

International Transformational Resilience Coalition (ITRC) Climate Community of Practice (CoP) Resource List 2022

This resource list was developed by participants of the International Resilience Coalition's 2022 Community of Practice. These resources include community resilience programs, trainings, resource videos, and examples of resilient community-based projects. This list has not been vetted by TIO.

The National Institutes of Environmental Health Sciences Worker Training Program has excellent resources to prep for Responder and Community Resilience following disasters: <https://tools.niehs.nih.gov/wetp/index.cfm?id=2528>

PACEs Connection is a great resource providing information on how to start a PACEs initiative: <https://www.pacesconnection.com/blog/organizing-your-aces-initiative-steps-...>

An overview of the **Adverse Childhood Experiences (ACEs) study** can be found here: <https://www.cdc.gov/violenceprevention/aces/index.html>

The Center for Mind-Body Medicine listings for the California Evidence-Based Clearinghouse for Child Welfare:

- *For Kids and Teens:* <https://www.cebc4cw.org/program/center-for-mind-body-medicine-cmbm-small-gr...> (for kids and teens)
- *For Adults:* <https://www.cebc4cw.org/program/center-for-mind-body-medicine-cmbm-small-gr...>

Rural Opportunities Institute:

- PowerPoint
Slides: <https://docs.google.com/presentation/d/1ChjNBbp9pqPTqClqNBlsUnSNpoJLRqcJXu...>
- Acumen Systems Mapping Course: <https://acumenacademy.org/course/systems-practice/>
- A handout for doing an Upstream/Downstream activity to build loops: <https://docs.google.com/document/d/1zAMQptzBxDOGtlCYJNdt0Mutv00bWhSm73WMS51...>
- The UNC collaboration to replicate the mapping process: <https://iprc.unc.edu/news-events/strengthening-systems-for-north-carolina-c...>
- An article about the first county Rural Opportunities Institute worked with: <https://www.mtairynews.com/news/111420/group-seeking-to-change-outcomes-for...>

Janina Fisher's trauma model: <https://janinafisher.com/tmodel>

TIST or Trauma-Informed Stabilization Treatment was developed to provide a trauma-informed approach to the challenges of treating self-destructive behavior. Based on theoretical principles drawn from the neuroscience research on trauma and structural dissociation theory, TIST offers a treatment approach that integrates mindfulness-based cognitive therapy, Sensorimotor Psychotherapy, ego state techniques, and Internal Family Systems.

Gabor Maté: <https://drgabormate.com/>

Published The Myth of Normal, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. Challenges Western countries' dependence on healthcare systems.

Dan Siegel; The Mindsight Institute: <https://drdansiegel.com/wheel-of-awareness/>

The Mindsight Institute, co-founded by Dr. Daniel Siegel and Caroline Welch, J.D., is an educational organization offering online learning and in-person workshops that focus on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.

Braiding Sweetgrass by Robin Wall Kimmerer: <https://milkweed.org/book/braiding-sweetgrass>

"Fall all of us, becoming indigenous to a place means living as if your children's future mattered, to take care of the land as if our life, both material and spiritual, depended on it." - In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

CLIMATE TRAUMA: Towards a New Taxonomy of

Traumatology: [https://www.academia.edu/38305979/CLIMATE TRAUMA Towards a New Taxonomy of Traumatology](https://www.academia.edu/38305979/CLIMATE_TRAUMA_Towards_a_New_Taxonomy_of_Traumatology)

What does it mean to be "human" in the Anthropocene? Climate Trauma provides the missing narrative explaining our dissociated unresponsiveness to the climate crisis, and suggests an alternative approach to effecting the kind of fundamental societal change needed to remedy our collective dissociation. The first steps toward effecting this kind of ambitious sociocultural change are naming the disorder and reforming the taxonomy of psychological trauma.

Doughnut Economics by Kate Raworth: <https://www.kateraworth.com/doughnut/>

"Helpful in revisioning our economic systems in this way - attention to social and ecological factors." The Doughnut of social and planetary boundaries is a playfully serious approach to framing how to meet the needs of all, and it acts as a compass for human progress this century.

Duke Center for Spirituality, Theology and Health Community

Group: <https://spiritualityandhealth.duke.edu/>

This center is focused on conducting research, training others to conduct research, and promoting scholarly field-building activities related to religion, spirituality, and health. The Center serves as a clearinghouse for information on this topic, and seeks to support and encourage dialogue between researchers, clinicians, theologians, clergy, and others interested in the intersection.

5 Rhythms: <https://www.5rhythms.com/>

"Dancing outdoors during covid as a healing modality for my community." 5 Rhythms is a dynamic practice to both workout and meditate in the same breath. Practicing them helps us become attuned to the underlying patterns in our everyday existence.

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resma

Menakem: https://www.google.com/books/edition/My_Grandmother_s_Hands/OaG4DgAAQBAJ?hl=en&gbpv=1&printsec=frontcover

My Grandmother's Hands is a call to action for all of us to recognize that racism is not only about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide. Paves the way for a new, body-centered understanding of white supremacy--how it is literally in our blood and our nervous system. Offers a step-by-step healing process based on the latest neuroscience and somatic healing methods, in addition to incisive social commentary.

"Learning to be in the world" Dinner&Talk @NAV with Nora Bateson & Daniel Schmachtenberger: <https://www.youtube.com/watch?v=zi5-90Tnl3Y&t=129s>

Posted on Youtube October 23, 2022, Daniel Schmachtenberger and Nora Bateson discuss how to meet the big problems humanity is facing. *"This is a rare opportunity to participate in a conversation between them that reaches into the depth of personal experience on the day-to-day level of growing up, and preparing the next generations for a new world. Both Daniel and Nora were raised in households that approached intergenerational learning in unorthodox ways. Both are engaged in the question of how profound shifts happen— and learning to be in this rapidly changing world. What does this mean in terms of parenting? Or caring for the elders? Or learning to live together?"*

CLIMATE TRAUMA: Towards a New Taxonomy of

Traumatology: https://www.academia.edu/38305979/CLIMATE_TRAUMA_Towards_a_New_Taxonomy_of_Traumatology

"Climate Trauma provides the missing narrative explaining our dissociated unresponsiveness to the climate crisis, and suggests an alternative approach to effecting the kind of fundamental societal change needed to remedy our collective dissociation. The first steps toward effecting this kind of ambitious sociocultural change are naming the disorder and reforming the

taxonomy of psychological trauma."

The Transition Network: <https://transitionnetwork.org/do-transition/starting-transition/how-to-start/>

"This guide is about the processes you can use.... Transition is about local responses to problems and it is up to you to decide what to focus your attention on and how to frame Transition for your community."

The Lilies Project: <https://theliliesproject.org/>

A community-led project addressing Coal Ash through arts, parks, community history, advocacy, and creative placemaking in Walnut Cove, NC.

Go Deep: <https://godeepproject.org/>

"Go Deep is a game where participants learn about themselves and their communities. It supports individuals and communities to see themselves differently, to discover the inherent resources that are present but maybe not obvious."

VENSIM: <https://vensim.com/>

Free feedback mapping tool!

Photovoice, emergency management and climate change: a comparative case-study approach: <https://journals.sagepub.com/doi/10.1177/1468794120934398> *"...photovoice has the potential to solicit poorly understood rural and Indigenous community member perspectives, thereby augmenting locally relevant, place-based information and, ideally, empowering voices that are often under-represented in municipal and provincial decision-making processes."*

Picturing Resilience Intervention: <https://dcc.missouri.edu/pri.html>

"The Picturing Resilience Intervention (PRI) is a group intervention designed to promote resilience and coping skills among youth following a disaster, community crisis, or other challenges resulting from the usual stresses of daily life. PRI blends Photovoice, a community participatory action method with additional skill-building activities in order to enhance problem solving, coping, and self-expression in participating youth. PRI participants are provided with cameras and instruction on basic photography and camera use. PRI encourages participants to "voice" their experiences and perspectives on issues discussed in group sessions through photography and brief written narratives."

Resilience Cloverdale: <https://cloverready.org/>

Daniel shared how Cloverdale, CA has honed the strengths of their rural community to foster community resilience through a "massive COAD." While Resilient Cloverdale is still developing their website, Daniel suggested checking out CloveReady, a website dedicated to disaster preparedness for their community.

Community Organizations Active in Disaster (COAD): <https://www.portland.gov/pbem/coad>

You may be wondering what a COAD is. COAD means Community Organizations Active in Disaster. It is a national model that brings together community organizations under four principles: Communication, Cooperation, Coordination and Collaboration. See this website to learn about Portland's COAD. (There is also information about their Neighborhood Emergency Teams.)

Abundant Community Edmonton

(ACE): https://www.edmonton.ca/programs_services/for_communities/abundant-communit...

ACE's website has multiple resources including workshops, how to implement the ACE framework, Connected Neighbors Community Cards, Resource Guides, and recommended literature.

Neighborhood by Emily Talen: <https://www.amazon.ca/Neighborhood-Emily-Talen/dp/0190907495>

"Emily Talen provides a multi-dimensional, comprehensive view of what neighborhoods signify how they're idealized and measured, and what their historical progression has been. Talen balances perspectives from sociology, urban history, urban planning, and sustainability among others in efforts to make neighborhoods compatible with 21st century ideals. If neighborhoods are going to play a role in the future of the city, we need to know what and where they are in a more meaningful way. Neighborhoods need to be more than a label and more than a social segregator. For those living in the undefined expanse of contemporary urbanism - which characterizes most of American cities - can the neighborhood come to be more than a shaded area on a map?"

Building Communities from the Inside Out: A Path Toward Finding and Mobilizing a Community's Assets by John P. Kretzmann: <https://www.thriftbooks.com/w/building-communities-from-the-inside-out-a-pa...>

"This guide summarizes lessons learned by studying successful community-building initiatives in hundreds of neighborhoods across the U.S. It outlines what local communities can do to start their own journeys down the path of asset-based development."

The Connected Community by Cormac Russell & John

McKnight: <https://theconnected.community/product/the-connected-community>

"Cormac Russell is a veteran practitioner of asset-based community development (ABCD), which focuses on uncovering and leveraging the hidden resources, skills, and experience in our neighborhoods. He and John McKnight, the coordinator of ABCD, show how anyone can discover this untapped potential and connect with his or her neighbors to create healthier, safer, greener, more prosperous, and welcoming communities. They offer a wealth of illustrative examples from around the world that will inspire you to explore your own community and discover its hidden treasures."

The Empowered Communities Program: <https://www.empowersf.org/wp-content/uploads/2018/04/ECP-Introduction.pdf>

"The ECP offers communities a bottom-up planning and implementation process that puts community leadership in charge of creating their resilience strategy from the very beginning; as a result, it increases the likelihood of sustained participation by key local stakeholders at the neighborhood level. Rooted in the Federal Emergency Management Agency (FEMA)'s "Whole Community Approach" to emergency management, the ECP guides communities as they work together to make informed decisions about how to invest in their neighborhood's physical and social infrastructure so that during times of stress, stakeholders can actively."

Self-Healing Communities: <https://www.rwjf.org/en/library/research/2016/06/self-healing-communities.html>

The Self-Healing Community Model, Washington, developed strong networks that promoted much greater collaboration across sectors. They empowered local leadership and nurtured sector leaders to think about whole systems, not just their part of a system. They also used data to decide how and where to focus efforts and to learn from what was working. They made visible changes that helped to instill a real sense of hope in communities that had given up on the prospect of a better world for their children.

Assuring Healthy Populations During the COVID-19 Pandemic: Recognizing Women's Contributions in Addressing Syndemic Interactions by Rosemary Caron & Semra Aytur (2022): <https://pubmed.ncbi.nlm.nih.gov/35712273/>

"A syndemic framework examines disease interactions and the contributions of structural, social, economic, and environmental factors that synergistically interact to contribute to adverse health outcomes . . . The purpose of this perspective is to: (1) examine the relationship between the syndemic model and the SDoH-exposome; (2) highlight, via specific examples, the contributions of female health professionals to SDoH and the COVID-19 syndemic in response to the Women in Science Research Topic, and (3) propose health policy to address syndemic-exposome interactions to help mitigate or prevent public health challenges. By investing in policies that assure health for all populations, the investments could pay dividends in the form of a less severe syndemic next time since we are starting from a place of health and not disease. Lastly, due to the magnification of underlying societal inequities laid bare during the COVID-19 syndemic, we support the expansion of the disease-focused syndemic model to include societal syndemics, such as systemic racism."

Exploring the Usability of a Community Resiliency Model Approach in a High Need/Low Resourced Traumatized Community: <https://pubmed.ncbi.nlm.nih.gov/34241738/>

"This study tested the usability of a non-stigmatizing community-based trauma intervention delivered by trained community members. The Community Resiliency Model (CRM) was taught to a high-crime, low-income community designated as a Mental Health Provider Shortage Area (19 MPSA score). Five groups of Latino, African-American, LGBTQ, Asian Pacific Islander, and Veteran participants (N=57) with a history of complex/cumulative traumas and untreated posttraumatic stress undertook a five-day 40-h CRM training with master trainers. Measures included Treatment Relevance, Use and Satisfaction (TRUSS), Brief CRM Questionnaire (Brief

CRM), and Symptom Questionnaire (SQ). Participant preparedness to teach CRM to others was high (98%) and sustained at the 3-6 months follow-up with 93% reporting a daily use. Pre-to post comparison analyses showed a significant decrease in distress indicators and increase in wellbeing indicators. CRM's high usability holds promise for a broader, low cost and sustainable implementation in traumatized and under-resourced communities."

Building Resiliency to Trauma, the Trauma and Community Resiliency Models (2015): Elaine Miller-Karas:

<https://www.taylorfrancis.com/books/mono/10.4324/9781003140887/building-resilience-trauma-elaine-miller-karas>

"After a traumatic experience, survivors often experience a cascade of physical, emotional, cognitive, behavioral, and spiritual responses that leave them feeling unbalanced and threatened. Building Resilience to Trauma explains these common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. It also presents alternative approaches, the Trauma Resiliency Model (TRM) and the Community Resiliency Model (CRM), which offer concrete and practical skills that resonate with what we know about the biology of trauma.

In programs co-sponsored by the World Health Organization, the Unitarian Universalist Service Committee, ADRA International and the department of behavioral health of San Bernardino County, the TRM and the CRM have been used to reduce and in some cases eliminate the symptoms of trauma by helping survivors regain a sense of balance. Clinicians will find that they can use the models with almost anyone who has experienced or witnessed any event that was perceived as life threatening or posed a serious injury to themselves or to others. The models can also be used to treat symptoms of vicarious traumatization and compassion fatigue."

National Child Traumatic Stress Network, National Center for PTSD: Psychological First Aid:

https://www.nctsn.org/sites/default/files/resources/pfa_field_operations_guide.pdf

A workbook to psychological first aid

Center for Institutional Courage: <https://www.institutionalcourage.org/>

"The Center for Institutional Courage™ – Courage – is a non-profit, 501(c)(3) institution dedicated to transformative research and education about institutional betrayal and how to counter it through institutional courage."

Antigone Project from Theater of War: <https://theaterofwar.com/projects/antigone-in-ferguson>

"Antigone in Ferguson was conceived in the wake of Michael Brown's death in 2014, through a collaboration between Theater of War Productions and community members from Ferguson, MO, and premiered at Normandy High School, Michael Brown's alma mater, in September of 2016.

In light of the uprising and protests catalyzed by the killings of Ahmaud Arbery, Breonna Taylor, George Floyd, Tony McDade, Dion Johnson, and many others; and the disproportionate impact of the COVID-19 pandemic on black and brown communities, Antigone in Ferguson aims to generate dialogue, consciousness, compassion, outrage, understanding, and positive action at this critical moment."

CDC Healthy Brain Initiative: <https://www.cdc.gov/aging/healthybrain/index.htm>

"The Healthy Brain Initiative improves understanding of brain health as a central part of public health practice. The initiative creates and supports partnerships, collects and reports data, increases awareness of brain health, supports populations with a high burden of Alzheimer's disease and related dementias, and promotes the use of its Road Map series"

World-Wide Labrinth Locator: <https://labyrinthlocator.com/>

"Launched in 2004, the World-Wide Labyrinth Locator has been designed to be an easy-to-use database of labyrinths around the world. Information about labyrinths you can visit, including their locations, pictures, and contact details, are accessible here, along with information about the many types of labyrinths found worldwide. Labyrinths occur in many forms, shapes, and sizes, and the Locator contains both historic and modern examples. At the current time the Worldwide Labyrinth Locator database contains over 6100 labyrinths (including a few mazes) in more than 90 different countries around the world."

The "Tender Narrator" Who Sees Beyond Time: A Framework for Trauma Integration and Healing by: Thomas Hubl and Lore Shridhare:

<https://jabsc.org/index.php/jabsc/article/view/4937/4198>

"While trauma occurs in separation, healing happens in relation, where the inner dynamics of voice and expression play an important role in narrating a traumatic experience. In her acceptance speech for the 2018 Nobel Prize in Literature, novelist Olga Tokarczuk envisioned a new form of a literary narrator, one who sees beyond a singular point of view to include the interrelatedness of the world and the interdependence of all beings. In this article, we present a framework for the integration of individual and collective trauma that is focused on creating safe, interactive group spaces for dialogue, group coherence building, reflection, and transformative practices."

EMDR: <https://www.emdr.com/what-is-emdr/>

"Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories (Shapiro, 1989a, 1989b)."

Adverse Childhood Experiences: <https://www.cdc.gov/violenceprevention/aces/index.html>

“Adverse childhood experiences (ACEs) can have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. CDC works to understand ACEs and prevent them.”

UN/WHO Sustainable Development Goals: <https://sdgs.un.org/goals>

“The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.”

CDC Social Vulnerability Index: <https://www.atsdr.cdc.gov/placeandhealth/svi/index.html>

“Social vulnerability refers to the potential negative effects on communities caused by external stresses on human health. Such stresses include natural or human-caused disasters, or disease outbreaks. Reducing social vulnerability can decrease both human suffering and economic loss. The CDC/ATSDR Social Vulnerability Index (CDC/ATSDR SVI) uses 16 U.S. census variables to help local officials identify communities that may need support before, during, or after disasters.”

Inner Development Goals: innerdevelopmentgoals.org

“If we’re going to talk about sustainability and the SDGs, we can mention an emerging movement called the IDGs, inner development goals...to help further the SDGs. I’m doing a presentation on the IDGs to holistic nurses at a conference next year. There’s a 5 min video on the website if anyone is interested.”

“In 2015, the Sustainable Development Goals gave us a comprehensive plan for a sustainable world by 2030. The 17 goals cover a wide range of issues that involve people with different needs, values, and convictions. There is a vision of what needs to happen, but progress along this vision has so far been disappointing. We lack the inner capacity to deal with our increasingly complex environment and challenges. Fortunately, modern research shows that the inner abilities we now all need can be developed. This was the starting point for the 'Inner Development Goals' initiative.”

The Drug-Free Communities (DFC) Support Program:

<https://www.cdc.gov/drugoverdose/drug-free-communities/funding-announcements.html>

Funds coalitions \$125,000/year for 10 years to prevent youth substance use. You can use this funding to address ACEs, including adverse climate events.