



Welcome to Session VIII

Of the ITRC Community of Practice on Using a Public Health Approach to Build Community-Based Mental Wellness and Resilience

December 13, 2022

Many Thanks To Our Co-Sponsors





Agenda

The Fifth Foundational Focus:

Establish Ongoing Opportunities for Residents to Heal Their Trauma

and

Moving to Action—and Next Steps

Presenter

Rev. Paul Abernathy, CEO, the Neighborhood Resilience Project

Resilience Pause

Use a Presencing Skill That Resonates With You:



- “Soft” in and “breath” out breathing
- Resourcing
- Tracking
- Grounding
- Six-second breathing
- Hand on belly and chest breathing
- Other

Purposing

- Imagine that a major storm seriously damages your community, leaving your family and most other residents without sufficient shelter, food, and power for a week.
- What values do you want to live your life by during and after the event?
- How can you ensure that you live out those values?



Breakout Rooms

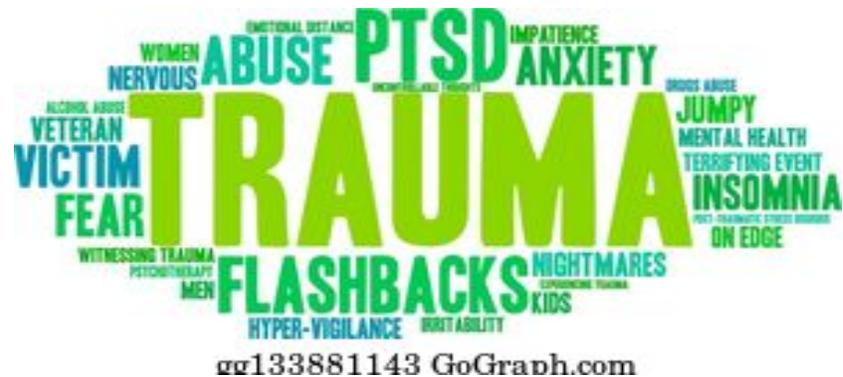
- In **1 word** how you **feel now** in the present moment?
- What you **took away** from **last week's session**---and/or the **CoP in general**?
- How has this **influenced you** and/or **your work**—and what do you still **want to know**?

The Five Foundational Areas RCCs Should Focus on to Build Universal Capacity for Mental Wellness and Resilience for the Long Climate Emergency



Think back to a time when you were very distressed, felt hopeless, or were traumatized.

If you found a way to heal, what were the most helpful elements?



RCCs Must Establish Ongoing Opportunities for People to Heal Their Trauma

- The climate crisis will cause millions of people to experience anxiety, depression, anger, grief, hopelessness, and other psychological and emotional distresses.
- For most people these feelings will not be symptoms of psychopathology: They will be normal reactions to dysfunctional and often frightening external conditions.
- Rather than pathologizing people, it will be important for RCCs to help everyone understand that their distress is perfectly natural given the state of the world...
- ...and that their thoughts and behaviors are instinctual coping mechanisms.



Ongoing Healing Opportunities Are Vital

- Helping people engage in the other four foundational areas involved with enhancing mental wellness and transformational resilience will enable many to heal themselves!
- Yet millions of people are still certain to remain traumatized and need help to heal.
- Healing can be difficult because traumatized people often feel hopeless because they believe they have no control over their lives.
- They consequently often don't understand what they are experiencing or how to deal with it.
- Often, all they can do is attend to their basic needs-- finding food, shelter, funds-- and sometimes coping mechanisms that initially seemed to make sense can go awry.



This is why RCCs must take the lead to establishing ongoing healing opportunities.

What Does Healing Involve?

Judith Herman Describes Three Core Stages: Safety, Acknowledgement, Reconnection.

- People often cannot heal until they feel physically and emotionally safe and supported.
- Individual and Community support—meaningful social connections and provision of key resources--are thus essential to start the healing process.
- When people feel safe and supported, they can begin to acknowledge what they are experiencing and share it with others--which begins to release their trauma.
- This can lead to reconnection with the self and others—and help people learn how to manage their distress in ways that allow them to regain control over their lives
- Engaging in pro-social activities--helping others or nature—is a powerful way to do so.



Introducing

Rev. Paul Abernathy, CEO, Neighborhood Resilience Project



Resilience Pause

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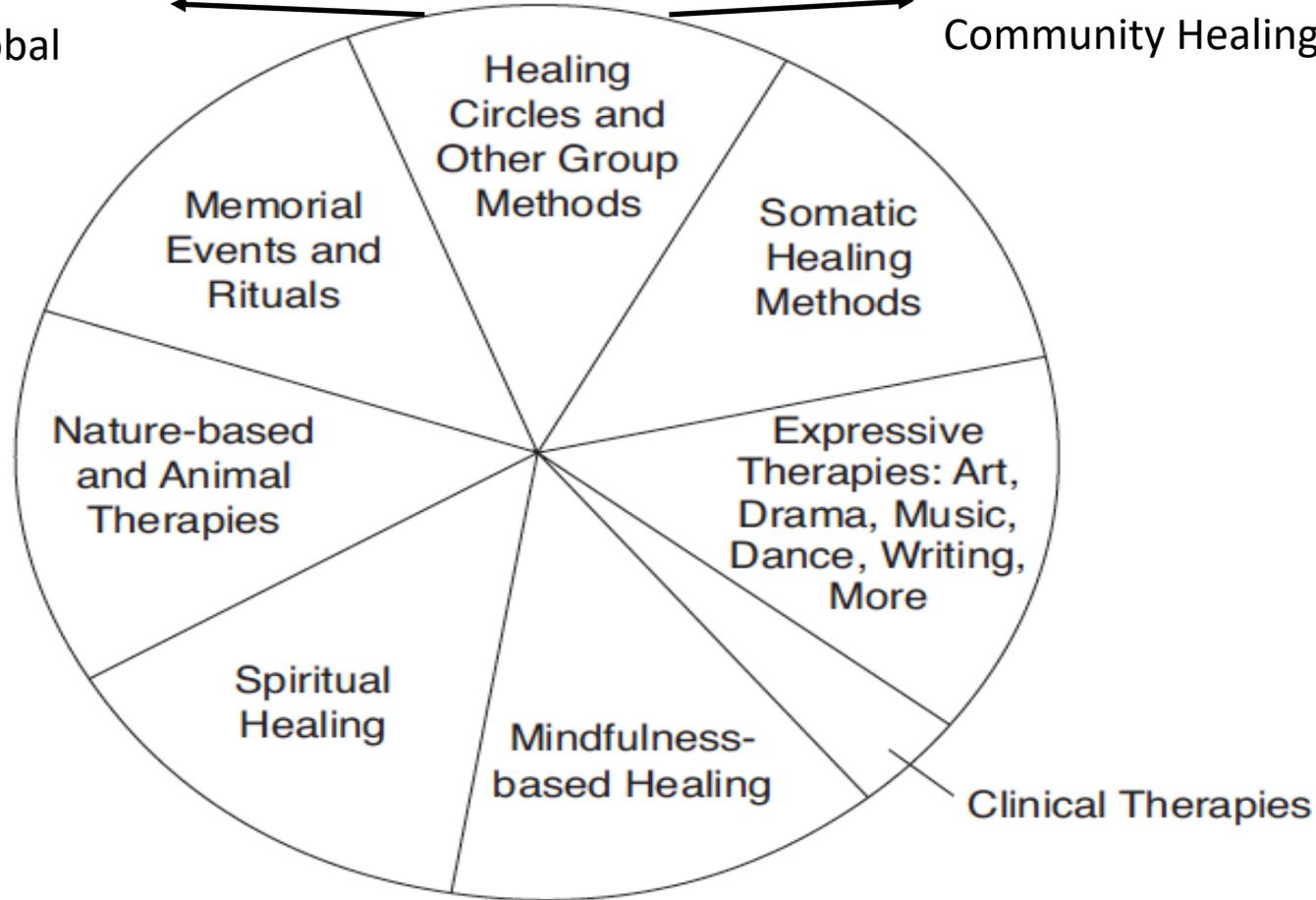
Breakout Rooms

- Share what you gained from Rev. Abernathy's presentation...
- Discuss if and how you can implement a similar approach in your neighborhood, community, or organization
 - Identify key questions

Other Age and Culturally Appropriate Ways Residents Can Heal their Trauma

National Compadres Network
Healing Circles Global

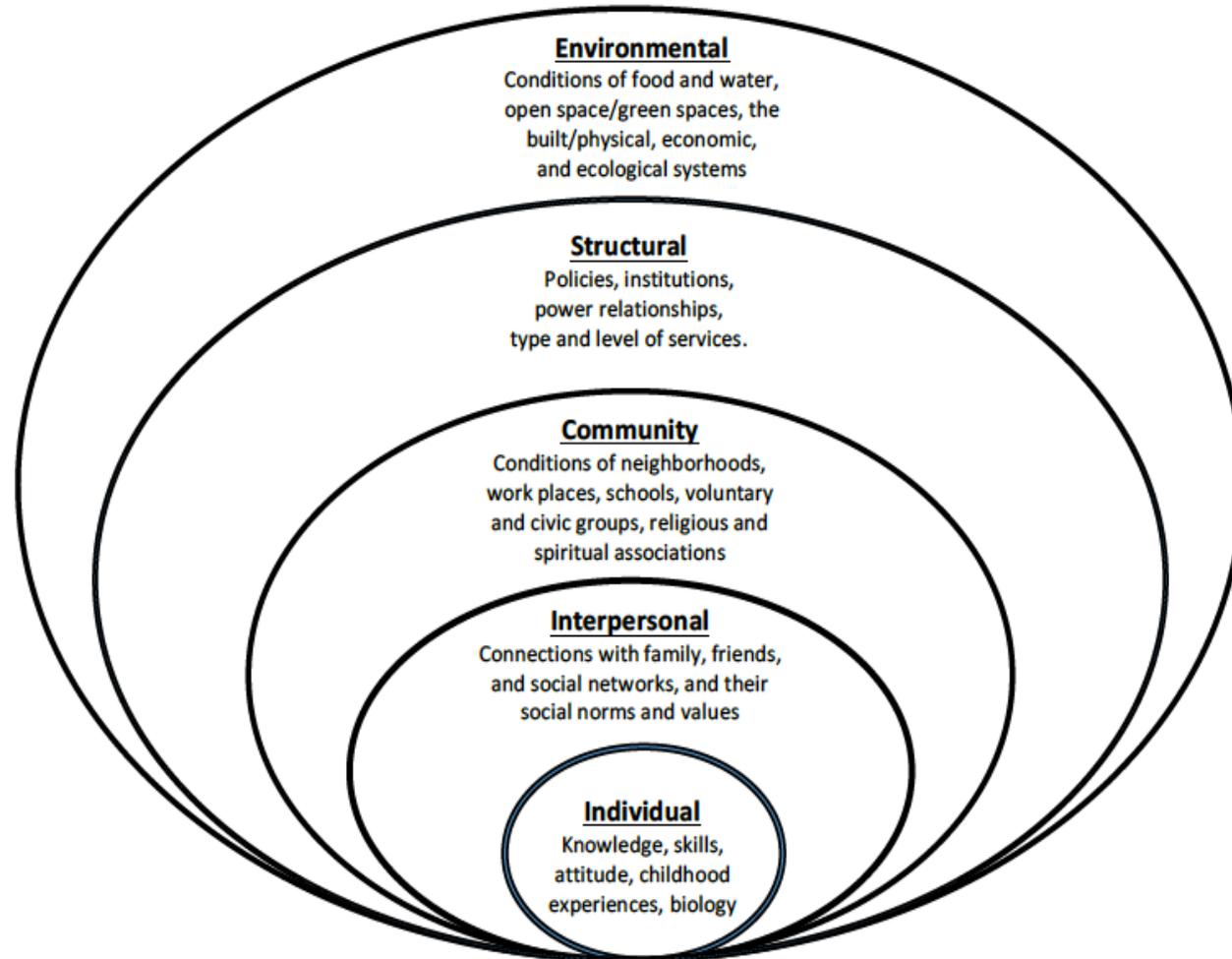
Visible Hands Collaborative
Community Healing Network



BRIEF RECAP

To prevent and heal climate distresses and traumas we must address multiple interacting Individual, Family, Social, Economic, Physical/Built and Ecological Factors

The Social-Ecological Model



Addressing These Multisystemic Factors Requires a Public Health Approach to Mental Wellness & Resilience

- Takes a population-level approach --- not merely focusing on individuals with symptoms of pathology or “high risk” groups (they must be given special attention):

Our mantra must be “Leave No One Behind.”

- Prioritizes preventing problems before they occur --- not merely reacting to or treating them after they emerge—and integrating healing into prevention strategies:

Our focus must be “Prevention First!”

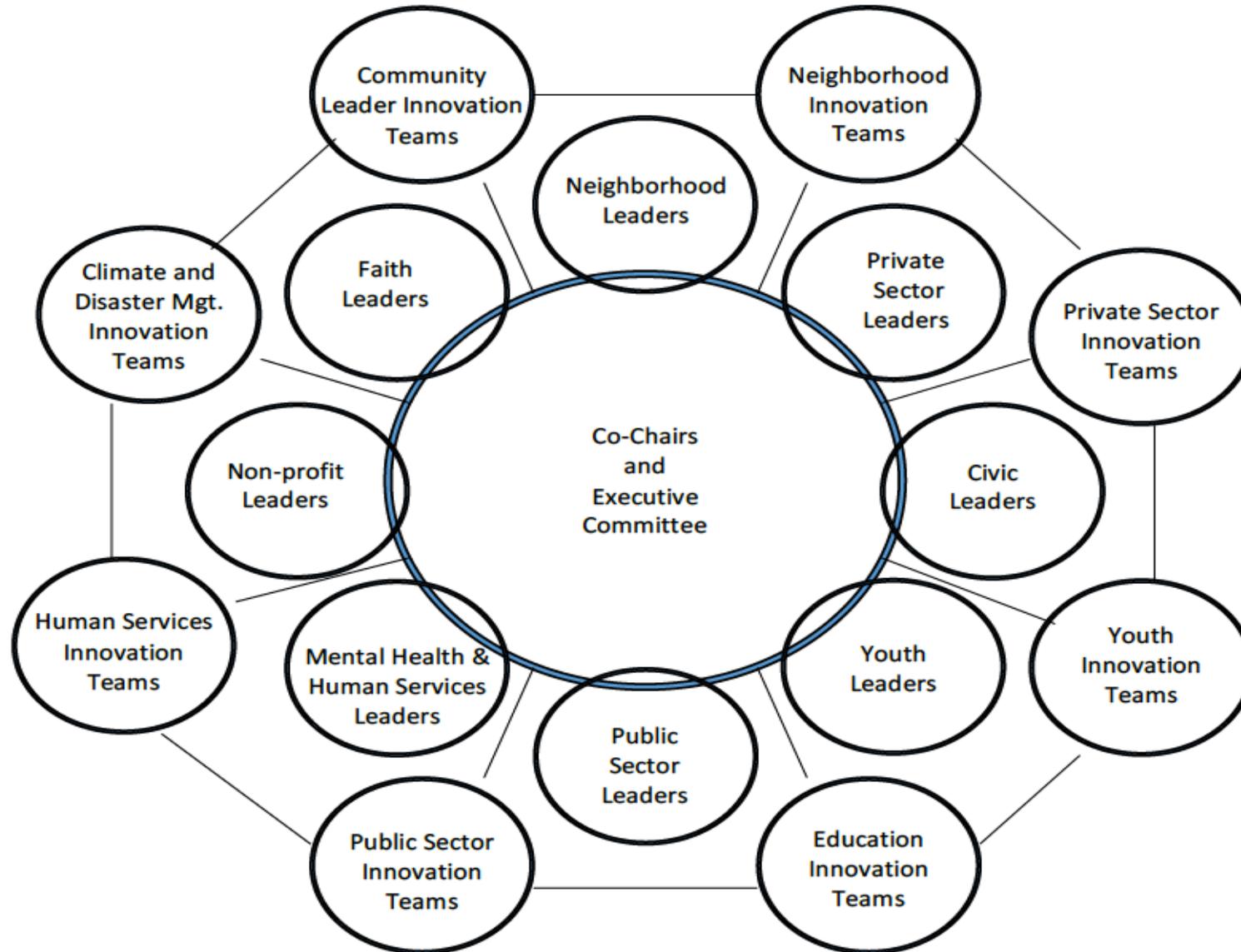
- Focuses on strengthening protective factors –skills, resources, social supports, social norms, policies etc. -- not just fixing deficits or treating symptoms of pathology:

We must “Build Skills, Strengths, and Resources”

- Research shows the most effective way to prevent and heal widespread mental health and psycho-social-spiritual problems is to:
 - establish the “social infrastructure” in communities—what we call a Resilience Coordinating Coalition (RCC)—that engages a broad and diverse array of grass roots and neighborhood leaders, civic groups, non-profit, private, and public organizations...
 - in planning, implementing, and continually improving actions that build and sustain the capacity for mental wellness and transformational resilience among all adults and youth.

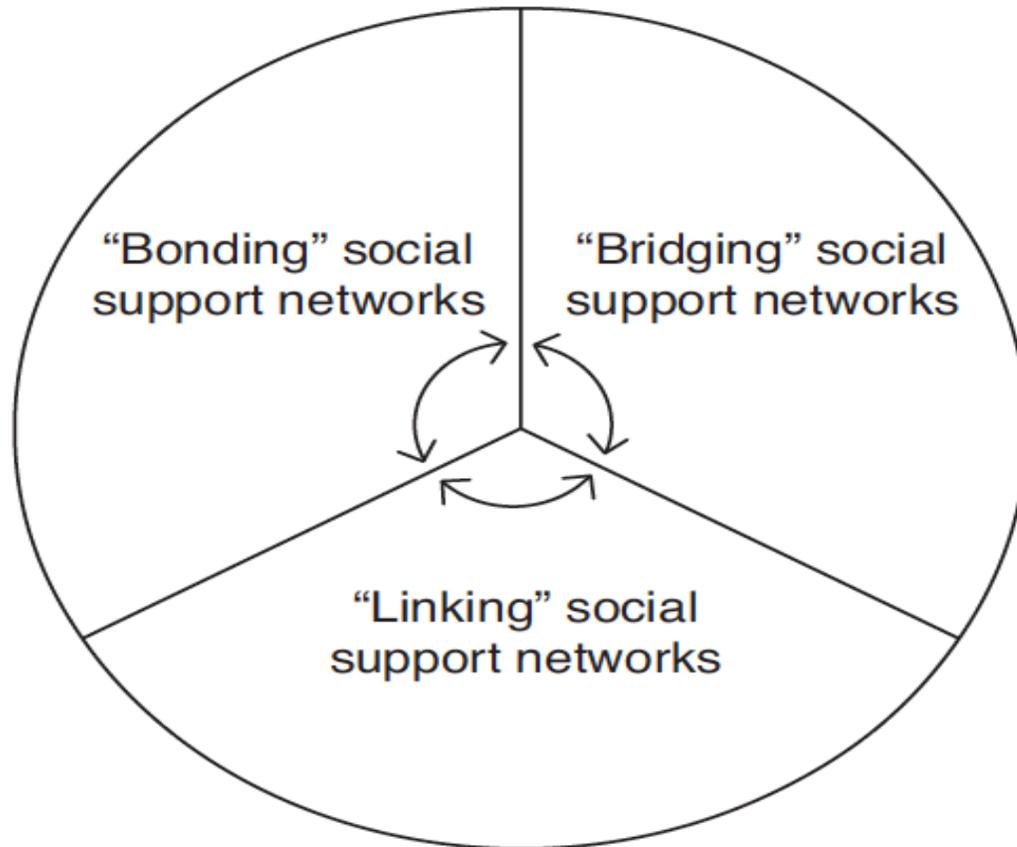


A Broad and Diverse Resilience Coordinating Coalition (RCC):
“Well-Coordinated Decentralization” using a “Ring Team” (or Hub & Spoke) approach



The Five Foundational Areas Required to
Build Universal Capacity for Transformational Resilience for the Climate Mega-Emergency

Build Social Connections Across Cultural, Economic,
and Geographic Boundaries in the Community



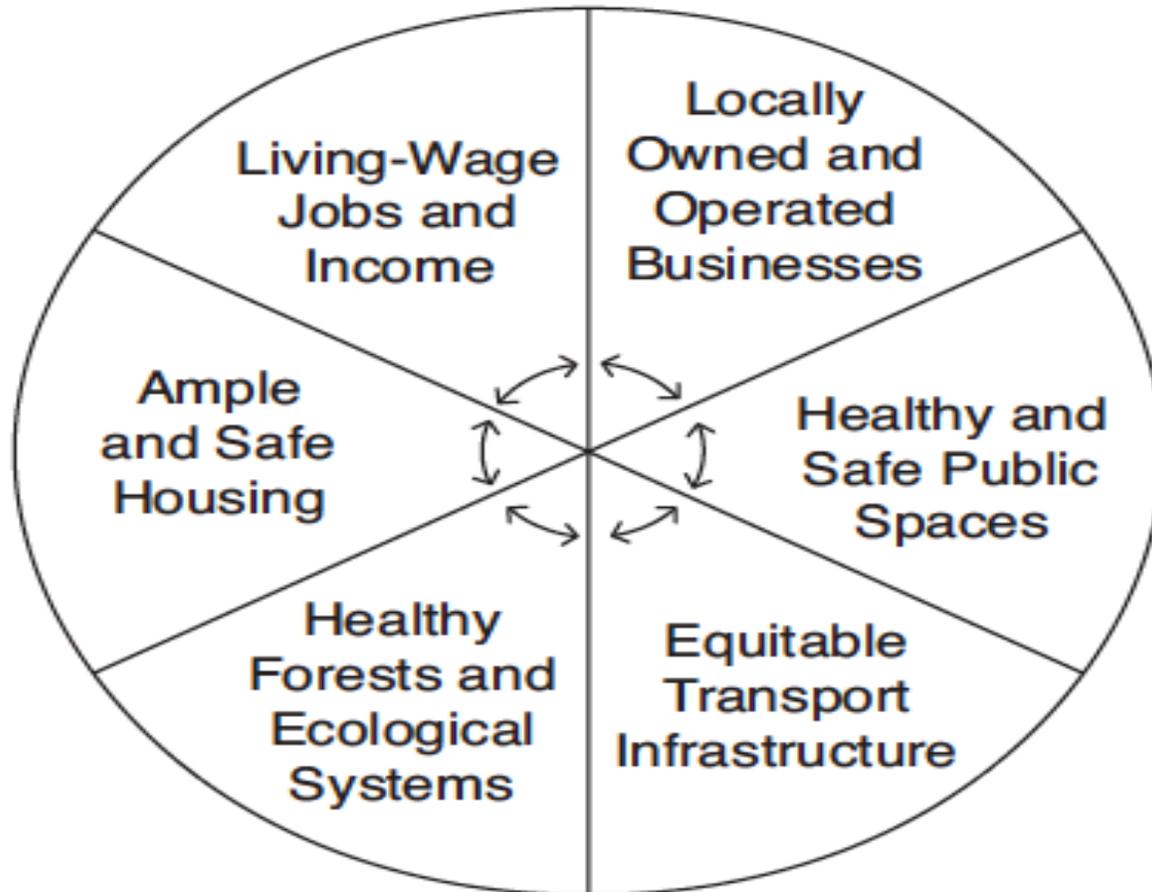
Recent Article

Boston.com (Sept 27, 2022)

*New report highlights the importance of
social connectedness for climate resilience*

The Five Foundational Areas Required to
Build Universal Capacity for Transformational Resilience for the Climate Mega-Emergency

Ensure a “Just Transition” by Engaging Residents in Creating Equitable, Safe & Healthy Climate-Resilient Physical/Built, Economic, and Ecological Conditions



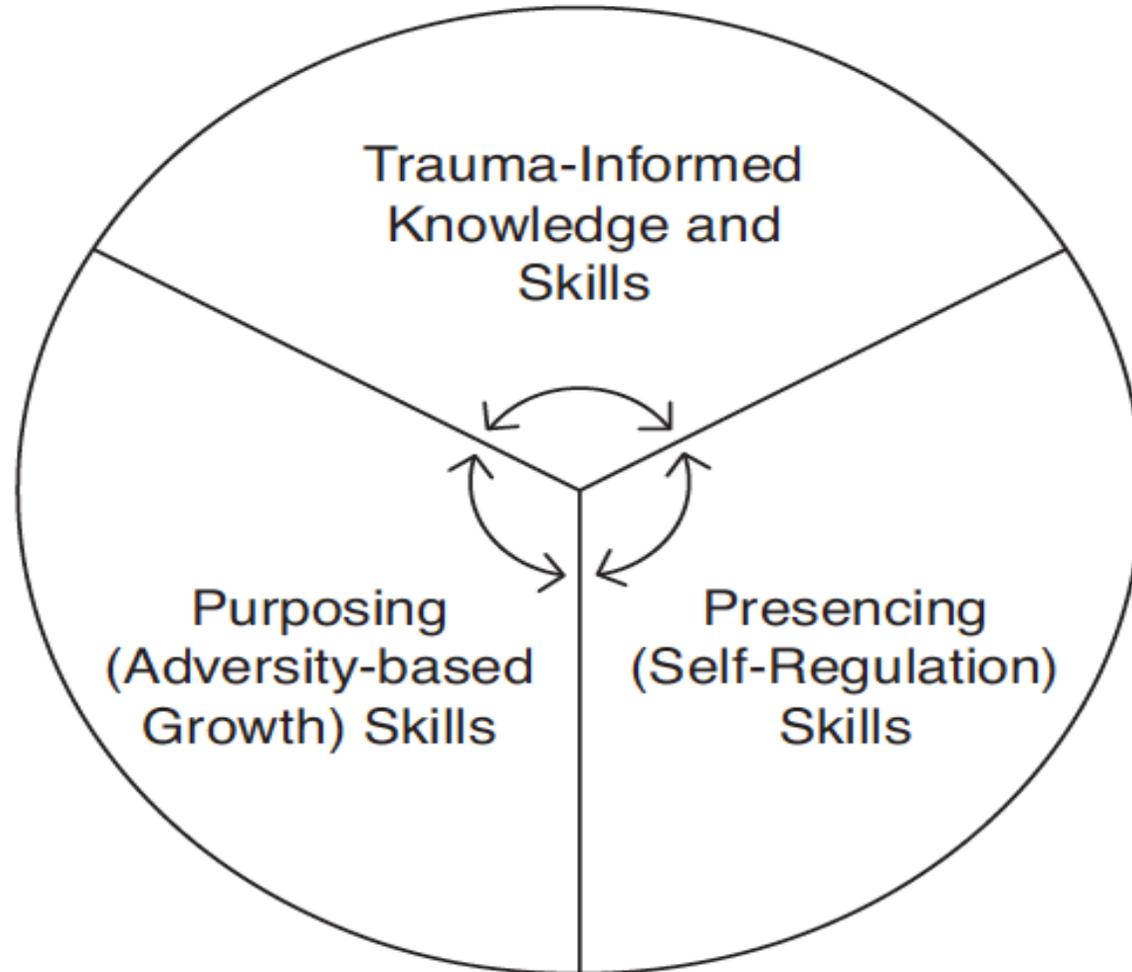
Recent Article

New UN Report, Dec. 9, 2022

‘Just Transition’ policies needed to create 20 million green jobs.

The Five Foundational Areas Required to
Build Universal Capacity for Transformational Resilience for the Climate Mega-Emergency

Build Universal “Literacy” About Mental Wellness and Resilience



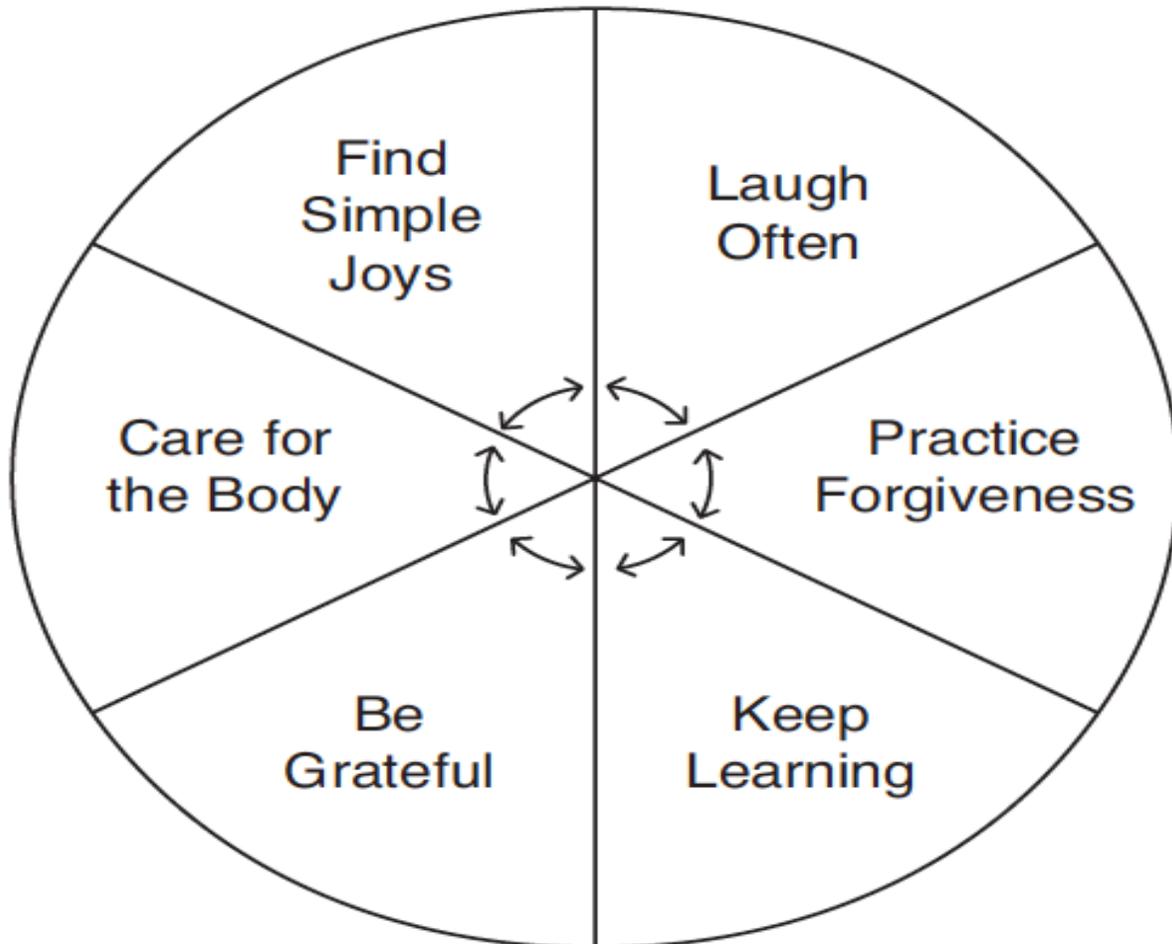
Recent Article

The Guardian, Sept. 9, 2022

Humanity's moment: 'How can we find meaning in a world that is at once both heaven and hell?'

The Five Foundational Areas Required to
Build Universal Capacity for Transformational Resilience for the Climate Mega-Emergency

Help Residents Regularly Engage in Specific Practices that Enhance
Mental Wellness and Transformational Resilience



Recent Article

Time, Nov. 12, 2021

How Gratitude Can Help Combat Climate Change

The Five Foundational Areas Required to
Build Universal Capacity for Transformational Resilience for the Climate Mega-Emergency

Establish Ongoing Age and Culturally Appropriate Opportunities for
Residents to Heal their Trauma



Recent Article

BSU, May 28, 2022

*Restorative Circles:
A Powerful Tool for Community Healing*

GETTING STARTED

Too often, we don't begin things because we can't figure out where it will lead and what will be required.

But you don't need to know all of the steps or what they will lead to.

You only need to know the first step. You start with step one.

And then IF and WHEN it feels right, you take the next step, and so on.



So, start where you are at,

Start small,

And then see how it feels and where it leads!

Getting Started

- In 1-2 sentences write down your vision of a role you can play in building collective resilience.
- Then write down the first step you can take toward your vision.
- Then write down ideas about how you can decide, after the first step, if and how to do more.

Breakout Rooms

In 2 minutes each take turns sharing your vision, first step, and how you will decide to do more.

After everyone has shared, discuss the approaches.

Next Steps

The CoP Basecamp site will remain available to all of you.

The information will also be placed on the CTIPP website.

Next Steps

If Sufficient Interest the CoP Will Continue In 2023

Likely starting in February---with monthly 90 min. zoom meetings:

We will send emails in January to determine interest.

The sessions can focus on:

- Greetings: to allow members get to know the names, faces, locations and work being done by of others CoP members.
- Group Discussion: to talk about you work, share challenges, obtain feedback etc.
- Specific Topics Chosen by Participants: e.g. Organizing, facilitating and funding RCCs; Policies for mental wellness and resilience; Integrating climate activism with resilience; Building mental wellness and resilience within rural communities, schools, BIPOC communities, and more.

Closing Thoughts

If we want to protect and regenerate the planet and ourselves we must think systemically and respond holistically.

This requires getting out of our personal, professional, and organizational siloes and organizing collaborations that build common understanding and collective action.

And Always Remember

If trauma can be passed
down through generations,
then so can population-level prevention,
healing and transformational resilience!

We Know How To Do It.

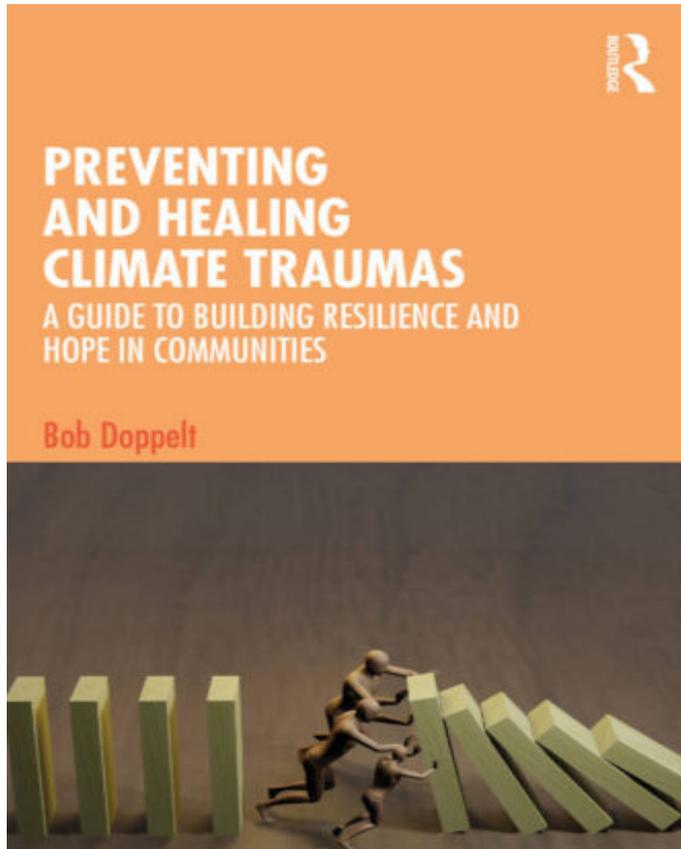
This is Our Mission!



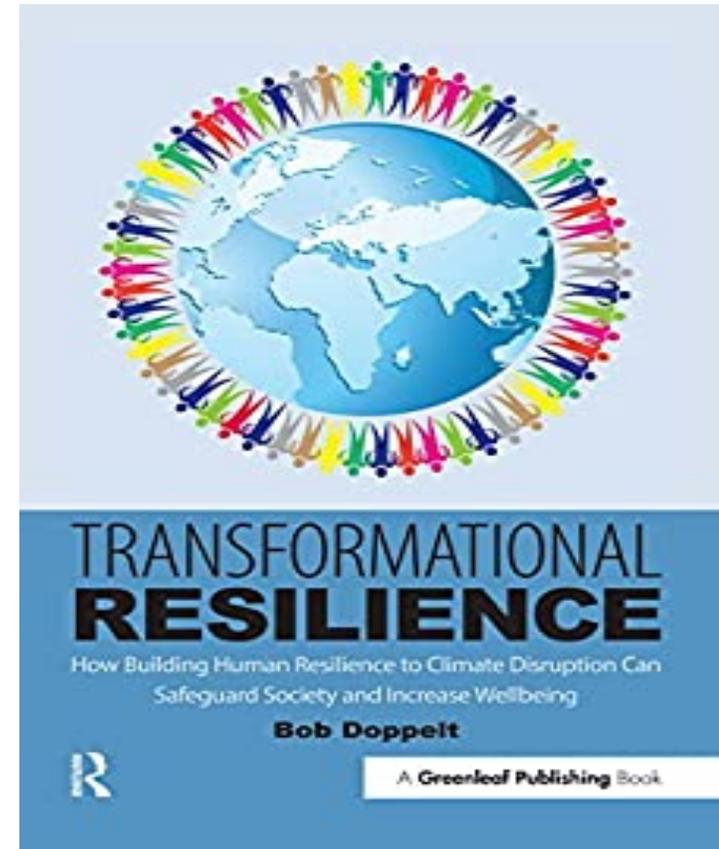
[More Information Can Be Found On the ITRC Website:](http://www.theresourceinnovationgroup.org/)

<http://www.theresourceinnovationgroup.org/>

And in these books:



Taylor and Francis/Routledge Publishing,
Forthcoming March 2023



Taylor and Francis/Routledge Publishing 2016
Available from many booksellers.

Please Complete the Final Evaluation—of Today and Overall CoP!

It is key to obtaining future CE Credits

And key to improving future CoPs

Thank You For Being With Us And For All That You Do!

