



Welcome to Session II

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

October 25, 2022

Many Thanks To Our Co-Sponsors





Agenda

How to organize and operate community-based mental wellness and resilience initiatives

Presenters

- Teri Barila and Board President Emeritus, Founder of the Community Resilience Initiative in Walla Walla Washington
- Tina Pearson, Executive Director of the New Hanover County, North Carolina, Resilience Task Force.



Resilience Pause

“Resourcing”





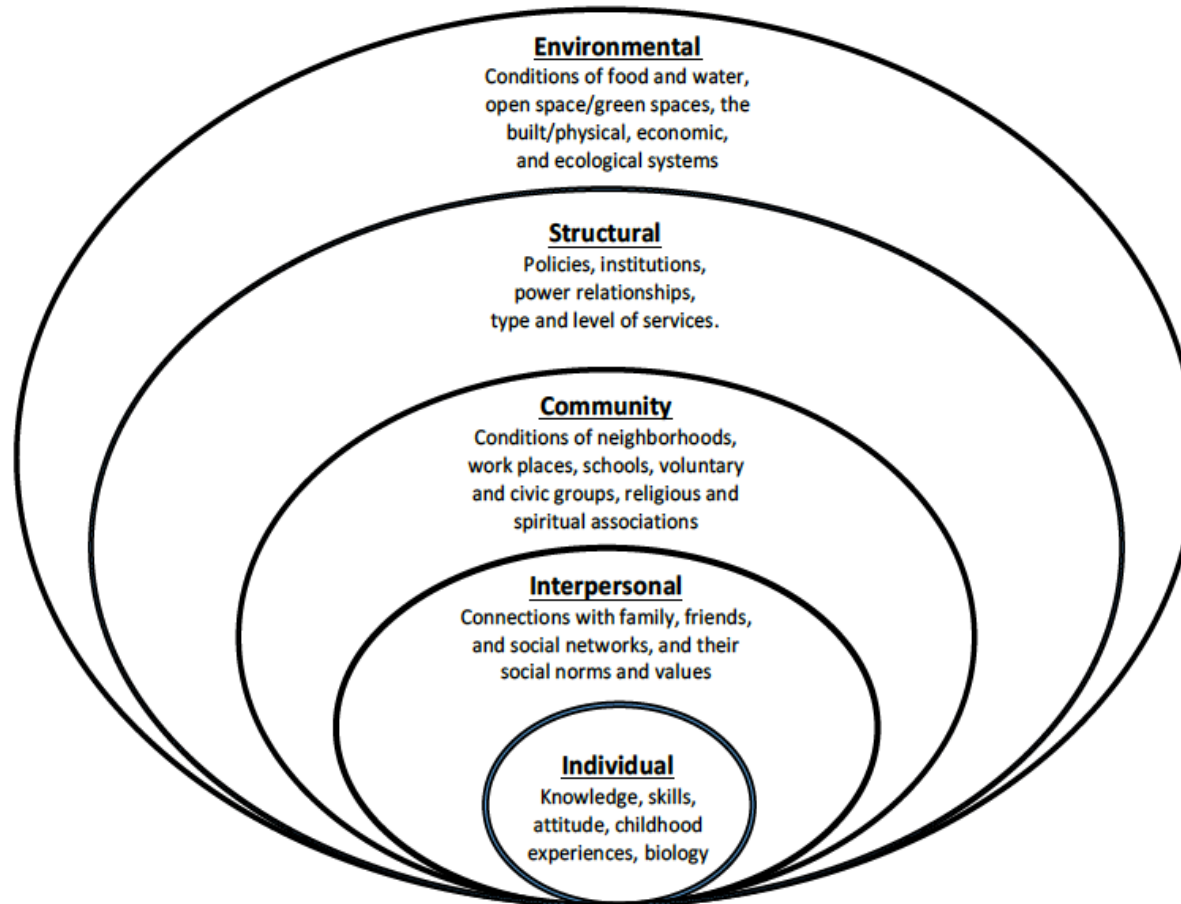
Breakout Rooms

Please share:

- How you feel now in the present moment?
- What stood out to you about last week's session.... and
- Who you shared that information with and any outcomes or questions that emerged?

Today's Widespread Constant Elevation of Stress Hormones Results From Interacting “Bio-Psycho-Social-Economic-Built-Environmental Forces” and Rising Ecological Disruptions Will Increasingly Affect Them All!

The Social-Ecological Model



The Climate Emergency Requires Us To Redefine Mental Health and Psychosocial Problems

- Climate adversities will continue for decades, so personal, family, and community distress will be ongoing and have no resolution, fix or closure.
- Millions will feel hopeless—“spiritual distress”— which is at root of many mental health & psychosocial problems.
- Millions will consequently show “symptoms” of anxiety, depression, PTSD, grief, anger, aggression and more, but these will be NORMAL reactions to dysfunctional external conditions, not always symptoms of pathology.



The Climate Emergency Thus Also Requires Us To Redefine How to Prevent and Heal Distresses and Traumas

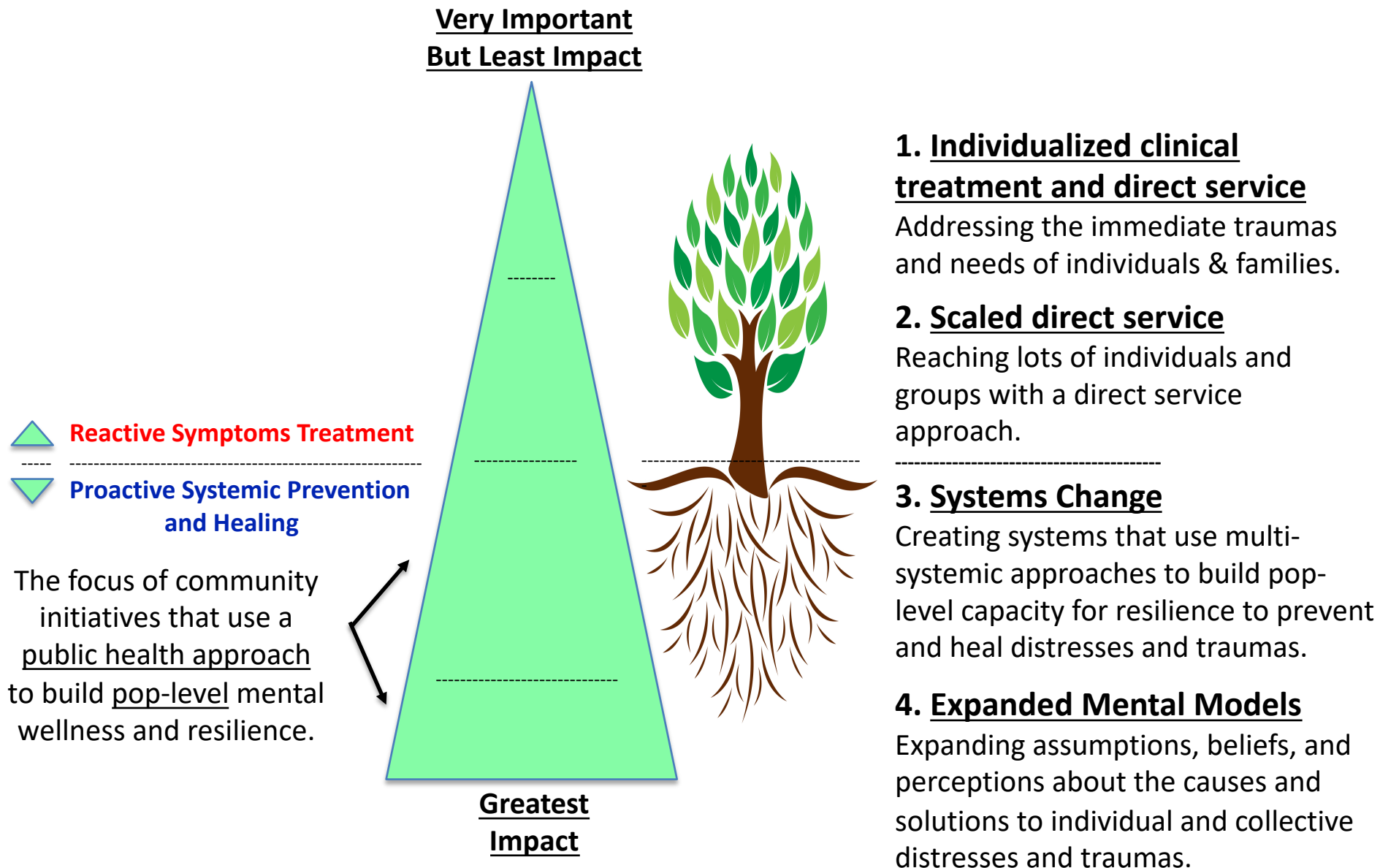
While They Will Remain Very Important

Clinical treatment and direct human service programs cannot address these challenges because they:

- Assist only a small number people and only after they develop symptoms.
- Do not build the healthy social connections, skills, strengths, norms, resources and other protective factors that prevent and heal distresses and traumas

Proactive Systematic Prevention & Healing are Needed!

Four Levels of Impact



Involves the Formation of Broad and Diverse Resilience Coordinating Coalitions in Neighborhoods and Communities (or region in rural areas)

(Each neighborhood and community should use a name that resonates locally)

- Based on the knowledge that **positive change** is more likely to occur when **the people it effects** are **actively involved** in the change process.
- Active participation by residents has the **greatest chances** of strengthening the **protective factors** needed to build pop-level mental wellness and resilience.

How to Get Organized?

A Bottom-Up Approach

Introducing Teri Barila

Founder, and now after 15 years of work, Board President Emeritus,
The Community Resilience Initiative in Walla Walla, Washington US

Resilience Pause

Resourcing





If You Are Already Part of a Coalition, Who Else Can You Invite to Join?

If You Are *Not* Part of a Coalition Who Can You Talk W/About Forming One?

**Name 1-3 Grassroots, Neighborhood, or
Civic Leaders You Can Talk With**

1.

2.

3.

**Name 1-3 Non-Profit, Private, or Public
Org. Leaders You Can Talk With**

1.

2.

3.

Another Approach: Organize With Support from Others

Introducing Tina Pearson

Executive Director, New Hanover County Resiliency Task Force, North Carolina

Resilience Pause

Resourcing



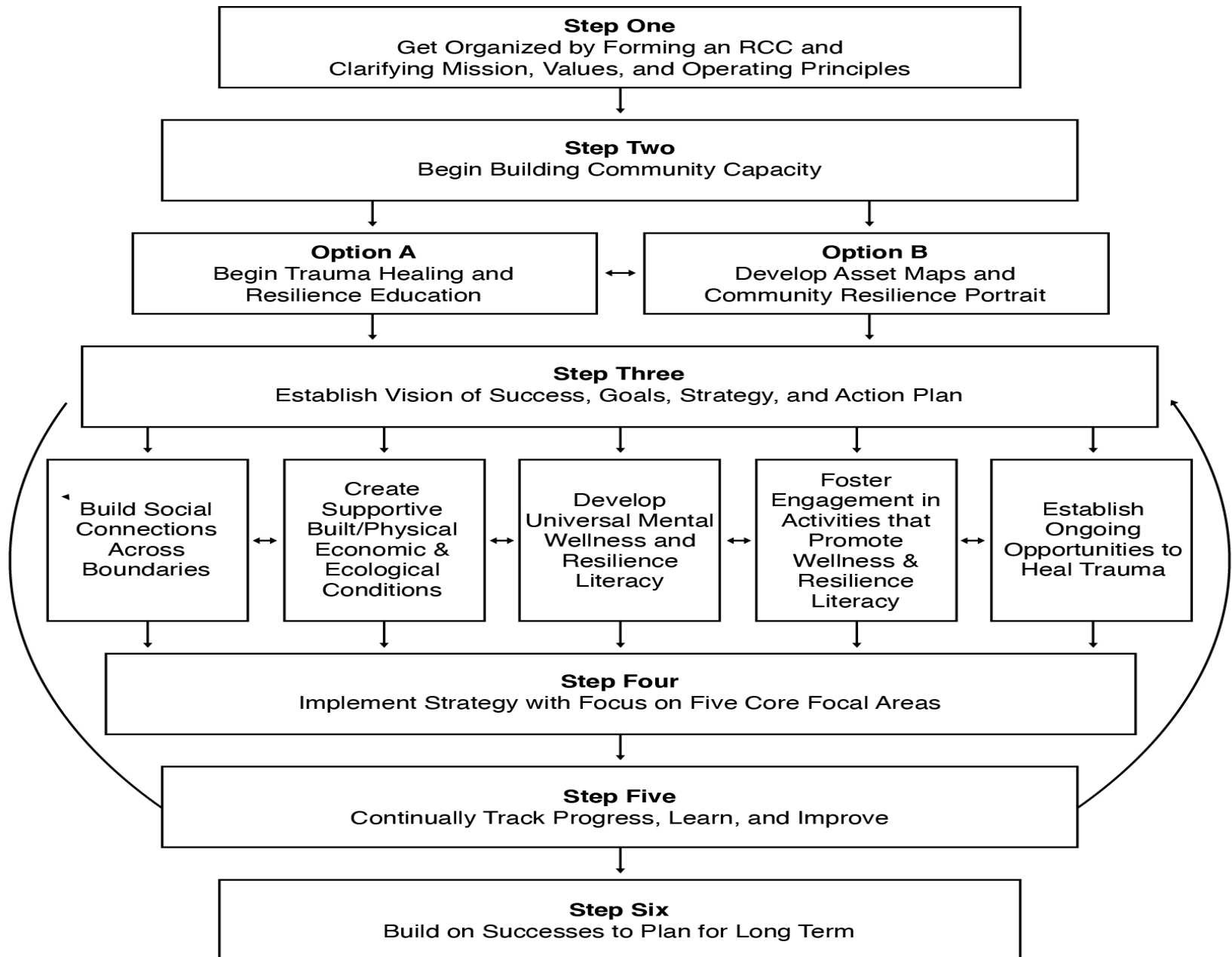
Breakout Rooms

- Share what you learned from the presenters...
- If not involved with a coalition, discuss how you can reach out to and talk with others in your community about forming one...
- If you are involved with a coalition, discuss how you can expand it and/or focus it on a proactive public health approach to building population-level mental wellness and transformational resilience

Comments and Questions

What Do You Want to Know More About?

A Six-Step Process For Forming and Operating an RCC for the Climate Emergency



If You Helped Organize a Coalition Please Share Examples of How You Established:

A Mission Statement

Vision of Success

Core Values

Operating Principles

Goals

Objectives

And How Your Coalition:

Found Good Leaders and Staff

Established an Effective Organizational Structure

Start by Developing a “Mission Statement”

To develop a mission statement, the RCC should answer basic questions such as:

- "What are the top concerns and priorities of local residents?"
- "How are they connected to mental health and psycho-social-spiritual problems---and to the capacity for wellness and resilience?"
- “How can we help residents address their needs in ways that strengthen their capacity for mental wellness and transformational resilience?”
- "How will we operate to achieve these goals?"

- The answers should be described in 1-2 sentence-long action-oriented assertions that describe the purpose and goals of the RCC, who it will engage, and how it will accomplish its goals.
- A good mission statement requires thinking long-term in a big picture way.

Then Develop a “Vision of Success”

- A good vision statement should be written in the present moment, not future tense, but be forward looking.
- Like the mission statement, it should be written as a short powerful unequivocal description of the ideal conditions the RCC seeks to achieve.
- The vision should also be inspirational and create a vivid picture in people's minds of why the RCC's work is very important—but not pie-in-the-sky.

Then Clarify the Coalitions Core “Values”

- From the traumas generated by climate adversities, to the staffing, funding, and other **typical struggles** an RCC is certain to face **numerous challenges**.
- To ensure continued **wise and skillful decision-making, after** the RCC clarifies its mission and vision, it will be important to adopt a **clear set of core values**.
- The values adopted by the RCC will also help **attract additional participation** and **motivate residents to engage in its activities**.

Then Identify the Coalitions “Operating Principles”

- Operating principles describe how the RCC will **put its values into practice** to achieve its mission and vision.
- They **help guide decision making** and **allow things to get done quicker**.
- The operating principles can also **circle back to influence** the RCCs mission, vision, and values.

Then Clarify the Coalitions “Goals”

- Goals are the broad **primary outcomes** the RCC wants to achieve.
- Setting goals provides a sound basis for **planning**, **implementing**, and **evaluating** the RCC's activities.
- When goals are agreed upon everyone can more easily understand **what the RCC seeks to achieve**—and **highlight the community's potential** not deficits/ problems

Then Clarify the Coalitions “Objectives”

- Objectives are the specific measurable results the RCC wants to achieve within a specific time period to meet the goals.
- Objectives should be achievable yet challenging, be directly connected with the RCC's vision and goals, and include specific timelines.
- Each RCC, or different Resilience Innovation Teams, might develop different objectives for the the neighborhoods, populations, and sectors they engage with.

Two Very Important Early Actions

- Provide basic education for RCC members to get everyone on the same page.
- Learn and constantly practice good communications and conflict resolution skills.

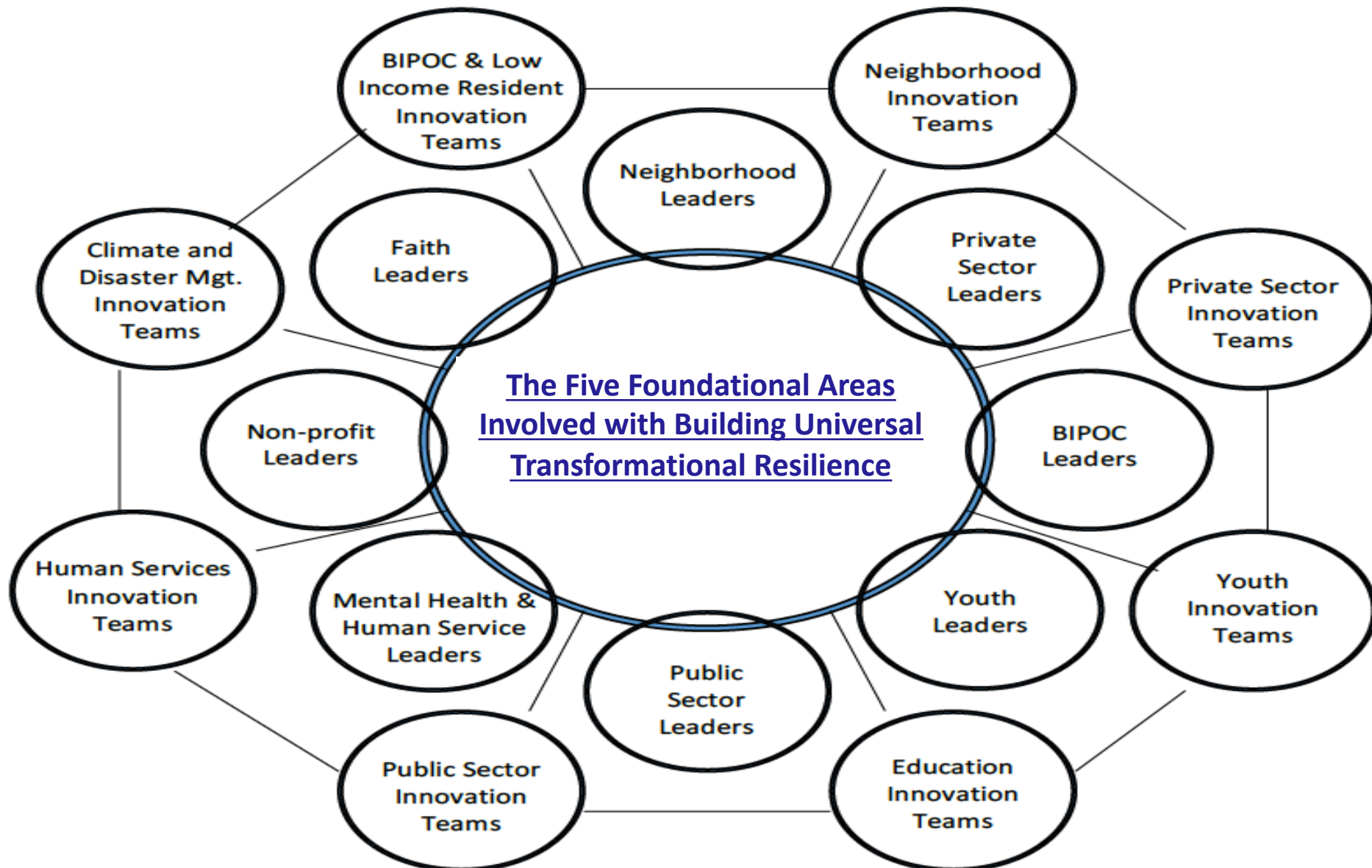
Finding Effective Community Leaders and Staff

- An RCC will typically begin with the original group of organizers taking the lead and others participating as their time allows.
- As this occurs keep an eye out for grassroots, neighborhood, and organizational people who are natural leaders.
- They are often NOT the loudest or most visible people: they are inherently participatory servant leaders who others respect and respond to.

Selecting an Organizational Structure

- After a sufficient number of individuals and organizations decide to participate, it is usually best to develop a “formal” structure: steering committee, board of directors, and/or executive committee.
- Because no single group or organization can assist all the populations/sectors of a community, many "Resilience Innovation Teams" (RITs) should be also formed.
- This will require a good deal of "well-coordinated decentralization."

A Sample “Ring Team” Approach to “Well-Coordinated Decentralization”



Funding an RCC

- Some initiatives operate for years w/out funding, but most will in fairly short-order need to **secure funding** to cover administrative costs and hire staff.
- A **carefully developed approach** can achieve success.
 - Seek small donations from RCC members—and ask them to ask colleagues.
 - Ask local residents or philanthropic orgs with capability for larger donations.
 - Hold special fundraising events or join other organizations in funding events
 - Use GoFundMe crowdfunding
 - Become a part of an established organization's larger grant request
 - Seek public agency grants

Q & A

Always Remember

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

This is our mission!



Please Remember to Complete the Session Evaluation

Suggested Homework

- Practice a Resourcing Resilience Pause once a day—and teach it to someone.
- Share what you learned/experienced today with 1-2 others and discuss how it could be applied in your community, organization, or setting.

Think About an “Open Session” to meet others and discuss key issues.

Next Tuesday Nov. 1 Same Time: How to Begin Building Community Capacity for Mental Wellness and Transformational Resilience

Presenters:

- Matt Erb, Associate Clinical Director, Center for Mind-Body Medicine
- Vichi Jagannathan, Co-Founder of the Rural Opportunity Institute