



COMMUNITY
RESILIENCE INITIATIVE

The Science of Hope: *One Community's Response to ACEs through Resilience*

Community Resilience Initiative (c) 2018

Why are we doing this work?

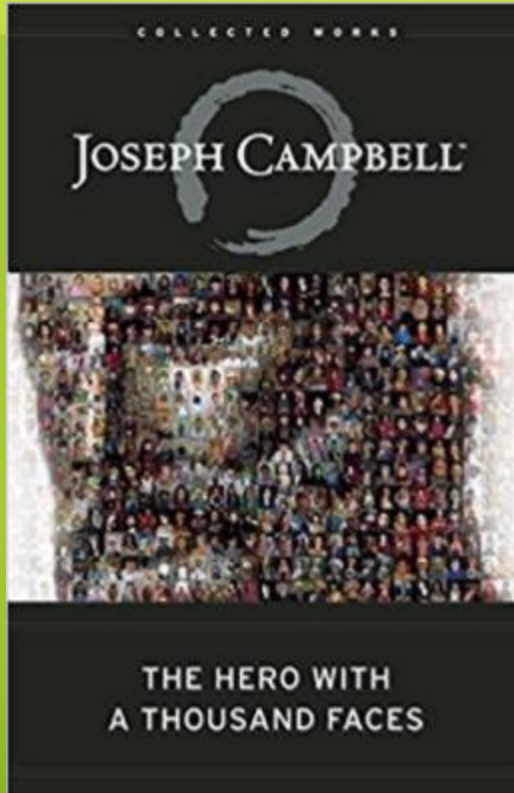


The power of engagement– at the community level-- is stronger than the power of disillusionment/dissociation

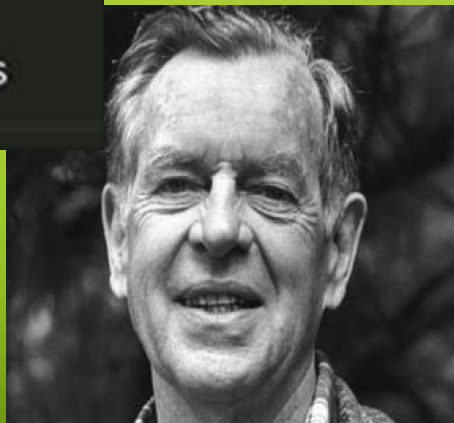


**Fear is the path to the dark side.
Fear leads to anger,
anger leads to hate,
hate leads to suffering.**

The Hero's Journey

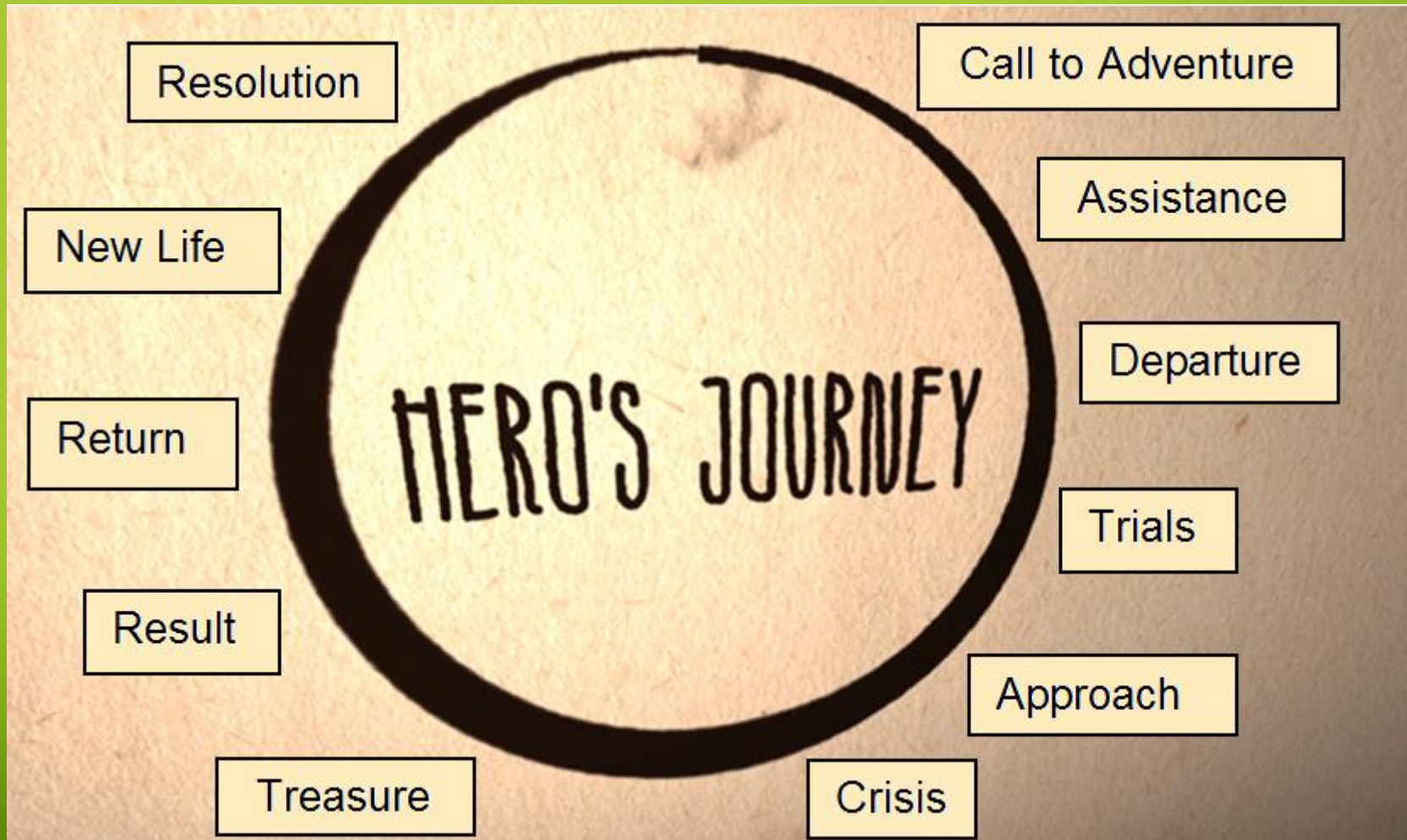


Archetype:
A recurring pattern in the
mythology, religion, art,
and dreams of cultures
around the world



Matthew Winkler

The Hero's Journey



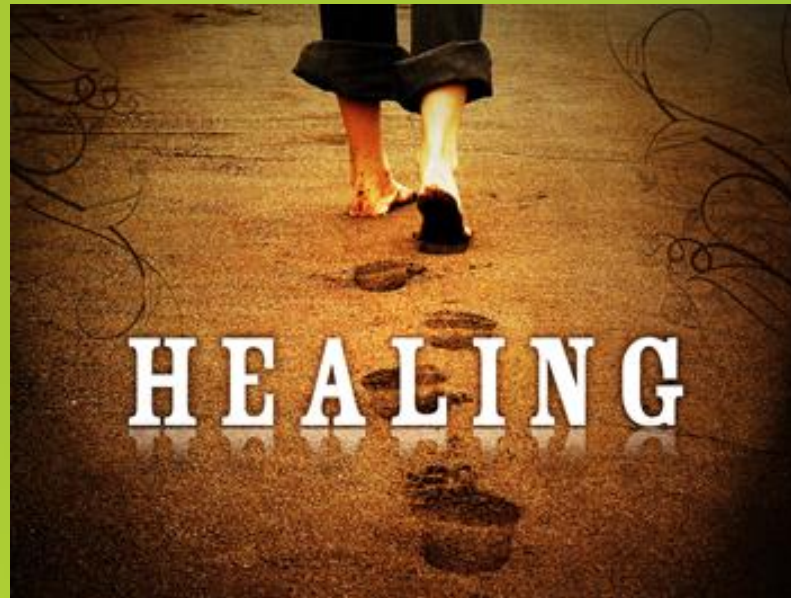
We are each an archetype for hope



Help

Healing

Hope



Witness: being accepted as valued human being

“Call to Adventure”



“Go home and
start something”



Dr. Rob Anda, CDC researcher

“Assistance”



“My childhood was
not my fault”



Annett inspired me

“Trials”



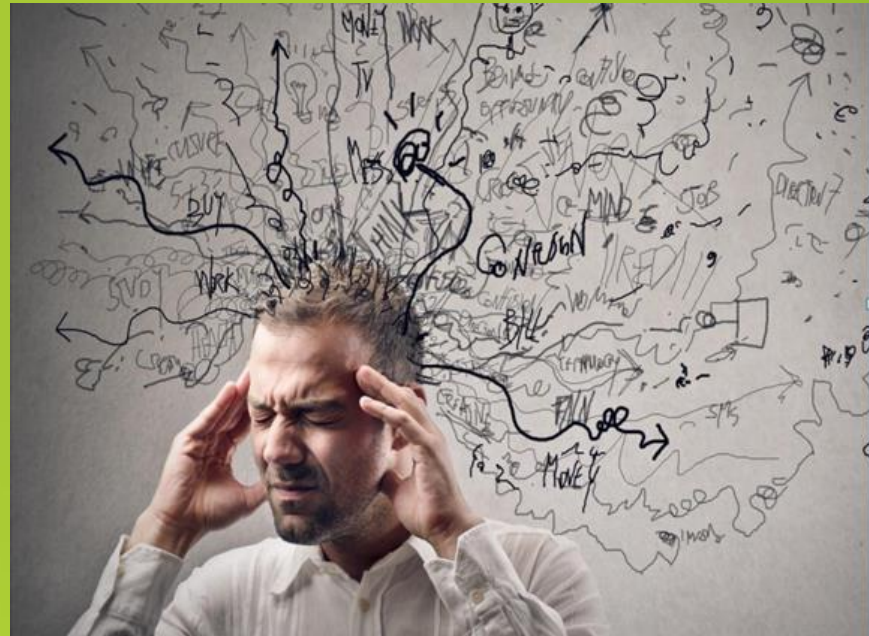
Traditional practices

Fear- based response

Status quo

Fate- no control

Beliefs, values



Mental model shift

Changing what you believe to be true

This movement is based on our ability
to adapt to new information



*"It is not the strongest of the species
that survives, nor the most intelligent.
It is the one that is most adaptable to change."*

CHARLES DARWIN

“Approach”



Create a community
conversant in ACEs &
Resilience

Embed principles
into practice

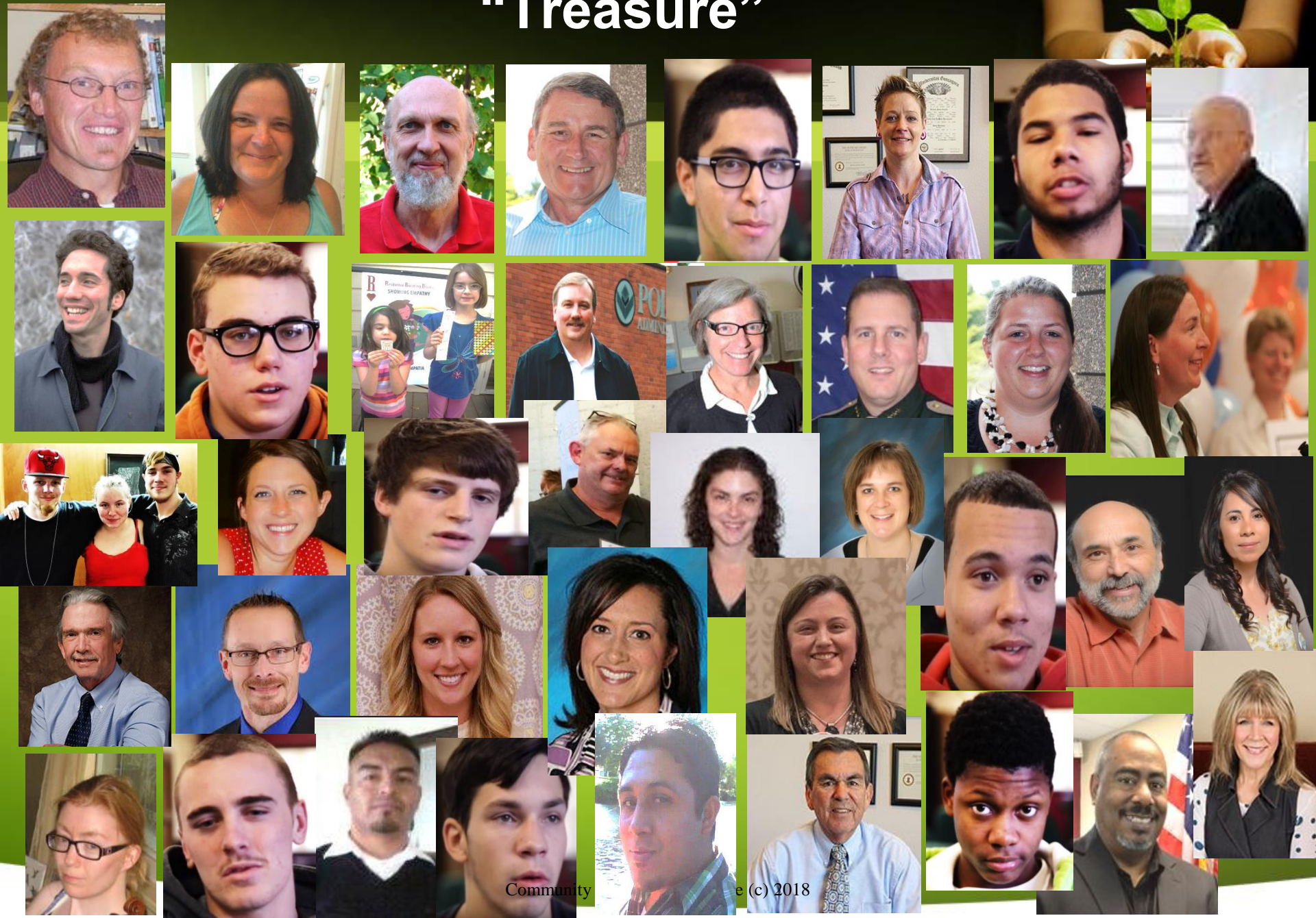


“Crisis”



- Poverty
- Community violence
- Power
- Race
- Class inequities
- Privilege

“Treasure”



“Result”



A shift from:

“What is wrong with this person?”

to

“What has this person been through?”



The shift begins by changing our mindset
and the environment

“Return”



No more punishment, blame, shame, for lagging skill set. Instead, teach what is missing.



LOVE- Positive Intent-creates **safety** to **connect** and **problem solve**.

“It’s not about me”
“I will model calm, civility, help.”

“New Life”- Future Starts Now

a more human way to do

HOPE



**We are
in this
together**

Thank you Windows 10 ad
[https://www.youtube.com/
watch?v=Gu6vmNz-PtE](https://www.youtube.com/watch?v=Gu6vmNz-PtE)

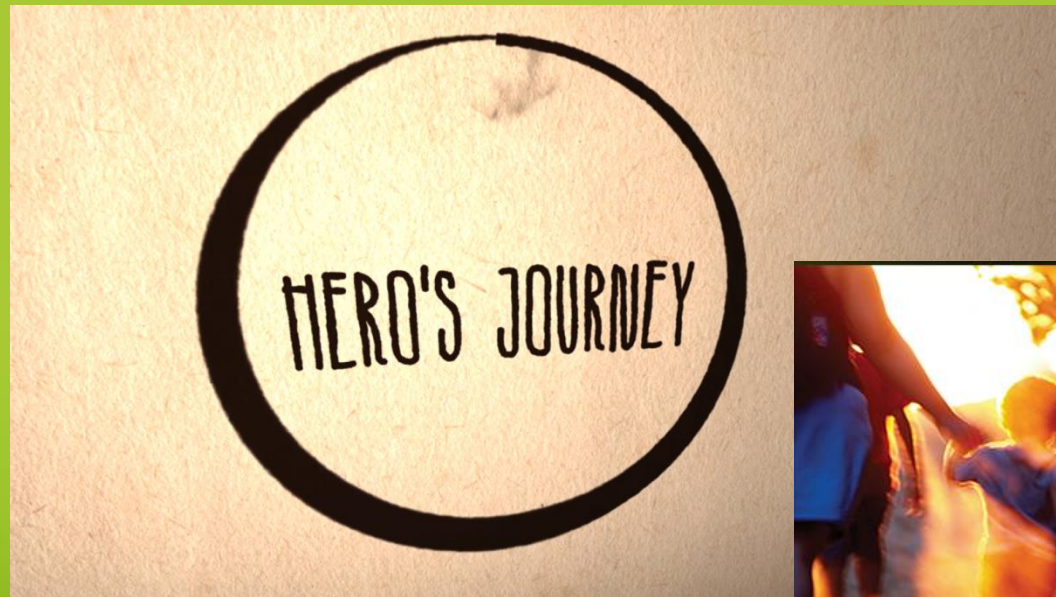
and sustained through the community



“Resolution”



Keep the movement spreading, community by community



“Who do we choose to be?”



***“We are designed to draw energy
from one another
and restore energy [and hope] through
one another.”***

-Stuart Shanker, PhD *Self-Reg*

KISS- our framework for community capacity building



Community capacity building...



...the processes communities use to improve hope and efficacy, examine patterns, and make cultural changes.

Self-Healing Communities, Porter et al. 2016

*The critical issue is **reciprocity**: being truly heard and seen by the people around us, feeling that we are held in someone else's mind and heart."*

Body Keeps the Score, Bessel van der Kolk 2014

Community has risk



- Environmental issues

- Homelessness

- Violence

- Drugs

- Bullying



- “isms- hatred
bias, discrimination

- Social Isolation

- Crime

Community has protection



Community recreation

Clear standards & beliefs

Social engagement

School activities

Caring adults

Laws and norms

Spiritual connections

Positive social activities

Supportive peers

Family fun times



Communities thrive



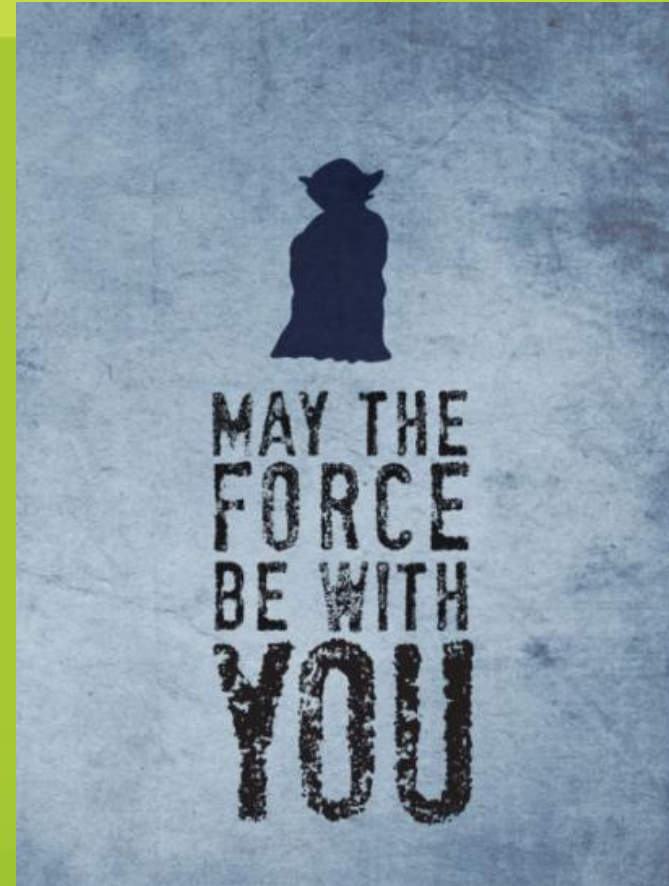
“We” are the answer!



Be the FORSE!

Focus on Resilience & Social-Emotional

Be that nurturing
influence!

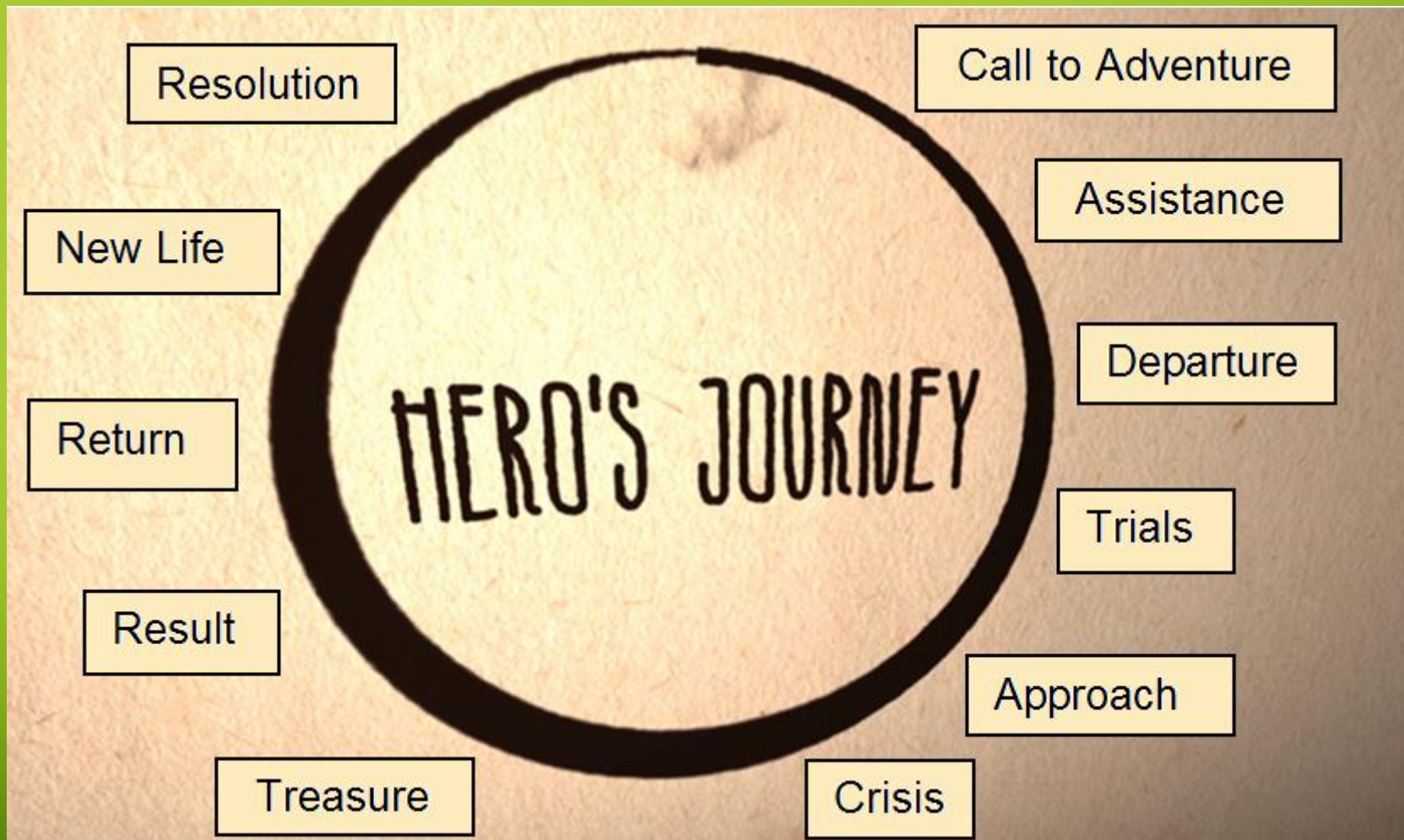


and in you

What piece will you contribute?



A Hero's Journey Never Ends



Thank you!



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