



Preparing People in New England for Climate Change

Launching a Movement to Make New England a Trauma-Informed Human Resilience-Enhancing Region for Climate Change-Enhanced Traumas and Toxic Stresses

March 12, 2019, at the Non-Profit Center, 89 South St., Boston MA

Agenda (Draft)

8:30 am 8:45 am	<u>Welcome and Overview of Conference</u>
8:45--9:30 am	<p><u>The Urgent Need, Methods, and Many Benefits of Building Widespread Levels of Transformational Resilience in California</u></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 people throughout New England -- <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 New England a Trauma-Informed Human Resilience-Enhancing Region for Climate Traumas and Toxic Stresses</i>.</p>
9:30--10:15 am	<p><u>The Core Principles and Methods Involved with Building Preventative Personal Bio-Psychological and Psycho-Social-Spiritual Resilience for Climate Impacts in New England</u></p> <p>This session 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

10:30--11:15 am	<p><u><i>The Resilient Growth Model™ to Help Individuals and Groups Cope Constructively with Climate Adversities and Use Them to Find New Meaning, Direction, and Hope in Life</i></u></p> <p>This session will provide an overview of The Resilient Growth Model™ explained in the 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, and 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>
11:15--12 noon	<p><u><i>The Community Resilience Model (CRM) for Building Personal and Group Resilience</i></u></p> <p>This session will describe The Community Resiliency Model® (CRM) as described in ITRC Core National Steering Committee member Elaine Miller-Karas'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>
12:00--1:00 pm	Lunch (on your own)
1:00--2:00 pm	<p><u><i>Methods for Building Resilience for Climate Change Within Groups and Organizations</i></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>
2:00--3:00 pm	<p><u><i>Methods for Building Human Resilience for Climate Change Within 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>

3:00--3:15 pm	Afternoon Break
3:15-4:00 pm	<p><u>Using Climate Adversities as Transformational Catalysts to Increase Personal, Social, and Ecological Wellbeing</u></p> <p>This session will highlight simple ways to help people use climate adversities as catalysts to learn, grow, find hope, and increase wellbeing. 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>
4:00--4:30 pm	<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>
4:30-5:00 pm	<p><u>Closing Session: Launching a Movement to Make New England a Trauma-Informed Human Resilience-Enhancing Region for Climate Traumas and Toxic Stresses</u></p> <p>The closing session will discuss strategies for expanding existing human 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 New England.</p>