



Information About the January 26 Free 1-Hr. Webinar on the New ITRC Mental Wellness and Resilience Policy

[Go to the ITRC website to register for the webinar](#)

Why the Need for a New Approach to Build and Sustain Mental Wellness and Resilience--and New Policies to Authorize and Support the Approach?

To prevent and heal the accelerating individual and collective traumas generated by the civilization-changing climate crisis, other emergencies like the pandemic, and relentless toxic stresses produced by shifting socio-cultural-economic-technological factors, we must quickly expand beyond disaster mental health and single-person clinical treatment to initiate community-based, culturally-grounded, population-level mental wellness and resilience building initiatives nationally and globally.

This shift is urgently needed for because:

- The climate emergency is generating more frequent and extreme disasters mixed with cascading disruptions to the ecological, social, economic, and other systems people rely on for basic needs, and the impacts effect everyone, not just those individuals directly impacted by any particular event. Emergencies like the pandemic, and the relentless toxic stresses produced by shifting socio-cultural-economic-technological factors also affect everyone.
- Most people rely on connections with family, friends, community groups, or religious or spiritual beliefs to calm themselves and find meaning, purpose, and hope in the midst of ongoing disasters, emergencies, and toxic stress pileups, not mental health professionals.
- Different groups have their own culturally unique ways of preventing and healing mental health and psychosocial problems that must be shared through their own voices.
- The way individuals perceive and respond to acute and chronic adversities and toxic stress pileups cannot be isolated from the values and norms that dominate the larger social context in which they live.

These and other factors mean that for most people both prevention and healing are collective, not individually-focused processes. Disaster mental health and single-person clinical treatments will remain very important. However, as the climate crisis and other emergencies and toxic stress pileups accelerate, the necessity of proactively fostering and sustaining mental wellness and resilience within the entire population will become absolute.

Specific Focus of the New ITRC Mental Wellness and Resilience Policy

Developed through extensive research and supported by a team of 20 experts, the International Transformational Resilience Coalition (ITRC) has developed a *Mental Wellness and Resilience Policy* to prevent and heal individual and collective traumas generated by climate change, other emergencies, and relentless pileups of toxic stresses. The goal of the policy is to build capacity within the entire population for mental wellness and resilience that pushes back against externally-generated climate individual and collective traumas.

In specific, the ITRC policy calls for culturally-grounded prevention and healing focused community-based, population-wide initiatives to be launched to: a) teach all adults and youth trauma-informed mental wellness and resilience information and skills; b) enhance personal, family, and community strengths; c) build and connect social support networks across cultural, economic, and geographic boundaries; d) empower residents to take responsibility for resilience within their neighborhoods; and e) motivate local voluntary, non-profit, private, and public organizations to adopt practices and policies that can build a local culture of mental wellness and resilience.

What you will learn during the January 26 webinar:

- Why disaster mental health, direct service programs, and single-person clinical treatments will remain important, but cannot address the scale or scope of the mental health and psycho-social-spiritual problems generated by the climate crisis, other emergencies such as the pandemic, and relentless toxic stresses generated by socio-cultural-economic-technological factors.
- Why community-based, culturally-grounded, population-level mental wellness and resilience initiatives are essential to successfully prevent and heal accelerating individual and collective traumas.
- The core elements of community-based, culturally-grounded, population-level mental wellness and resilience initiatives, how to organize them, and the many benefits they provide for individuals, children, families, private, non-profit, and the public organizations nationwide and globally.
- Federal, state, and local policies needed to foster and sustain community-based, multisystemic, population-level mental wellness and resilience initiatives.
- Core topics covered in the ITRC training program in community-based, culturally grounded, population-level mental wellness and resilience initiatives that begins in February.

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