



Resilience: Collective and Compassionate Approaches

Ernest Duff, Laurie Reeder, Janell Anema

Resilience: A Collective Approach

Ernest Duff, MA, MDIV
Aurora Strong Resilience Center

Collective / Community Resilience (theories and definitions)

Interaction of collective trauma with collective resilience, shared injuries to a population's social, cultural and physical ecologies

Resilience as adaptation, related to well-being

Relational trauma, ambiguous loss, and loss of resources

Resilience- capacity to overcome loss and adversity

Collective / Community Resilience (theories and definitions)

Strengthening the capacity of communities to address multiple concerns within the social and cultural context

A community's capacity, hope and faith to withstand major trauma and loss, overcome adversity, and to prevail, usually with increased resources, competence and connectedness.

Economic development, social capital, information and communication, community competence

Factors That Lead to Community Resilience

- ◆ Increased social connectedness
- ◆ Being able to have and to tell stories- vulnerable through to strong
- ◆ Access to increased resources
- ◆ Awareness of transitional conflict
- ◆ Access and travel the transitional pathway
- ◆ Being part of a coalition
- ◆ Access community competency
- ◆ Connect the natural and ancillary support systems

Community Resilience Programming in Aurora

- ◆ Aurora Strong Resilience Center
- ◆ 7/20/12 The Aurora Theater Shooting
- ◆ Trauma incurred at multiple levels. Stress throughout the community
- ◆ Community concerns have to be met systemically
- ◆ A network lead by a cross-section of community members
- ◆ Wellness, creative arts, gatherings, focused coalition meetings
- ◆ Identifying community-generated projects that actualize resilience

Resilience and Prevention

How is Resilience work about Prevention?

Resilience is as much about preparation and building strength before adversity, as it is about responding to adversity

Resilience is an innate human capacity, and resilience is also about behavior and relationships between families, neighborhoods and communities

Resilience-building is an activity that increases overall competency to be able to collectively overcome and prevail over trauma and stress

Conclusions

It is preventive in that it not only focuses on strengths, resources and adaptation in response to adversity, but it also builds ongoing awareness and action to intervene and forestall further traumatic events

Building social capital and networks that make sense and strengthen the public purpose, undergirding and strengthening families.

Resilience work is about advocacy, social justice, human rights, compassion for human suffering and the means to ameliorate such suffering with a vision of hope, courage, connectedness/love and strength.

Resilience: A Clinical Approach

Laurie Reeder, RXN, PMHNP

Associate Medical Director
Child and Adolescent Services
Aurora Mental Health Center

Resilience

Definition: Positive Adaptation despite Adversity*

*multi-dimensional definition will include the individual, the family,
the community, and culture

Shame and Stigma

Two of the biggest barriers in successfully treating mental illness are *shame* and *stigma*.

Most illnesses that affect the body are treated with care and compassion. Yet individuals with mental illness are left with a sense of shame or guilt.

Risk and Protective Factors

Risk factors are characteristics that make it more likely that individuals will consider, attempt, or die by suicide.

Protective factors are characteristics that make it less likely that individuals will consider, attempt, or die by suicide.

Risk and protective factors are found at various levels: individual, family, and community.

Risk Factors

Community

- Lack of health care
- Job or financial loss
- Exposure to others who have died by suicide (in real life or media, Internet)
- Local clusters of suicide
- Stigma associated with asking for help

Family & Friends

- Loss of a relationship
- Lack of social support
- Feeling a burden
- Family history of suicide
- Cultural and religious beliefs

Individual

- Mental Disorder
- Substance Abuse
- Major physical illness
- History of trauma or abuse
- Previous suicide attempt
- Hopelessness
- Sense of isolation
- Impulsive or aggressive behavior
- Easy access to lethal means

Protective Factors

Community

Ease of access to medical & mental health services

Effective clinical care for mental & physical illness & substance abuse

Family & Friends

Strong connection to family and friends

Sense of belonging

Cultural and religious beliefs that discourage suicide

Individual

Skills in problem solving, conflict resolution, and managing problems

Self-control

Seeks and maintains treatment

Restricted access to highly lethal means of suicide

Resilience and Treatment

- ♦ #1 SAFETY
- ♦ Mental Health Treatment
- ♦ Belonging (vs Burden)
- ♦ Involvement (vs Isolation)
- ♦ Connection to Community
- ♦ Spirituality

Maladaptive Coping Skills (related to suicide)

- ♦ Escape avoidance, avoidance of support seeking
- ♦ Blaming and negative cognitive reframing
- ♦ Negative views, less positive appraisal of oneself

Broaden-and-Build Theory

- ♦ Positive vs Negative Emotions
- ♦ The ability to self-generate positive emotions in the face of adversity as a key to *resiliency*
- ♦ Loving-Kindness Meditation (LKM)

Compassion

Self-Compassion:

- ◆ Treating oneself with kindness
- ◆ Recognizing shared humanity
- ◆ Being mindful when considering negative aspects of oneself

Provides greater emotional resilience

State-Trait Interactions

Neuroplasticity suggests that positive emotional states may trigger lasting, durable changes in structure & function of the brain.

Plasticity results from exposure to emotionally enriching experiences or stressful environments.

Years of meditation experience correlated with increased cortical thickness.

Resilience: Cultural Identity & Spirituality

Enculturation: the degree of assimilation to a majority or dominant culture. The degree of integration within a culture.

Cultural identity

Participation in traditional activities

Spirituality

*Protective and resilience factor among Native North Americans
(alcohol and substance abuse & suicidal ideation)*

Build Resilience!

De-stigmatize mental illness

Develop a sense of connectedness-community and social networks

Build strong families, close friendships

Be compassionate to yourself and others, be mindful, meditate

Give time to spirituality

Take a class on suicide prevention

Refer to mental health services

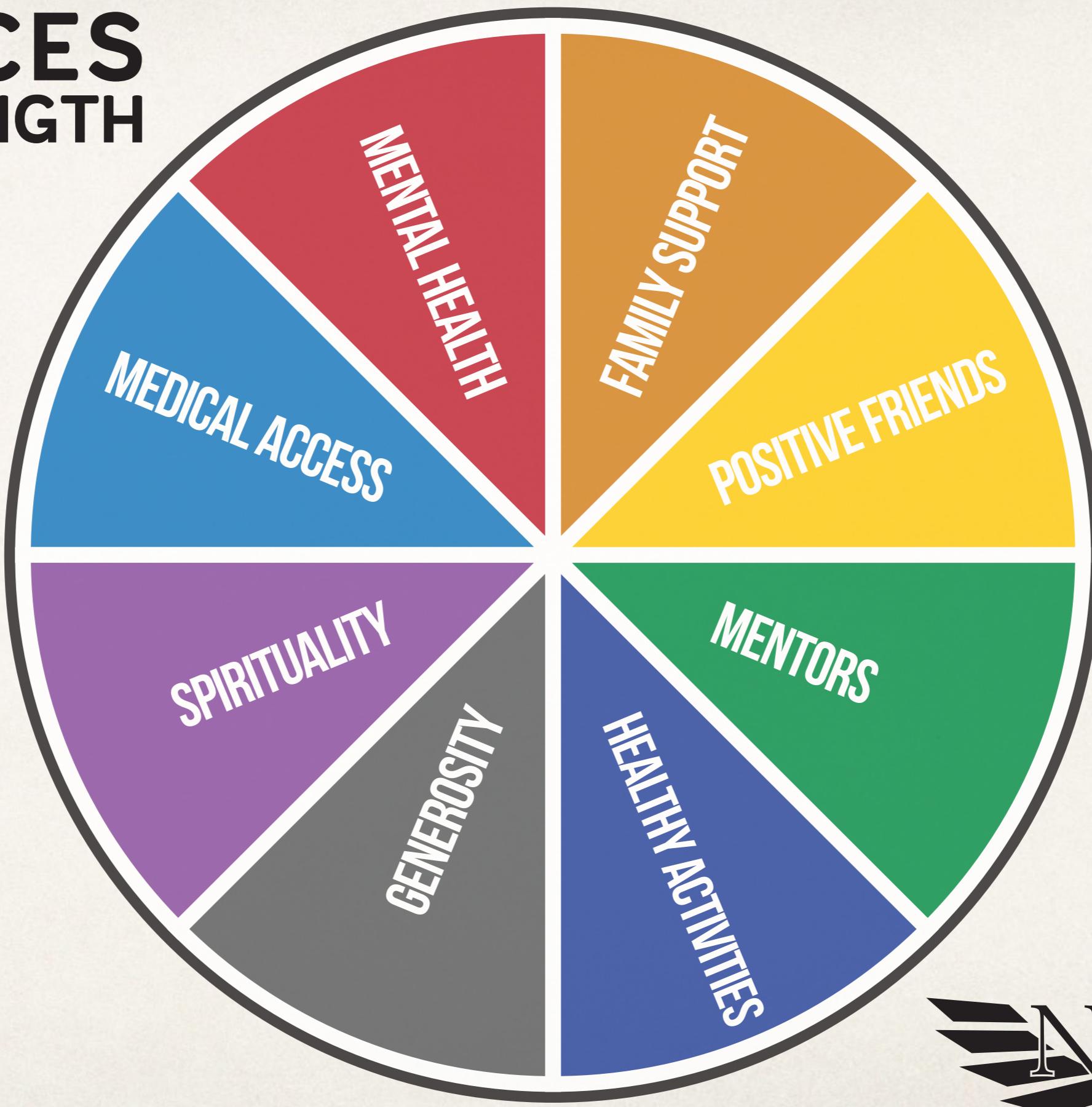
Resilience: A Compassionate Approach

Janell Anema, MA
National Trainer
Sources of Strength

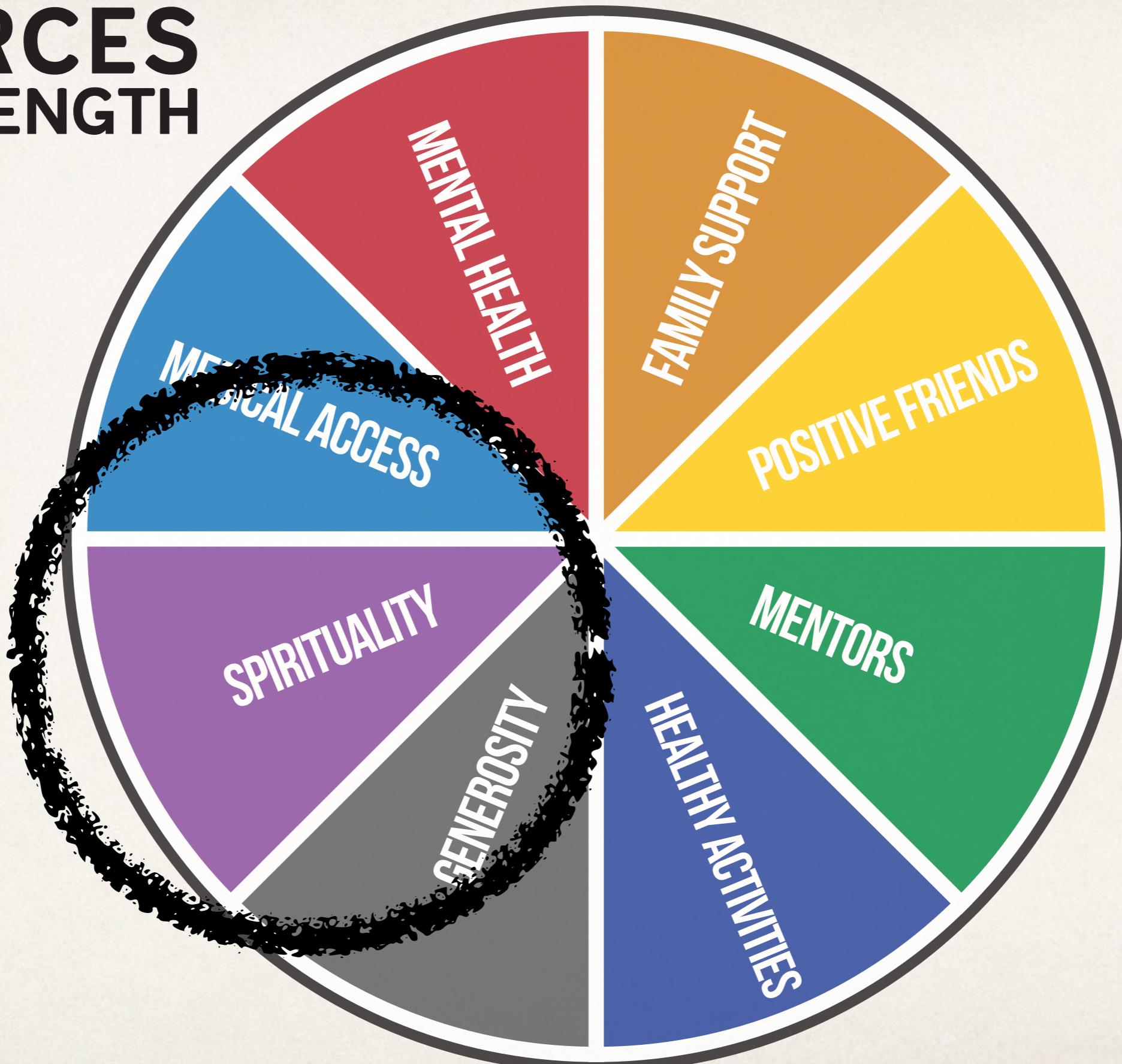


Monrovia, Liberia 2007

SOURCES OF STRENGTH



SOURCES OF STRENGTH

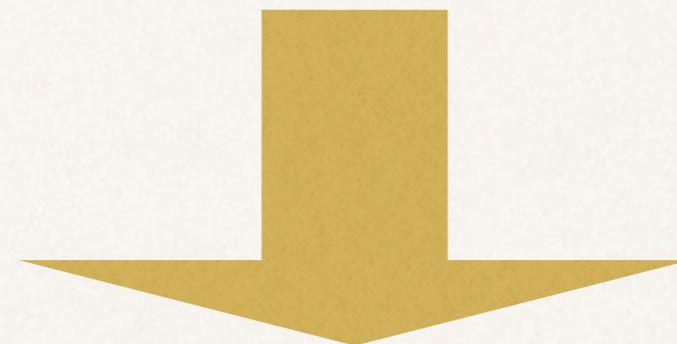


“One of the chief tasks of our time must surely be to build a global community in which all peoples can live together in mutual respect; yet religion, which should be making a major contribution, is seen as part of the problem. All faiths insist that **compassion** is the test of true spirituality and that it brings us into relation with the transcendence we call God, Brahman, Nirvana, or Dao. Each has formulated its own version of what is sometimes called the Golden Rule, ‘Do not treat others as you would not like them to treat you,’ or in its positive form, ‘Always treat others as you would wish to be treated yourself.’”

Karen Armstrong, *Twelve Steps to a Compassionate Life* (bold mine)

Spirituality

Mindfulness - Gratitude/Thankfulness - Prayer



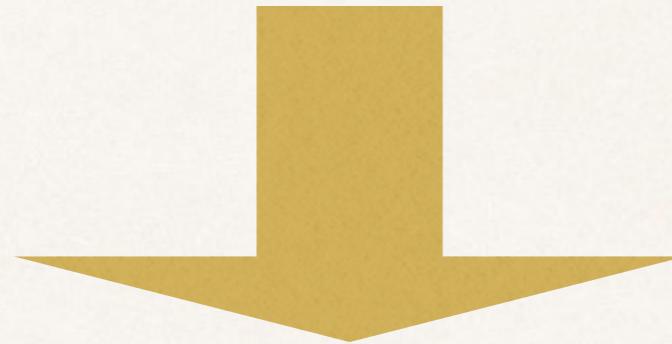
Compassion

“Compassion is not about willing away unpleasant emotions and feigning politeness to those we secretly despise. Compassion is genuine, loving regard that flows freely from the heart. Its path transforms perfectionistic self-hatred into authentic, empathic self-compassion. It rekindles the care we truly feel for our loved ones and fosters a relationship in which we all feel heard... The path of compassion emboldens personhood. It restores our capacity to love others **and ourselves** with equal measure.”

Frank Rogers, *Practicing Compassion* (bold mine)

Spirituality

Mindfulness - Gratitude/Thankfulness - Prayer



Compassion



Self-Compassion

What have you got to lose?
What have you got to gain?
I'll keep track of time.

Thank you.

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