

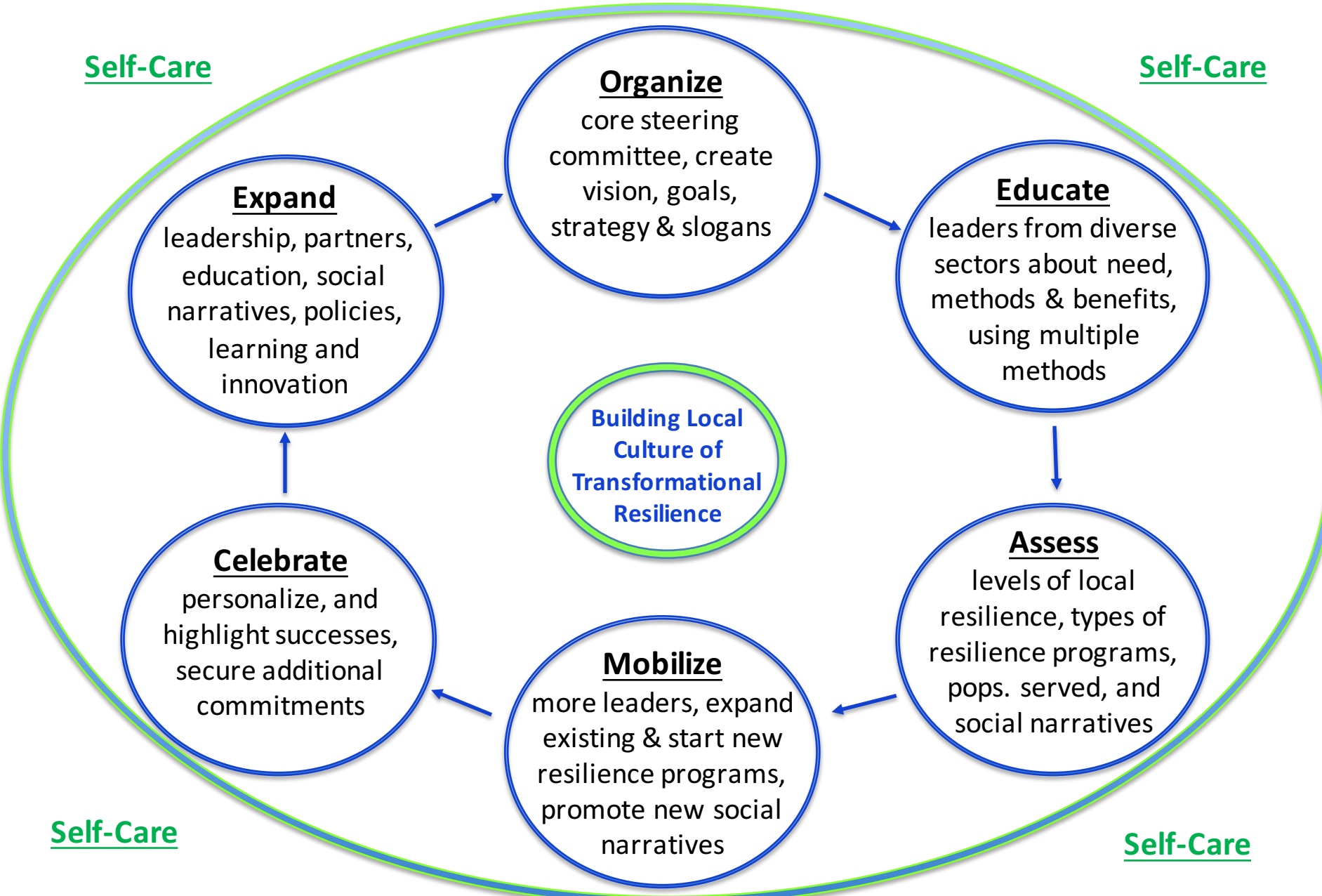


Building a Powerful Preventative Transformational Resilience Movement in the PNW

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The 'Wheel of Change' for Building a Local Culture of Transformational Resilience



Adapted from Leading Change to Sustainability (Doppelt 2003) and *Self Healing Communities*, Robert Wood Johnson Foundation

'Wheel of Change' for Building a Regional Transformational Resilience Movement



Benefits of a Preventative Transformational Resilience Movement

Greater capacity to regulate and calm the mind and body when distressed leading to:

- Less substance abuse & other harmful attempts to self-anesthetize when distressed.
- Less depression, anxiety, PTSD, and lower suicide rates.
- Less physical health problems like heart disease, cancers, and more.

When combined with building social capital and engaging community leaders who promote social narratives focused on safe, healthy, equitable and just norms & practices:

- More robust social support networks and trusting relationships with neighbors & others.
- Reduced aggression and violence and support for other ways to handle problems.
- Less Adverse Childhood Experiences (ACEs) and thus less adult problems as well.

When combined with promotion of post-traumatic growth:

- Greater ability to find new meaning, purpose, and hope in the midst of adversity.
- Increased pro-social behaviors including support for social & climate equity and justice.
- Less withdrawal into self-protective survival mode & more support for climate solutions.



Please Accept Invitation and Join the ITRC PNW Transformational Resilience Network (on ACEs Connection Network Platform)

Will Offer Opportunity To:

Share activities

Jointly craft vision, goals, strategy

Problem solve together

Support each other

Celebrate successes

Grow the movement

We will hold monthly conference calls, offer free webinars, and hold in-person meetings when needed. See calendar of events for details.