach them to be resilient in the face of life's ups and downs.

With Raising Resilience, we're giving caregivers tips and tools to proactively build resilience in kids—all from our Strong4Life behavioral and mental health experts. From navigating feelings to building independence and problem-solving, we've got you covered with tips and strategies for building your child's resilience as they grow.



Hey Grown-Ups: Feelings

Call or text 888. If you or a loved one are experiencing thoughts of suicide, self-harm or any mental health crisis.

You can also chat or text for support by downloading the MyCAL app in the App Store or on Google Play.

Any thoughts of suicide should be taken seriously.



Get tips for building resilience by age



Follow Strong4Life on social media

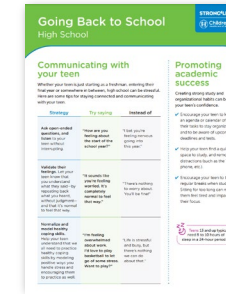
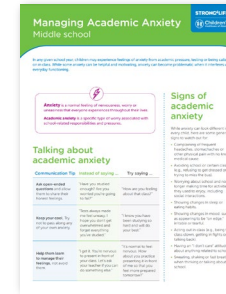
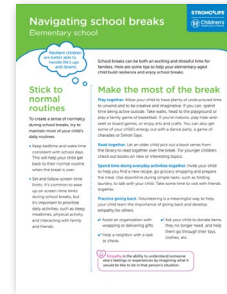


Strong4Life.com/resources



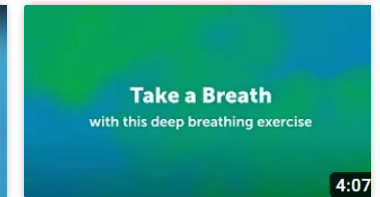
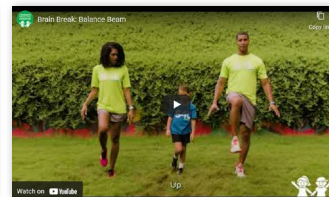
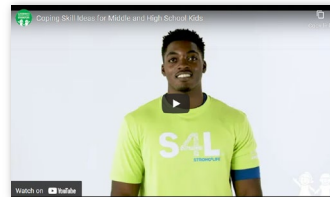
Tip sheets:

- Navigating school breaks (K – 12)
- Academic anxiety (K – 12)
- Back to school (Pre-K – 12)
- Finding a BMH professional



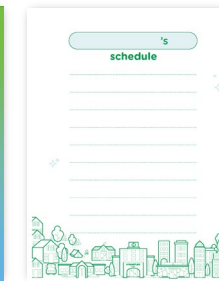
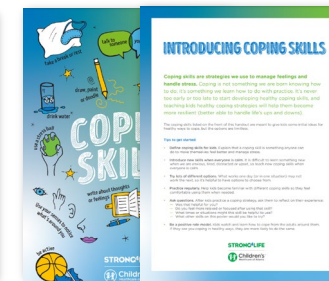
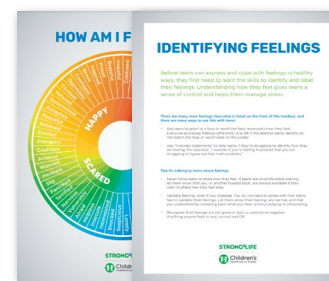
Videos:

- Coping skills
- Brain breaks
- Resilience series
- Guided meditation



Printables:

- Feelings
- Coping skills
- Chore chart
- Visual schedule



live healthy
GWINNETT



Gwinnett
TRAILS

Taking Flight

- Health & Wellness Standards Created – 2013
- Park Prescription Program Established – 2013
- Live Healthy Gwinnett Launched – 2014
- County Operated Program – 2015





live healthy
GWINNETT



Partners in Play



- Children's Healthcare of Atlanta Strong4Life
 - Curriculums
 - Outreach materials
 - Caregiver education
 - Staff and intern training
 - Policy changes





Healthy Habits





Children's
Care of Atl





