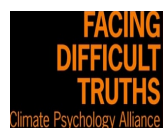




2021 Free Training Program on Building Community-Based, Culturally-Grounded, Population-Level Mental Wellness and Resilience

Co-sponsored by:



Applications Required for Participation: Program Begins Tuesday February 9

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

This shift to ensuring that everyone learns resilience skills is urgently needed for because:

- The climate emergency is generating more frequent and extreme disasters intermixed with cascading disruptions to the ecological, social, economic, health 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 community violence and relentless pileups of toxic stresses 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 disasters, ongoing emergencies, and unrelenting toxic stresses 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 related emergencies and pileups of toxic stresses accelerate, the necessity of proactively fostering and sustaining mental wellness and resilience within the entire population will become absolute.

Engagement in community-based, culturally-grounded, population-level mental wellness and resilience building initiatives will require that both lay-participants and mental health professionals gain enhanced insights, understandings, and skills.

For example, people who are respected by all of the different populations and sectors of a community--including marginalized groups--must be engaged in planning and implementing age and culturally-appropriate strategies to enhance and sustain mental wellness and resilience. This will often require people to engage with individuals they don't know, have little understanding of, that look, think, or act differently, and have different resilience practices.

Many explicit and implicit racial, cultural, economic, religious or other biases will often arise, as will conflicts over goals, strategies, funding, and other issues that can block progress. Enhanced capacity to resolve conflicts in ways that enhance safety and trust and build a sense of "Us" among diverse sets of people and organizations will be key to success.

In addition, members of community-based resilience building groups will need to know how to share resilience information and tools with others, how to build and connect social support networks, help neighborhood groups enhance their resilience, and engage in other actions that foster and sustain mental wellness and resilience within all adults and youth.

The ITRC is therefore offering a training program on these issues for people who want to be involved with community-based pop-level mental wellness and resilience building initiatives.

- The program will begin with a panel discussion by leading practitioners on Tuesday, February 9 from 12 noon to 1:30 pm Eastern Time (9:00-10:30 am Pacific Time). The eight-week training program on Tuesday February 16 from 12 noon to 1:30 pm Eastern Time (9:00-10:30 am Pacific Time). See program details below.
- Optional hour-long sessions will occasionally be offered between the listed sessions where skills can be practiced, questions addressed, and participants can discuss different topics.
- There is no cost to attend.
- To enable good discussions, space will be limited. Potential participants will need to submit an application and be approved to attend. We ask people to apply only if they are committed to attending at least 75% or more of the sessions.
- All of the sessions will be offered through Zoom.

Go to the Link on the ITRC Website to Apply to Attend the Training Program:

<http://www.theresourceinnovationgroup.org/>

[Detailed Agenda of the 2021 ITRC Free Training Program on Building Community-Based, Culturally-Grounded, Population-Level Mental Wellness and Resilience](#)

Opening Panel Discussion on Core Elements of Effective Community-based Mental Wellness and Resilience Building Initiatives

Date: Tuesday, February 9 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Moderator: Bob Doppelt, ITRC Coordinator

The foundation of community-based, culturally-grounded, population-level mental wellness and resilience building initiatives is leadership from a network of local residents who jointly plan and implement actions to build individual and collective capacity for mental wellness and resilience for all types of adversities. Teaching trauma-informed age and culturally appropriate resilience information and skills, building robust social connections across boundaries, empowering residents to foster resilience within their neighborhood, and assisting local organizations of all types to adopt safe, healthy, just, and equitable practices and policies that enhance resilience are all vital for success, as are continual monitoring, evaluation, and improvement. There is no one-size-fits-all approach. Each community must develop its own unique approach. During this opening panel leading practitioners will describe their work and offer recommendations for how people can begin to organize initiatives to foster and sustain mental wellness and resilience for climate generated and many types types of adversities in their neighborhood and community. The panelists include:

Laura Porter: For nearly two decades, Laura directed a statewide family-community-state partnership that successfully implemented ACE Study concepts in Washington State. In partnership with over 30 communities and nine Tribes, she developed a model for increasing the capacity of communities to prevent ACEs and their effects. Stunning success from the model, including reduction in the rates of major social and health problems, are document in peer reviewed journals, an article titled “Self-Healing Communities,” published by the Robert Wood Johnson Foundation, and in the documentary “Resilience” by KPJR Films. Laura now works with leaders in over 30 states, providing education, facilitation, and empowerment strategies for building Self-Healing Communities.

Daniel Homsey is the Director of the Neighborhood Empowerment Network (NEN) for the City and County of San Francisco. He has spent the last 25 years as a communications professional in both the private and public sectors. Since January 2008 Daniel has been the Director of the NEN, which is a coalition of residents, faith based, philanthropic and academic institutions, non-profits and private sector organizations and government agencies. The NEN’s mission it is to empower residents with the capacity and resources to build and steward stronger, more resilient communities.

Dr. Judith Landau is President and CEO of Linking Human Systems, and the ARISE® Network. She is a child, family, and community neuropsychiatrist and former professor who has spent many years studying resilience and how to overcome adversity. Judith is also an isangoma or

traditional African healer. As President of the LINC Foundation, an International non-profit focused on improving health and reducing self-destructive behavior, she helps individuals, families, and communities access resilience to overcome major disasters and trauma. Judith has taught in 100+ countries, trained more than 2000 Certified ARISE Interventionists, and consulted to UN, WHO, NIMH, NIDA, NIAAA, SAMHSA, and several international governments.

Elaine Miller Karas is the Co-Founder and Director of Innovation of the Trauma Resource Institute and author of the book, *Building Resiliency to Trauma, the Trauma and Community Resiliency Models* (2015). She has worked internationally to bring resilience and healing to the world's community. Her models to date have been brought to 39 countries in Asia, Africa, North America, the Mid-East, South America and Europe. Elaine is a recognized international speaker and has presented the Community Resiliency Model (CRM)[®] at the Skoll World Forum and the United Nations.

Father Paul Abernathy is an Orthodox Christian priest and CEO of the Neighborhood Resilience Project. He has worked in a predominantly Black underserved community in Pittsburgh and has regularly interacted with men, women, and children who had repeatedly experienced multiple forms of trauma. Fr. Paul is also a combat veteran of the Iraq War who had first learned about PTSD in the Army, realized that trauma in the form of hunger, abuse, homelessness, lack of opportunity, racism, lack of health care, and violence greatly informed the worldview and culture of the community. Understanding that trauma was the greatest barrier facing the development of his community, Abernathy began to ask the question, how do you heal an entire community that has been inundated with trauma for generations?

Session I: Introduction to Mental Wellness and Resilience Skills

Date: Tuesday February 16 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Instructors: Elaine Miller Karas, co-founder of the Trauma Resource Institute and the Community Resilience Models (CRM), and Bob Doppelt, ITRC Coordinator, and founder of the Resilient Growth Model (RGM)

This opening webinar will describe simple age and culturally-appropriate mental wellness and resilience building information and skills that people involved with community-based, culturally grounded, population-level mental wellness and resilience building initiatives can use for self-care and share with other residents. Using the Community Resiliency Model (CRM)[®] developed by Elaine Miller Karas and the Resilient Growth Model [™] developed by Bob Doppelt, the webinar will teach participants self-administrable "Presencing" (self-regulation) and "Purposing" (adversity-based growth) information and skills, and describe how to teach them to others. The session will allow time for group discussion and planning after the presentation ends. In specific, this webinar will describe:

- How to normalize people's experience by sharing the neurobiology of how acute traumas and chronic toxic stresses can affect the nervous system and create dysregulation.

- How to read sensations connected to your body and sense of well-being to stay within or return to your “Resilient Zone” when pushed outside it by stressful reactions to adversity.
- How to turn toward and learn about the world and the self during adversities.
- How to tap into the core values one wants to live by and actively engage in activities that generate meaning, direction, and hope during persistent adversities.
- How to help other people learn and utilize these skills.

Session II: Overview of Organizing, Facilitating, Evaluating, and Improving Community-Based Mental Wellness and Resilience Initiatives

Date: Tuesday February 23 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Instructors: Bob Doppelt, ITRC Coordinator, and Laura Porter, Leader of the Self-Healing Communities Project

This webinar will provide an overview of the importance of bringing together people representing every population, region, and sector of a community to foster and sustain mental wellness and resilience. It will also cover the core principles and methods of organizing and facilitating a Resilience Coordinating Council, developing a vision and strategy, and evaluating progress and continually improving activities. It will allow time to integrate the information by practicing some of the resilience skills shared during the first webinar. It will also offer time for group discussion after the presentation has ended. In specific, the webinar will cover:

- The scale, scope, and consequences of the individual and collective traumas generated by the climate emergency, the COVID-19 pandemic, job and income losses, racial and cultural violence, and other adversities.
- Why disaster mental health, direct service programs, and single-person clinical therapy cannot prevent or heal these mental health and psychosocial problems.
- The need and methods for bringing "uncommon partners" together into a Resilience Coordinating Council (RCC) to build population-level mental wellness and resilience.
- The differences between an RCC and a conventional mental health advisory committee.
- How to organize, operate, and fund an RCC and ensure sustainability over the long term.
- How an RCC can create a vision and strategy to build population-level mental wellness and resilience.
- How an RCC can evaluate and continually improve their strategies.

Session III: From Otherness to Us: Awakening from the Illusion of Separateness and Embodying Connection in Local Resilience Groups

Date: Tuesday March 2 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Moderator: Bob Doppelt, ITRC Coordinator

Instructor: Kevin McCloud, Trauma Resource Institute

This webinar will describe how participants can become aware of their implicit and explicit racial, cultural, and other biases and how those biases can create 'Otherness' that undermines

the community-based resilience groups. It will also help participants learn how to enhance their capacity to build a culture of 'Us' within resilience groups and work respectfully with different people in just and equitable ways. Often when issues of diversity and equity are discussed the focus is on groups that are either most marginalized or that benefit the most from oppressive systems of power. This session, in contrast, will focus on how to utilize mental wellness and resilience skills to create an inclusive setting and dialogue for all. We are all impacted by the inequities and injustices of our collective histories and no person is left untouched by the trauma of institutional racism, transgenerational trauma, historical trauma, discrimination and unjust power structures. Using resilience skills to stabilize our nervous systems before, during and after these dialogues can lead to greater compassion for self and one another. The session will allow time to integrate the information learned by practicing some of the resilience skills shared during the first webinar. It will also allow time for group discussion after the presentation ends. In specific, this webinar will cover:

- How to enhance awareness of your explicit and implicit racial, ethnic, and cultural biases and prejudices and what activates them.
- How to become aware of systemic racism and bias and the different ways in which they are institutionalized in your organization, community, state, and nation.
- How to manage our biases and prejudices in ways that overcome Otherness and produce just and equitable outcomes for all of the people you interact with--a sense of Us.
- How to maintain different cultural identities while appreciating and respecting others.
- How to allow people of color to share their experiences and knowledge of building mental wellness and resilience in their own voices.
- How to utilize the leadership and resources of people of diverse cultures in building and sustaining population-level mental wellness and resilience.

Session IV: Building Safety, Trust, and PRESENCE Within Community-based Resilience Groups

Date: Tuesday March 9 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Moderator: Bob Doppelt, ITRC Coordinator

Instructor: Dr. Sandra Bloom, Associate Professor, Health Management and Policy at the Dornsife School of Public Health, Drexel University, and founder of creating PRESENCE.

This webinar will describe the importance of and methods for building safety, trust, and a healing environment among people involved with community-based resilience building initiatives. These qualities are essential to allow people to surface and successfully resolve tensions and conflicts over personal, group, and organization goals, needs, strategies, funding, and other issues. Using Dr. Bloom's PRESENCE model as the framework, this webinar will describe the importance of adopting a set of values and practices that promote safe and healthy ways to resolve conflict. The session will allow time to integrate the information by practicing some of the resilience skills shared during the first webinar. It will also allow time for group discussion and planning after the presentation has ended. In specific, this webinar will teach participants the importance of and how to make a group commitment to:

- Nonviolence, including how to build and model safety skills
- Emotional Intelligence, including teaching and modeling affect management skills
- Inquiry and continual learning including building cognitive skills
- Democracy, including creating and modeling civic skills of self-control, self-discipline, and administration of healthy authority
- Open communication, including overcoming barriers to healthy communication, enhancing self-protective and self-correcting skills, teaching healthy boundaries
- Social responsibility, including building social connection skills and establish healthy relationships
- Growth and change, including how to constantly learn and improve group operations.

Session V: Using the LINC Approach to Mobilize Communities Members to Enhance Resilience

Date: Tuesday March 16 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Moderator: Bob Doppelt, ITRC Coordinator

Instructor: Dr. Judith Landau, President and CEO of Linking Human Systems, and the ARISE® Network

This webinar will describe how to use the LINC Community Resilience Model to enhance the capacity of community members to build the social connections and mobilize individuals, families, and organizations to both prevent mental health and psychosocial problems and help manage and heal them when they occur. The session will highlight the need to engage selfless people --community "links"--who can connect marginalized individuals and groups with community resilience building efforts, and how to accomplish this. The session will allow time to integrate the information by practicing some of the resilience skills shared during the first webinar. It will also allow time for group discussion after the presentation has ended. In specific it will teach participants how to approach their work from the perspectives of:

- Competence: seeing communities from the perspective that they are inherently healthy, competent, and can build and sustain resilience.
- A systems approach: how to view and work with the context of historical and existing community systems.
- Mapping: using a variety of mapping techniques to assess family and community systems, structures, strengths, and resources for healing.
- Using natural change agents (community links): How respected community members can serve a " link" who selflessly view situations from multiple perspectives and meaningfully engage different populations in mental wellness and resilience building activities.

Session VI: Building, Repairing, and Connecting Social Support Networks Across Boundaries

Date: Tuesday March 23 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Moderator: Bob Doppelt, ITRC Coordinator

Instructor: Dr. Daniel Aldrich, Director of the Security and Resilience Studies Program at Northeastern University

This webinar will describe why the resilience of an individual often has as much or more to do with their circle of support—the quality of connections they have with family, friends, and their communities—than it does with personal qualities. The availability of people who can provide unconditional emotional support, practical assistance, and/or important information when needed is vital to help calm our body, mind, and emotions, and respond in safe, healthy, and constructive ways to adversities. This underscores that helping people build and sustain robust social support networks, and connecting them across cultural, economic, and geographic boundaries, is one of the most important tasks of community resilience building initiatives. The session will allow time to integrate this information by practicing some of the resilience skills shared during the first webinar. It will also allow time for group discussion after the presentation ends. In specific this webinar will teach participants:

- The vital importance of robust social support networks (social capital) during adversities.
- Different ways to help people establish, repair, and maintain social support networks.
- How to connect social support networks across cultural, economic, and geographic lines.
- How people from different cultural background, including African Americans, European Whites, Latinos, and other populations can best be assisted to enhance social connections.

Session VII: Empowering Neighborhoods and Communities to Achieve Their Resilience Goals

Date: Tuesday March 30 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Moderator: Bob Doppelt, ITRC Coordinator

Instructors: Daniel Homsey, Director of the San Francisco Neighborhood Empowerment Network and Felisia Thibodeaux, Executive Director, Southwest Community Corp. I.T. Bookman Community Center.

Community resilience is only generated meaningfully if the process for achieving the condition is stewarded by the community itself. Using modern community development methods such as collective impact and asset-based organizing, the City of San Francisco's Neighborhood Empowerment Network has been partnering with neighborhood and community groups for over a decade to craft hyper local resilience building strategies that emphasize the importance of cross-sector partnerships. The OMI community, has been a shining example of this approach and a key stakeholder in this effort has been Felisia Thibodeaux, Director of the IT Bookman Center. Felisia will be joined by NEN Director Daniel Homsey to share how the resilience network was started, how it fared during the pandemic, and how the principles and practices can be applied in other communities. The session will allow time to integrate the information

by practicing some of the resilience skills shared during the first webinar. It will also allow time for group discussion. In specific, this webinar will teach participants:

- How to organize a Neighborhood Resilience HUB (or Pods), where neighbors and organizations that reside in close proximity can build high performing partnerships around the missions of community, organizational and resident resilience
- How to teach neighbors how to collaboratively identify and assist local people in need.
- How to empower local residents to rise up from trauma to become empowered healers, community builders, and positive change makers.

Session VIII: Changing Organizational Practices and Policies to Build a Local Culture of Mental Wellness and Resilience in Communities

Date: Tuesday April 6 from 9:00-10:30 am Pacific Time (12:00-1:30 pm ET)

Instructor: Bob Doppelt, ITRC Coordinator and author of *Leading Change Toward Sustainability: A Change Management Guide for Business, Government, and Civil Society*.

This webinar will describe how to build a local cultural of mental wellness and resilience in communities by using systems-change strategies to motivate local volunteer, non-profit, private, and public organizations to embed resilience principles and practices in their programs and policies. The groups and organizations people work or associate with significantly influence the mental wellness and resilience of individuals, families, and residents in a community. When organizations enact formal policies, or implicitly or explicitly employ or role model social norms that foster unsafe, unhealthy, unjust, and inequitable responses to adversity, everyone's capacity for wellness resilience is diminished. When they make explicit decisions to promote and role model safe, healthy, and just responses to adversities, the capacity for wellness and resilience is greatly enhanced. The session will allow time to integrate this information by practicing some of the resilience skills shared during the first webinar. It will also allow time for group discussion after the presentation ends. In specific, this webinar will teach participants:

- The importance of formal policies as well as social narratives and the norms they promote, in shaping how groups and organizations respond to adversities.
- How to identify unhealthy, unsafe, inequitable, and unjust social narratives and norms, and those that support individually and collectively constructive responses to adversities.
- How to use the Wheel of Change™ to engage local voluntary, non-profit, private, and public organizations in systems-based changes that leads to the adoptions of norms and policies that enhance mental wellness and resilience among staff, clients, customers, members, stakeholders, and the community as a whole.