

**The Value of *J-TICH* for CalFresh Healthy Living**

Jenna McCarthy<sup>1</sup>

<sup>1</sup>CalFresh Healthy Living, Community Service Solutions

**Author Note**

I have no known conflicts of interest to disclose.

Correspondence concerning this article should be addressed to Jenna McCarthy, 1701 County Road, Suite A, Minden, NV 89423, United States. Email: [jmccarthyess@gmail.com](mailto:jmccarthyess@gmail.com)

### **The Value of *J-TICH* for CalFresh Healthy Living**

As I write this, CalFresh Healthy Living (CFHL) is approaching the end of its fiscal year, which means I—and several other CFHL employees—are finishing our annual reporting, including writing Success Stories to share programming highlights from each county. Some stories are easy to write because they have a clear beginning, middle, and end within this fiscal year. Other stories, however, are harder to tell within the context of the fiscal year reporting cycle. For instance, we started a program and had some anecdotal success. However, the program will wrap up as one fiscal year turns into another, and we won't have final survey data or program reach until the beginning of next year. This causes a dilemma: should I write a Success Story this year without having all the results or wait until next year, when we can only briefly reference the work done in the previous fiscal year? The CFHL reporting system is built to share work done in each fiscal year, and there are benefits to that. However, it can also limit our ability to tell the whole story. We can give context to the parts of the story happening outside the current fiscal year, but we cannot provide all the program details from start to finish.

The *Journal for Trauma-Informed Community Health, Nutrition, and Physical Activity* (*J-TICH*) offers an opportunity to document programming that spans multiple fiscal years in one story, sharing details from start to finish. This opportunity has benefits for CFHL staff as writers and as readers. While reading Success Stories documenting projects that span multiple years but only focus on one, readers might have questions and want more information. That information may be challenging to find. *J-TICH* offers a platform that CFHL readers can access for detailed stories uninterrupted by the end of a fiscal year, complete with references and resources.

*J-TICH* also benefits CFHL employees by showcasing articles highlighting trauma-informed methods. With “Advancing Equity” as a CFHL Programmatic Priority, CFHL staff can

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learn about other agencies' trauma-informed programming. Submitting articles to *J-TICH* detailing how implementing agencies consider equity in their program planning and enact it throughout implementation allows readers to see what equity looks like in action within the context of CFHL nutrition and physical activity programming. We can learn how other agencies consider equity not just in the programming itself but in their assessment design and distribution, their presentations to decision-makers, and their sustainability plans. We can consider how their programs may or may not reflect our own and how we can adapt their methods to benefit our communities.

As an open-access journal, *J-TICH* allows CFHL staff to showcase their work beyond a CFHL audience. We can become published authors who grow the field of trauma-informed nutrition security, expanding program awareness to potentially attract more diverse partnerships. CFHL implementing agencies can educate and inform, and *J-TICH* provides an opportunity to share our work with political representatives, key decision-makers, and other interested parties. While many of us prepare one-pagers to highlight overall program successes, this journal will give another format to highlight a detailed example of our work and its positive impact. It also presents an opportunity to note current challenges or resources that could increase our effectiveness, helping recruit valuable partners.

While contributing to *J-TICH* will take time, the work doesn't have to be done all at once, and because it's not limited to a fiscal year schedule, the writing timeline becomes more manageable. Since we're submitting stories that take place over a year or more, we can work with the intention of sharing our programming in this way—taking notes, journaling, or even drafting sections along the way. *J-TICH* provides online templates to make the writing process

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more straightforward and one-on-one author meetings so we can get feedback throughout the drafting process.

I hope implementing agencies across the state will consider documenting their program's successes in this new way so that others in the field can learn more about the work and use it to benefit their programs and participants. By sharing our insights, we can continue strengthening our efforts to increase trauma-informed nutrition and physical activity programming in California and beyond.