Welcome to the ITRC Training Program

How to help a Resilience Coordinating Council become Trauma-Informed, Trauma-Responsive, and Trauma-Resilient by Creating PRESENCE

With Dr. Sandra Bloom
March 9, 2021

Many Thanks To Our Co-Sponsors
Agenda

How to help a Resilience Coordinating Council become Trauma-Informed, Trauma-Responsive, and Trauma-Resilient by Creating PRESENCE

• Moderator: Bob Doppelt, ITRC Coordinator

• Presenter: Dr. Sandra Bloom, Associate Professor, Health Management and Policy at the Dornsife School of Public Health, Drexel University, and founder of Creating PRESENCE
Resilience Pause

“Grounding”

Practice Grounding 2 times a day for 3 days--and then teach it to someone else
A public health and prevention science approach is needed to prevent and heal widespread mental health and psychosocial problems.

- A public health approach takes a systems perspective that recognizes that mental health and social problems result from numerous complex interrelated factors that require multisystemic responses.
- It prioritizes preventing problems within the entire population, not merely treat individuals with symptoms after they appear.
- To prevent problems it strengthens protective factors, including the capacity for psychological and emotional resilience, that counters the forces that undermine safety, health, and wellness.
Prevention Science Expands the Public Health Approach by Showing That:

- Mental health and psychosocial problems *can* be prevented...
- And that mental wellness and resilience *can* be enhanced.
- A growing consensus finds the most **effective way** to do this is to:
  - establish the **social infrastructure** in communities—that we call a *Resilience Coordinating Council* (RCC)—that...
  - engages a **broad and diverse group** of community members in...
  - designing and **equitably** implementing **age** and **culturally-appropriate** actions that build resilience within the **entire pop**.
Sadly, many of us have experienced abusive and traumatic events. It is **not** the responsibility of leaders of a Resilience Coordinating Council to fix the past. But it **IS** our responsibility to recognize that everyone has a story that shapes how they **think** and **act**, yet we **cannot** always know what it is.
It is thus Also Our Responsibility to Create a...

A safe, trusting, and inclusive environment where people with different life experiences, and who look, think, and act differently feel secure enough to openly and honestly:

• Share their views without fear
• Acknowledge and resolve conflicts
• Jointly plan and implement actions that help Everyone build a “Resilience Toolkit” they can tap into in adversity.
Resilience Pause

“Controlled Breathing”

Practice Controlled Breathing 2 times a day for 3 days--and then teach it to someone else.
One of the most important tools in the “Resilience Toolkit” is the capacity for a local Resilience Coordinating Council to become Trauma-Informed, Trauma-Responsive, and Trauma-Resilient.

It is an honor to introduce Dr. Sandra Bloom.
Helpful Resources

- Resources produced by Dr. Sandra Bloom including the S.E.L.F. curriculum and more: https://www.creatingpresence.net/; and https://sandrabloom.com/

- *Creating Healthy Biocratic Organizations*, Dr. Sandra Bloom.


If you want CE credits please remember to Sign Out (found in chat)

Please also complete the Session Evaluation

Next Session: Tuesday March 16

Using the LINC Approach to Mobilize Communities Members to Enhance Resilience

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