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

- **Organize** core steering committee, create vision, goals, strategy & slogans
- **Educate** leaders from diverse sectors about need, methods & benefits, using multiple methods
- **Assess** levels of local resilience, types of resilience programs, pops. served, and social narratives
- **Mobilize** more leaders, expand existing & start new resilience programs, promote new social narratives
- **Celebrate** personalize, and highlight successes, secure additional commitments
- **Expand** leadership, partners, education, social narratives, policies, learning and innovation

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

**Self-Care**

**Connect and Strategize**
with key regional partners, share info, craft vision, goals, slogans

**Take-Off**
by keeping supporters engaged, expanding programs, highlighting successes, enacting policies

**Build Awareness**
of what you want to change, what you want to create, and the benefits

**Collaborate**
with wider coalitions to expand action, public awareness, and acceptance

**Create Dissonance**
by establishing an alternative vision in the public’s consciousness

**Win Public Acceptance**
by engaging with flair in key issues, shining light on new approach and its benefits

Adapted from Leading Change toward Sustainability (Doppelt 2003); The Borgen Project; and The Movement Action Plan (Moyers 1987)
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.