Welcome to Session VII

Community of Practice on Using a Public Health Approach In Communities to Build Pop-Level Mental Wellness and Resilience For the C-E-B Catastrophe

March 26, 2024

Many Thanks to Our Co-Sponsors!
Key Message

“Community is Medicine”

Throughout human history our ability to band together has always been key to responding creatively, adapting to, and solving complex problems!

By working at the community level we can do this again now!
So Always Remember

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

This is Our Mission!

Adapted from Judith Landau 2021
Summary of Last Week

The Third Foundational Focus

Build Universal Literacy about Mental Wellness and Resilience

• In simple age and culturally-accountable ways involves helping everyone:
  
  o Become “trauma-informed”
  o Learn “Presencing” -- or self regulation and co-regulation--resilience skills
  o Learn “Purposing” -- or adversity-based growth--resilience skills.

• Helping people understand how traumas and toxic stresses can affect their body, minds, and emotions—and affect the behaviors of groups as well—can help “normalize” feelings and prevent self-harm and social harm.

• Learning “Presencing” and “Purposing” resilience skills gives people confidence and peace of mind that they can manage their emotions in any situation, and find new meaning, direction, courage, and hope in adversities.

• Should always be done using just and equitable methods and best done in group and community settings to provide emotional support and solidarity and overcome fears of stigmatization.
Today’s Agenda

The Fourth Foundational Focus:
Continually Engage Residents in Specific Practices that Grow and Sustain Mental Wellness and Transformational Resilience

We are Honored to Have People from Two Outstanding Programs

Rev. Paul Abernathy, CEO, Neighborhood Resilience Project

James Baraz, Founder of Awakening Joy
“Purposing”
Living Out the **Values** We **Hold Dear** in Midst of Adversities is Key

- Values refer to *Actions*—not ideals, morals, or goals.

- Values are about how you *act* during life, *not* what you *think* or believe in.

- **Acting out our values** allows us to *live* with dignity, *meaning*, and *purpose*
Resilience Pause

If it resonates with you, take a moment to use the “skylight method” to notice what are you experiencing right now in your body, your mind, and your emotions.

**Purposing: Living Out Your Values**

Bring to mind a **role model** or **mentor** who consistently shows you how to **think & act wisely** in any situation.

Can be real or imagined.

Now identify a **distressing experience** you had in the past few months.

Looking **back** at the distressing experience, **how** would your role model or mentor have **responded**?

Did **you** respond that way?

If not, can you **imagine** yourself **responding** in a **somewhat similar way** in the **future**?
10 Minute Breakout Rooms

Please share:

• In 1 word how you feel now in the present moment?

• Did you practice one of the two “Purposing” resilience skills shared last week and teach it to someone else? If so, how did it go? If not, why not?

• What stood out to you about Charlotte Eure and Dr. Wanda Boone presentations last week about how they help people become trauma and resilience-informed?

• Did you share that information with 2-3 people you have already spoken with about forming an RCN, or expanding an existing one, and if so, did you decide how to engage residents in building universal literacy about mental wellness and transformational resilience, and if not why not?
Recap of the Flow of the CoP on Forming and Operating RCNs for the C-E-B Catastrophe

After Initial Overview: First Week

Second Week

Three Previous Sessions

Today

Last 2 Sessions
Remember: The Five Foundational Areas Are Interconnected

- Engaging residents in specific practices that build and sustain wellness and resilience should be a **stand alone focus**.

- It should **also** be woven into in each of the **other 4 foundational areas**.
• A public health approach to preventing and healing mental health and psychosocial problems requires ongoing multisystemic efforts to transform norms, attitudes, habits, and behaviors.

• So as residents engage in the other 4 foundational areas, it is important to regularly engage them in specific practices that research and experience show can help build and sustain their mental wellness and resilience for adversities.

• These practices shift our attention from distress, anger, hopelessness etc. to factors that can build wellness, resilience and healthy hope.

• As with other actions, are most powerful when done with others at grassroots and community levels.
Six Practices Are Especially Helpful in Building and Sustaining Mental Wellness and Resilience

“Action for Happiness Campaigns” in UK; and “Spread Joy Through Community Art” in Missouri.

“Food, Clothing, Healthcare, and Shelter Programs” by many organizations; and “Play Streets” to help youth be physically active.

“Attitude of Gratitude Campaign” by the Newport News; and “Say Something Nice Day” now national in U.S.


“Community Forgiveness Campaigns” The Forgiveness Project; and programs by International Forgiveness Institute

UNESCO “Global Network of Learning Cities”; and Rural Opportunities Institute “Systems mapping to learn About Trauma”
Introducing

Fr. Paul Abernathy

Founder and CEO of the Neighborhood Resilience Project
Introducing

James Baraz

Creator and Teacher of *Awakening Joy*
Brief Q&A With

Fr. Paul and James
10 Minute Breakout Rooms

- Share what you gained from Fr. Paul and James
- Discuss how you can help your RCN engage residents in activities that build and sustain mental wellness and transformational resilience
- Identify key issues, concerns, and questions
Q & A and Discussion

Please post comments and questions in chat
Remember the Two Focuses of Transformational Resilience

Presencing
To manage the "Push" of our psychobiological drives
(self-regulation and co-regulation skills)

Purposing
To find meaning, direction, and hope to intensify the “Pull” of purpose
(adversity-based growth skills)
Resilience Pause

If it resonates with you, take a moment to use the “skylight method” to notice what are you experiencing right now in your body, your mind, and your emotions.

Purposing—More on Clarifying Your Values

• Identify a different distressing experience you have had in past 1-6 months--and how did you respond?

• How would your role model or mentor have responded to the experience?

• If you responded differently from how you think your role model or mentor would have responded, what resources do you have that can help you respond in a dignified and respectful way?
Hopelessness is a powerful emotion that can harm the way one perceives the **self**, **others**, and the **world**.

It can lead people to **harm themselves**, **harm others**, and/or **harm** the **natural environment**.
Identify a recent time when you did something helpful for another person—animals or nature without a sense of obligation or expected payoff.

How did you feel afterwards?

When we do good things for others—or help the world be a better place—without obligation (engage in selfless pro-social behaviors)

We Feel Good About Ourselves and More In Control (Build Self-Efficacy)!
The Reason is This Form of Purposing Can Activate the “Oxytocin Virtuous Cycle”
Help People Experience It By Assisting Others and/or Nature Without Obligation

Selfless pro-social actions feel good ... which activates the release of oxytocin... which feels good... which drives more selfless behaviors ... which releases more oxytocin ... which drives more selfless behaviors .... producing a virtuous cycle!

- This is not just about being nice or moralism
- It is an expanded notion of self-interest
- Helping others and/or the nature benefits us as much or more than others.

From The Moral Molecule: How Trust Works, Paul Zak
Harvesting Healthy Hope
during adversities allows us to

Overcome despair and hopelessness

and

Realize that how we respond is up to us!
Research has found that Healthy Hope emerges most readily when 3 closely related factors are present:

1. People have a vision of a place they want to arrive at or condition they want to achieve.

2. A sense of the initial steps they can take and an overall approach to move toward their vision.

3. A commitment to work with others to move toward that vision even when obstacles arise.

Hope Theory, Snyder 1994
Help People Craft a “Purposing Safety Plan”!

1. Create a vision of a place they want to arrive at or condition they want to achieve that gives them hope.

2. Identify the initial steps they can take and an overall approach to move toward their vision.

3. Make a commitment to move toward that vision even when obstacles arise and who they can join with to make the journey.
Encourage Everyone to Develop Their Own “Purposing Safety Plan”

My strengths, interests, and passions:
The core values I want to live by:
Actions to enhance my personal wellbeing:
Actions I will take to enhance the wellbeing of others (and thus help myself):

<table>
<thead>
<tr>
<th>Immediate Actions (within 30 days) to Achieve My Goals</th>
<th>* Barriers I Will Experience</th>
<th>Strategies For Barriers</th>
<th># Benefits of Action</th>
<th>Date(s) Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mid-Term Actions (within 3 Months) To Achieve My Goals</th>
<th>Barriers</th>
<th>Strategies for Barriers</th>
<th>Benefits of Action</th>
<th>Date(s) Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Barriers include internal challenges as well as external barriers.
If you want CE credits please remember to complete the APHA session evaluation

Homework

• Practice a “Purposing” Resilience skill once a day—and teach it to someone!

• Create your own “Purposing Safety Plan” and practice using it.

• Share what you learned today from Fr. Paul and James with the 2-3 others you have been talking with about forming an RCN and discuss how you can actively engage residents in the specific activities that build and sustain build mental wellness and transformational resilience.

Next CoP session is Tuesday April 2: Establish ongoing opportunities for residents to heal their traumas.
Key Message

“Community is Medicine”

Throughout human history our ability to band together has always been key to responding creatively, adapting to, and solving complex problems!

By working at the community level we can do this again now!
So Always Remember

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

This is Our Mission!

Adapted from Judith Landau 2021