Welcome to the ITRC Training Program

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

Kevin McLeod, Trauma Resource Institute
March 2, 2021

Many Thanks To Our Co-Sponsors
Agenda

How you can become aware of your implicit and explicit racial, cultural and other biases and how those biases can create 'Otherness' that undermines community-based resilience groups.

- Moderator: Bob Doppelt, ITRC Coordinator
- Presenter: Kevin McCloud, Trauma Resource Institute
Reminder of Greatest Impact

Very Important
But Have Least
Impact

1. Single-person clinical treatment & direct service
Addressing the immediate needs of individuals, families, or communities.

2. Scaled direct service
Reaching lots of people or communities with a direct service approach.

3. Systems Change
Creating systems that build pop-level capacity to prevent and heal MH and PSYS problems by proactively building individual and collective resilience.

4. Mental Model Shift
Altering core assumptions, beliefs, and perceptions about mental health problems and solutions.

Focus of community-based, culturally-grounded, population-level resilience building initiatives.

Adapted from The Iceberg Model for Systems Change & Ashoka Systems Change Crash Course
WHY FOCUS ON MENTAL MODELS & SYSTEMS CHANGE?

• When individuals and groups are traumatized or severely stressed—communities break apart, programs at best only treat symptoms, and policies fail.

• When people become more resilient they are better equipped to see reality more clearly, transform their mindset, innovate, and solve complex problems.

• But focusing on building individual resilience alone will only help that person address their own immediate personal experiences.

• When our neighborhoods and communities become more resilient, we become more resilient together—and avoid chances that any one individual or group can undermine the resilience of others.
WHY WORK AT THE COMMUNITY LEVEL?

- The “Traumacene” is disrupting the ecological, social, economic, health, and other essential systems people rely on, and **effective responses** require **altogether new thinking** and **population-level** --or **collective** --resilience.

- Building **collective resilience** requires working at the **community level**.

- The greatest power comes when we **intentionally** build collective resilience **before** people need it where they live, work, and play.
Building collective resilience requires that we purposefully help everyone enhance their capacity to calm their body, mind, and emotions (Presencing) and engage in activities that offer new sources of meaning, direction and hope (Purposing).

Doing this requires an RCC to help people create their own “Toolkit” of age and culturally-appropriate information, skills, and methods that they can use intentionally when things get tough.

You CAN help everyone build “Resilience Toolkits” in your community!
One of the most important tools in the “Resilience Toolkit” is the capacity to become aware of and manage our racial, ethnic, and cultural biases.

It is an honor to introduce Kevin McLeod

Trauma Resource Institute
Helpful Resources


- Healing Racial Trauma: The Road to Resilience, (2020), Shelia Rowe, InterVarsity Books

- My Grandmother's Hands : Racialized Trauma and the Pathway to Mending Our Hearts and Bodies (2020). Rasmaa Menakem, Central Recovery Press.


Please Remember to Complete Session Evaluation

Next Session: Tuesday March 9, Same Time

Building Safety, Trust, and *PRESENCE* Within Community-Based Resilience Groups

Dr. Sandra Bloom, Founder of the Sanctuary Model and Creating PRESENCE