



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

Agenda

Wednesday, November 15

<u>Time and Room</u>	<u>Focus</u>
8:30--8:45 am Multnomah Falls Room	<p><u>Welcome, Purpose, and Overview of Conference</u></p> <p>Bob Doppelt, ITRC Coordinator</p>
8:45 am to 9:30 am Multnomah Falls Room	<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>The opening 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 Multnomah Falls Room	<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, Maryam Kia-Keating, Brenda Ingram, Tim Murphy, 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 emphasize methods for helping people regulate and calm their nervous system so they can make wise and skillful decisions when distressed. It will also emphasize 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>Simultaneous Workshops on Different Methods for Proactively Building <i>Personal Psychological Resilience</i> for the Traumas and Toxic Stresses of Climate Change</u></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 internal 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>Multnomah Falls Room</p>	<p><u>Presenter:</u> Elaine Miller-Karas, Executive Director, trauma Resource Institute, on using the <i>Community Resiliency Model® (CRM) to Build Personal and Group Resiliency</i></p> <p><u>Moderator:</u> Dr. Mandy Davis, Director, Trauma Informed Oregon, and ITRC Steering Committee Member</p> <p>This workshop will describe The Community Resiliency Model® (CRM) as described in Elaine's book <i>Building Resilience to Trauma: The Trauma and Community Resiliency Models</i>. CRM® trains community members to not only help themselves but to help others within their wider social network. The primary focus of this skills-based, stabilization program is to re-set the natural balance of the nervous system. CRM®'s goal is to help to create "trauma-informed" and "resiliency-focused" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.</p>
<p>Elowah Falls Room</p>	<p><u>Presenter:</u> Bob Doppelt on <i>Using Presencing and Purposing Skills As Described in the Resilient Growth Model™ to Build Personal Resilience for Climate Traumas</i></p> <p><u>Moderator:</u> Dr. David Pollack, Professor of Psychiatry, Family Medicine Management OHSU, and ITRC Steering Committee Member</p> <p>This interactive workshop will describe The Resilient Growth Model™ explained in Bob's book <i>Transformational Resilience</i> that uses evidence-based simple skills to help people constructively cope with climate change-enhanced adversities without harming themselves, other people, or the natural environment, <i>and</i> find meaning, direction, and hope in life. Participants will practice a range of simple skills to calm their nervous system when distressed (called "Presencing" skills), and clarify how they can live with courage and hope in the midst of climate hardships (called "Purposing" skills).</p>
<p>Wahkeena Falls Room</p>	<p><u>Presenter:</u> Sarri Gilman on <i>Supporting Yourself and Others Who Are Overwhelmed By Climate Adversities</i>.</p> <p><u>Moderator:</u> Dr. Sara Walker, Professor, Pediatric Psychology at OHSU</p> <p>This workshop will focus on skills you can practice and use right now to prevent yourself from becoming overwhelmed by climate change related adversity – and that you can teach to others who are overwhelmed. You will learn the crucial 4-step response needed when everyone is under intense pressure. Avoid the pitfalls of burnout from dealing with overwhelm as you understand how to anticipate it and provide effective support for yourself and others. Since overwhelm spreads very easily, it will also review ways you can care for yourself while supporting others. Sarri will bring to life key concepts explained in her book, <i>Naming and Taming Overwhelm</i>, including Listening versus Deflecting; Resourcing; Stop Problem Solving; and more.</p>

<p>11:30 am to 12 Noon Multnomah Falls Room</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 Multnomah Falls Room</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>Simultaneous Workshops on Different Methods for Building Human Resilience for Climate Change Within Groups and Organizations</u></p> <p>Like individuals, without good knowledge, skills, and tools groups and organizations can become stuck in a state of hyper-arousal by climate change-enhanced shocks and toxic stresses. This can lead to 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>Multnomah Falls Room</p>	<p><u>Presenters:</u> Dr. Sandra Bloom, Dr. Maggie Bennington-Davis, and Tim Murphy on <i>Applying the Sanctuary Model to Build Safe, Healthy, and Resilient Organizations for Climate Impacts</i></p> <p><u>Moderator:</u> Dr. David Pollack, Professor of Psychiatry, Family Medicine Management OHSU, and ITRC Steering Committee Member</p> <p>This interactive workshop will describe The Sanctuary Model explained in Sandra's books <i>Restoring Sanctuary</i>, <i>Creating Sanctuary</i>, and other publications. The goal is to teach individuals and organizations the necessary skills for creating and sustaining nonviolent lives and nonviolent systems and to keep believing in the unexplored possibilities of peace and well-being for all of humanity. As an organizational culture intervention, the Sanctuary Model is designed to facilitate the development of structures, processes, and behaviors on the part of staff, clients and the community-as-a-whole that can counteract the biological, emotional, cognitive, social, and moral wounds suffered by the victims of traumatic experience and extended exposure to adversity.</p>
<p>Elowah Falls Room</p>	<p><u>Presenter:</u> Dr. Mandy Davis on <i>Using Trauma-Informed Care to Build Organizational Resilience</i>.</p> <p><u>Moderator:</u> Claire Ranit, Coordinator, Creating Resilience in the Columbia River Gorge</p> <p>Trauma Informed Care means using NEAR (neurobiology, epigenetics, adverse childhood experiences & resilience) science to develop more effective programs including organizational strategies to promote workforce wellness. This workshop will review the principles and applications of trauma informed care and how these practices can build resilience in organizations to respond to toxic stress. We will discuss how TI C can support or needs to be modified to better address toxic stress as a result of toxic change.</p>

<p>Wahkeena Falls Room</p>	<p><u>Presenter:</u> Dr. Randal Beaton on <i>Enhancing Resilience Within Emergency Response and Disaster Preparedness Organizations</i></p> <p><u>Moderator:</u> Trudy Townsend, former Coordinator Creating Sanctuary in the Gorge and ITRC Steering Committee Member</p> <p>Based on decades of real-world consultations and research with First Responder organizations, this workshop will present practical and empirically based strategies to identify, mount, implement and evaluate workforce resiliency interventions. Such organizational interventions will be needed more than ever to prevent and deter the otherwise adverse outcomes associated with the challenges posed by exposures to climate change-associated stressors/traumata. Key considerations in formulating such interventions with First Responder Organizations such Fire Departments and 9-1-1 Telecommunicator Call Centers will be examined and critically analyzed. Finally, based on case study exemplars, the strengths and limitations of resiliency interventions designed for First Responder and Public Sector Disaster Organizations will be described and their clinical implications will be considered.</p>
<p>2:30 pm to 3:00 pm</p>	<p><u>Small Group Discussions Among All 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>Simultaneous Workshops on Building Human Resilience Within Towns and Cities in the Pacific Northwest</u></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>Multnomah Falls Room</p>	<p><u>Presenter:</u> Dr. Brenda Ingram on <i>Integrating Resilience Building and Trauma Informed Approaches with Cultural Humility in Communities of Color</i></p> <p><u>Moderator:</u> Trudy Townsend, former Coordinator Creating Sanctuary in the Gorge and ITRC Steering Committee Member</p> <p>This workshop will describe why Communities of Color (CoC) in the US tend to be at greater risk for more long-term traumatic responses and subsequent challenges that interfere with full recovery from natural disasters resulting from climate change than the general population. It has been predicted that the events related to climate change will be more devastating in these communities. There are multiple factors that contribute to this predicament. It will then explain how using a trauma-informed and resilience paradigm can assist communities to better prepare themselves for future climatic adversity, especially in CoC.</p>

<p>Elowah Falls Room</p>	<p><u>Presenter:</u> Claire Ranit on <i>Mobilizing Action for Resilient Communities of the Columbia River Gorge</i></p> <p><u>Moderator:</u> Dr. Mandy Davis, Director, Trauma Informed Oregon, and ITRC Steering Committee Member</p> <p>Since 2010, a cross-organizational group of organizational leaders in the Columbia River Gorge has been working to develop a community of trauma informed practice and resilience. The effort is currently funded as a Mobilizing Action for Resilient Communities (MARC) Grant Community through the Health Federation of Philadelphia. This interactive workshop will provide information on the history and growth of the effort, methods and outcomes, the evolution of evaluation, what could be better, and suggestions for building community movement. The story of trauma informed practices in action will be covered as well through the community response to the Eagle Creek Fire. This workshop will feature an activity with roles for participants and observers.</p>
<p>Wahkeena Falls Room</p>	<p><u>Presenter:</u> Dr. Maryam Kia-Keating on <i>Empowering Communities to Build Resilience Using Participatory and Human-Centered Approaches</i></p> <p><u>Moderator:</u> Emily York, Climate and Health Lead, Oregon Health Authority, and ITRC Advisory Committee Member</p> <p>Engaging communities using participatory and human-centered approaches provides them with an opportunity for empowerment, social action, and to act as experts in helping to find solutions to the everyday challenges. In the context of disasters, and other adversities and stressors related to climate change, empowering communities to build psychological and psychosocial resilience is vital. This workshop will provide an overview of participatory and human centered design approaches that can be used when working with communities and present an example of a resilience-building program that was designed by these approaches targeting Latino/a youth and families. It will also introduce specific skills for empowering communities to identify opportunity areas for building resilience, capitalizing on their own strengths, perspectives, and efforts.</p>
<p>4:15--5:00 pm Multnomah Falls Room</p>	<p><u>Closing Plenary and Q&A with Presenters:</u> Comments by presenters and all participant discussion on how to apply the principles and practices discussed during the day in our personal, professional, and/or avocation lives.</p>
<p>5:30 pm -- onward</p>	<p>Networking Time with No-Host Bar in Conference Center Bar/Restaurant.</p>



Thursday, November 16

<u>Time & Room</u> All Sessions Are in Multnomah Falls Room	<u>Focus</u>
8:30 - 8:45 am	Welcome, Summary of Wednesday, and Focus of the Day
8:45 am to 9:45 am	<p><u>Building Resilience Within Children and Families in the PNW</u></p> <p><u>Panelists:</u> 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><i>Facilitators:</i> Dr. Mandy Davis, Director, Trauma Informed Oregon and ITRC Steering Committee Member, and Claire Ranit, Coordinator, Creating Resilience in the Columbia River Gorge.</p> <p>Description by leaders of two PNW initiatives focused on building resilience within children and families of their goals, methods, outcomes, how it can apply to climate-enhanced adversities, and/or how they can expand their focus to address climate traumas & stresses.</p>
9:45 - 10:00 am	Break
10:15 - 11:15 am	<p><u>Panel Discussion Among Leading Experts on Building Human Resilience <i>Within Communities of Color in the PNW</i></u></p> <p><u>Presenters:</u> James Boehnlein, M.D., professor of psychiatry at the Oregon Health Sciences University School of Medicine and staff psychiatrist in OHSU's Intercultural Psychiatric Program, and Dr. Ruth Zuinga, Assistant Professor and Director & Core Faculty of Sabidria: Latina/o Psychology Emphasis at Pacific University.</p> <p><i>Facilitator:</i> Elaine Miller-Karas, Executive Director, The Trauma Resource Institute</p> <p>Discussion of the key principles, protective factors, and methods for building resilience within communities of color for climate impacts by two leading experts.</p>
11:15- 11:30 am	<u>Break</u>
11:30 am to 12:30 pm	<p><u>Panel Discussion on Building Human Resilience <i>Within Frontline Communities in the PNW</i></u></p> <p><u>Panelists:</u> Kayse Jama, Executive Director of Unite Oregon; Rob Nathan, Leadership Development Director, Coalition of Communities of Color; and Julie Taylor, Director of the Department of Children and Family Services with the Confederated Tribes of the Umatilla Indian Reservation</p> <p><i>Facilitator:</i> Brenda Ingram, Peace Over Violence</p> <p>Description and discussion among leaders of initiatives focused on building resilience within frontline communities in the PNW of how they build resilience for climate adversities.</p>

12:30 - 2:00 pm	<p><u>Lunch with Keynote Speaker:</u> Bob Doppelt, ITRC Coordinator, on <i>Launching a Powerful Human Resilience Building Movement in the PNW</i></p>
2:00--3:00 pm	<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><u>Panelists:</u> 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><u>Facilitator:</u> Trudy Townsend, former Coordinator Creating Sanctuary in the Gorge and ITRC Steering Committee Member.</p> <p>Description and discussion among leaders of initiatives focused on building human resilience for climate related adversities within the groups focused on faith and spirituality.</p>
3:00 pm to 4:00 pm	<p><u>Panel Discussion on How Climate and Environmental Organizations in the PNW Can Integrate Building Human Resilience into their Internal Operations and External Activities</u></p> <p><u>Panelists:</u> Jana Gasellum, Program Director, Climate, Oregon Environmental Council; Margie Bone MD, 350 Seattle; and Dr. Jennifer Gordon, 350 Eugene.</p> <p><u>Facilitator:</u> Bob Doppelt, ITRC Coordinator</p> <p>Description and discussion among leaders of climate and environmental 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</p>
4:00--4:45 pm	<p><u>Action Planning Through Appreciative Inquiry</u></p> <p>In learning circles organized by geographic region, vocation, populations, or issues, participants will discuss ways to expand their 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>
4:45 pm to 5:00 pm	<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>