

Introductory Webinar Mitigating the Effects of Individual and Family Trauma through a Community Resiliency Approach

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**Great Lakes Prevention Technology
Transfer Center**

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July 2021

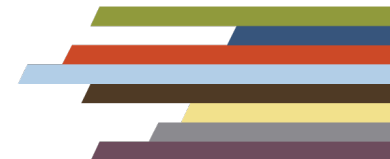
The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The P TTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



Introductory Webinar - Mitigating the Effects of Individual and Family Trauma through a Community Resiliency Approach (Part 1 of 2)



Cornelia Janke

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International Development Division
Education Development Center

July 26, 2021

10:00 AM CST

Chuck



IN THE LAST YEAR

A Global Pandemic
Another Wave of Overdose Fatalities
Trauma Impacted Children and Communities
Economic Crisis and Eroded SDOH
Evolving Tobacco, Cannabis, and Alcohol Policy
Impacts on AUD, OUD, and Suicide Rates
A Racial Justice Movement
A Politically Divisive Election and Transition

Mitigating the Effects of Individual and Family Trauma through a Community Resiliency Approach

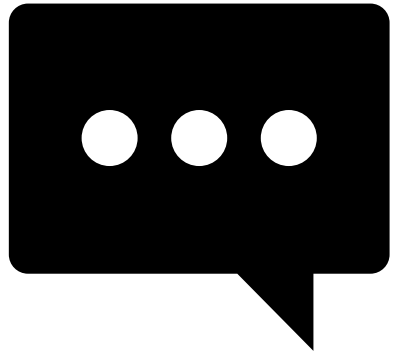
PART ONE **OBJECTIVES**

1. Define a community resiliency model/ differentiate between individual, family and community_
2. List elements of community resilience
3. List strategic areas to focus on

PART TWO **OBJECTIVES**

1. Identify resilience building strategies and activities
2. Identify methods/data that can be used to assess resilience building
3. Understand how the community context, including key stakeholders, readiness, and culture, can influence resilience building strategies .

POLL 1 Resilience is...



(Check all that apply)

- A. Ability to respond to stress, anxiety, trauma, crisis, or disaster.
- B. Focused on larger issues of adjustment and adaptation.
- C. Developed through protective factors and processes that account for successful outcomes.
- D. The acquisition of developmental assets that increase the likelihood of achieving positive outcomes.
- E. Defined within an ecological framework of development.
- F. Elements of all the above.

UNPACKING COMMUNITY RESILIENCE



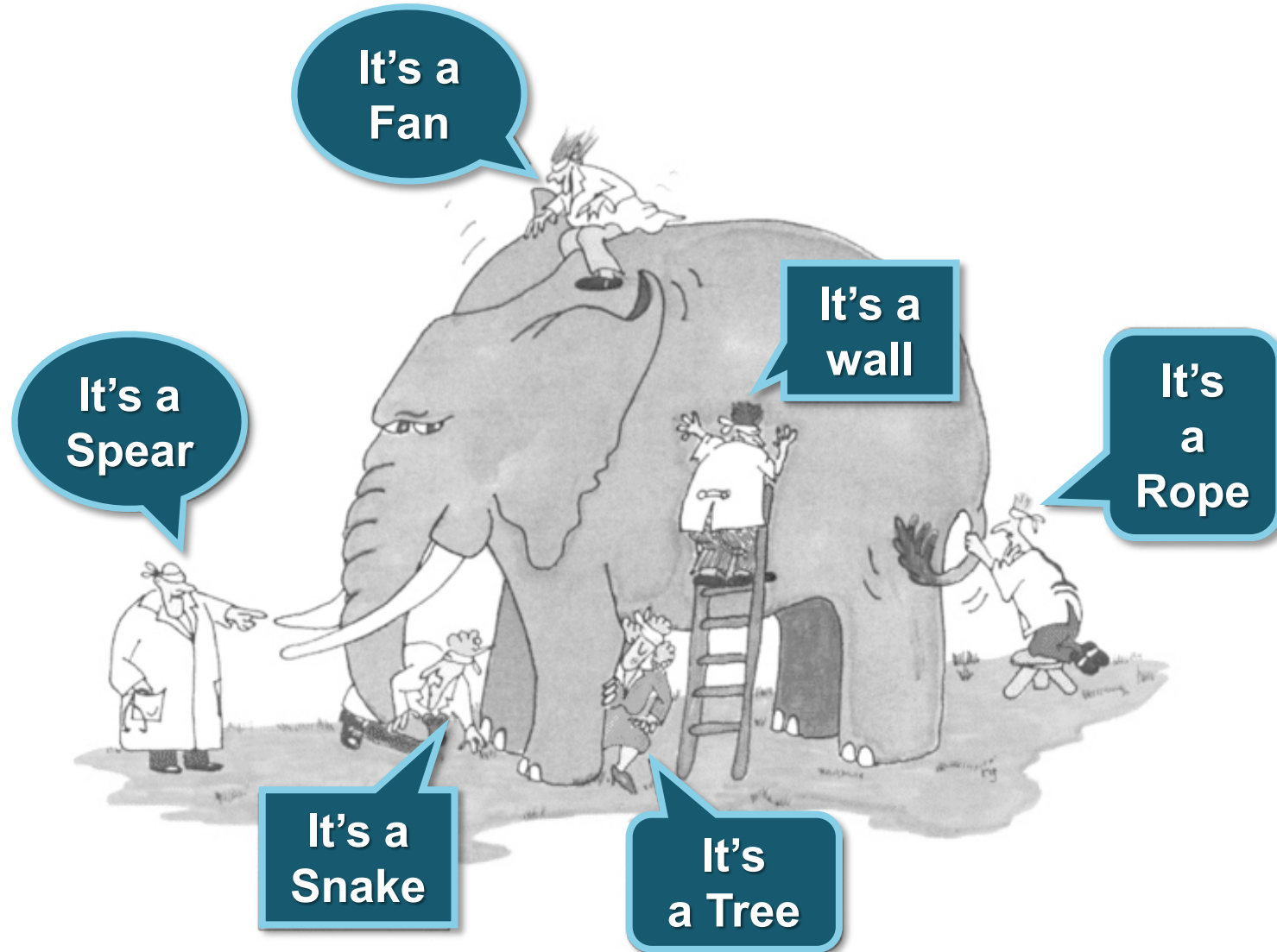
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Six Blind Men and the Elephant: Resilience



DEFINITIONS



Resilience is the **awareness** and **power** of a **person, family, organization or community** to **find, use and create resources to recover** from **challenges** and **generate positive change**.

A faint, dotted world map is visible in the background of the bottom section.

Chicago RECAST
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DEFINITIONS

The ability of **people, households, communities, institutions, systems and societies** to **absorb, adapt to, and transform** as a result of shocks and stresses

Sunshine all the time makes a desert”

—Arab Proverb

“Fall seven times, stand up eight”

— Japanese Proverb

Adapted
from
USAID

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What are shocks and stresses?

Shocks = acute, short-term

- Sudden illness, death, or other adversity—social, emotional, physical trauma
- Severe storms, flooding, earthquakes, tsunamis, wildfires, severe heat/cold
- Toxic spills, dam failure, grid failure
- Epidemic/pandemic
- Terror attack, violent conflict, neighborhood violence
- Market failure

What are shocks and stresses?

Stresses = ongoing, long-term

- Long-term illness, abuse; social, emotional, physical trauma
- Social exclusion / discrimination
- Crime / violence, terrorism
- Impacts of climate change
- Extreme Poverty

What are Shocks and Stresses in My Community?

Shocks = acute, short-term

Type in the chat an example of **Shock** in your community this Year.

Example : Shooting

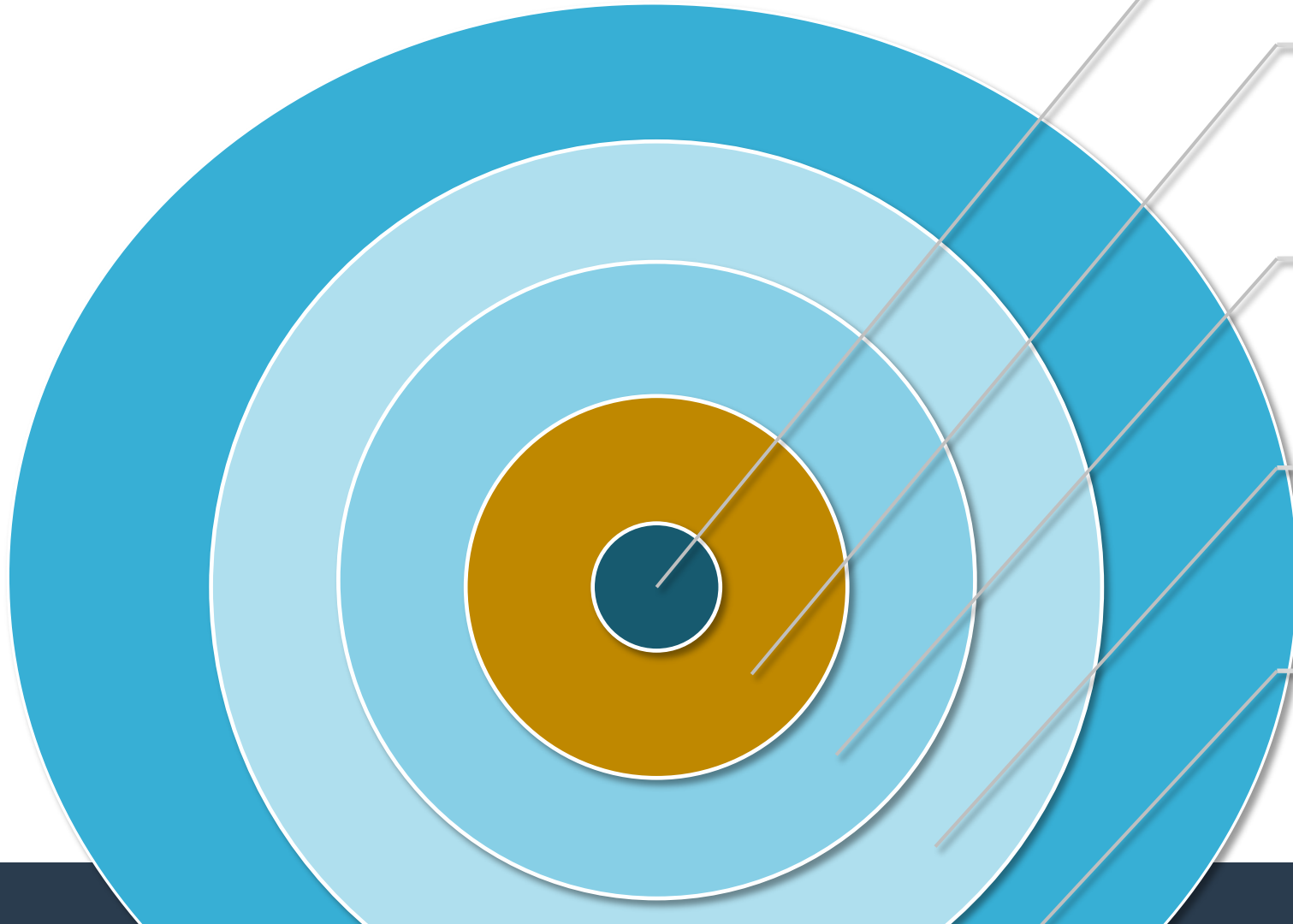
What are Shocks and Stresses in My Community?

Stresses = ongoing, long-term

Type in the chat an example of
Stresses in your community this Year.

Example : Racism

RESILIENCE RESOURCES AND THE SOCIAL ECOLOGICAL MODEL



Individual:
social-emotional



Family/household:
relational



Community: relational,
contextual

**Organizational-
Institutional:**
contextual

Societal: contextual



RESILIENCE FRAMEWORK

ZONE OF SOCIAL COHESION

← LESS FORMAL

MORE FORMAL →



RESILIENCE FRAMEWORK



Individual Level

Social-Emotional Resources

Agency that leads to decision-making action

Meaning-Making Ability

Ability to “make sense of the world,” provide a frame of reference, help navigate daily life challenges.

Building Blocks of “Agency” and “Meaning- Making”:

Social Emotional Skills

- Self-Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

RESILIENCE FRAMEWORK:



Family

- Considered as a functional unit
- Family resilience affects the impact of adversity
- Family characteristics affect individual, family resilience

Community

- Groups of individuals that share geographic boundary, governance
- Includes built, social, economic factors

ELEMENTS OF COMMUNITY RESILIENCE

- physical and economic capital
- accessible, equitable, quality social services

**Economic
and Social
Development**

**Social
Capital**

- shared sense of community
- citizen participation
- interpersonal support

Bridging
Bonding
Linking

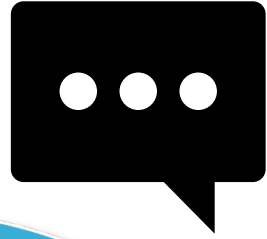
- what is communicated by whom, by what means
- community understanding and response

**Information
and
Communication**

**Community
Competence**

- ability to reflect and flexibly respond
- ability to work for common good

POLL



Elements of Community Resilience I Work on the Most

- A. Social Capital
- B. Community Competence
- C. Information and Communication
- D. Economic and Social Development

Resilience Framework

Community and Societal Level



Contextual Resources

Organizations and Institutions Offer Access to:

- Physical, mental health care
- Education
- Security
- Shelter
- Clean Water and Nutrition
- Recreation
- Livelihood

Institutions: formal organizations OR informal social rules, traditions, norms.

System: collection of institutions, governed by external actors and norms

Social cohesion: shared values, trust between people and institutions

Social Contract: implicit agreement to cooperate for social benefits, protection, in exchange for less individual freedom

RESILIENCE-BUILDING INVESTMENTS

Strategic Focus Areas:



Individual Level



Family and
Community Level



Community and Society Level



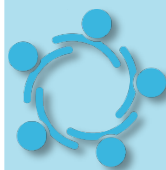
Support Social Emotional
Well-Being and Development



Promote Safe and Supportive
Learning Environments



Address Trauma



Support informal
community groups



Help build resilience
of institutions



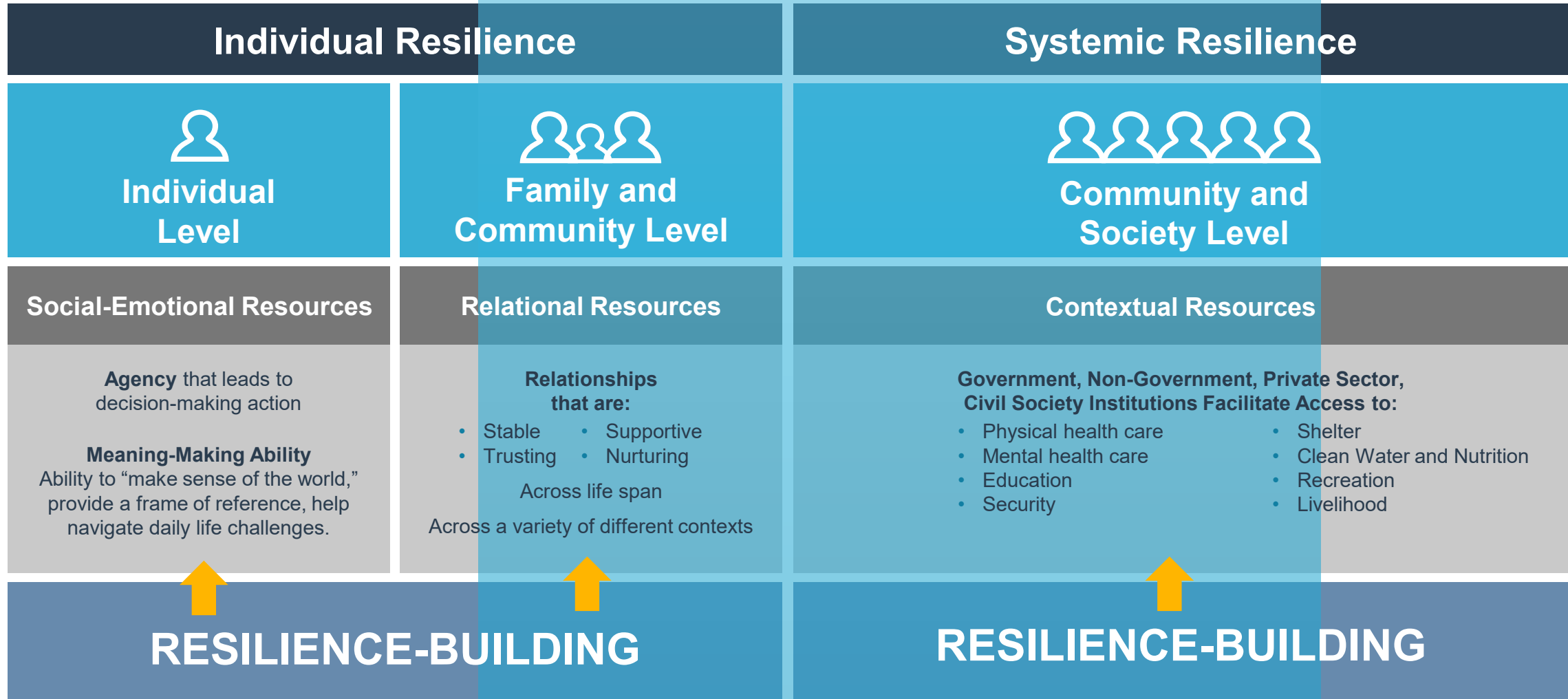
Help institutions
build resilience

Resilience Framework

ZONE OF SOCIAL COHESION

← LESS FORMAL

→ MORE FORMAL



Questions





Mark Your Calendar

Implementing A Community Resiliency Approach: A Chicago Example - Part 2



Sarah Hernandez

Project Director
Education Development Center

August 11, 2021

10:00 AM CST



THANK YOU!