

Global Call to Action for Mutual Support For All



Co-Sponsored By:



Supported by:



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Brief Resilience Pause



Key Message

**Global Temps. Will Rise By 2 C (3.6 F) in Many Places Within 5 Years:
We have entered a New Era that requires Mutual Support For All!**

We must get organized **NOW** to address the existing impacts, and those far worse speeding our way, by forming **resilience networks** in communities worldwide to:

- Provide **mutual aid** to help **all** residents remain physically, socially, psychologically, and emotionally **safe**, **healthy**, and **resilient** during relentless adversities and use them to find new **meaning**, **purpose**, and **hope** in life, and **thrive**.
- Linked with **mobilizing** community members to do their part to **reduce** the C-E-B crisis to manageable levels, build **physical resilience** & **regenerate** local conditions

The combo can prevent and heal pervasive mental health, psychosocial, and many physical health issues, and build safe, healthy, just and supportive local conditions.

Accordingly

The Global Call to Action for Mutual Support For All

Calls on civic, private sector, and government leaders worldwide to:

- Become **informed** about the interacting **causes and impacts** of the climate-ecosystem-biodiversity (C-E-B) crisis, how they can affect **mental health, psychosocial, and physical health** and **undermine** the health, safety, and security of **families, communities** and **societies**
- **Learn** what a **community-led public health approach** to providing ***Mutual Support For All*** involves, and how the “social infrastructure” needed to implement it—that we call a **Transformational Resilience Coordinating Network (TRCN)**--can be **formed** to do so.
- Enact **policies** and establish mechanisms to **authorize, support** and **fund** community-led Transformational Resilience Coordinating Networks (TRCNs) in **all urban neighborhoods, mid-and small-size communities, and rural areas worldwide.**



Background on the ITRC

- The ITRC was founded in 2013.
- Grounded in both mental health and climate and environmental science.
- An intensive 2+ year international research project concluded that public health approach applied in communities is needed to address the C-E-B crisis.
- In early 2024 became a member of the *U.N. High-Level Climate Champion Race to Resilience* Campaign.

Why Be Concerned About the Climate-Ecosystem Biodiversity (C-E-B) Crisis

- In 2024 global average surface temps. increased **by 1.5 C (2.7F)** above preindustrial levels.
- A study by the World Meteorological Organization this year says temperatures will **rise by 2C (3.6F)**, at least temporarily, in many parts of the world **within 5 years**.
- A Dr. James Hansen-led study this year projects that temperatures will **rise by 2C (3.6F)** **permanently** in no more than 20 years---by 2045.



- **7 of 9** critical “**Planetary Boundaries**” have now been **breached**: climate change, change in biodiversity integrity, land system change, freshwater change, modification of biochemical flows, introduction of novel entities, ocean acidification (only aerosol and ozone are “safe”).
- **Scientists have issued a stark warning**: more than **three quarters** of the Earth’s ecological support systems are **outside** their safe zone and **all** show **worsening trends**.

The Impacts of the C-E-B Crisis:

More Frequent, Extreme & Prolonged Disasters That Traumatize Billions

- 20-40% of those who are directly impacted can experience mental health, psychosocial, and/or physical health issues—as can 20% or more of those who know some impacted or even watch it from afar.
- BIPOC, low-income & other marginalized populations are (initially) hardest hit.

Wind, Rain, and
Snow Storms



Heat Waves
and More Extremes



Sea Level Rise and
Storm Surges



Wildfires



Floods



Droughts



And many other surprising extreme weather disasters...

Combined with

Cascading Disruptions to the Ecological, Social, and Economic Systems People Rely On For Basic Survival Needs That Will Stress Everyone



- Food and water disruptions and shortages
- Damage or loss of housing and shelter
- Damage or loss of key transportation, power, water, and other physical infrastructure
- Business, job, and income losses
- New illnesses and diseases
- Loss of place, community, culture, and natural environment
- Reduced or lost sense of safety and security
- Many other surprising disruptions and losses that create “stress pileups”

These Impacts Will Increasingly Disrupt *Every* Aspect of Society

Unless We Build Population Mental Wellness and “Transformation Resilience”
The Impacts Will Create a *Global Epidemic* of Distresses and Traumas

Psychological, Emotional, and Spiritual “Distress”

“Individual Trauma”

“Community Trauma”

“Societal Trauma”

Without prevention and healing initiatives worldwide the C-E-B crisis will be the greatest societal trauma modern society has ever experienced!



The threat to families, communities & society is not people with diagnosed disorders.

It is the vast majority now considered "normal" who,
when their deeply-held views of the world and how they should act are shattered

Can Act in Ways that Harm Themselves, Others, or the Natural Environment.



Pervasive Distresses & Traumas Feed On Themselves and Can Become *Epidemic*

Unaddressed trauma becomes buried in the nervous system and can cause people to

Deny, Dissociate, Blame, Attack Others, Self-Sabotage or Reenact



As seen time and again throughout history the combo can

Unravel

Families, Groups, Communities, and Entire Societies!

The self-protective survival reactions resulting from continual activation of the “emotional brain” (limbic system) can also

Block Solutions to the C-E-B Crisis!



Just when new

thinking, innovation & transformational changes are urgently needed!

“There is No Physical Health Without Mental Health”

Dr. Brock Chisholm, first Director-General of the World Health Organization (WHO)

“Comorbidity” between mental health and physical health is Very Common



Yet, few people grasp this, which means that left unaddressed, pervasive distresses and traumas will

greatly accelerate physical health problems—and health care costs

Few Mental Health and Human Service Programs Can Address These Challenges

Professional mental health and human services will remain important—
where, when, and for whom they exist.

But in many locations and nations, there are few or no providers --
& there will never be enough to assist all those affected by C-E-B crisis impacts



Mental health and human services also focus “downstream” —
they treat individuals with symptoms only after they appear.

They do not proactively work “upstream” to
prevent widespread issues by building population-level
mental wellness and “transformational resilience.”

Disaster Response and Disaster Mental Health Programs Are Also Insufficient to Address These Challenges

Disaster response and disaster mental health programs will remain important—where, when, and for whom they exist.

But many nations and regions do not have the capacity to form or continually support these programs.

When multiple disasters occur disaster response teams will be stretched thin or unable to assist all hard-hit areas and populations.



This focus alone has no chance of sufficiently addressing the many interacting disasters that will occur as global temps. rise toward 2 C (3.6F).

We must understand that we have entered a new era, think differently, and do far more than merely organize disaster response programs!

Most Climate Traumas— and Other Traumas Today -- Result From Interacting Individual, Family, Social, Economic, Built and Ecological Factors

The Social-Ecological Model

Environmental

Conditions of food and water, open space/green spaces, the built/physical, economic, and ecological systems

Structural

Policies, institutions, power relationships, type and level of services.

Community

Conditions of neighborhoods, work places, schools, voluntary and civic groups, religious and spiritual associations

Interpersonal

Connections with family, friends, and social networks, and their social norms and values

Individual

Knowledge, skills, attitude, childhood experiences, biology

An old Native American saying:

we are shaped by
“All Our Relations”

Bantu term in South Africa:

“Ubuntu”

“I am because we are--
Since we are, therefore I am”

Research shows the current dysfunction of these interacting societal factors are creating

epidemics of
distresses and traumas
worldwide.

To address these challenges, we must get out of our silos and think systemically and respond holistically!



Many of us struggle to imagine the effects of a 2C (3.6F) temp. rise so we keep doing what we are trained in and are already already doing.

But if we view them as teaching tools we can learn, grow, and activate

Deep-Seated Transformational Changes!

To Do That We Must *Proactively* Build Population-Level Capacity For “Transformational Resilience”

When suffering is caused by previously unseen external forces that have *no end point, resolution,* or simple *cure* the priority must be to help everyone develop the capacity to...

- buffer themselves from and push back against the stressors and...
- Use adversities as transformational catalysts to learn, grow, adapt, and find new sources of meaning, purpose, hope, and thrive.



“Transformational Resilience”

Help everyone strengthen their capacity for:

“Presencing” -- or self-regulation and co-regulation -- to calm their body, mind, emotions, and behaviors during traumatic stresses—and help others do so as well...

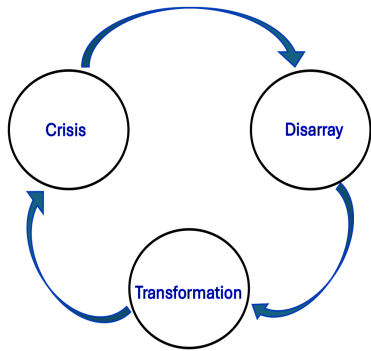
and

“Purposing” --or adversity-based growth--to use adversities as catalysts to learn, adopt new thinking and practices, and find new strengths, build social connections, and thrive!

Presencing and Purposing are Primary Prevention.

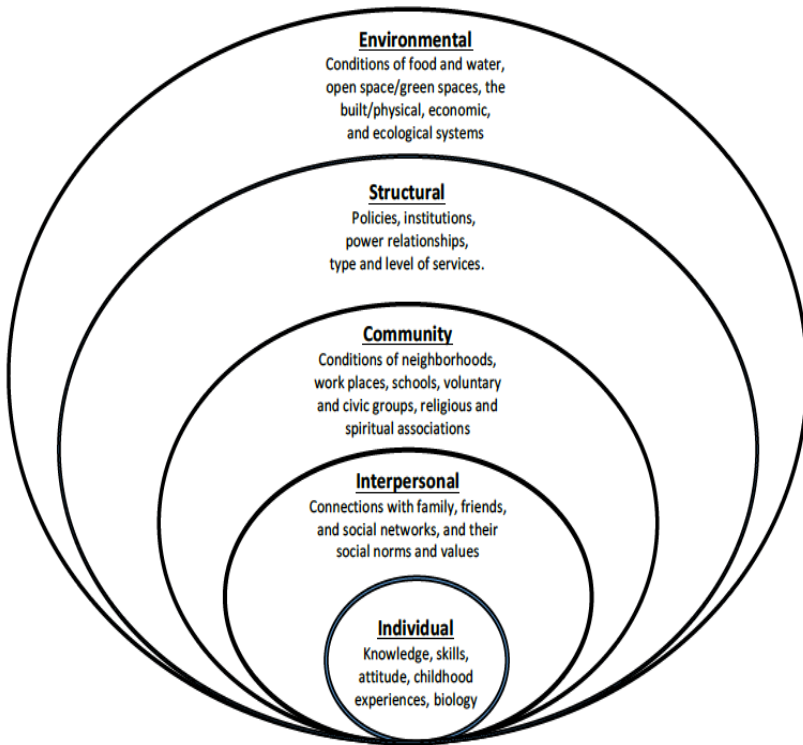
And the combination can rebuild faith in the future.

The Transformational Resilience Cycle



The Capacity for Transformational Resilience is Also Shaped by Interacting Individual, Family, Social, Economic, Physical/Built and Ecological Factors

The Social-Ecological Model



We need to prepare for and respond at the scale of the challenges we face.

This means we must think and work at the

population level

and

address all of the interacting stressors

This was reaffirmed by the comment from
The Noted Pioneer Clinical Psychologist Dr. George Albee Who Said:

“No epidemic has ever been resolved by paying attention to the treatment of the affected individual.”

This point key led our research to realize we must expand our approach to embrace a

Public Health Approach

to

Mental Wellness and Transformational Resilience



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—but they are fully included by using “proportionate universalism” and “life-course” approaches:

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

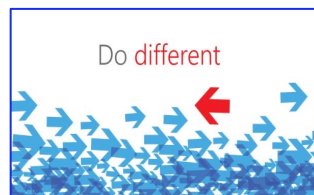
- Prioritizes **preventing problems before they emerge** --- not merely reacting to or treating them after they appear—and integrates group and community-minded **healing** methods into the prevention strategies:

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

- Does so by strengthening “**protective factors**” –social supports, resilience skills, habits, local resources etc. that build and sustain healthy thinking and behaviors -- not fixing deficits & risks or treating individuals with symptoms of pathology:

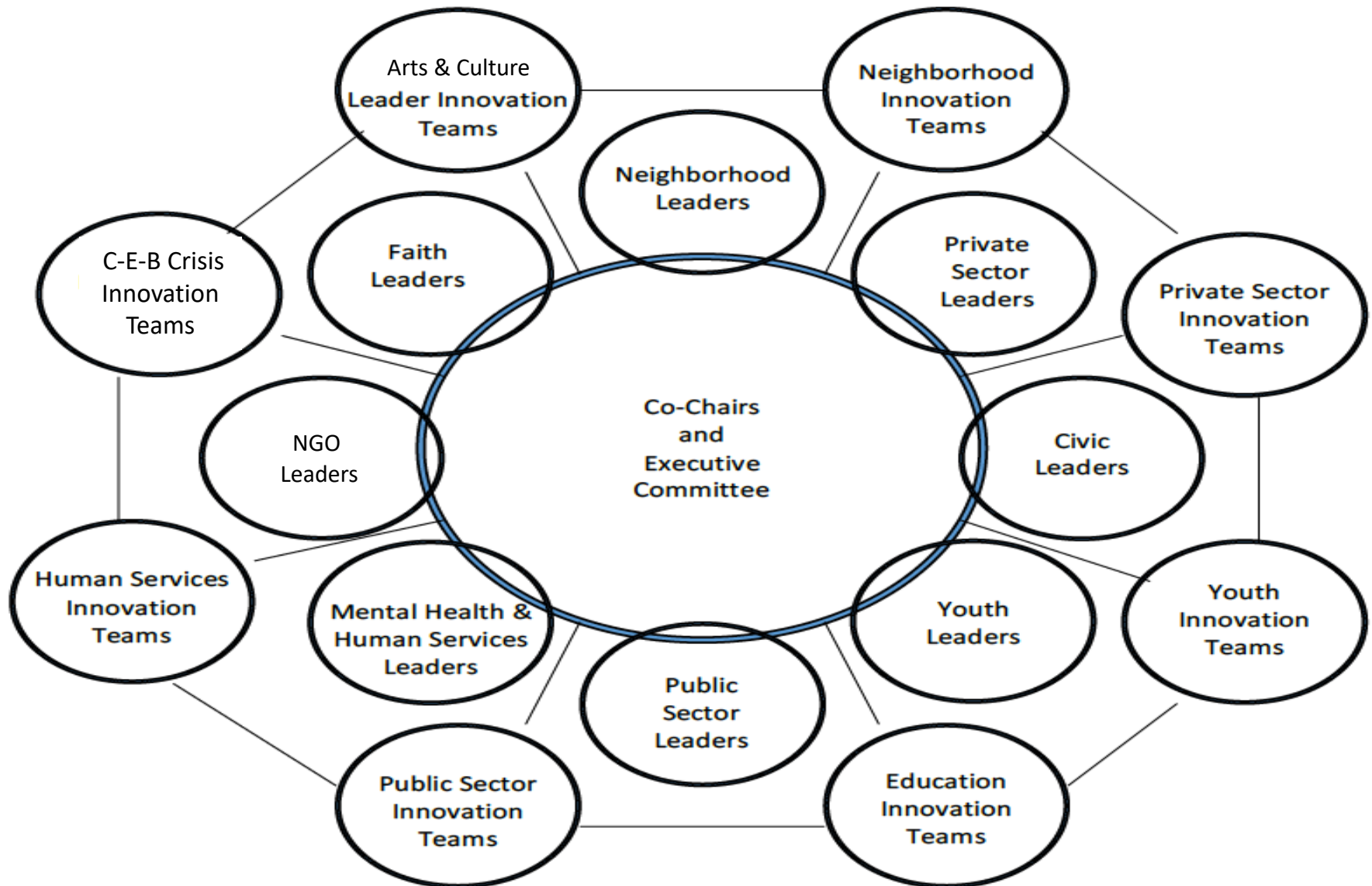
We must “**Enhance Social Connections, Strengths, and Resources**”

- Research shows that mental wellness and transformational resilience *can be enhanced*.
- The most effective way to do so is to:
 - establish the “horizontal social infrastructure” in communities—that we call a multisectoral Transformational Resilience Coordinating Network (TRCN)
 - that engages a broad and diverse array of local grassroots, neighborhood, faith/spirituality, youth, education, civic, non-profit, private, and gov’t leaders
 - in developing public health strategies to strengthen existing protective factors, and form as many additional ones as possible, to enhance population-level mental wellness and transformational resilience.



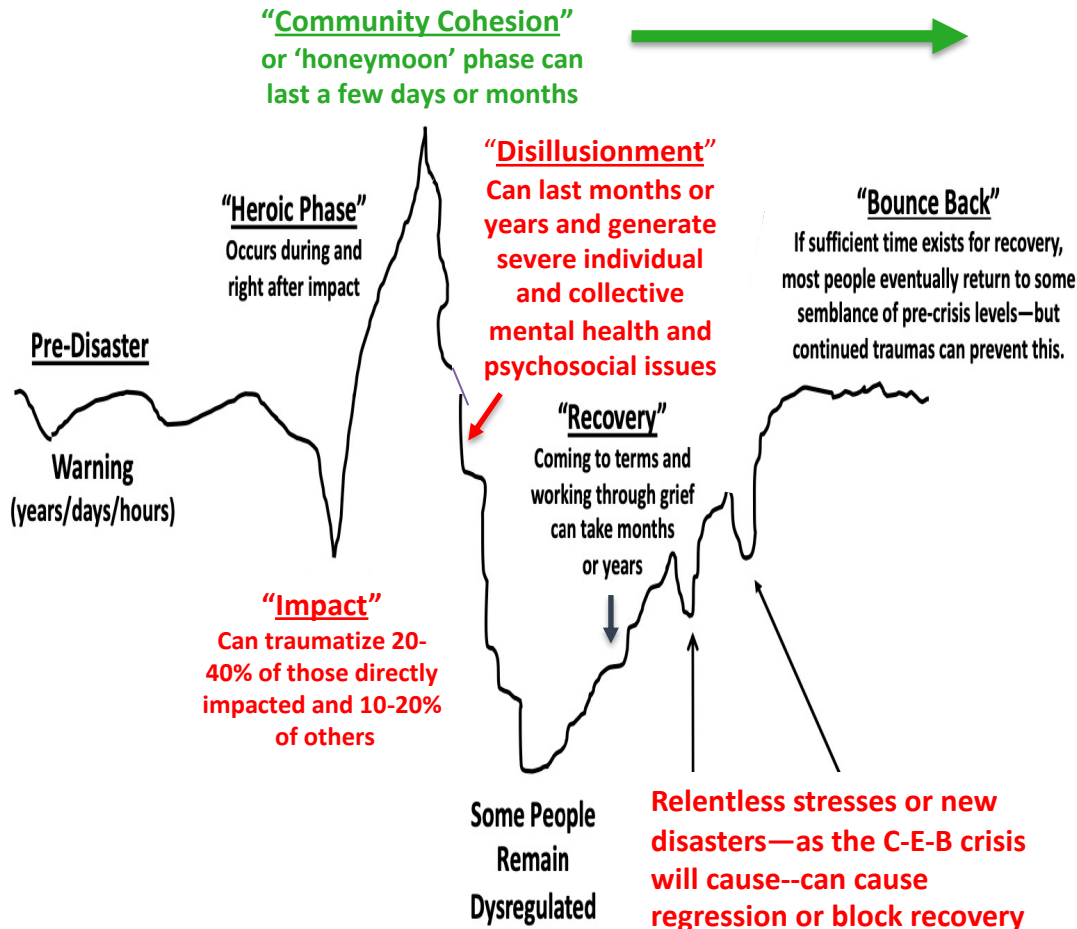
A Sample "Ideal" Transformational Resilience Coordinating Network (TRCN):

'Well-Coordinated Decentralization' using a 'Ring Team' or 'Hub & Spoke' approach



Why Establish Ongoing “Transformational Resilience Coordinating Networks”?

Common Phases of Disasters



Why? Because the C-E-B Crisis Will:

- Continue and worsen for **decades...**
- Most mental health and psychosocial problems surface **months or longer after** the initial extreme stresses or disasters occur
- So we need to form **permanent resilience networks** that allows residents to **sustain “community cohesion”** for **decades** to come.

Always Remember:

Our **relationships--social connections—** are key to individual and collective safety, wellness, resilience, and transformation!

Why Organize TRCNs in Neighborhoods and Communities?

- Because this where most people spend **most of their time**, interact **most directly** with friends and neighbors, **and** interact with the physical/built, economic, and ecological environments...
- It is where people most directly **experience the impacts** of the C-E-B crisis...
- And when people see **progress locally**, it **builds hope** which overcomes **helplessness** and is **vital** for mental health and psychosocial wellbeing.



- Working with **single** groups in **isolation** from others, or on **single issues** (e.g. heat) in isolation of others can be helpful, but risks reinforcing the siloing, fragmentation, and stigmatization that contributes to many of today's problems.

It is *Essential* to Understand There is *No* Community Resilience Without Population Social, Psychological, and Emotional Resilience!

Slashing **GHG emissions**, strengthening **external physical resilience**, and **regenerating** ecological systems and biodiversity are **essential!**

But most of this is done by NGOs, private, or public agencies and do **not meaningfully involve** local residents.



The work is usually **disconnected** from activities that build social, psychological, and emotional wellness and resilience.

And many external physical resilience projects will have **limited effect** or **fail**.

This is why an **equal priority** must now be placed on strengthening **human social, psychological, emotional, and behavioral resilience!**

Our Research Identified Five Foundational “Protective Factors” Needed to Build Population-level Capacity for Transformational Resilience for the C-E-B Crisis

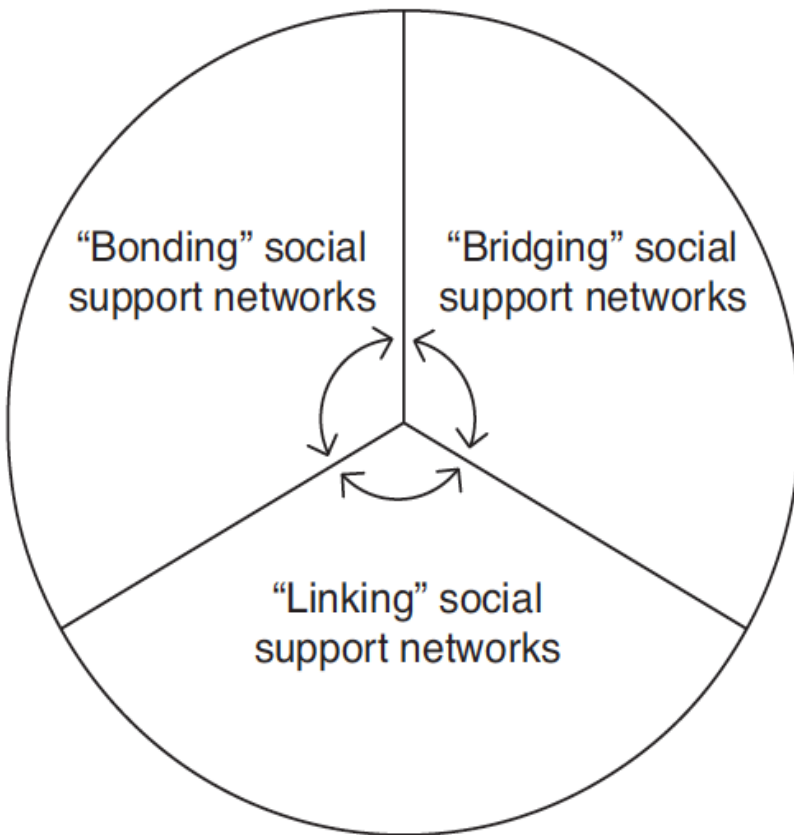
By Far the Most Important:

Build Social Connections in the Community to Provide *Mutual Aid to All*

Building social connections is ***essential*** to form the **Mutual Aid Groups** that offer ***practical assistance*** and ***emotional support*** that enables people to remain safe, healthy & resilient as temps rise to 2C.

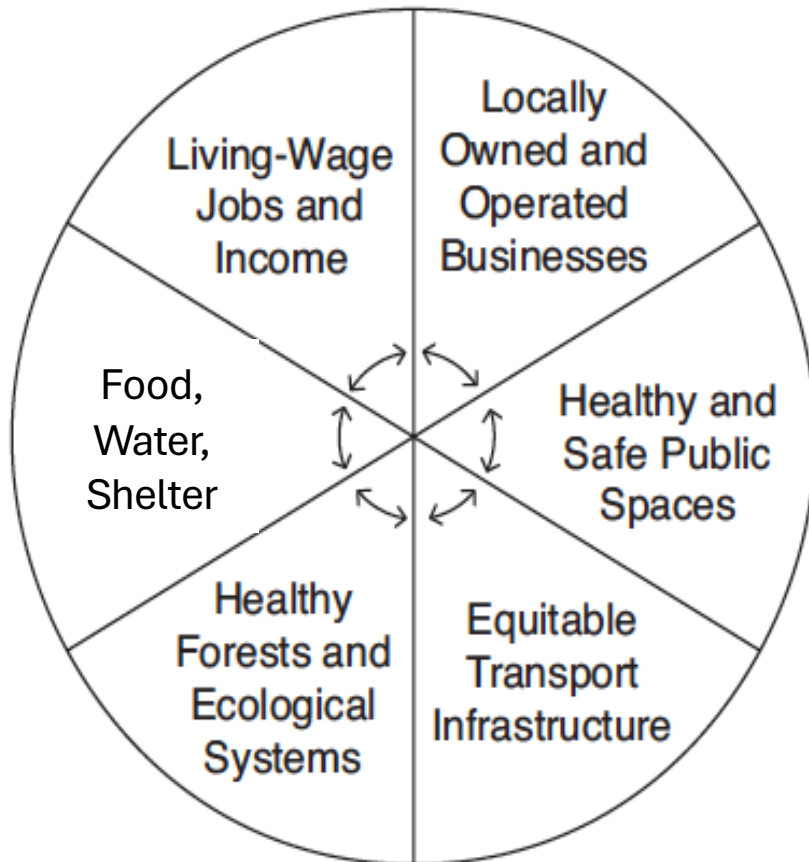
Social connections are also ***vital*** to overcome the **toxic isolation** and **loneliness** that is creating widespread **mental health problems** and is **made worse** during toxic stresses and acute disasters.

And providing mutual aid to others motivates some people find new **meaning** and **purpose** in their own lives by **assisting others**.



The Five Foundational Protective Factors Needed to
Build Population-level Capacity for Transformational Resilience for the C-E-B Crisis

Ensure a “Just Transition” by Engaging Residents in Pro-Social Activities that
Enhance Local Physical/Build, Economic, and Ecological Conditions



Unhealthy, unsafe, and unjust local conditions **create** mental health and psychosocial issues.

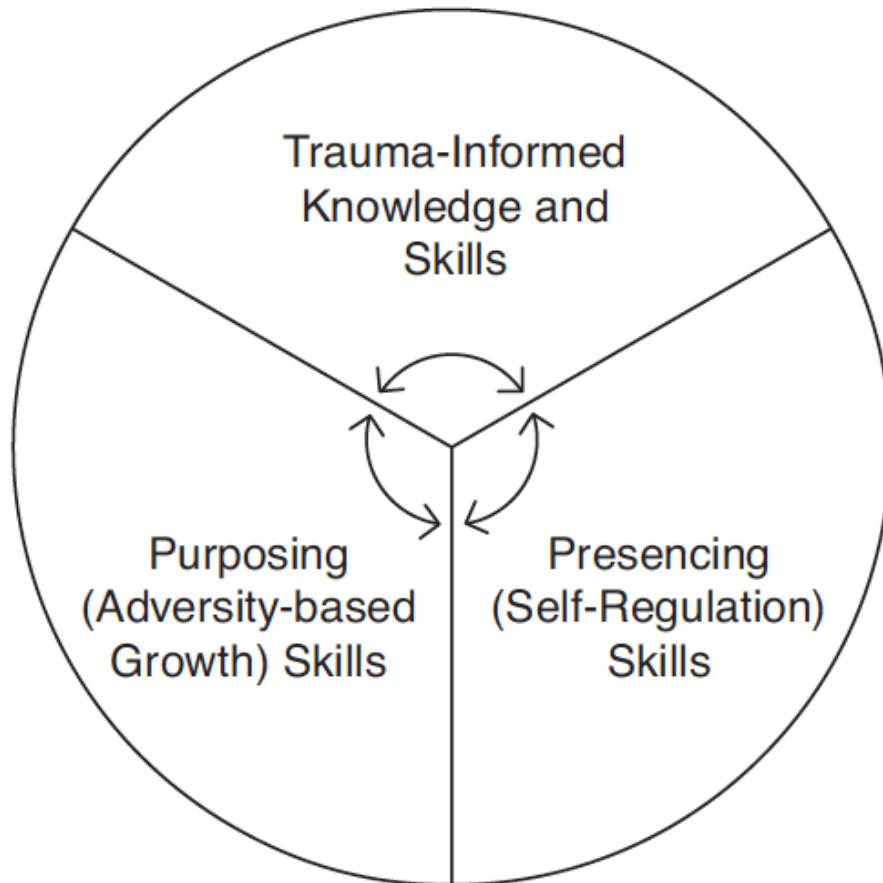
Engagement in **pro-social** activities that create **healthier** and **fair** local conditions **builds hope** that enhances **wellness**, **resilience** & **innovation**

And **integrating** efforts to enhance **local conditions** with **building human resilience** reduces local contributions to the C-E-B crisis.

While motivating some people to find new meaning, purpose, and hope in their lives by **helping others** engage in these activities.

The Five Foundational Protective Factors Needed to
Build Population-level Capacity for Transformational Resilience for the C-E-B Crisis

Foster Universal Mental Wellness and Resilience “Literacy”
by Helping Everyone Become “Trauma and Resilience-Informed”



Builds on health literacy and helps people understand what is happening within them and within other people when stressed...

which can normalize their struggles, reduce their fear of stigmatization, and their stigmatization of others

While building the knowledge and skills needed to prevent and heal their own mental health and psychosocial struggles...

and inspiring some to find meaning and purpose in their lives by helping others do the same.

The Five Foundational Protective Factors Needed to
Build Population-level Capacity for Transformational Resilience for the C-E-B Crisis

Encourage Residents to Regularly Engage in Specific Practices
Known to Enhance Mental Wellness and Transformational Resilience



Active engagement can release trauma from the nervous system which helps prevent and heal traumas...

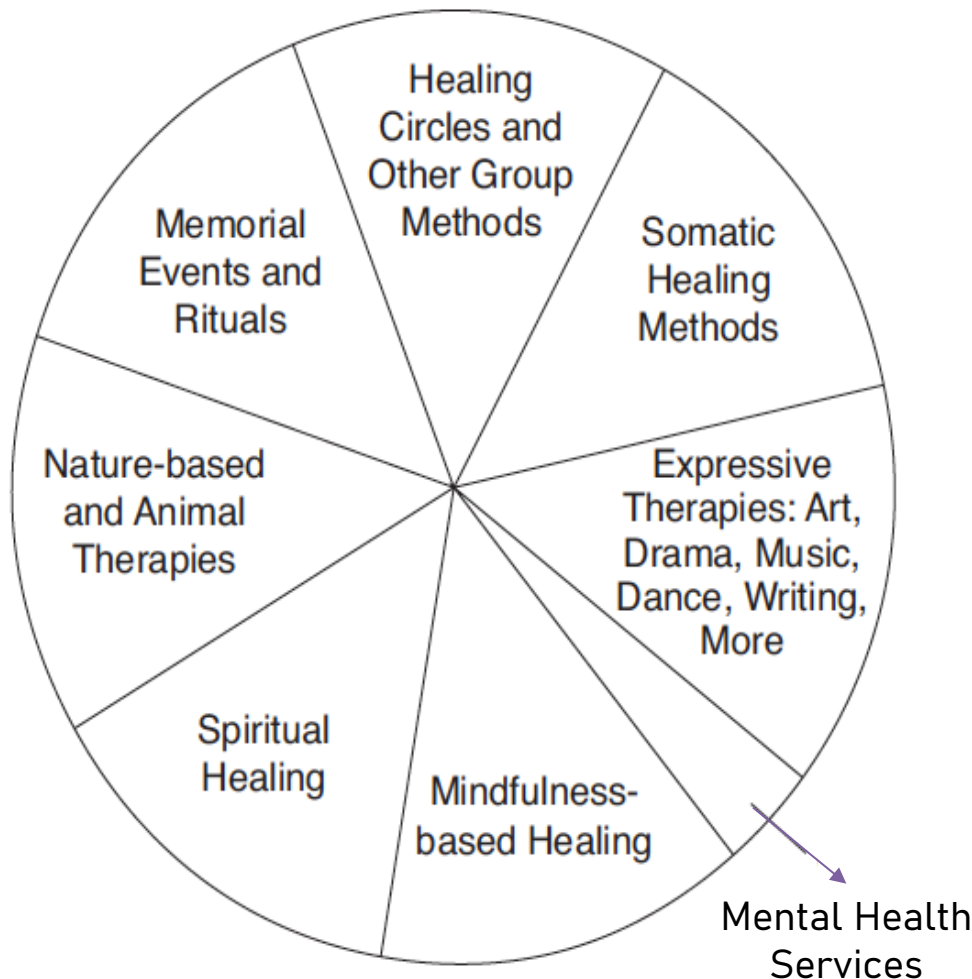
while building social connections through pro-social activities...

And offering activities that foster emotional states that provide residents with meaning and purpose during adversities....

While motivating some to find new meaning and purpose in their life by helping others engage.

The Five Foundational Protective Factors Needed to
Build Population-level Capacity for Transformational Resilience for the C-E-B Crisis

Offer Ongoing Options for Residents to Heal Their Distresses and Traumas



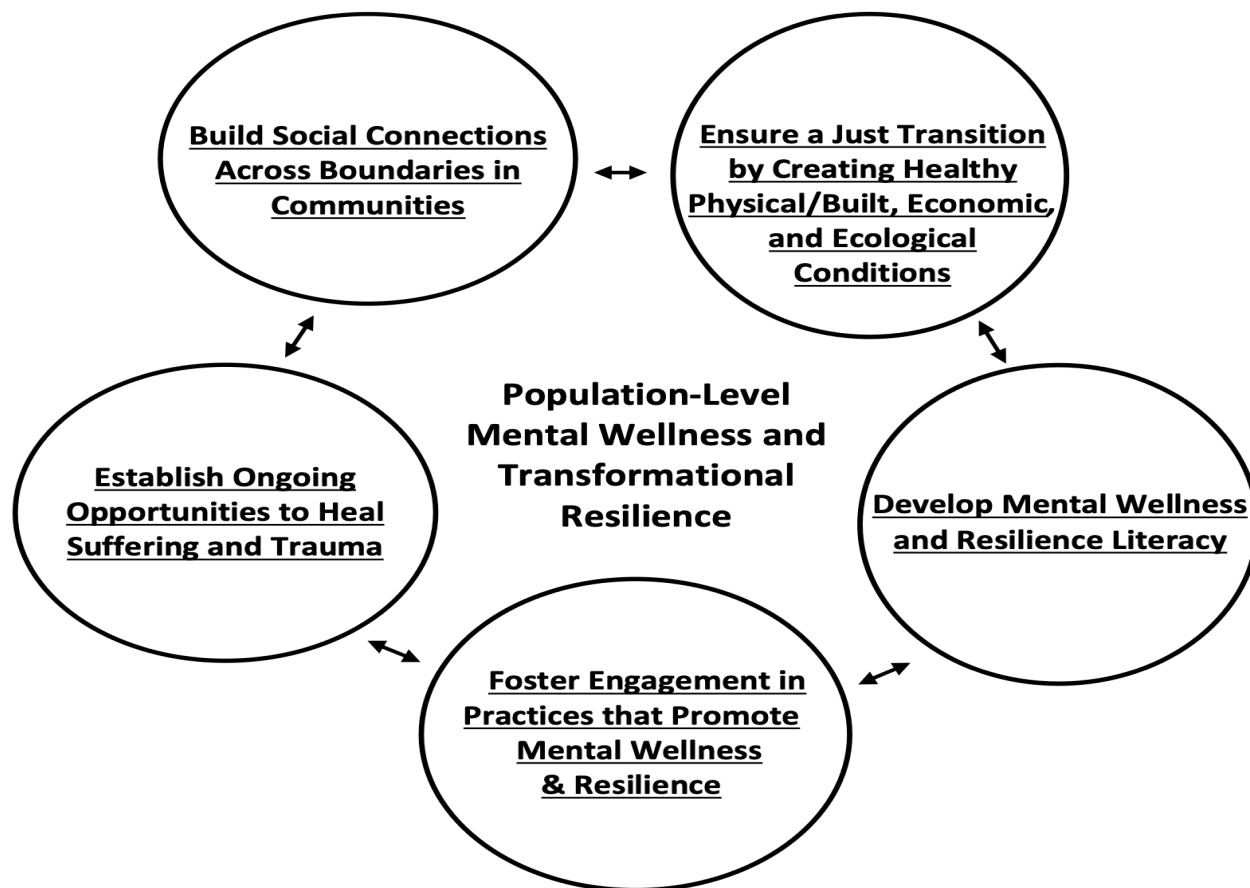
Group healing gatherings, facilitated mostly by peers, normalize struggles, help eliminate fears of stigmatization...

and allow residents to hear how others view and care for their struggles in a non-judgmental and non-clinical setting.

But not everyone is helped by talking about their distress, so many other healing options should be offered.

And some residents will be motivated to find new meaning and purpose in their lives by being trained as peer facilitators.

The Five Foundational Protective Factors Are *Interactive*: Communities Start With What Makes Sense and Then Add Others



Transformational Resilience Coordinating Networks need to keep evaluating to ensure that everyone in their community benefits from these protective factors.

Examples of U.S. “Resilience Coordination Networks”

- North Carolina SmartStart Healthy and Resilient Communities Initiative: Has 50 focused on “4 ACEs”: Adverse Child, Community, Climate, and Cultural Experiences.



- Mutual Aid Disaster Relief a grassroots network working mostly in marginalized communities.
- Virginia’s Trauma-Informed Community Networks has 32 “building resilience and preventing and mitigating the impacts of trauma in their communities.”
- Peace4Tarpon in Tarpon Springs, Florida
- Community Resilience Initiative, Walla Walla, Washington.
- Over 200 associated with MARC: Mobilizing Action for Resilient Communities, (mostly focused on ACEs by the Health Federation of Philadelphia)

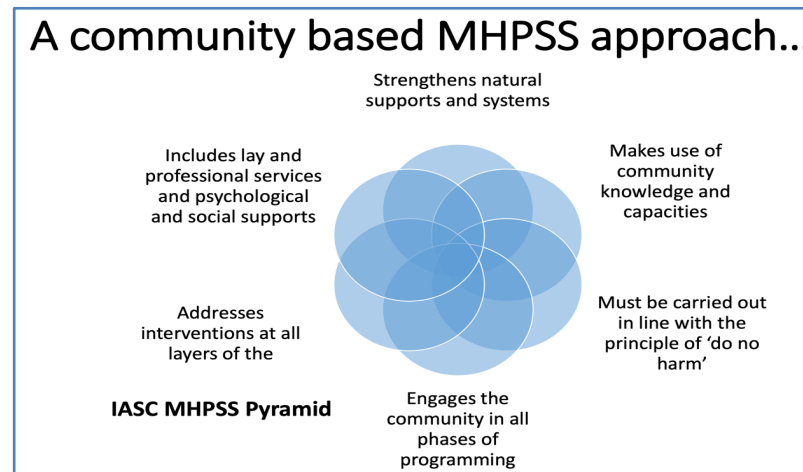
Many Examples of International Mental Health and Psychosocial Support (MHPSS) Initiatives

Most focus on humanitarian issues, child protection, and emergency settings.

“A Community-Based MHPSS approach puts individuals, communities and social systems at the centre of the intervention, in all phases of the response.”

Inter-Agency Standing Committee:

Community-based Approaches to MHPSS Programmes



For more information go to:

Mental Health and Psychosocial Support Network (<https://MHPSS.net>)

- Only a few of these initiatives describe their work as a public health approach.
- Each starts with and emphasizes different local issues and needs.
- Each is unique— there is NO one-size-fits-all approach.
- None address all five of the foundational protective factors.
- And only a few are yet explicitly focused on the C-E-B crisis.

But they all use common principles and methods.



And they show how

Community is Medicine



If those not focused on the C-E-B crisis expand to address it,

and thousands of new community initiatives are launched worldwide,

we **CAN** build universal capacity for transformational resilience!

How Can You Help Form a Transformational Resilience Coordinating Network in Your Area?

- They usually are formed when an **individual** decides it is a good idea, **talks** with **2-3 others**, gets them excited, and the group continually **talks with others** until enough people are interested to **call meetings** and **formalize the network**.
- **YOU can form a TRCN by using a similar process:**
 - Write a brief vision of a TRCN in your area
 - Identify and share it with 2-3 others you know
 - Have them enhance the initial vision and share it with more people
 - Continue until 8-12 people from different populations and sectors are interested
 - Then call a meeting and formalize the group, with a mission, vision, and specific goals
- **Another approach:** **NGOs** or **government agencies** can authorize, support, and fund the formation of TRCNs— but **make sure** they are **community-led** (not community-based).

The ITRC UN High Level Climate Champion “Race to Resilience” Initiative Will Help You Form and Operate “TRCNs” Globally



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The ITRC UN High Level Climate Champion Race to Resilience Initiative To Help Form and Operate “TRCNs” Globally

Phase I: “Prospective” Transformational Resilience Coordinating Network

- When people apply to form a new TRCN or expand an existing group or coalition to address the C-E-B crisis, we will designate them a “Prospective” TRCN.
- They will receive a handbook, technical assistance, and involvement in a Community of Practice to help them form a wide and diverse multisectoral 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 want to develop a strategy.
- We will provide a 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 handbook, technical assistance, and involvement in a Community of Practice to help them implement and continually improve their strategy.

To Apply to Participate go to:

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

Summary

Temperatures will soon rise to 2C (3.6F) in most regions of the world and
disrupt every aspect of society...

and

in different times, ways, and magnitudes
distress or traumatize everyone!

While important, mental health, human service, and disaster response programs
cannot address these challenges ...

We must think and act *Differently* at the *Scale* of the challenges we face ...

by actively engaging communities in using a public health approach to build

Population-Level Mental Wellness and Transformational Resilience!

The Global Call to Action for Mutual Support For All **Calls on civic, private sector, and government leaders worldwide to:**

- Become **informed** about the interacting **causes and impacts** of the climate-ecosystem-biodiversity (C-E-B) crisis, how they can affect **mental health, psychosocial, and physical health** and **undermine** the health, safety, and security of **families, communities** and **societies**
- **Learn** what a **community-led public health approach** to providing ***Mutual Support For All*** involves, and how the “social infrastructure” needed to implement it—that we call a **Transformational Resilience Coordinating Network** (TRCN)--can be **formed** to do so.
- Enact **policies** to **authorize**, and establish **mechanisms** to **support** and **fund** community-led Transformational Resilience Coordinating Networks (TRCNs) in **all urban neighborhoods, mid-and small-size communities, and rural areas worldwide.**



**We urge you to become informed and help organize
Community-led Resilience Networks in your area!**

For questions contact: tr@trig-cli.org

Thank you for attending today's session!