Welcome to Session X

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

April 16, 2024

Many Thanks to Our Co-Sponsors!
“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
Recap of the Flow of the CoP: Although Described Linearly, the Process is Actually Iterative

Initial Session: Overview

Session Two

Session Three

Sessions Four to Eight

Session Nine

Today’s Final Session

Recap, Sharing and Discussion of Action Plans, and Next Steps—including TRCN “Commissioning” Program

Initial Session: Overview

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

Step Two
Begin Building Community Capacity

Option A
Begin Trauma Healing and Resilience Education

Option B
Develop Asset Maps and Community Resilience Maps Portrait

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

Build Social Connections Across Boundaries

Create Supportive Built/Physical Economic & Ecological Conditions

Develop Universal Mental Wellness and Resilience Literacy

Foster Engagement in Activities that Promote Wellness & Resilience Literacy

Establish Ongoing Opportunities to Heal Trauma

Step Four
Implement Strategy with Focus on Five Core Focal Areas

Q&A with Panel of Leaders of Community Initiatives, Presentation by Reb McKenzie of her project, and Initial Action Planning

“Special Session” on role of mental health and human services professionals

“Special Session” on role of public agencies

“Special Session” on working with youth
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.

The “Magic Wand” of Resilience

Imagine you have just found a Magic Wand that allows you to change 3 things in the here and now (not in the past or future) related to your thinking and behavior.

What 3 things would you change about the way you deal with stress and adversity today -- Right now?

Why would it be beneficial or important for you to make those 3 changes?

Now imagine you are always completely resilient: How would you be different? What, if anything, would change within you?

Can you imagine a way to help people in your neighborhood or community make similar changes?
Minute Breakout Rooms

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

• What you took away from last week’s panel discussion, presentation by Reb McKenzie, initial action planning and—if you attended—from the special session on the role of public agencies

• If you expanded your initial action plan for forming a planning team and holding the first meeting, what did you come with?

• Post any key questions or comments that emerge in chat.
2023 was the hottest in recorded history: for first time ever global temperatures rose by 2.7 degrees Fahrenheit (1.5 Celsius) above pre-industrial levels for an entire year.

And the pattern has continued: last month -- March of 2024 -- was the hottest in recorded history.

Records were also broken in 2023 for ocean heat, sea level rise, melting of glaciers, and Antarctic sea ice loss.

The World Economic Forum said last year that biodiversity loss and ecosystem collapse are now among the top five risks facing the world.

And global emissions keep rising hitting record highs in 2023 (clean energy technologies prevented higher levels).
Many people are consumed with other pressing issues and fail to grasp or get prepared. But the toxic stresses, emergencies, & disasters are already & will increasingly generate an Epidemic of Individual, Community, and Societal Traumas

While important, mental health treatments and direct human services cannot address these problems. We cannot just treat individuals after they are traumatized, react to the next disaster, or hope that hardening external physical infrastructure is sufficient.

We must Proactively build population-level Transformational Resilience
Building Pop. Mental Wellness and Transformational Resilience Requires Addressing Interacting Individual, Family, Community, Economic, Physical/Built and Ecological Factors
This Requires a *Public Health Approach to Mental Wellness & Transformational Resilience*

- Takes a **population-level approach** --- not one that merely focuses on individuals with symptoms of pathology or high-risk groups--though they are included by using “proportionate universalism” and “life-course” approaches:

  > Our mantra must be “*Leave No One Behind.*”

- Prioritizes **preventing MH problems before they emerge** --- not merely reacting to or treating them after they appear—and integrates group and community-minded healing methods into the prevention strategies:

  > We must always remember that “*Prevention is the Cure!*”

- Does so by strengthening “**protective factors**” – social connections and supports, ”Presencing” and “Purposing” resilience skills, local resources & assets, engagement in prosocial activities etc. that build & sustain healthy thinking and behaviors -- not just reacting to disasters, or treating symptoms of pathology:

  > We must “*Build Strengths, Social Connections, and Resources*”
• Research-- and as you have heard from the many CoP presenters--ample experience--show that mental wellness and transformational resilience can be enhanced.

• The most effective way to do so is to:
  
  o establish the “horizontal social infrastructure” in neighborhoods and communities—that can be called a Resilience Coordinating Network (RCN)—

  o that engages a broad and diverse array of local grassroots, neighborhood, & voluntary leaders, civic groups, non-profit, private, and public organizations

  o in jointly planning, implementing, and continually improving multisystemic strategies that strengthen as many protective factors as possible in the community.
A Sample “Ideal” Resilience Coordinating Network (RCN): ‘Well-Coordinated Decentralization’ using a ‘Ring Team’ or ‘Hub & Spoke’ approach

We must continually collaborate in new and expanded ways to respond to the C-E-B catastrophe!
Build Social Connections Across Cultural, Economic, and Geographic Boundaries in the Community

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 C-E-B Catastrophe

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

UN Report, Dec. 9, 2022
‘Just Transition’ policies needed to create 20 million green jobs.

New technologies implemented from the top-down cannot solve the problem:

Success requires active understanding and involvement of local residents.
The Five Foundational Areas Required to Build Universal Capacity for Transformational Resilience for the C-E-B Catastrophe

Build Universal “Literacy” About Mental Wellness and Resilience

The Guardian, Sept. 9, 2022

Humanity’s moment: ‘How can we find meaning in a world that is at once both heaven and hell?’
Help Residents Regularly Engage in Specific Practices that Enhance Mental Wellness and Transformational Resilience

Find Simple Joys

Laugh Often

Care for the Body

Practice Forgiveness

Be Grateful

Keep Learning

Time Magazine, Nov. 12, 2021
How Gratitude Can Help Combat Climate Change
The Five Foundational Areas Required to Build Universal Capacity for Transformational Resilience for the C-E-B Catastrophe

Establish Ongoing Age and Culturally Appropriate Mostly Peer-led Group and Community-Minded Opportunities for Residents to Heal their Trauma

BSU, May 28, 2022

Restorative Circles: A Powerful Tool for Community Healing
During the CoP Speakers Addressed, or We Discussed or Provided Information About

- The need to prioritize building **social connections** (that may or may not choose to form physical hubs)
- Different ways to **engage** different individuals and organizations and organize an RCN
- Methods to **communicate** about resilience, climate change, and other “hot button” issues
- The importance of using a **strength and asset-based**, not deficit or pathology-based approach
- How to form a **steering committee** (or board)
- **Fund raising** strategies
- How to develop, implement, evaluate, and continually improve **multisystemic strategies**
- The vital roles **mental health and human services professionals** can play in community initiatives
- How to engage **young people**
- The roles **government agencies** can play in supporting local RCNs
- The importance of and methods to **care for yourselves** as you engage and care for others
3 Person Breakout Rooms

Identify someone to take notes and then post answers in chat when you are done

In 2 minutes each take turns sharing

• What have you learned during the CoP?

• How do you intend to utilize what you learned?

• What obstacles exist to utilizing the information and skills you learned—and what strategies you can think of to overcome the obstacles?
Group Discussion
Next Steps

The CTIPP Climate Forum webpage will remain available to all of you.

This Fall the ITRC, CTIPP and Others Will Launch a “TRCN Commissioning Program”

We Encourage Your Neighborhood or Community Group to Apply

The “TRCN Commissioning Program” Will Help Coalitions Transition Through Three Levels:

Phase I: “Prospective” Transformational Resilience Coordinating Network

Phase II: “Emerging” Transformational Resilience Coordinating Networks

Phase III: “Commissioned” Transformational Resilience Coordinating Networks
Three Keys for Each of You

- **Be Present and Care For Yourself:** Continually practice Presencing and Purposing skills.

- **Stand Up for Your Purpose:** Don’t let other people or external conditions deter you.

- **Ride the Winds of Change Toward Transformation:** Be secure in your resilience.
Group Sharing

If you are willing, each person please post **1 word in chat** that describes how you are **feeling right now** at the close of the final session of the CoP?
Please Complete the Final Evaluation of the CoP!

It is key to improving future CoPs

And it is key to obtaining future CE Credits
More Information Can Be Found on the ITRC Website:

http://itrcoalition.org

And in these books:

Routledge Publishing (2023)

Greenleaf/ Routledge Publishing (2016)
Always Remember

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Thank You For Taking the Time to Be With Us!

We Wish You All The Best On Your Future Endeavors!