

RESILIENCE COALITION SCREENING/DISCUSSION GUIDANCE (March 2019)

You are encouraged to have reviewed the KPJR Resilience Facilitation Guide. Event handouts, including the Facilitation Guide, are available at conversations.westchesterlibraries.org.

Welcome attendees and thank them for making the time to engage in a community dialog

Introduce the Resilience Coalition's goals: ["Packet Cover page"]

- 1. The Westchester Resilience Coalition builds awareness of adverse childhood experiences (ACEs) as a public health concern.*
- 2. The Coalition seeks to foster individual, family and community resilience in Westchester County by supporting development of creative responses to the challenge of ACEs.*

Acknowledge that some content may be upsetting. Note that individuals are present who can direct participants to helpful services. (County services handout)

In the spirit of supporting resilience, invite attendees to take a few deep breaths to bring them into the space and be open to this new information

Screen film. (1 hour)

Repeat breathing exercise. Do this at this point and/or at the close of the meeting. ["Reflections"]

Invite attendees to anonymously take original ACES survey (Mentimeter). ["ACES & Resilience Questionnaires (with Menti instructions) OR Take a moment to review the ACEs survey questions.

Review results in comparison to national averages reported in the 1998 study:

0=36.1% 1=26% 2=15.9% 3=9.5% 4+=12.5%

Invite attendees to review the Resilience Questionnaire. Reinforce that these factors - even one of them - act as buffers to the impact of adverse childhood experiences. [Depending on audience, refer to "Five Protective Factors," "Stress & Early Brain Development"]

Invite comment on 2-3 of the questions below with the aim of allowing the community to give voice, find connection and energy for local action.

1. What in this film surprised you?
2. Who else in your community needs to know this? For yourself, list five people you can share it with.
3. What are the programs (policies) is your community (agency) already supporting resilience? How can they be strengthened?

As the community responds, look for opportunities to reinforce these key-takeaways:

ACES (look for opportunities to say adverse childhood experiences vs referral to score)

1. Adverse childhood experiences happen across the population, with implications for both children and adults (caregivers, service providers, clients).
2. Since the ACE study, the conversation about ACES has broadened to consider the impact of adverse community environments marked by factors such as poverty, violence, housing, poor housing, lack of opportunity and social mobility, racism, incarceration.

RESILIENCE

1. Resilience is the ability to thrive, adapt and cope despite tough and stressful times.
2. Resilience is a natural counter-weight to Adverse Childhood Experiences. The more resilient a child is, the more likely they are to deal with negative situations in a healthy way that won't have prolonged and unfavorable outcomes.
3. Resilience is not an innate characteristic, but rather is a skill that can be taught, learned and practiced.
4. Everybody has the ability to become resilient when surrounded by the right environments and people.

NEXT STEPS

1. The film directs us to two actions: prevent ACES and mitigate the EFFECTs of ACES
2. How do we create conditions of safety, connectedness, and self-regulation that build resilience?
 - a. Individual actions: therapy, trauma-specific treatment, trauma-informed, yoga and mindfulness, dance, art, drama, sports, nature, community, involvement and connections, spirituality. ["Actions for Resilience & Wellness," Hacking Your Vagus Nerve.]
 - b. Collective solutions: organizational change, policy change, community planning, advocacy, collective wellness efforts. [refer participants to website]
 - c. Trauma-informed systems change requires ongoing conversations across sectors to develop local joint solutions.
3. Wise actions are already there, they just need to be recognized, shared and sometimes refined.
4. Having these community conversations and continuing the dialog is itself is an act of resilience and healing.

After the event, send an email to elena@wlsmail.org with an attendance #, a few takeaways, and a scan of any sign-in list with emails for our mailings.