Welcome to Session VI

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 19, 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
The Second Foundational Focus:

Make a Just Transition --- “Leave No One Behind.”

• This is essential because both the impacts of the C-E-B Catastrophe and actions to reduce it to manageable levels and adapt to its consequences can generate both harm and benefits, so everyone has a responsibility to ensure an equitable distribution of both.

• A Just Transition requires active participation of affected communities in planning, implementing, and continually improving strategies to enhance local built/physical, economic, and ecological conditions.

• RCNs—and human services professionals—need to actively engage because unhealthy, unsafe, and inequitable local conditions are powerful drivers of mental health struggles, and when residents engage in building safer, healthier & just conditions they can find health hope that both prevents & heals them.
Today’s Agenda

The Third Foundational Focus:
Develop Universal Literacy About Mental Wellness and Transformational Resilience

We are Honored to Have Two Outstanding Presenters

Charlotte Eure, Coordinator of Virginia’s Trauma Informed Community Networks

Dr. Wanda Boone, CEO of T.R.Y. -- Together for Resilient Youth
The Three Basic Focuses of Universal Literacy About Mental Wellness and Transformational Resilience Help Everyone Become “Trauma and Resilience-Informed”
These are Natural Survival Reactions to the Sense of Threat Produced by Release of Cortisol & Adrenaline

- Physical Reaction:
  Increased blood pressure, pulse rate, difficult breathing, cold sweats, muscle tension, aches & pains, sleep disorders

- Mental Reaction:
  Excessive fear, worry, guilt, lost trust, shame, humiliation, shattered assumptions and lost meaning

If we learn how to release the reactions we can remain healthy and resilient. If they are not discharged, what began as helpful adaptive coping reactions can become harmful.

Harmful Coping
- Self-numbing via alcohol or drug abuse
- Seeking relief via diversions like overworking
- Seeking relief via aggression or violence toward others
- Dissociation and/or denial leading to reenactment
- Less ability to cope, problem solve, and enhance wellbeing

If it continues

Personal Breakdown
- Physical health problems (e.g. cancer, heart disease)
- Psycho-emotion problems (e.g. anxiety, depression, PTSD)
- Spiritual problems (e.g. loss of spirit, hopelessness)
- Cognitive problems (e.g. memory loss)
- Behavioral problems (aggression or withdrawal)
- Less ability to cope, problem solve, and enhance wellbeing

Social Breakdown
Trauma-Organized Communities & Societies
- High distrust, despair, meaninglessness
- Low empathy and compassion
- More authoritarianism and extremism
- ‘We vs. Them’ polarization
- Accelerated racism and other systemic oppressions
- Aggression, violence, crime
- Less ability to cope, problem solve, and enhance wellbeing

If many people experience these reactions

Physical Reaction:
Increased blood pressure, pulse rate, difficult breathing, cold sweats, muscle tension, aches & pains, sleep disorders

Mental Reaction:
Excessive fear, worry, guilt, lost trust, shame, humiliation, shattered assumptions and lost meaning
Transformational Resilience Offers a Framework for Building Universal Literacy

TR is not about ignoring your suffering, being tough, pulling yourself up by the bootstraps, or bouncing back. It is an act of growth based on a commitment of love for the self and community and healthy hope for the future.

Framed Around The Knowledge That Humans Are

Pushed by drives

and

Pulled by meaning and purpose!

Quote by Viktor Frankl
The knowledge that we can manage our body, mind, emotions, and behavior in any situation can provide tremendous confidence and peace of mind (builds self-efficacy).

“Presencing” Wellness and Resilience Skills
To manage the "Push" of our psychobiological drives (self-regulation and co-regulation skills)

“Purposing” Wellness and Resilience Skills
To find meaning, direction, courage, and healthy hope to intensify the “Pull” of Purpose (adversity-based growth skills)

The ability to use adversities as catalysts to learn, grow, and find new meaning, direction, courage, and hope allows us to live with dignity and create positive personal and social change.
All Five Foundational Areas of Building Population Mental Wellness and Transformational Resilience Should Incorporate Both Presencing and Purposing!
In Each of the Five Foundational Areas Teach Residents These or Other Self-Administrable, Age and Culturally-Accountable “Presencing” Resilience Skills

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<thead>
<tr>
<th>Breath-Based Skills</th>
<th>Cognitive-based Skills</th>
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<tbody>
<tr>
<td>• Controlled breathing</td>
<td>• The Control Test</td>
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<td>• Six-Second breathing</td>
<td>• ABC model of observing thoughts</td>
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<td>• Belly breathing</td>
<td>• Expressive writing</td>
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<tr>
<th>Awareness-Based Skills</th>
<th>Spirituality-Based Skills</th>
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<td>• Mindfulness of breath, thoughts, and emotions</td>
<td>• Prayer and meditation</td>
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<td>• Mindful eating, walking, movement</td>
<td>• Conversations with others</td>
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<td>• Reading sacred texts</td>
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<th>Culturally-Based Skills</th>
<th>Physically-Based Skills</th>
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<tr>
<td>• Music</td>
<td>• Exercise</td>
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<td>• Dance</td>
<td>• Being outdoors/connecting with nature</td>
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<td>• Shared meals</td>
<td>• Yoga, Qigong, others</td>
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**Encourage Everyone to Develop Their Own “Presencing” Safety Plan**

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<tr>
<th>I Will Watch Watch for These Signs That I am Stressed or Dysregulated</th>
<th>When I See These Signs I Will Take These Actions</th>
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| **Examples**

*Physical Signs:* rapid breathing, heart beat, or pulse; head or stomach ache; muscle tension.

*Mental Signs:* racing mind, anxiety, fear, excessive worry, sleep troubles. | **Examples**

Practice tracking, grounding, controlled breathing, mindfulness of breath, thoughts & emotions, Circles of Support, ABC Model of Thinking Distortions, Self-Compassion |

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Each Foundational Area Should Also Focus on “Purposing” Skills
AKA Adversity-based Growth

Transforms distressing experiences and emotions into substantially healthier and better conditions

Requires a Choice:
Continue to suffer, or use the experience to learn about the world and self
and then
rise above our pain to find new meaning, purpose, courage and hope often by helping others and/or nature

Slide Adapted from S. Joseph, What Doesn't Kill Us
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.

**A “Purposing” Skill**

Imagine that you visit your doctor and learn that you have 2 years left to live.

You won't feel sick, but you'll have no notice of the moment of your death.

What would you do in the time you have left?

Would you change your life in some way? If so, how?

You can never know how much time you have left, so how can you focus on what is meaningful to you now and give your life vital purpose?
10 Minute Breakout Rooms

Please share:

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

• Did you practice a “Presencing” resilience skill and teach it to someone else? If so, how did it go? If not, why not?

• What stood out to you about Ruben Cantu and Tamira Jones Machado presentations last week about a just transition, and the importance and different aspects of making a Just Transition?

• 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 making a Just Transition, and if not why not?
A Process For Forming and Operating an RCN for the C-E-B Catastrophe

First Week

Step One
Get Organized by Forming an RCC and Clarifying Mission, Values, and Operating Principles

Step Two
Begin Building Community Capacity

Second Week

Option A
Begin Trauma Healing and Resilience Education

Option B
Develop Asset Maps and Community Resilience Portrait

Today

Step Three
Establish Vision of Success, Goals, Strategy, and Action Plan

- Develop Universal Literacy About Mental Wellness and Transformational Resilience
- Establish Ongoing Opportunities to Heal Trauma
- Foster Engagement in Activities that Promote Wellness & Resilience Literacy
- Create Supportive Built/Physical Economic & Ecological Conditions
- Build Social Connections Across Boundaries

Step Four
Implement Strategy with Focus on Five Core Focal Areas

Last 2 Sessions

Step Five
Continually Track Progress, Learn, and Improve

Step Six
Build on Successes to Plan for Long Term
Remember: The Five Foundational Areas Are Interconnected

- Developing universal literacy about mental wellness and resilience should be a **stand alone focus**.
- It should also be woven into in each of the **other 4 foundational areas**.
• Follows from **health literacy** which is the "degree to which people have the capacity to **obtain**, **process** and **understand basic health information** needed to make appropriate **health decisions**."

• Health literacy campaigns are now common but often **shortchange mental health** aspects of health.

• This shows that even many health care providers fail to grasp there is “**no physical health without mental health**.”

• Research shows mental wellness and resilience literacy is **very low** in the US and EU.
Detailed Elements of Universal Literacy About Mental Wellness and Resilience

Knowledge of how to seek treatment for personal mental health problems

Knowledge of how to obtain additional information and resources when experiencing mental health problems

Knowledge of and skills to assist others with mental health problems

Knowledge of and ability to use simple, self-administrable Presencing and Purposing resilience skills

Knowledge of how traumatic stresses can affect the body, mind, emotions, and how to recognize signs of distress
When Building Literacy It is Essential to Understand Both the Impacts and Outcomes of Stress and Trauma on Historically Marginalized and Underserved Populations

- In many ways BIPOC and other marginalized residents are more amazingly resilient than others due to many stresses and traumas their ancestors, family, and they have dealt with.

- But being asked to be “resilient” can also be off-putting unless it focuses on recognizing the strengths BIPOC communities have used on the past, and the strengths they have today, that help them surmount their many challenges, maintain wellness, and increase wellbeing.

- So, in addition to addressing the “upstream” social determinants of health and wellness, literacy involves helping people understand what is happening within themselves and others.

- Literacy also involves learning how to manage the current toxic stresses and traumas they experience without harming the self or others.

- And it should help people learn how to overcome the stresses and traumas they experience and use them as catalysts to join with others to increase wellness and improve conditions.
Introducing
Charlotte Eure, Coordinator
Virginia’s Trauma Informed Community Networks
Introducing

Dr. Wanda Boone, CEO
T.R.Y. -- Together for Resilient Youth
Brief Q&A With

Charlotte and Wanda
10 Minute Breakout Rooms

• Share what you learned from Charlotte and Wanda

• Discuss how you can help your RCN build universal literacy about mental wellness and transformational resilience

• Identify key issues, concerns, and questions
Q & A and Discussion

Please post comments and questions in chat

How can your RCN build **universal literacy** about mental wellness and transformational resilience in a **just and equitable age and culturally-accountable way**?

Can you imagine a way to help **everyone** in your neighborhood or community **learn “Presencing” & ”Purposing” skills**, and/or creating their own **P & P Safety Plans**?
• Be **continually curious** about things: learn and grow by ask for more information, further explanation etc.

• Work hard to clarify what is **in your control** and what is **not**.

• Live with **empathy**: ask “what happened” to you and others rather than “what’s wrong”“ with you or them.

• **Clarify** and continually **live in accordance with** the **core values** you want to live by in midst of adversity.

• Help **others** or **nature** as a way to **help yourself**: activate the oxytocin virtuous cycle.

• Create a **vision** of what is **meaningful** and **important** to you and identify a pathway toward it.

**Can Activate One or More of These Beneficial Outcomes**

• Renewed appreciation for life

• Awareness of personal strengths and assets

• Stronger, more meaningful relationships

• Spiritual growth

• Recognition of new opportunities and pathways for life
Encourage Everyone to Develop Their Own “Purposing” Action 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):

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<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>
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<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>
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* Barriers include internal challenges as well as external barriers.
If you want CE credits please remember to complete the APHA session evaluation that will be sent.

Please post Yes or No in chart if you will attend the 1 hr. special session this Thursday, March 21, at 12 noon EST—4 pm UK—on working with youth:

The Mycelium Youth Network will make a short presentation and Dr. Boone will attend as well.

Next CoP session is Tuesday March 26: Regularly engage residents in specific practices that support their capacity for mental wellness and transformational resilience during adversities.

**Homework**

- Practice a “Purposing” Resilience skill once a day—and teach one to someone!
- Develop your own “Presencing” and “Purposing” Safety Plans—and share them with others
- Share what you learned today from Charlotte and Wanda with the 2-3 others you have been talking with about forming an RCN and discuss how you can build universal literacy about mental wellness and resilience.
Key Message

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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!
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