



Preparing People for Climate Change in California

Launching a Movement to Make California the First Trauma-Informed Human Resilience-Enhancing State in the US for Climate Traumas

January 24-25, 2018 at the California Endowment's Oakland Conference Facility, Oakland

Agenda

Wednesday, January 24

<u>Time & Room</u>	<u>Focus</u>
8:30 am 8:45 am Laurel Room	<u>Welcome and Overview of Conference</u> : Trudy Townsend, Conference Host, and former Coordinator of Creating Sanctuary in the Columbia Gorge, ITRC Steering Committee Member
8:45--9:30 am Laurel Room	<p><u>The Urgent Need, Methods, and Many Benefits of Building Widespread Levels of Transformational Resilience in California</u></p> <p><u>Presenter</u>: Bob Doppelt, ITRC Coordinator</p> <p>The opening session will describe how the disasters and chronic toxic stresses generated by climate change produce rising levels of harmful psychological & psycho-social-spiritual impacts that are now the greatest social determinant of health and wellbeing. It will also explain how, left unaddressed, those adverse impacts threaten the safety, health, and wellness of all Californians-- <i>and</i> our ability to minimize the climate crisis. It will then describe why most programs focused on climate mitigation and adaptation, Adverse Childhood Experiences (ACEs), community violence, the social determinants of health, and disaster mental health are currently insufficient to minimize the risks. It will close by describing the many individual, social, and ecological benefits of launching a prevention movement to <i>Make California the First Trauma-Informed Human Resilience-Enhancing State in The Nation for Climate Traumas</i>.</p>
9:30--10:15 am Laurel Room	<p><u>Plenary: The Core Principles and Methods Involved with Building Preventative Personal Psychological and Psycho-Social-Spiritual Resilience for Climate Impacts in California</u></p> <p><u>Panelists</u>: Elaine Miller-Karas, Joanna Macy, Rick Hanson, Maryam Kia-Keating, Brenda Ingram, Brian Farragher, Carl Anthony, Paloma Pavel, Bob Doppelt and Trudy Townsend (facilitator)</p> <p>This plenary will highlight the core principles and methods involved with helping individuals, families, organizations, and communities build widespread levels of preventative Transformational Resilience for climate traumas and toxic stresses. It will describe principles and methods for helping people develop skills and enhance vital protective factors that enable them to calm their mind and body when distressed and make wise and skillful decisions. It will also emphasize principles and methods to help individuals and groups use adversities as transformational catalysts to find positive new sources of meaning and hope that motivates them to become more pro-social and engage in safe, healthy, and socially just and equitable actions that also help reduce the climate crisis to manageable levels.</p>
10:15--10:30 am	Morning Break

<p>10:30 am to 11:15 am</p> <p>Laurel Room</p>	<p><u>Plenary: Models for Assessing Individual and Community Resilience in California</u></p> <p><i>Panelists:</i> Dr. Maryam Kia-Keating and Brian Farragher. <i>Moderator:</i> Bob Doppelt</p> <p>This plenary will focus on different ways to think about and assess individual and community resilience. It will begin by offering a model for analyzing where different populations exist in the phases commonly seen in the human reactions to disasters including: the heroic, community cohesion, disillusionment, bouncing back, and Transformational Resilience stages. It will then discuss models for assess personal resilience. It will close by discussing models for assessing community resilience.</p>
<p>11:15--11:30 am</p>	<p>Break</p>
<p>11:30 am to 12:30 pm</p>	<p><u>Simultaneous Workshops on Different Methods for Proactively Building <i>Personal Psychological Resilience and Practice Self-Care</i> for the Traumas and Toxic Stresses of Climate Change</u></p> <p>The ability of any individual to constructively cope with and use adversities such as those generated by climate change as transformational catalysts to increase wellbeing is a product of interactions between internal personal and external social and environmental conditions. On the individual level the most important factors include the person's understanding of how trauma and toxic stress affect their mind and body, the skills and perspectives they hold that build a strong internal locus of control and self-efficacy, the strength of their social support network, and ability to find meaning, purpose, and hope in the midst of adversity. These workshops will offer different approaches for helping individuals build these capacities, how to measure success, and how to communicate them.</p>
<p>Laurel Room</p>	<p><u>Presenter:</u> Joanna Macy on <i>Uncovering Our Own Resources for Resilience Using the 'Work that Connects'</i></p> <p><i>Moderator:</i> James Baraz, Co-Founding Teacher at Spirit Rock Mediation Center.</p> <p>The challenges we face from climate change and many other emergencies can be difficult to physically cope with and even think about. This workshop will show participants how to strengthen their capacity to face the crisis so that you can respond with unexpected resilience and creative power. Drawing on decades of teaching an empowerment approach known as <i>The Work that Connects</i>, Joanna will guide participants through a resilience building process build upon uncovering, using, and strengthening their own resources. The process will help equip you to face the mess we are in and play your role in the collective transition, which Joanne calls the Great Turning to a life-sustaining society.</p>
<p>Elmhurst Room</p>	<p><u>Presenter:</u> Bob Doppelt on <i>Using the Resilient Growth Model™ to Calm the Mind and Body and Find Meaning, Direction, and Hope in the Midst of Climate Adversities</i></p> <p>This interactive workshop will describe The Resilient Growth Model™ explained in Bob's book <i>Transformational Resilience</i> that uses simple evidence-based skills to help individuals and groups constructively cope with climate change-enhanced traumas and stresses without harming themselves, other people, or the natural environment, <i>and</i> use those adversities as transformational catalysts to learn, grow, and increase personal, social, and ecological wellbeing. Participants will learn about and practice a range of "Presencing" skills to calm their nervous system when distressed, as well as "Purposing" skills to use find meaning, direction, and hope in the midst of ongoing climate change-enhanced hardships.</p>

<p>Uptown Room</p>	<p><u>Presenter:</u> Elaine Miller-Karas on <i>Using the Community Resilience Model (CRM) to Build Personal and Group Resilience</i></p> <p><u>Moderator:</u> Trudy Townsend, Conference Host and ITRC Steering Committee member</p> <p>This workshop will describe The Community Resiliency Model® (CRM) as described in Elaine's book <i>Building Resilience to Trauma: The Trauma and Community Resiliency Models</i>. CRM® trains community members to not only help themselves but to help others within their wider social network. The primary focus of this skills-based, stabilization program is to re-set the natural balance of the nervous system. CRM®'s goal is to help to create “trauma-informed” and “resiliency-focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.</p>
<p>12:30--2:00 pm Laurel Room</p>	<p><u>Lunch with Keynote Speaker (starting at 1 pm):</u> Dr. Rick Hanson, Senior Fellow at the UC Berkeley Greater Good Science Center and author of <i>Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness</i> (in press) will share the key points from his book.</p> <p><u>Moderator:</u> James Baraz, creator and teacher of the Awakening Joy course</p>
<p>2:00 pm to 3:00 pm Laurel Room</p>	<p><u>Practicing Self-Care</u></p> <p><u>Presenters:</u> Elaine Miller-Karas, Joanna Macy, and Bob Doppelt</p> <p>Using the information, principles, and skills shared to this point about building personal resilience, this session will provide time for participants to practice a few self-care skills and determine how to integrate them into their personal lives and help their colleagues do the same.</p>
<p>3:00--3:15 pm</p>	<p>Afternoon Break</p>
<p>3:15 pm to 4:15 pm</p>	<p><u>Simultaneous Workshops on Different Methods for Building Resilience for Climate Change Within Groups and Organizations</u></p> <p>Like individuals, without good knowledge, skills, and tools groups and organizations can become “trauma-organized” by climate change-enhanced shocks and toxic stresses. This means they adopt mechanisms intended to protect the entity from threats, but which instead further traumatize and diminish the safety, health, and resilience of members, clients, and stakeholders. Understanding how trauma and toxic stress can affect groups, and adopting principles, practices, and policies to become a trauma-informed human resilience-enhancing social systems are the keys to preventing and resolving these issues. These workshops will describe different methods to help groups and organizations transition to human resilience-building enterprises, how to measure success, and how to communicate about them.</p>
<p>Uptown Room</p>	<p><u>Presenter:</u> Brian Farragher on <i>Using the Sanctuary Model to Build Organizational Resilience</i></p> <p><u>Moderator:</u> Mary Kelly Persyn, director of the Hanna Institute at Hanna Boys Center</p> <p>This workshop will describe The Sanctuary Model explained in Brian's books <i>Restoring Sanctuary</i> and <i>Creating Sanctuary</i> (co-authored by Dr. Sandra Bloom). The goal is to teach individuals and organizations the necessary skills for creating and sustaining nonviolent lives and nonviolent systems and to keep believing in the unexplored possibilities of peace and well-being for all. As an organizational culture intervention, the Sanctuary Model is designed to facilitate the development of structures, processes, and behaviors on the part of staff, clients and the community-as-a-whole that can counteract the biological, emotional, cognitive, social, and moral wounds suffered by the victims of traumatic experience and extended exposure to adversity.</p>

<p>Laurel Room</p>	<p><u>Presenter:</u> Carl Anthony and Dr. Paloma Pavel on <i>Creating Breakthrough Groups and Communities for a Resilient and Socially Just Future</i></p> <p><u>Moderator:</u> Elaine Miller-Karas, Executive Director, the Trauma Resource Institute</p> <p>In the face of the global climate crisis it is imperative to build resilience with social and climate justice at the forefront. In this workshop, Carl and Paloma will share their perspectives on the tools and knowledge they have gathered over a lifetime of working with organizations, community groups, and groundbreaking coalitions on a regional scale fighting for social and climate justice through a variety of strategies. They will share their personal perspective on the inexplicable link between environmental degradation and social justice and how this affects the resilience of people of color. Resources will be drawn from the ALL IN! Community Action Guide including the Breakthrough Communities Compass. They will also contextualize the connections between social movements and issues, providing tremendous insight into successful movement building, not only to bring a new worldview to people of color, but to also set forth a truly inclusive vision of our shared planetary future.</p>
<p>Elmhurst Room</p>	<p><u>Presenter:</u> Dr. Karlene Roberts, Professor, Haas School of Business, and Chair, Center for Catastrophic Risk Management, at UC Berkeley on <i>Management Processes to Increase High Reliability Performance Among Organizations for Climate Impacts</i>.</p> <p><u>Moderator:</u> Paula Scalingi, Exec. Director, Bay Area Center for Regional Disaster Resilience</p> <p>This workshop features a discussion of management processes that can help organizations (large or small) become highly responsive to reducing organizational impacts of climate change. High reliability management approaches are highly consistent with the five commitments involved in moving <i>From Me to We</i> (B. Doppelt, 2003). First the five elements of high reliability organizing will be presented and their application in organizations discussed. Participants will be asked to ponder whether their own organizations fall into the high reliability organizations (HRO) camp. They will then be asked to suggest changes that might be implemented in their organizations to increase high reliability performance among members.</p>
<p>4:15 to 4:30 pm</p>	<p><u>Closing Comments:</u> Trudy Townsend, Conference Host</p> <p>The day will conclude with a brief summary of what was covered and an overview of Thursday's agenda. It will also include a request to fill out the "Day One Reflection" document found in the conference packet, as well as the document listing the issues you would like to work on, locations, or groups you would like to work with others to build the capacity for Transformational Resilience in California. The California Endowment Conference Center asks that everyone quickly exit the facility when the conference ends at 4:30 pm. (Doors lock at 4:30 pm with no re-entry possible after leaving the facility).</p>
<p>5:00 to 7:00 pm</p>	<p><u>No-Host Meet and Greet:</u> At Drakes Dealership, brewpub & wood-fired pizza at 2325 Broadway. <u>Directions:</u> Turn right on Franklin when leaving conference center and walk to Broadway. Turn right on Broadway and go 2 1/2 blocks to restaurant. Walking will take about 6 minutes at distance of .3 miles. (Drake Dealership phone: 510-568-2739)</p>

Thursday, January 25

<u>Times & Room</u>	<u>Focus</u>
<p>8:30 am to 9:00 am Laurel Room</p>	<p><u>Welcome, Focus of the Day, and Small Group Reflection:</u> Trudy Townsend (<i>facilitator</i>)</p> <p>What did you take away from yesterdays sessions? How can you apply the principles and practices in your personal life, professional work, and organizations you affiliate with?</p>
<p>9:00 am to 10:00 am</p>	<p><u>Simultaneous Workshops on Different Methods for Proactively Building Human Resilience for Climate Change Within <i>Neighborhoods, Towns, and Cities</i></u></p> <p>The neighborhoods, towns, and cities where people live, work, and play heavily influence their capacity to cope with and use climate traumas and toxic stresses as transformational catalysts to learn, grow, and increase wellbeing. When those adversities severely strain or fracture social support networks, overwhelm vital public support systems, or breakdown other vital protective factors, individuals and groups can be pushed to a boiling point causing entire communities to become “trauma-organized.” The result can include increased family abuse, 'us vs them' hatred, racism and other forms of systemic oppression, crime, violence, and more. Yet, by building individual and collective Transformational Resilience these adversities can be minimized, quickly reversed when they occur, and people can use them as catalysts to increase personal, social, and ecological wellbeing. These workshops will describe different approaches to proactively transitioned towns and cities from trauma-organized to trauma-informed resilience-enhancing communities, how to measure success, and communicate about them.</p>
<p>Laurel Room</p>	<p><u>Presenter:</u> Dr. Brenda Ingram on <i>Integrating Resilience Building and Trauma Informed Approaches with Cultural Humility in Communities of Color</i></p> <p><i>Moderator:</i> Holly White-Wolfe, Program Planning Evaluation Analyst, Sonoma County Human Services Department, and Conference Planning Group Member</p> <p>This session will describe why Communities of Color (CoC) in the US tend to be at greater risk for more long-term traumatic responses and subsequent challenges that interfere with full recovery from natural disasters resulting from climate change than the general population. It has been predicted that the events related to climate change will be more devastating in these communities. There are multiple factors that contribute to this predicament. It will then explain how using a trauma-informed and resilience paradigm can assist communities to better prepare themselves for future climatic adversity, especially in CoC.</p>
<p>Elmhurst Room</p>	<p><u>Presenter:</u> Dr. Maryam Kia-Keating on <i>Empowering Communities to Build Resilience Using Participatory and Human-Centered Approaches</i></p> <p><i>Moderator:</i> Trudy Townsend, Conference Host and ITRC Steering Committee member</p> <p>Engaging communities using participatory and human-centered approaches provides them with an opportunity for empowerment, social action, and to act as experts in helping to find solutions to the everyday challenges. In the context of disasters, and other adversities and stressors related to climate change, empowering communities to build psychological and psychosocial resilience is vital. This session will provide an overview of participatory and human centered design approaches that can be used when working with communities and present an example of a resilience-building program that was designed by these approaches targeting Latino/a youth and families. It will also introduce specific skills for empowering communities to identify opportunity areas for building resilience, capitalizing on their own strengths, perspectives, and efforts.</p>

Uptown Room	<p><u>Presenter:</u> Daniel Homsey, Director of the Neighborhood Empowerment Network (NEN) on <i>The City and County of San Francisco's Neighborhood Empowerment Network</i></p> <p><u>Moderator:</u> Elaine Miller Karas, Executive Director, the Trauma Resource Institute</p> <p>This session will describe the history, goals, and methods of the San Francisco Neighborhood Empowerment Network (NEN). Eight years ago, a cohort of agencies from all sectors in the city came together around a single mission: to build truly resilient neighborhoods that could withstand stress of any kind at the individual, organizational, and community levels. Inspired by stories from New Orleans, New York City, and Christchurch NZ, the NEN set out to create a system to support neighborhoods as they craft and implement custom resilience strategies. This bottom-up approach restore communities' rightful ownership of this important mission, and restores the necessary level of equity to this work. The NEN leverages bottom up, community development/organizing engagement methods that utilize collective impact, human centered design and asset based organizing approaches to support its partner communities.</p>
10:00--10:15 am	Break
<p>10:15 am to 11:00 am</p> <p>Laurel Room</p>	<p><u>Using Climate Adversities as Transformational Catalysts to Increase Personal, Social, and Ecological Wellbeing</u></p> <p><u>Presenter:</u> Bob Doppelt, ITRC Coordinator</p> <p>This session will highlight simple ways to help people use climate adversities as catalysts to learn, grow, find hope, and thrive. It is important to remember that our reactions to traumas and toxic stresses are shaped not only by what actually happens to us, but also by the way we interpret the events and respond to them. Transformational Resilience--a version of post-traumatic growth--can help people learn how to turn toward distressing events, rather than denying, ignoring, or lashing out during them, and gain insight into both what actually happened and our interpretation of them. This builds the capacity of people to release the hyperarousal that keeps them dysregulated, and focus on a purpose greater than themselves as a way to help themselves. Research and experience shows this often leads to pro-social behaviors such as assisting other people and/or restoring the natural environment.</p>
<p>11:00--11:30 am</p> <p>Laurel Room</p>	<p><u>Table Discussions:</u> Small group discussions among participants on how they can apply the principles and practices learned so far during the day in their professional work, the organizations they affiliate with, and the towns and cities where they work and play?</p>
<p>11:30 am to 12:30 pm</p> <p>Laurel Room</p>	<p><u>Panel Discussion on Building Resilience Within Children and Families in California</u></p> <p><u>Panelists:</u> Dana Brown, Southern California Regional Community Facilitator for the ACEs Connection Network; and Holly White-Wolfe, Program Planning Evaluation Analyst with the Sonoma County Human Services Department</p> <p><u>Facilitator:</u> Elaine Miller-Karas, Executive Director, The Trauma Resource Institute</p> <p>Presentation and discussion among leaders of two initiatives focused on preventing childhood and family trauma of their goals, methods and outcomes, and how their work can assist with building resilience for climate-enhanced traumas and toxic stresses.</p>
<p>11:30 am to 12:30 pm</p> <p>Uptown Room</p>	<p><u>Panel Discussion on Building Human Resilience Within Communities of Color in California</u></p> <p><u>Panelists:</u> Dr. Theopia Jackson, Professor Saybrook University and President-Elect, Association of Black Psychologists, and Dr. Sergio Augilar-Gaxiola, UC Davis Center for Reducing Health Disparities and Latino Mental Health Coalition.</p> <p><u>Facilitator:</u> Dr. Brenda Ingram, Director of Clinical Services, Peace Over Violence</p> <p>Discussion of the key principles, protective factors, and methods for building resilience within communities of color for climate impacts by two leading experts.</p>

<p>12:30 pm to 2:00 pm</p>	<p><u>Lunch with Keynote Speaker (at 1:15 pm):</u> Bob Doppelt, ITRC Coordinator, on <i>Building a Powerful Movement to Make California the First Trauma-Informed Human Resilience-Enhancing State in the Nation for Climate Traumas</i></p>
<p>2:00 am to 3:00 pm</p> <p>Laurel Room</p>	<p><u>Panel Discussion on Building Resilience Within Communities of Faith and Spirituality in California</u></p> <p><u>Panelists:</u> Rev. Sally Bingham, Canon for the Environment in the Diocese of California and Founder and President, Interfaith Power and Light; Rev. Ken Chambers, Westside Mission Baptist Church; and James Baraz, Co-Founding Teacher at Spirit Rock Mediation Center and co-author of <i>Awakening Joy</i>.</p> <p><u>Facilitator:</u> Dana Brown, ACEs Connection Network, Southern CA. Regional Community Facilitator</p> <p>Presentations and discussion among faith and spirituality leaders on how their work can help build individual and collective resilience and how it might be expanded to include building resilience for climate adversities.</p>
<p>2:00 am to 3:00 pm</p> <p>Uptown Room</p>	<p><u>Panel Discussion on Building Human Resilience Within Social Justice and Environmental Organizations in California</u></p> <p><u>Panelists:</u> Caroline Farrell, Executive Director of the Center on Race, Poverty & the Environment; Alex Ghenis, Policy and Research Specialist at the World Institute on Disability; and Ameer Raval, Policy and Research Associate, Asia Pacific Environmental Network.</p> <p><u>Facilitator:</u> Linda Helland, Climate Change and Health Equity Program Lead, CDPH Office of Health Equity</p> <p>Presentation and discussion among leaders focused on social justice, social equity, and environmental/climate protection in California on their approach to building individual and collective resilience and how it applies to or can be expanded to include building resilience for climate adversities.</p>
<p>3:00--3:15 pm</p>	<p>Break</p>
<p>3:15 pm to 4:15 pm</p> <p>Laurel Room</p>	<p><u>Action Planning to Launch a Movement to Make California the First Trauma-Informed Human Resilience-Enhancing State in the Nation for Climate Traumas</u></p> <p><u>Facilitators:</u> Trudy Townsend, Conference Host and ITRC Steering Committee Member and Bob Doppelt, ITRC Coordinator</p> <p>In learning circles organized by geographic region, profession, organization, or issues people want to work on, participants will discuss ways to expand their existing resilience building initiatives to include climate adversities, develop and strengthen collaborations among their initiatives, and launch new ones focused on building Transformational Resilience for climate traumas and toxic stresses in California. A TR communications platform on the ACEs Connection Network will be established to allow people to share their activities, problem solve, and describe successes on an ongoing basis.</p>
<p>4:15--4:30 pm</p>	<p><u>Closing Ceremony</u></p> <p>The conference will close with a <i>Call to Action</i> for non-profit, public, civic, faith, and private organizations to launch collaborative initiatives statewide to <i>Make California the First Trauma-Informed Resilience-Enhancing State in the Nation for Climate Traumas and Stresses!</i></p>