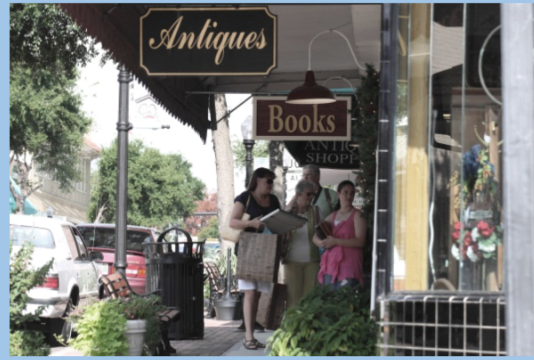


Peace4Tarpon

TRAUMA INFORMED | BUILDING RESILIENCY

CONNECT • INFORM • TRANSFORM • HEAL





Peace4Tarpon
TRAUMA INFORMED BUILDING RESILIENCY

Peace4Tarpon began with City Government



There is no “trauma-free-zone” in the world

The many costs of trauma and violence.

- Individual
- Family
- Community
- State / Nation
- World



Broaden Our Language of what Trauma is

- Living through Katrina = Same trauma effect as experiencing sexual abuse.
- Thinking Up-Stream – Include housing and food security
- The Health Approach “Stuck Problems”
- Re-Understand our problems – Go to new models

Add Climate Change to the Equation...

- Sea Level Rise
- Extreme Weather Events
- Competition for Limited Food and Water



END THE EXTREMES

Trauma of “Things Out of Our Control”





Recent GSA Report Links Climate Change to Sinkholes



Trauma Overload ?



Resilience Creates Balance



The Quest to Create a Resilient Community !

Alliances with Community Members, Service Providers and Agencies

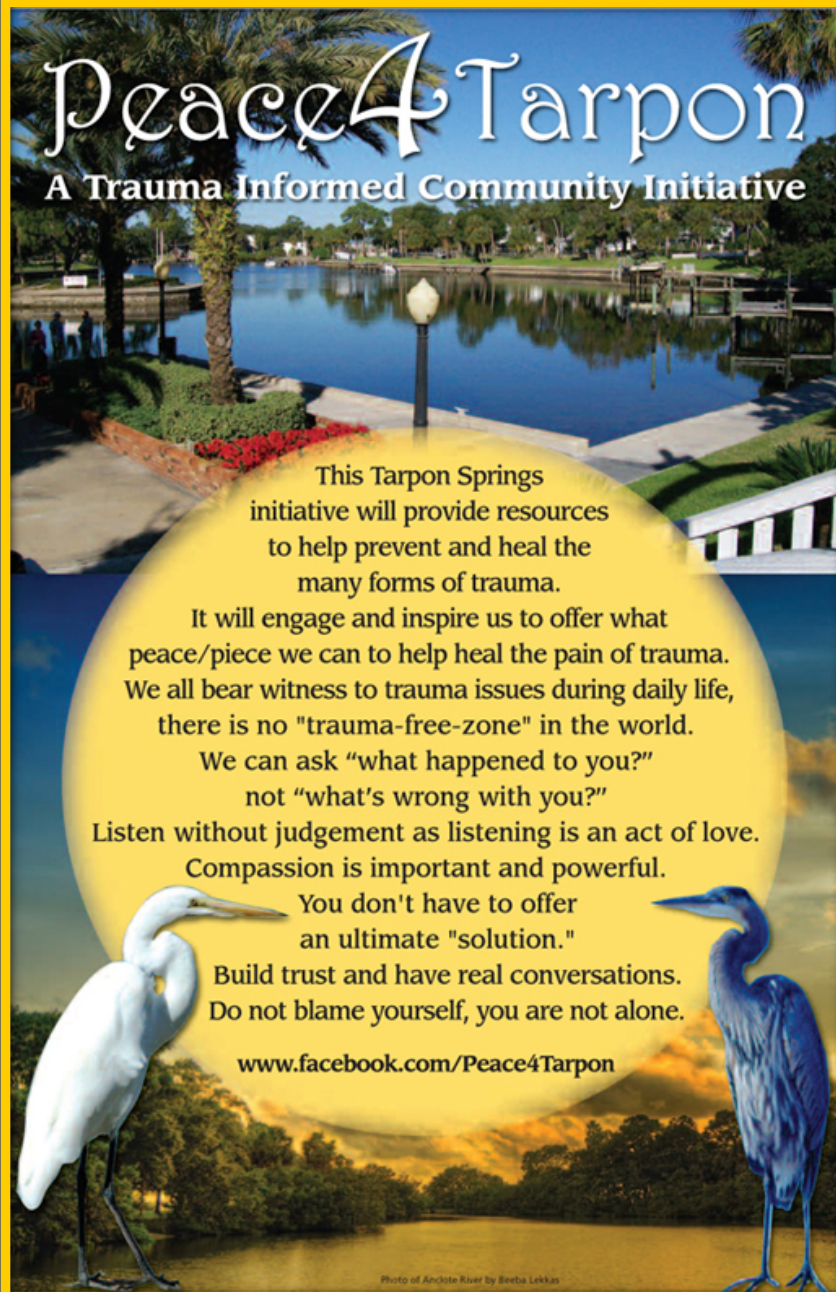
- Police Department and Fire Rescue
- Education: Early Learning – College
- Mental Health Providers
- Faith Based
- Social Service Agencies
- Housing Authority
- Library
- Therapists
- Community Residents

It's all about building relationships!

Building Teams

- C.O.A.T. (Community Outreach Action Team)
P4T semester course study for graduate students in UF School of Public Health
- Training
- Education
- Marketing / Outreach





Evolution of the Marketing and Outreach Committee

Our first effort – building community awareness.

OUR VISION

For Tarpon Springs to be a trauma-informed community where the needs of all are met.

OUR MISSION

To promote a trauma-sensitive community and foster healing and resiliency.

GOALS:

- Connect residents and service providers to available resources.
- Inform citizens and professionals on research showing direct causes and outcomes of unaddressed adverse childhood (ACEs) and adult trauma experiences.
- Transform communal and personal attitudes about health, renewal, resolution, resilience, and compassion.
- Heal people, families, systems and community through trauma-informed prevention practices, resolution methods and resilience building.



GET CONNECTED

ATTEND OUR MONTHLY FORUM

JOIN ONE OF OUR ACTION TEAMS

REQUEST A PRESENTATION

LEARN MORE ABOUT TRAUMA/ACES

GET A COMMUNITY RESOURCE GUIDE

FIND OUT YOUR ACE SCORE

www.peace4tarpon.org

www.facebook.com/peace4tarpon

Instagram: @Peace4Tarpon

Contact: info@peace4tarpon.org

Visit the Tarpon Springs Library's
Trauma Resource Collection



*Offer
Your
Piece...*

*Find
your
Peace!*



CONNECT • INFORM • TRANSFORM • HEAL

A Connected & Trauma-aware Community is a Healthy & Resilient Community

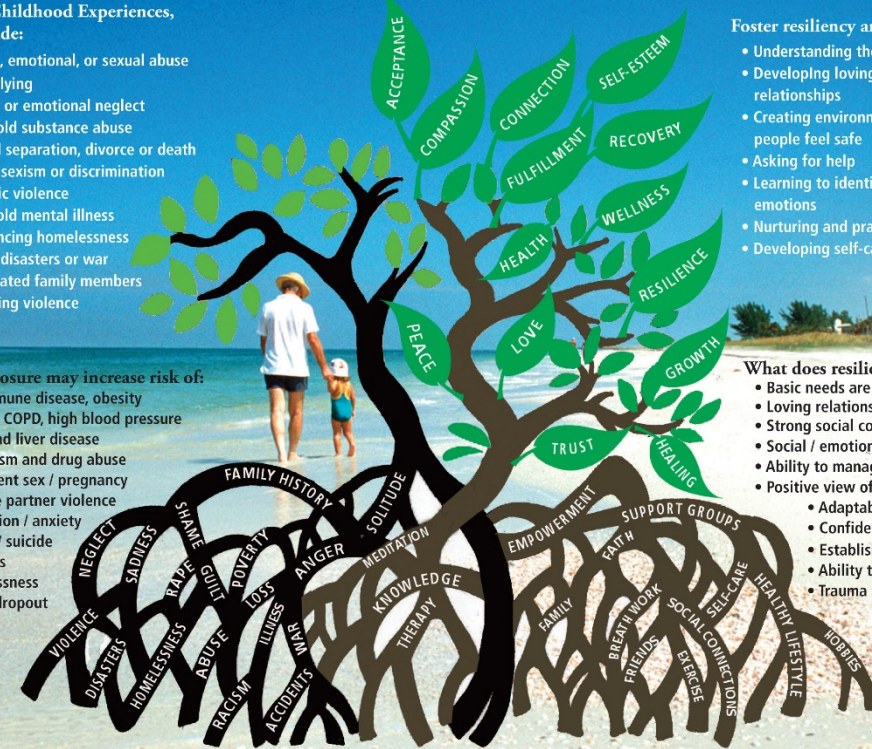
ACEs -

Adverse Childhood Experiences,
may include:

- Physical, emotional, or sexual abuse and bullying
- Physical or emotional neglect
- Household substance abuse
- Parental separation, divorce or death
- Racism, sexism or discrimination
- Domestic violence
- Household mental illness
- Experiencing homelessness
- Natural disasters or war
- Incarcerated family members
- Witnessing violence

ACEs Exposure may increase risk of:

- Autoimmune disease, obesity
- Asthma, COPD, high blood pressure
- Heart and liver disease
- Alcoholism and drug abuse
- Adolescent sex / pregnancy
- Intimate partner violence
- Depression / anxiety
- Suicide / suicide attempts
- Homelessness
- School dropout



Foster resiliency and recovery by:

- Understanding the impact of ACEs
- Developing loving and trusting relationships
- Creating environments where people feel safe
- Asking for help
- Learning to identify and manage emotions
- Nurturing and practicing compassion
- Developing self-care techniques

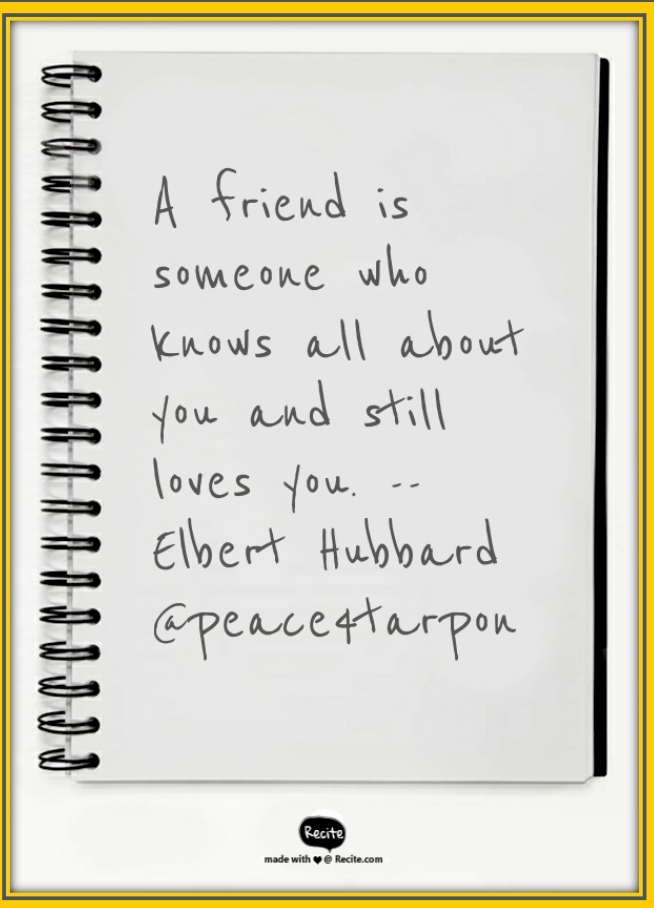
What does resiliency look like?

- Basic needs are met
- Loving relationships
- Strong social connections
- Social / emotional skills
- Ability to manage emotions
- Positive view of self
- Adaptability / flexibility
- Confidence in one's abilities
- Established self-care tools
- Ability to bounce-back
- Trauma resolution

Time and talent of community members powers the P4T Marketing Committee.

Community Partner Sarah Edwards' inspiration

"30 Days of Resilience"
Facebook Campaign



A friend is
someone who
knows all about
you and still
loves you. --
Elbert Hubbard
@peace4tarpon

Recite
made with ♥ @ Recite.com

“You can't
stay mad
at someone
who makes
you laugh.”

Jay Leno @peace4tarpon

*The earth has music
for those who listen.*

- George Santayana

@Peace4Tarpon
#30daysofresiliency

**There's a sunrise and a
sunset every single day,
and they're absolutely free.
Don't miss so many of them.**

-Jo Walton

@Peace4Tarpon
#30daysofresiliency

A symbol of resiliency – the red mangrove.



Created by community partner and artist Kris Gregg.

Community

Mindset for Wellness

The stance is, “Who else can we reach and include?”

Rather than:

“We can’t. It’s too big. It’s too broad. We can’t get anything done.”

Cathy Cave

What does resiliency look like?

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Resilient: (adjective) able to withstand or recover quickly from difficult conditions

The secret to **resiliency**?
It's a matter of opening
yourself up to new
possibilities.

Andrew Dane, AICP
Planner & Sustainability Specialist



**I have not failed,
I've just found
10,000 ways
that won't work.**

- Thomas Alva Edison



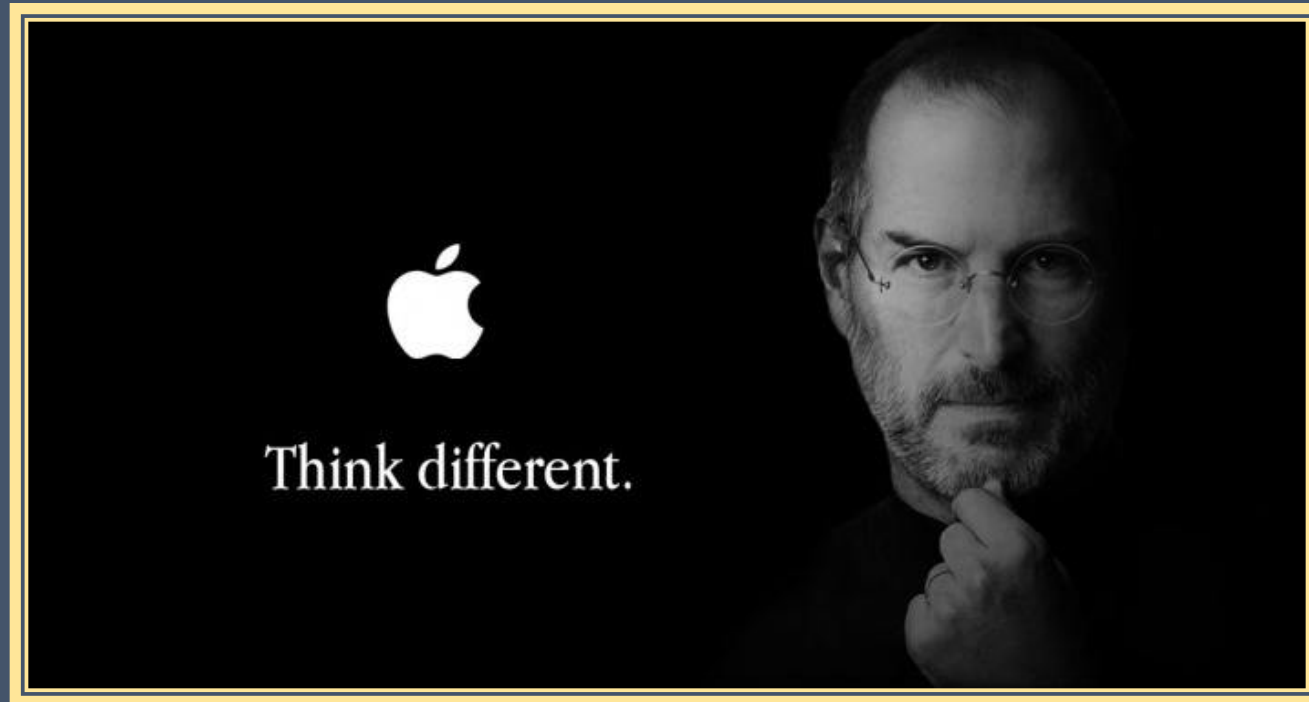
“Creative thinking is inclusive thinking. You consider the least obvious as well as the most likely approaches, and you look for different ways to look at the problem. It is the willingness to explore all approaches that is important, even after one has found a promising one.”

Michael Michalko

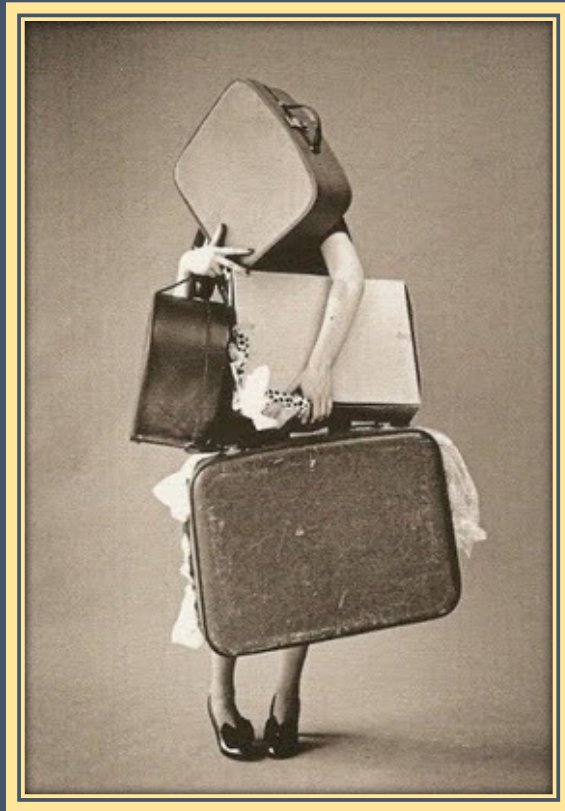


Creativity

- “Creativity is just connecting things. When you ask creative people how they did something they feel a little guilty because they didn’t really do it, they just saw something.” Steve Jobs



An obvious solution can take a long time.....



Every big change doesn't happen in a straight line. It zigs, it zags; it has forward steps and backward steps during its formation...

Assessment and reassessment.



We are all in this together. (The illusion of separation)

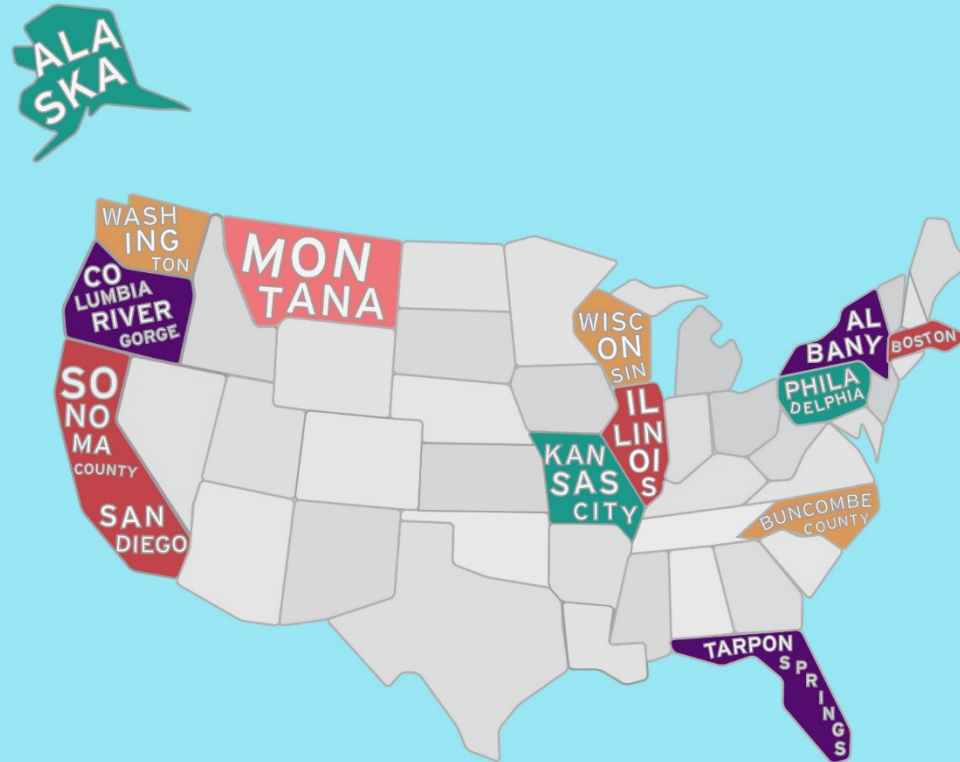
“If you have come here to help me, then you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.”

- Lila Watson





Mobilizing action
for resilient communities



www.MARC.healthfederation.org

Peace4Tarpon

A Trauma Informed Community Initiative



www.Peace4Tarpon.org