



Preparing People for Climate Change in the Pacific Northwest

Conference on the Need, Methods, and Benefits of Applying Psychological and Psycho-Social-Spiritual Models to Build Human Resilience Regionwide for Climate Shocks and Stressors

November 15-16, 2017

University Place Conference Center, Portland, Oregon

Conference Agenda

Wednesday, November 15

<u>Time</u>	<u>Focus</u>
8:30 am to 8:45 am	<u>Welcome, Purpose, and Overview of Conference</u>
8:45 am to 9:30 am	<p><u>The Psychological and Psycho-Social-Spiritual Impacts of Climate Change and the Threats They Pose to Individuals, Families, Communities & Efforts to Minimize the Climate Crisis in the PNW</u></p> <p><i>Presenters:</i> Bob Doppelt, ITRC Coordinator, and Emily York, Climate and Health Program Lead, Oregon Health Authority</p> <p>This session will describe the psychological and psycho-social-spiritual impacts of climate change, how they occur, and why, left unaddressed, they threaten the safety, health, and wellbeing of individuals, organizations, and communities in the PNW <i>and</i> our ability to minimize the climate crisis. It will then describe why most programs focused on climate adaptation, ACEs, community violence, health equity, and disaster mental health are currently insufficient to address the risks. It will also describe the many individual, social, and ecological benefits of launching prevention programs across the region to build widespread levels of psychological and psycho-social-spiritual resilience for the impacts of climate change.</p>
9:30 am to 10:15 am	<p><u>Plenary: The Core Principles and Methods Involved with Building Preventative Personal Psychological and Psycho-Social-Spiritual Resilience for Climate Change</u></p> <p><i>Panelists:</i> Sandy Bloom, Elaine Miller-Karas, Mandy Davis, Sarri Gilman, Emily York, Randal Beaton, Dr. Maryam Kia-Keating, and Bob Doppelt (facilitator)</p> <p>This session will describe the core principles, methods, and policies involved with helping individuals, families, organizations, and communities build widespread levels of preventative psychological and psycho-social-spiritual resilience. It will emphasis "Presencing" methods for helping people regulate and calm their nervous system so they can make wise and skillful decisions when distressed, and "Purposing" methods to help people use adversities as transformational catalysts to find positive new sources of meaning and hope that motivates them to become more pro-social and help to reduce the climate crisis to manageable levels.</p>
10:15 to 10:30 am	Morning Break

<p>10:30 am to 11:30 am</p>	<p><u>Workshops on Different Methods for Proactively Building <i>Personal Psychological Resilience</i> for the Traumas and Toxic Stresses of Climate Change</u></p> <p><i>Simultaneous Workshops by:</i> Elaine Miller-Karas on the <i>Community Resilience Model</i>; Bob Doppelt on <i>Using the Resilient Growth Model to Build Personal Resilience</i>; and Sarri Gilman on <i>Supporting Yourself and Others Who Are Overwhelmed By Climate Adversities</i>.</p> <p>Research indicates that the ability of any individual to constructively cope with and use adversities such as those generated by climate change as transformational catalysts to increase wellbeing is a product of interactions between personal and external conditions. On the individual level the most important factors include the person's understanding of how trauma and toxic stress can affect their mind and body, the skills and perspectives they hold that build a strong internal locus of control and self-efficacy, the strength of their social support network, and ability to find meaning, purpose, and hope in the midst of adversity. These workshops will offer different approaches for helping individuals build these capacities, how to measure success, and how to communicate about them.</p>
<p>11:30 am to 12 Noon</p>	<p><u>Small Group Discussions Among Conference Participants:</u> How can you apply the principles and practices shared in the workshops in your personal and/or professional lives?</p>
<p>Noon to 1:30 pm</p>	<p><u>Lunch with Keynote Speaker:</u> Dr. Sandra Bloom, founder of the Sanctuary Model and author of <i>Creating Sanctuary</i> on generating safety, wellness, and resilience in groups and organizations.</p>
<p>1:30 pm to 2:30 pm</p>	<p><u>Workshops on Different Methods for Building Human Resilience for Climate Change Within <i>Groups and Organizations</i></u></p> <p><i>Simultaneous Workshops by:</i> Sandy Bloom, Maggie Bennington-Davis, and Tim Murphy on the <i>Sanctuary Model</i>; Mandy Davis on <i>Promoting Workforce Wellness by Addressing Trauma-Informed Care, Structural Violence, and Equity</i>; and Randal Beaton on <i>Building Workforce Resilience in the Face of the Challenges Associated with Climate Change</i>.</p> <p>Like individuals, without good knowledge, skills, and tools groups and organizations can become “trauma-organized” by climate change-enhanced shocks and toxic stresses. This means they adopt mechanisms intended to protect them from adversity, but which instead further traumatize and diminish the safety, health, and resilience of members and stakeholders. Understanding how trauma and toxic stress can affect groups, and adopting principles, practices, and policies to become a trauma-informed human resilience-enhancing organization is the key to preventing and resolving these issues. These workshops will describe different methods to help groups and organizations transition to human resilience-building enterprises, how to measure success, and how to communicate about them.</p>
<p>2:30 pm to 3:00 pm</p>	<p><u>Small Group Discussions Among Participants:</u> How can you apply the principles and practices shared in the workshops in the groups and organizations you associate with?</p>
<p>3-3:15 pm</p>	<p>Afternoon Break</p>

<p>3:15 pm to 4:15 pm</p>	<p><u>Workshops on Building Human Resilience Within Towns and Cities in the Pacific Northwest</u> <i>Simultaneous Workshops by:</i> Dr. Maryam Kia-Keating on <i>Empowering Communities to Build Resilience Using Participatory and Human-Centered Approaches</i>; Claire Ranit on <i>Creating Resiliency in the Columbia River Gorge</i>; and Bob Doppelt on <i>Applying the Three Pillars of Community Resilience to Prepare Individuals and Groups for Climate Change</i>.</p> <p>The neighborhoods, towns, and cities where people live, work, and play heavily influence their capacity to constructively cope with and use climate adversities as transformational catalysts to learn, grow, and increase wellbeing. When climate change-enhanced shocks and toxic stresses severely strain or fracture social support networks, overwhelm vital public support systems, or breakdown other critical protective factors, individuals and groups can be pushed to a boiling point causing entire towns and cities to become “trauma-organized.” This series of workshops will describe three different approaches used in neighborhoods, towns, and cities to proactively transitioned from trauma-organized to trauma-informed human resilience-enhancing communities, how to measure success, and how to communicate about them.</p>
<p>4:15 pm to 4:45 pm</p>	<p><u>Small Group Discussions Among Conference Participants:</u> How can you apply the principles and practices shared in the workshops in your community?</p>
<p>4:45 pm to 5:00 pm</p>	<p><u>Summary of Day and Closing Comments</u></p>
<p>5:00 pm to 6:30 pm</p>	<p>Networking Time with No Host Bar at <i>Raven and Rose</i>, 1331 SW Broadway.</p>



Thursday, November 16

<u>Time</u>	<u>Focus</u>
8:30 to 8:45 am	Welcome, Summary of Wednesday, and Focus of the Day
8:45 am to 9:45 am	<p><u>Panel Discussion on Building Resilience Within Children and Families in the PNW</u></p> <p><i>Presenters:</i> Teri Barila, CEO of the Children's Resilience Initiative in Walla Walla, and Robert Lieberman, former CEO of Kairos and Lead Trainer, Self Healing Communities Initiative and ACEs Training Team, Southern Oregon Success.</p> <p>Description by leaders of initiatives focused on building resilience within childhood and families of their goals, methods, outcomes, current applicability of their work to climate-enhanced adversities, and/or how they might expand their focus to address climate traumas & stresses.</p>
9:45 am to 10:15 am	<u>Small Group Discussions Among Conference Participants:</u> How can you apply the principles and practices described during the panel in your community?
10:15 to 10:30 am	Morning Break
10:30 am to 11:30 am	<p><u>Panel Discussion on Building Human Resilience Within Frontline Communities in the PNW</u></p> <p><i>Presenters:</i> Kayse Jama, Executive Director of Unite Oregon; Rob Nathan, Leadership Development Director, Coalition of Communities of Color; Julie Taylor, Director of the Department of Children and Family Services with the Confederated Tribes of the Umatilla Indian Reservation; and Dr. Ruth Zúñiga, Assistant Professor, Director & Core Faculty of Sabiduría: Latina/o Psychology Emphasis at Pacific University.</p> <p>Description by leaders of initiatives focused on building resilience within Native American, African American, Latino, and Asian American frontline communities in the PNW of their goals, methods, outcomes, current applicability to climate-enhanced traumas and toxic stresses, and/or how they might expand their focus to build resilience for climate adversities.</p>
11:30 am to 12 Noon	<u>Small Group Discussions Among Conference Participants:</u> How can you apply the principles and practices described in the panel in your community?
12 Noon to 1:30 pm	<u>Lunch with Keynote Speaker:</u> Bob Doppelt, ITRC Coordinator, on <i>Launching a Powerful Human Resilience Building Movement in the PNW</i>

<p>1:30 pm to 2:30 pm</p>	<p><u>Panel Discussion on Building Human Resilience Within Groups Focus on Faith and Spirituality, and Other Civic Organizations in the PNW</u></p> <p><i>Presenters:</i> Rev. Robyn Hartwig, Pastor/Organizer, EcoFaith Recovery; Jenny Holmes, former Environmental Ministries Director, Ecumenical Ministries of Oregon, Oregon Interfaith Power and Light; and the Rev. John Boonstra, former executive minister of the Washington Association of Churches and Activist with the Gorge Climate Action Network.</p> <p>Description by leaders of initiatives focused on building human resilience for climate or related adversities within the groups focused on faith and spirituality and other civic groups. Presenters will be asked to describe their goals, methods, outcomes, current applicability to climate-enhanced traumas and toxic stresses, and/or how they might expand their focus or methods to build human resilience for climate change.</p>
<p>2:30 pm to 3:30 pm</p>	<p><u>Panel Discussion on How Social and Climate Justice, and Environmental Leaders in the PNW Can Integrate Building Human Resilience into their Internal Operations and External Activities</u></p> <p><i>Presenters:</i> Jana Gasellum, Program Director, Climate, Oregon Environmental Council; Margie Bone MD, 350 Seattle; and Dr. Jennifer Gordon, 350 Eugene.</p> <p>Description by leaders of social and climate justice, climate, and sustainability groups about how they help their staff and volunteers build resilience for the emotion distresses of their work, and/or help the people they work with in the field build personal and psycho-social-spiritual resilience. Presenters will be asked to describe their goals and methods, current applicability to climate-enhanced traumas and toxic stresses, and/or how they might expand their focus to build human resilience internally as well as externally by integrating it into their programs.</p>
<p>3:30 pm to 4:30 pm</p>	<p><u>Action Planning Through Appreciative Inquiry Learning Circles</u></p> <p>In learning circles organized by geographic region, vocation, or populations, participants will discuss ways to expand existing human resilience building initiatives to include climate adversities, develop and strengthen collaborations among existing initiatives, and/or launch new initiatives focused on building widespread levels of psychological and psycho-social-spiritual resilience for climate change in the PNW. A communications platform will be established to allow people to explain their activities, problem solve, and share successes on an ongoing basis.</p>
<p>4:30 pm to 5:00 pm</p>	<p><u>Call to Action and Closing Ceremonies</u></p> <p>The conference will close with a <i>Call to Action</i> to launch preventative human resilience building initiatives in organizations, towns, and cities throughout the Pacific Northwest for the shocks and toxic stressors of climate change.</p>