

Welcome to Session 4 of Spring 2025 Community of Practice

ITRC Race to Resilience Initiative to Organize “Transformational Resilience Coordinating Networks” in North America and Worldwide for the C-E-B Crisis

April 22, 2025

Many Thanks to Our Partners and Co-Sponsors!



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Key Message

“Community is Medicine”

Throughout human history our ability to band together and cooperate has always been key to surviving, adapting, and remaining healthy and resilient during crisis, and solving complex problems!

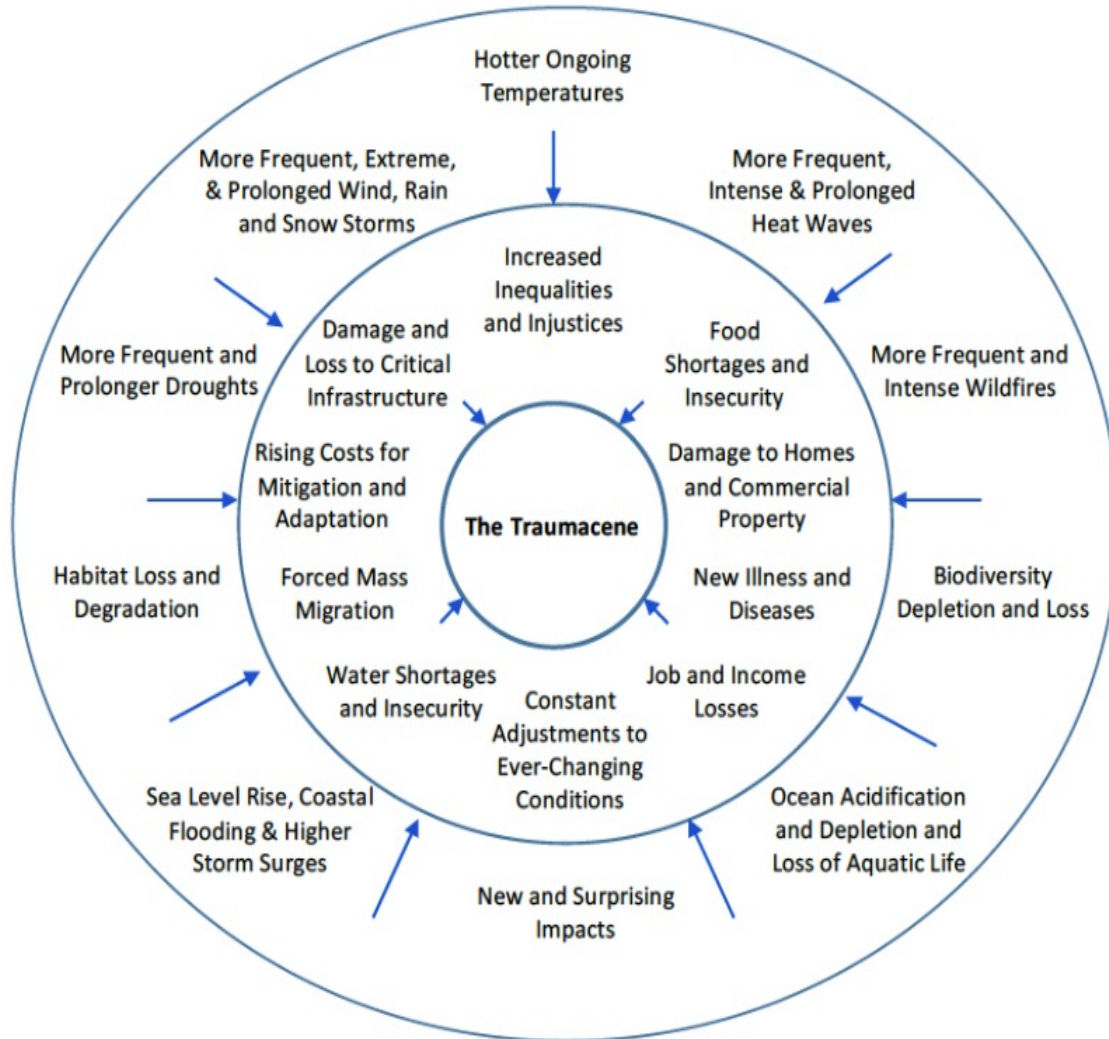


By organizing TRCNs in communities we can do this again now for the C-E-B crisis—and many other adversities!

Why is Building “Community” So Vital Today?

Because C-E-B crisis has created the “Traumacene”

Drivers of the Traumacene



The Traumacene requires us to **rethink** how we live together.

Preparing **people** and **communities** must now be our **TOP** priority.

This requires moving beyond an individualistic focus to embrace a **holistic** and **interconnected** approach that prioritizes **solidarity** and **mutual aid**.

This is **vital** to activate the transformational changes in **thinking** and **practices** needed **prepare** for, **adapt**, and remain **healthy** and **resilient** during relentless stresses and traumas

An Example

Iceland Slashed Teen Substance Abuse by Making Communities Responsible

- In the 1990s 56% of teens **smoked**, 48% drank **alcohol** regularly, and 15% used **cannabis**
- Traditional school warnings, "Just Say No" campaigns, and other individual-focused interventions **all failed**.
- Success occurred only after residents came together to make the problems a "**whole-community responsibility**"
- The strategy involved increased **parent-teen time**, expanded **after-school programs**, and **strengthened community bonds**.
- The results (2015): smoking **dropped** to 16%, **drinking** to 9%, and **cannabis** use to 5%
- **The secret to success?** They stopped treating teen substance use as individual choices, and started treating it as a **community responsibility!**
- Today, Iceland has **by far Europe's lowest youth substance rates**.

The Blueprint Exists

The Evidence is Clear

Community-based Initiatives are Effective for Many Types of Issues

And are Urgently Needed for the Traumacene!



Summary of Last Week's CoP Educational Session III

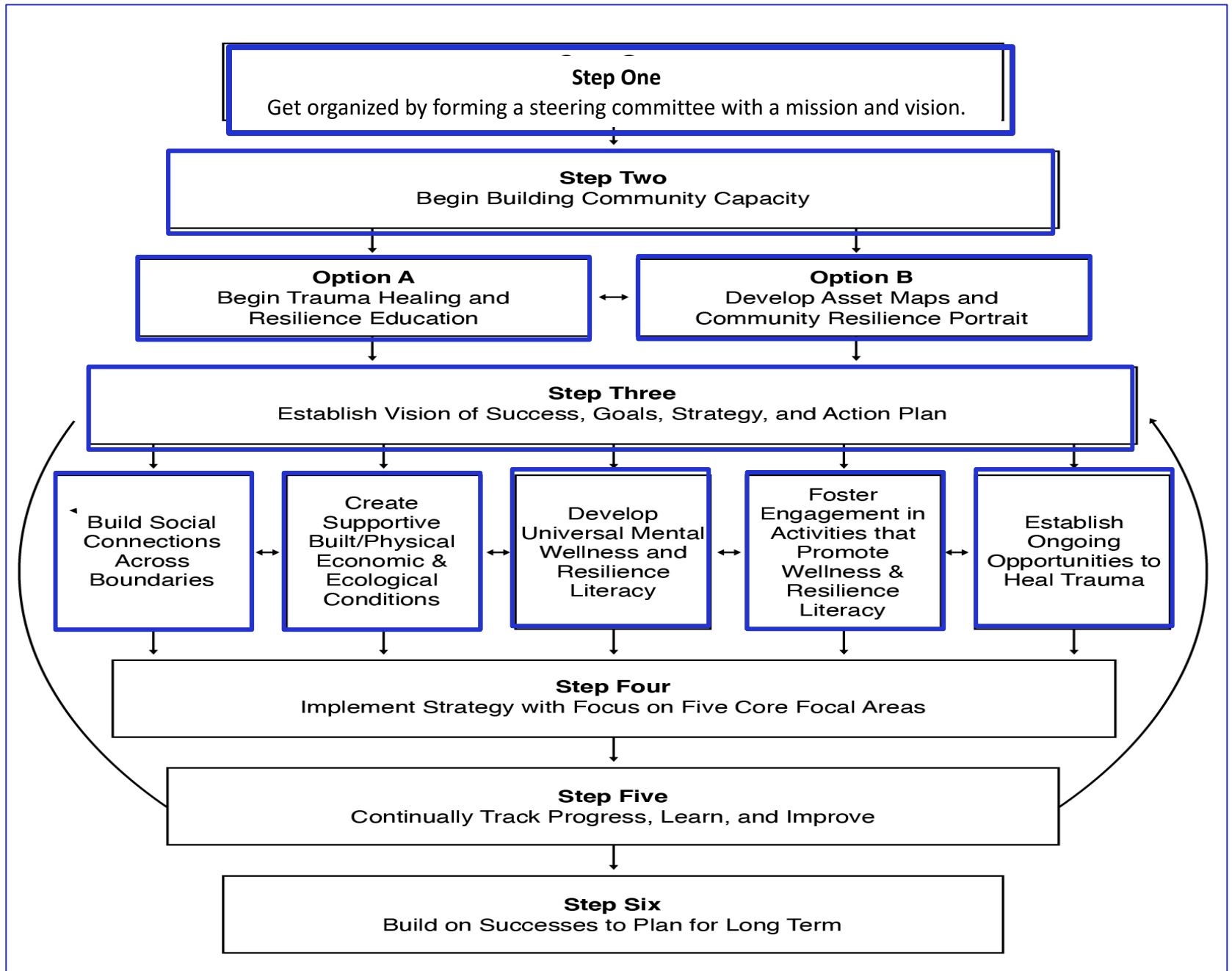
- Building social connections should be done when engaging residents in the 2nd foundational Protective Factor: make a Just Transition by engaging residents in enhancing local built/physical, economic, and ecological conditions.
- When engaging in each of the other Protective Factors it will also be important to focus on the 3rd foundational Protective Factor: Build universal literacy about mental wellness and transformational resilience.



Today's Focus

- The 4th foundational “Protective Factor:” Actively engage residents in practices known to build and sustain Mental Wellness and Transformational Resilience
- and
- The 5th foundational “Protection Factor:” Offer ongoing opportunities for residents to heal their trauma.

A Process For Forming and Operating a TRCN for the C-E-B Crisis



How We Can Help You Form and Operate TRCNs

Phase I: “Prospective” Transformational Resilience Coordinating Network

- When you apply to form a new TRCN or expand an existing group or coalition to address the C-E-B crisis, we will designate you as a “Prospective” TRCN.
- You will receive a handbook, technical assistance, and involvement in a Community of Practice to help you form a wide and diverse steering committee with a mission, vision, goals, and operating procedures.

Phase II: “Emerging” Transformational Resilience Coordinating Network

- Designated when a steering committee is formed and wants to develop a strategy.
- We will provide a 2nd handbook, technical assistance, and involvement in a Community of Practice to help them develop a multisystemic strategy.

Phase III: “Commissioned” Transformational Resilience Coordinating Network

- Designated when an Emerging TRCN is ready to implement its strategy.
- We provide a 3rd handbook, technical assistance, and involvement in a Community of Practice to help them implement and continually improve their strategy.

Take a Short Resilience Pause



Resilience Pause



Laughing at the World and Self is a Vital Resilience Skill During Adversities

Write down the 1-3 of the funniest things you have experienced, seen, or heard in the past few weeks.

Note how the funny things made you feel inside.

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

If willing, in chat post one of the funny things and how it made you feel.

"Laugh as much as possible, always laugh.

It's the sweetest thing one can do for oneself and one's fellow human beings."

Maya Angelou



The 4th Foundational Protective Factor:

Continually Engage Residents in Specific Practices that Grow and Sustain their Capacity for Mental Wellness and Transformational Resilience During Adversities

Research is Increasingly Identifying the Mental Health Impacts of the C-E-B Crisis

Although disasters capture most attention, the **toxic stresses** generated by the C-E-B crisis are an **equal or greater impact** on social, psychological, and emotional health.

Research is increasingly diving into these issues. Just a few examples:

- [Climate change is already and will increasingly cause food prices to rise](https://www.dailyclimate.org/climate-change-s-impact-on-prices-is-more-than-just-hot-air-2667593192.html) (mental health impacts)

<https://www.dailyclimate.org/climate-change-s-impact-on-prices-is-more-than-just-hot-air-2667593192.html>

- [Study reveals culprit behind spike in mental illness-related hospital emergency visits: 'The scary thing...is it doesn't have a clear boundary'](https://www.thecooldown.com/green-tech/wildfires-anxiety-emergency-room-visit-study/) (wildfire smoke events)

<https://www.thecooldown.com/green-tech/wildfires-anxiety-emergency-room-visit-study/>

- [Heatwaves and mental disorders: A study of national emergency and weather service data.](https://www.sciencedirect.com/science/article/abs/pii/S0213616323000629) (Focus is France)

<https://www.sciencedirect.com/science/article/abs/pii/S0213616323000629>

Continually Engage Residents in Specific Practices that Grow and Sustain Mental Wellness & Transformational Resilience is Key to Address The Issues

- 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 foundational protective factors, it is important for them to regularly engage in **specific practices that research and experience show** can help build and sustain mental wellness and resilience for adversities.
- These practices **shift attention** and **behaviors** from distress, anger, hopelessness etc. to factors that build **wellness, resilience** and **healthy hope.**
- As with other actions, they are most powerful **when done with other people at the neighborhood and community levels.**



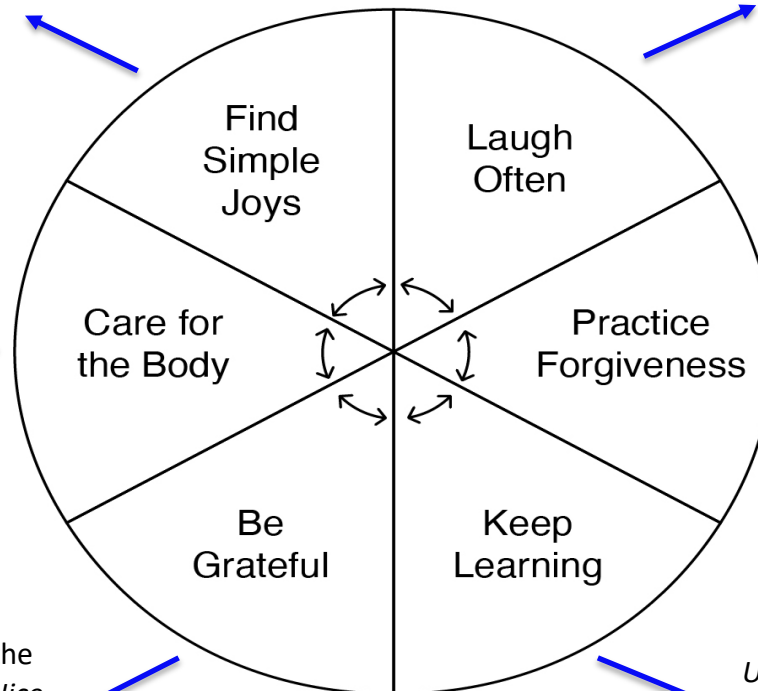
Six Practices Are Especially Helpful in Building and Sustaining Mental Wellness and Resilience

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

Victoria BC: *“Laughing Allowed!—A How-to Guide for Making Physical Comedy Show to Build Neighborhood Resilience”*; and *“Go!Clowns”* therapeutic laughter programs.

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

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

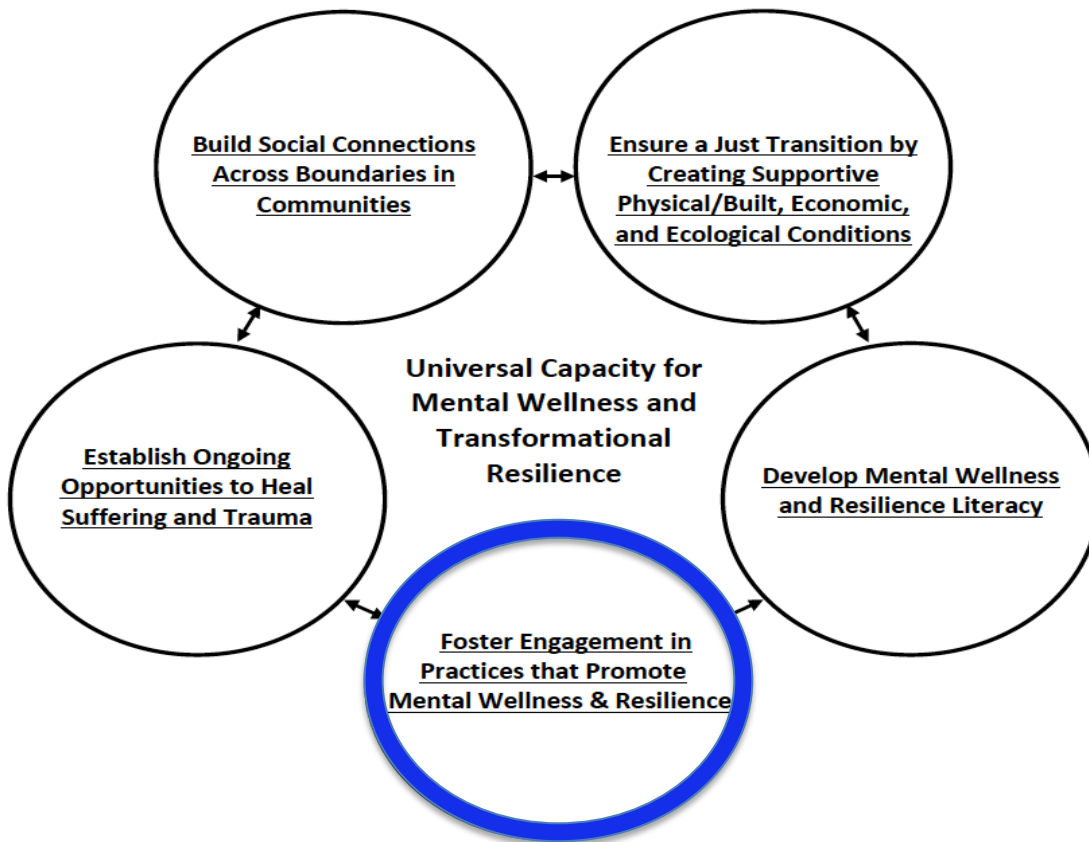


UNESCO *“Global Network of Learning Cities”*; and Rural Opportunities Institute *“Systems mapping to learn About Trauma”*

Do any of these practices exist in your neighborhood or community now?

If so, can you imagine a TRCN helping everyone experience them?

Remember: The Five Foundational Protective Factors 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 protective factors**.



The 5th Foundational Protective Factor:

Establish Ongoing Opportunities for Residents to *Heal* Their Traumas

The Importance of TRCNs Offering Ongoing Mostly Peer-led Group and Community-Minded Opportunities for Residents to Heal Their Trauma

- As distressing as it is to think about, we **must** come to terms with the reality that the C-E-B crisis will grow considerably **worse for decades**.
- The Traumacene's mix of toxic stresses and disasters will cause **billions** of people to experience anxiety, depression, anger, grief, hopelessness & other **social, psychological, emotional, and behavioral** struggles.
- For most, these feelings will **not** be symptoms of pathology: They will be **normal reactions** to frightening dysfunctional external conditions.
- Rather than pathologizing people, it will be important for TRCNs to help **everyone** understand that their distress is perfectly **natural** given the state of the world...
- and that their thoughts, emotions, and behaviors are instinctive **coping mechanisms**—and the key is to keep them from **going bad**.



Establishing Ongoing Group & Community-Minded Healing Opportunities Is Vital

- Helping people engage in the other protective factors involved with enhancing mental wellness and transformational resilience will enable many to remain healthy and, when needed, heal themselves!
- However, many others are still certain to be severely distressed or traumatized and need support to heal.
- Healing can be difficult because traumatized people often feel hopeless as they believe they have no control over their lives.
- They consequently often won'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, money, shelter etc.-- and sometimes use coping mechanisms that initially seemed to make sense but then go awry.



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

What Does Healing Involve?

Judith Herman Describes Three Basic Stages: Safety, Acknowledgement, Reconnection

- People often cannot heal until they feel physically and emotionally safe and supported.
- Individual and group and community support—meaning social connections and the 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



Numerous Age and Culturally-Accountable Group and Community-Minded Opportunities Exist To Help Residents Heal their Traumas

- *National Compadres Network*
- *Healing Circles Global*

- Center for Mind-Body Medicine
- *Convivencia Gatherings in Sonoma CA. after wildfires*

Post disaster temporary memorialising: psychological considerations for disaster managers (Australia Disaster Resilience)

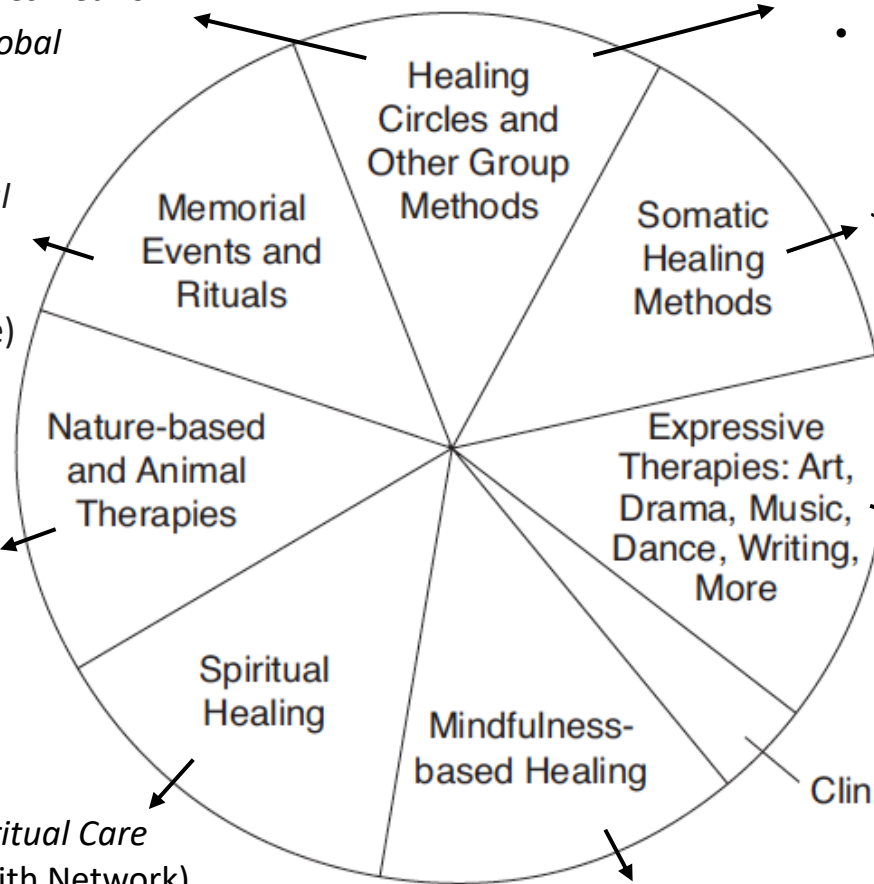
Somatic Practices in Disaster-Based Global Supervision, Barnett et al.

"The Community Helped Me:" Community Cohesion & Environmental Concerns in Personal Assessments of Post-Disaster Recovery (Soc. Nat. Resources 2021)

Arts in the Aftermath: Helping Kids Heal From Natural Disasters (John Hopkins Medicine)

Providing Disaster Spiritual Care (Natural Disasters Interfaith Network)

Practices Supporting Community Recovery and Healing from Climate-Related Disasters: A Systematic Review (Journal of Public Health June 2024)



Training Residents in Both Disaster Mental Health and Resilience First Aid Will Be Very Important

- Disaster Mental Health/Psychological First Aid helps to stabilize individuals and communities affected by disasters.

It seeks to provide immediate support to survivors and first responders during and after a disaster, including crisis counseling and referrals to mental health services.

<https://www.redcross.org/about-us/our-work/disaster-relief/disaster-mental-health>

- “Resilience First Aid” is another important approach to consider.

It is a neuroscience-based training program that research shows can significantly improve both personal resilience and peer support capability, contributing meaningfully to mental health prevention efforts.

<https://home.hellodrivenc.com/articles/resilience-first-aid-research-proven-resilience-peer-support-training/>

TRCNs should provide residents with opportunities to be trained as peer leaders

Mental Health Services Will Remain Very Important: When, Where, and for Whom They are Available and Appropriate

- Mental health services are important—but the number of certified providers will **never be sufficient** to assist all the people who will be traumatized as the C-E-B crisis accelerates.
- Most of the certified professionals that do exist are usually located in wealthier **urban** areas, **not** lower-income or BIPOC communities, rural areas, and mid- and lower-income nations.
- Further, due to fears of being stigmatized, treated inequitably, conflicts with spiritual beliefs, high costs, and other reasons, research shows **almost 50%** of people who could use mental health services **will not engage**.
- Many clinicians **themselves** will often be traumatized by C-E-B crisis impacts, which is why it will be important for providers **themselves** to regularly engage in **healing activities**
- And treating **individual symptoms** may **not work very well** when toxic stresses and disasters **continually occur** and are **reinforced** by cultural norms, economic practices & public policies.

This is why **group** and **community-minded** healing opportunities
must be the **priority**

The Importance of Using Trained Peer Facilitators

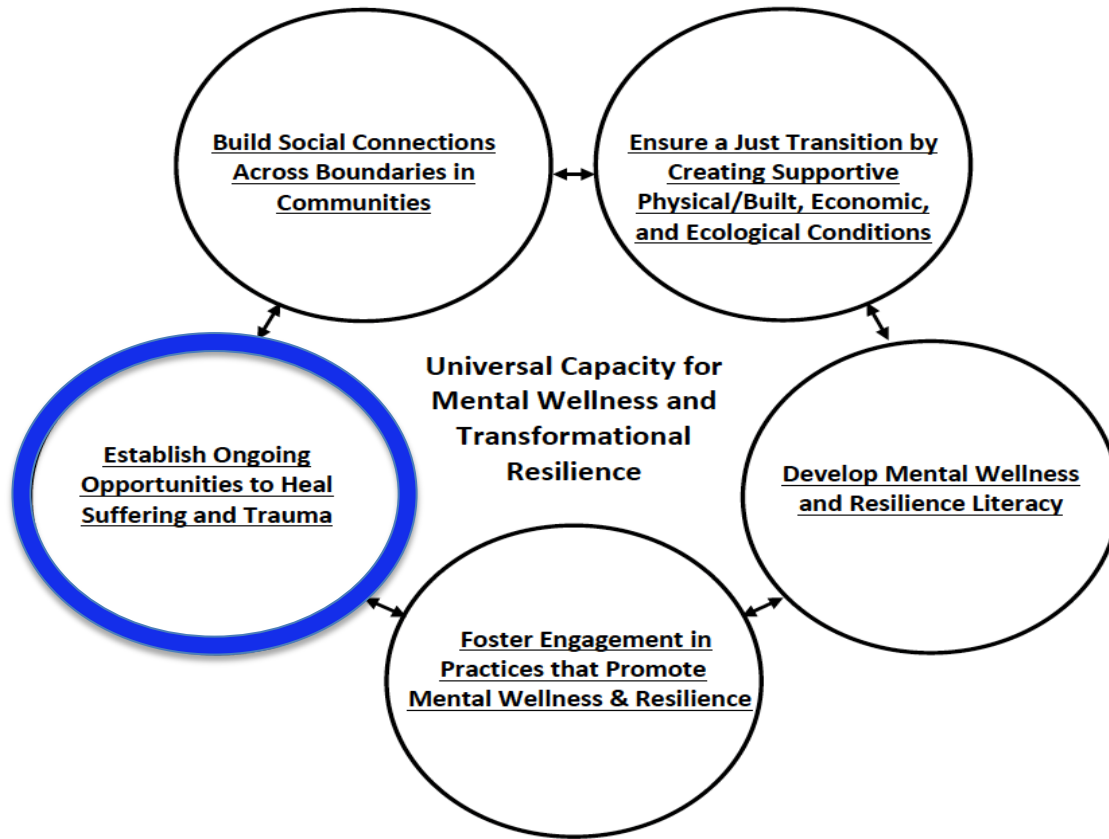
Training and empowering local residents who are trusted members of the community, and have a good understanding of & relationships with other residents--peers--can:

- Lead and facilitate mental wellness and transformational resilience gatherings and exercises
- Help people get access to the supports and resources they need
- Give informal counseling and guidance on healthy behaviors
- Advocate for individual, group, and community health equity and justice
- Provide direct services such as psychological and resilience first aid and physical health support that reduce need for emergency & specialty services
- Improve adherence to psychological and physical health recommendations
- Enhance communications between community members by providing culturally appropriate mental and physical health education and offering interpretation and translation services
- Enhanced communication between community members and all types of health providers and public agencies.
- Provide vital feedback to the TRCN steering committee on what works, what does not, what is needed etc.

This makes training local peers to facilitate the sessions a top priority

Remember:

The Five Foundational Protective Factors Are Interconnected



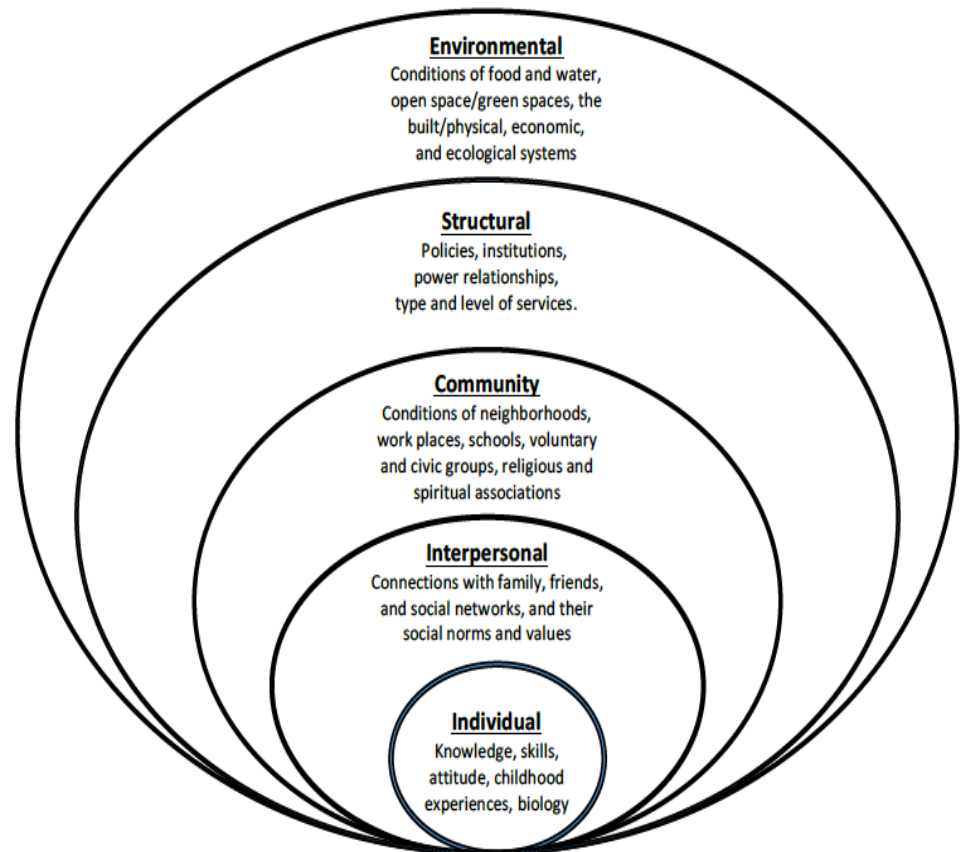
- Offering ongoing age and culturally-appropriate **group and community-minded venues to heal trauma** should be a **stand alone focus**.
- It should **also** be woven into in each of the **other 4 foundational protective factors**.

BRIEF RECAP OF CoP “EDUCATIONAL” SERIES

The C-E-B crisis is activating the Traumacene that will severely stress or traumatize everyone

To prevent and heal C-E-B crisis-related distresses and traumas and help people remain adaptive, healthy, and resilient we must address multiple interacting individual, family, social, economic, and ecological factors

The Social-Ecological Model



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

- Takes a **population-level approach** --- not merely focusing on individuals with symptoms of pathology or “high risk” groups—though they must be fully integrated using a proportionate universalism and life-course approach:

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

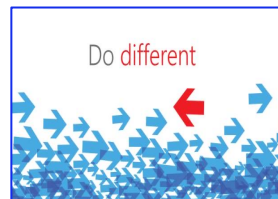
- Prioritizes **preventing problems before they occur** --- not merely reacting to or treating them after they emerge—and integrates healing into the prevention strategies:

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 Connections, Skills, Strengths, and Resources”**

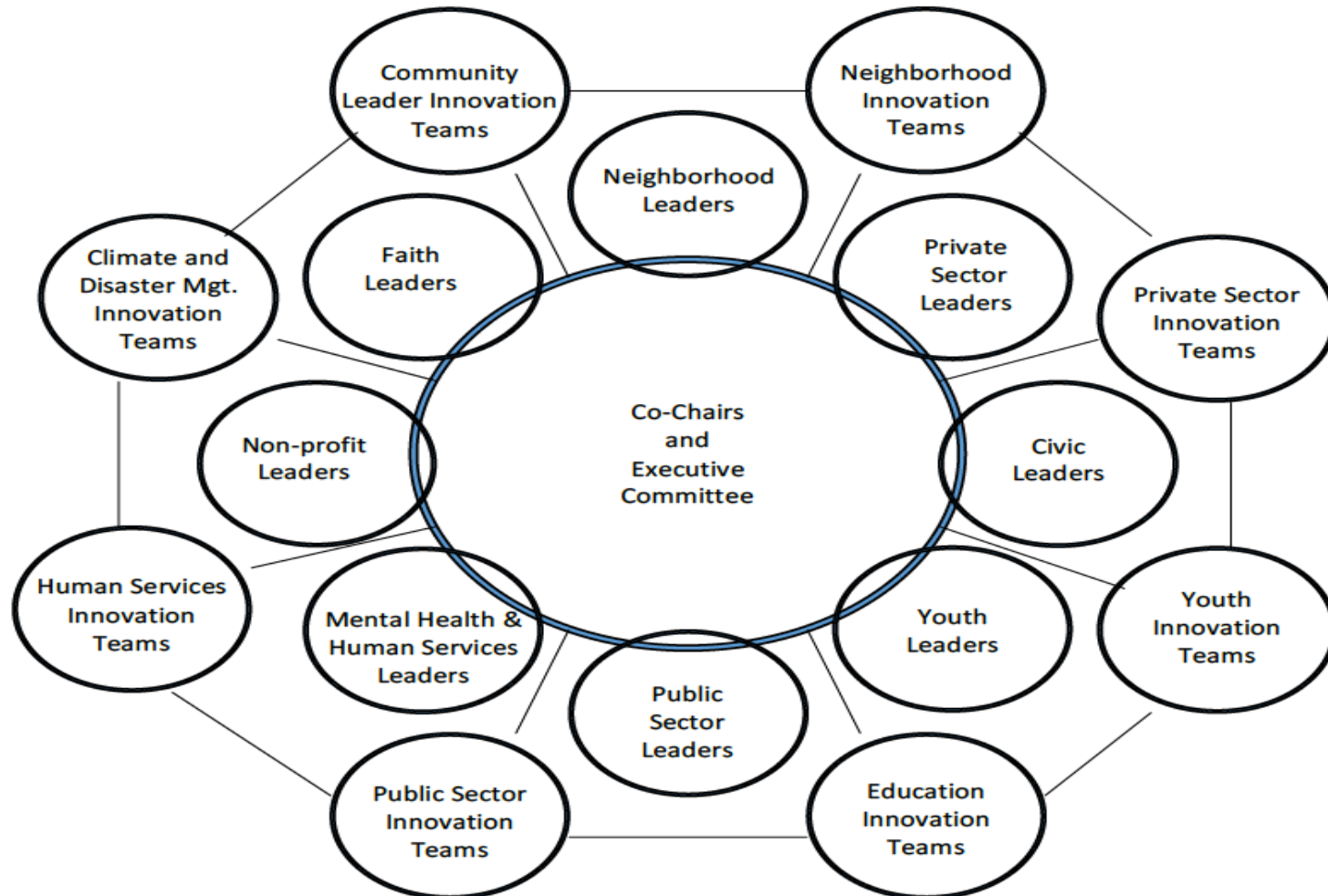
- The most effective way to accomplish this is to:
 - establish the “horizontal social infrastructure” in communities that we call a TRCN that engages a broad and diverse array of grassroots, neighborhood, civic, faith/spirituality, education, senior care, climate, disaster response, mental health, and many other non-profit, private, and public leaders...
 - 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 Sample Broad and Diverse Transformational Resilience Coordinating Network

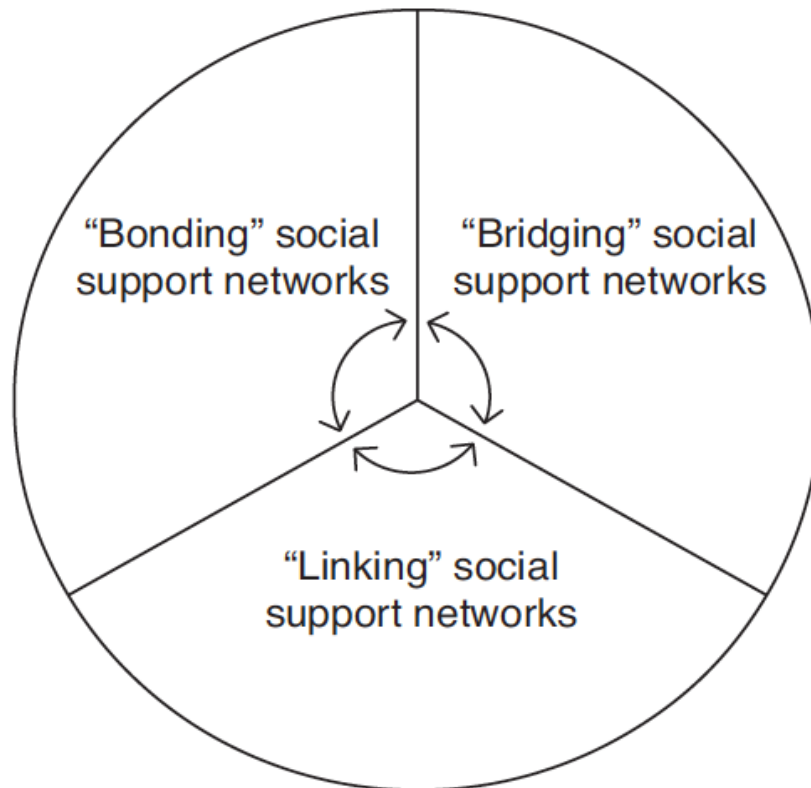
“Well-Coordinated Decentralization” using a “Ring Team” (or Hub & Spoke) approach.

(This is a just a sample—people representing many other groups and sectors should be involved)



The Five Foundational Protective Factors Required to Build Universal Capacity for Transformational Resilience for the C-E-B Crisis

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

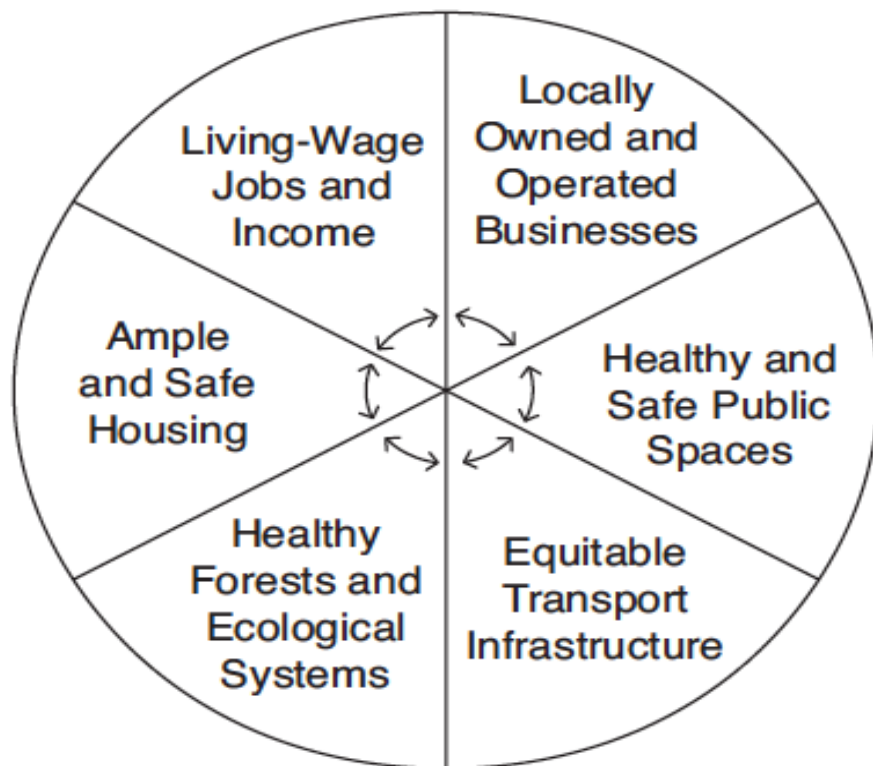


Boston.com, Sept 27, 2022

New report highlights the importance of social connectedness for climate resilience

The Five Foundational Protective Factors Required to Build Universal Capacity for Transformational Resilience for the C-E-B Crisis

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

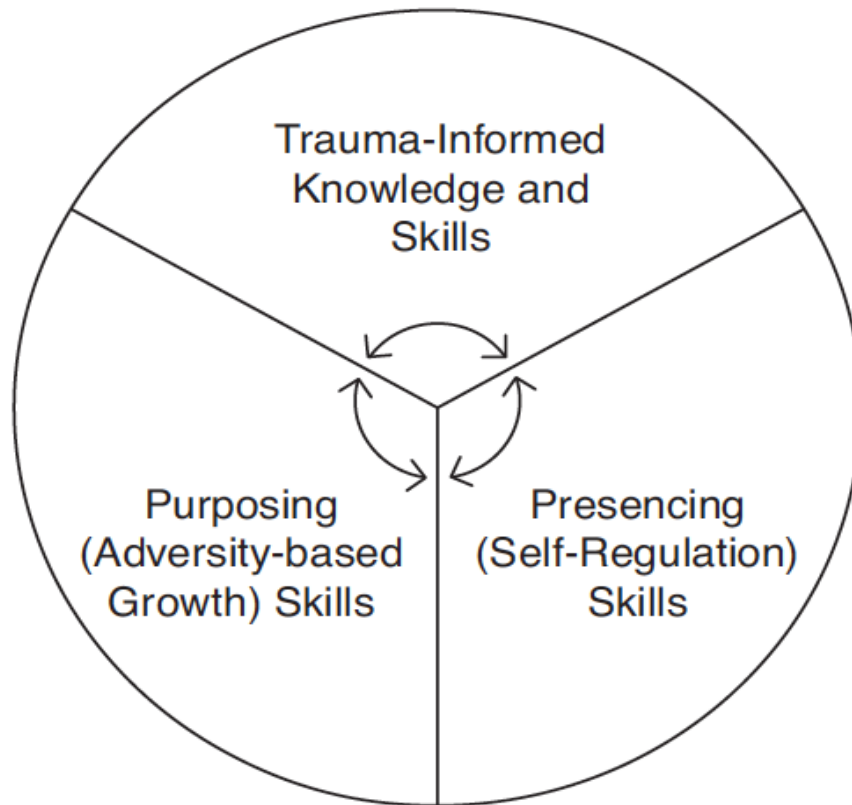


UN Report, Dec. 9, 2022

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

The Five Foundational Protective Factors Required to Build Universal Capacity for Transformational Resilience for the C-E-B Crisis

Build Universal “Literacy” About Mental Wellness and Transformational Resilience

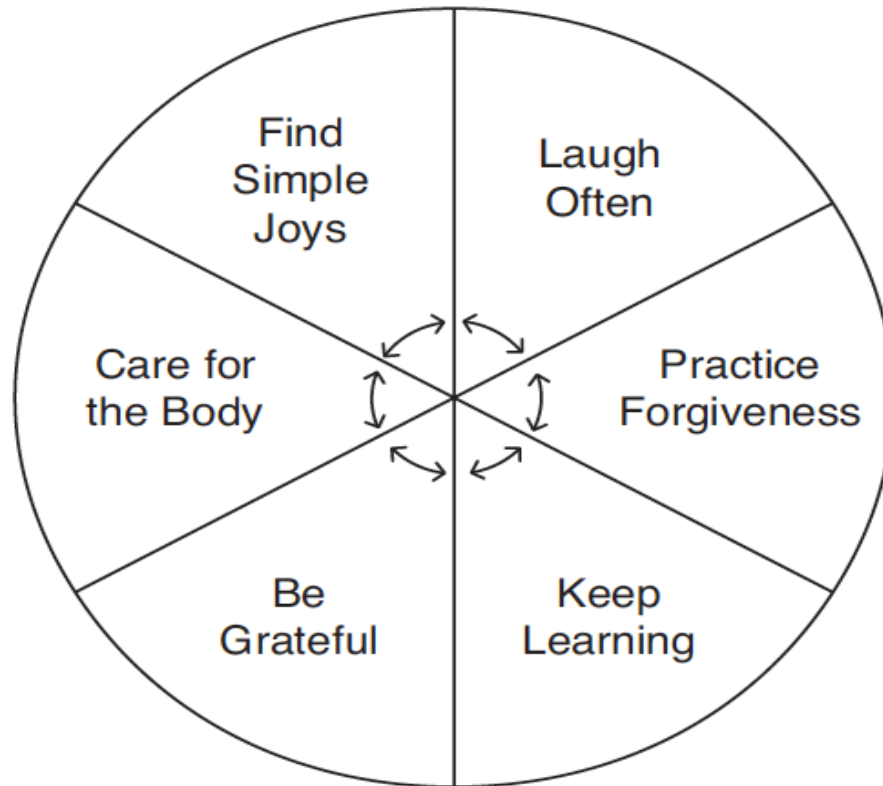


The Guardian, Sept. 9, 2022

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

The Five Foundational Protective Factors Required to Build Universal Capacity for Transformational Resilience for the C-E-B Crisis

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

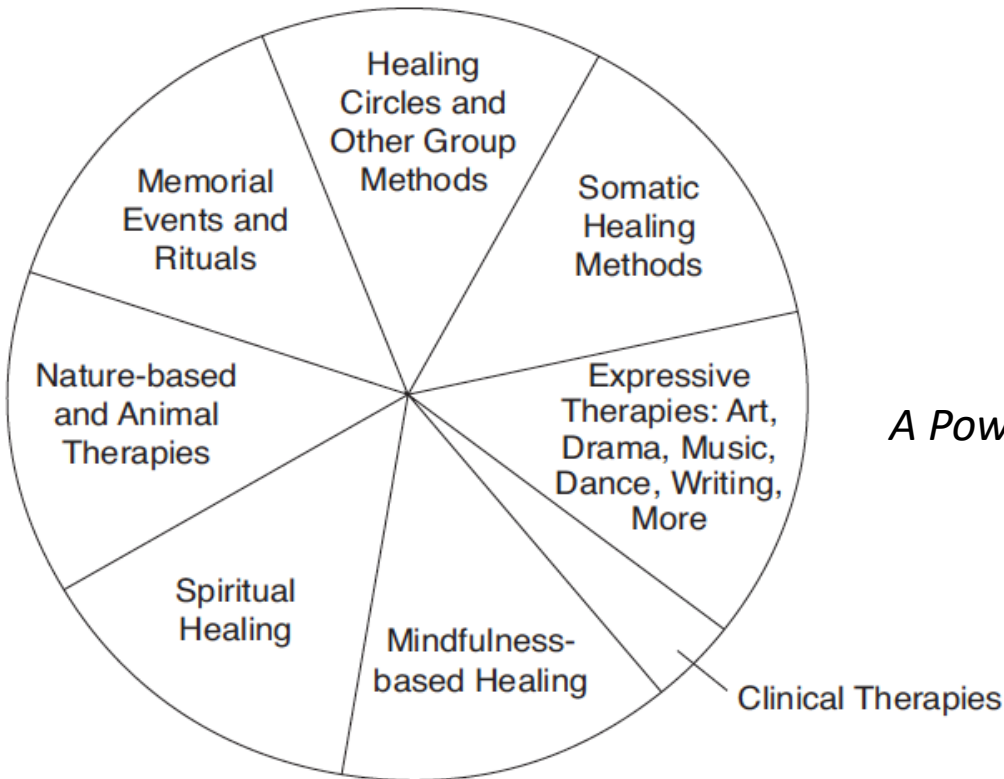


Time, Nov. 12, 2021

How Gratitude Can Help Combat Climate Change

The Five Foundational Protective Factors Required to Build Universal Capacity for Transformational Resilience for the C-E-B Crisis

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

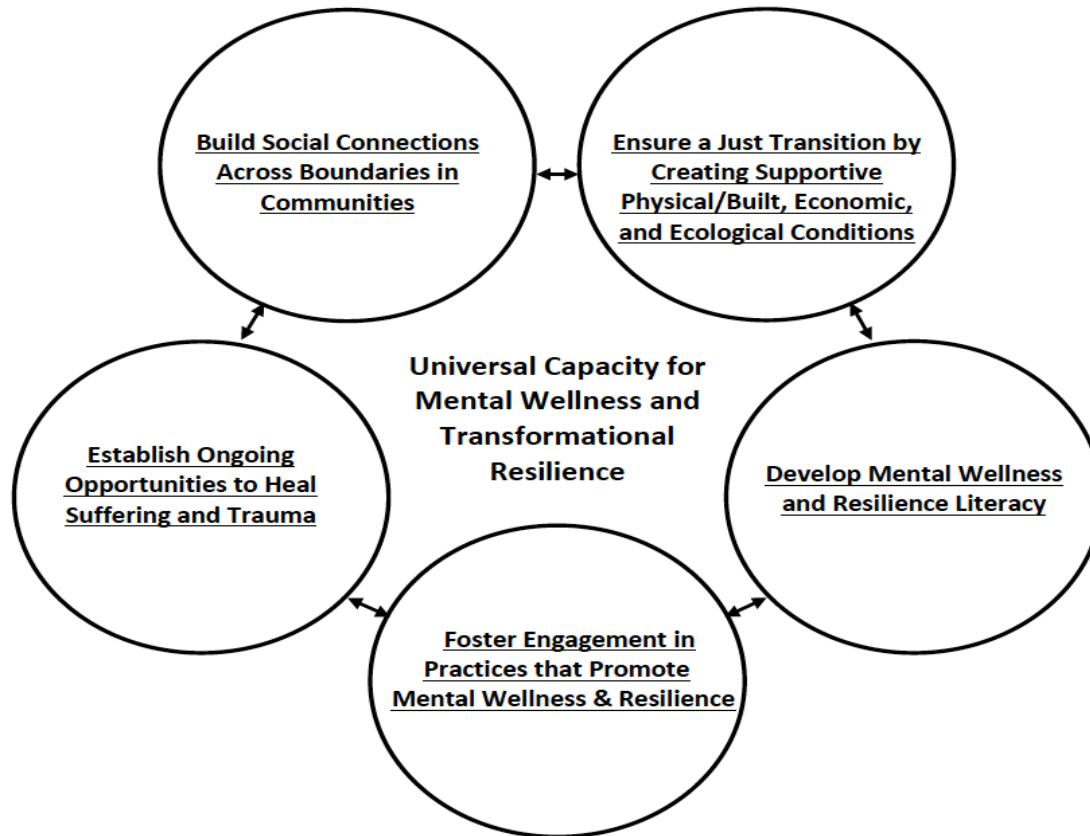


BSU, May 28, 2022

*Restorative Circles:
A Powerful Tool for Community Healing*

Remember:

The Five Foundational Protective Factors Are Interconnected



TRCNs should start with what makes sense given the conditions and resources available in the community and expand from there.

To Reiterate:
Building Community Resilience is About *Relationships!*

The most important focus is to build **ongoing social connections**
across boundaries in the community.

Continually building relationships **horizontally** in communities
is key to success of TRCNs!

External physical hubs might or might not be helpful— but local **residents**,
not NGOs or public agencies, should **choose if and where to establish them**

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!



How Can You Engage?

- In 1-2 sentences write down your vision of a role you can play in building wellness and resilience in your neighborhood or community for the C-E-B crisis.
- 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 you will do more.



Breakout Rooms

Briefly share your vision, first step, and if and how you will decide to do more.

After everyone has shared, discuss the different approaches.

Post key issues and questions in chat.



**Remember the 2nd “Skills Training Open Session”
this Thursday April 24**

It will focus on skills chosen by you: how to form Mutual Aid Networks!

**And the 3rd “Skills Training Open Session”
on Thursday May 8**

Please complete this quick survey to let us know what skill you would like to focus on:

https://docs.google.com/forms/d/e/1FAIpQLSdnn_yCDBqV-rlJAw-AZ9509l6chtMqJfLZkrOq9oqXTrQh2g/viewform?usp=dialog

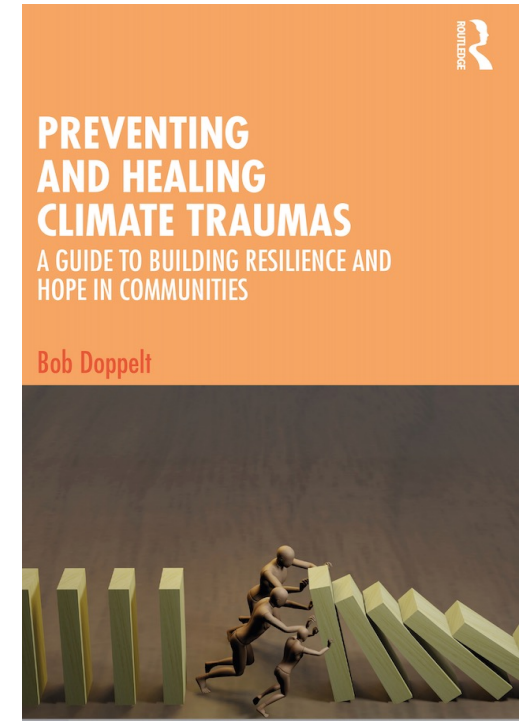
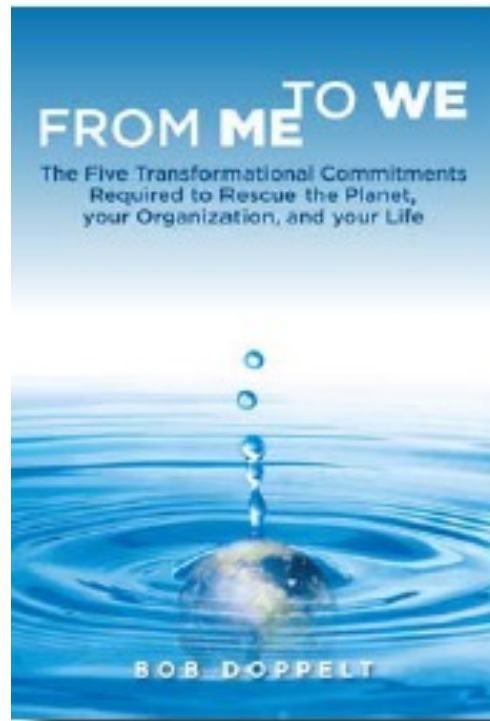
We invite you to apply to form a TRCN!

Go to: <https://www.ctipp.org/presson/trcn>

Some Resources

For information about our Race to Resilience TRCN Initiative go to:
<https://www.ctipp.org/presson/trcn>

Books



Three Suggestions

Stay Present and Care For Yourself

Continually practice Presencing skills so you can care for yourself as you care for other people and the planet.

Always Remember and Stand Up for Your Purpose

Always keep your purpose in mind and don't let other people or external conditions deter you from pursuing it.

Ride the Winds of Change Toward Transformation

Be secure in your skills, strengths, and resilience as you help push for change.

Group Closing

Each person please post **1 word in chat** that describes how you **feel right now** at the close of the final “Educational” session of the CoP.

Thank You For Participating in the
CoP “Educational Series”!