

aces aware 

CERTIFIED

Community Resilience

Hyun-Kyung You, Carol West, & Kelsey Taylor
Child Development
Humboldt State University

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Learning Objectives

- As a result of this training, participants will be able to:
 - Define community resilience
 - Explain the relationship between community resilience and ACEs and toxic stress
 - Identify potential resources in Humboldt County
 - Describe unique challenges for rural communities
 - Identify ways to build community resilience



Resilience

The ability to withstand or recover from stressors, and results from a combination of intrinsic factors and extrinsic factors (like safe, stable, and nurturing relationships with family members and others) as well as pre-disposing biological susceptibility.

Of note, with scientific advances in the understanding of the impact of stress on neuro-endocrine-immune and genetic regulatory health, we must advance our understanding of resilience as also having neuro-endocrine-immune and genetic regulatory domains (Bhushan, et al, 2020).

What is Community Resilience?

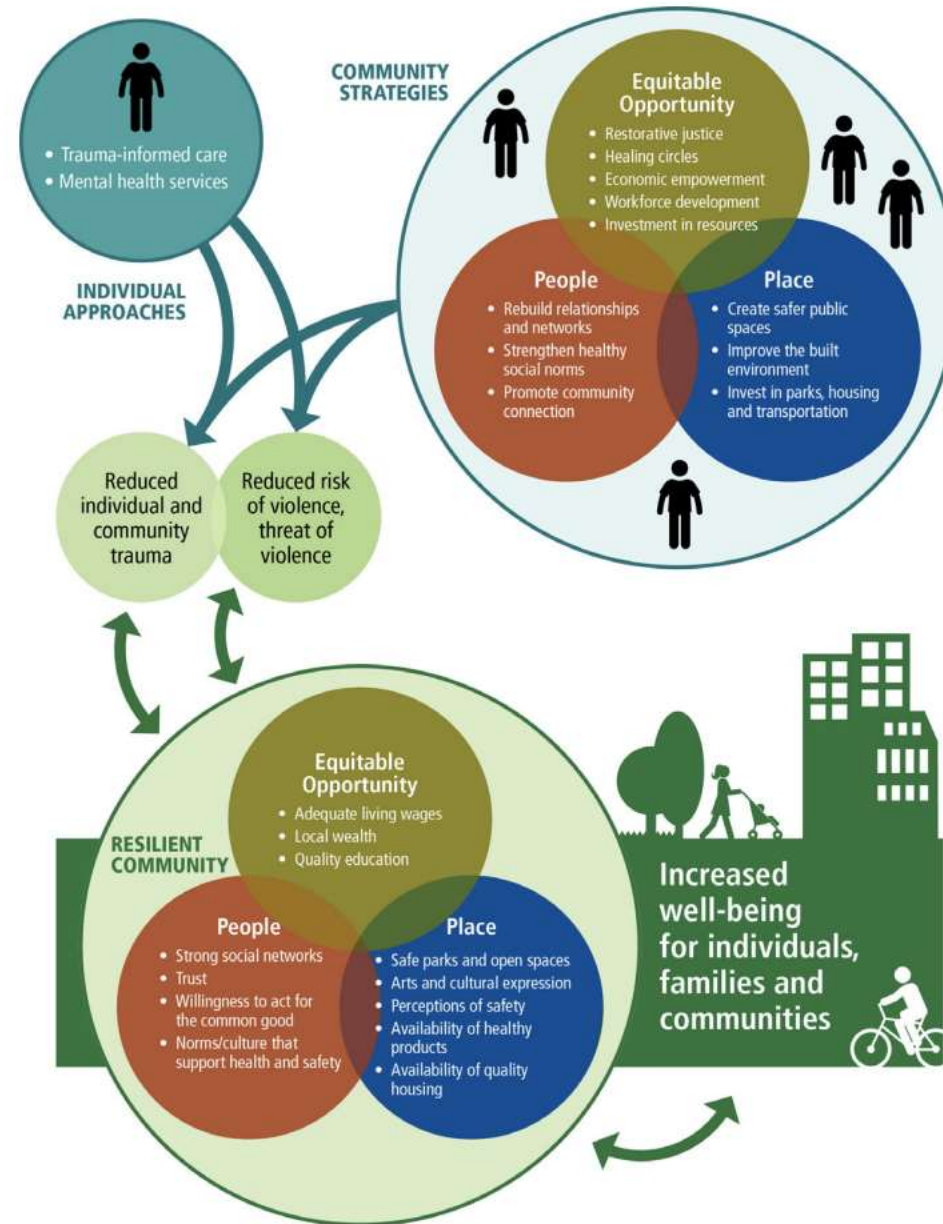
- Community resilience is a larger context for awareness, intervention and prevention of Adverse Childhood Experiences.
- Ellis and Dietz (2017) define community resilience as “...the [community’s] capacity to anticipate risk, limit effects, and recover rapidly through survival, adaptability, evolution, and growth in the face of turbulent change and stress” (p. 87).
- “Supportive community structures, resources, and environments can facilitate access to and implementation of the seven evidence-based strategies for mitigating toxic stress:
 - Healthy relationships
 - High quality, sufficient sleep
 - Balanced nutrition
 - Regular physical activity
 - Mindfulness and meditation
 - Access to nature
 - Behavioral and mental healthcare (Bhushan, et al, 2020, p. 97)



What is Community Resilience? (cont'd)

- Community resilience includes putting the conditions and resources in place so the community can heal from past traumas and be protected against the impact of future adversity. The successful implementation of strategies for community healing build on existing community assets and are dependent on community engagement that connects young people and adults together in a supportive community (Bhushan et al, 2020).
- As Beehler et al wrote, “Building community resilience does not assume low resilience to start but rather asks, ‘In which ways is this community resilient right now, and what are the goals and priorities for enhancing resilience going forward?’” (2021)
- That is the intention of this training; building community professional capacity around response to Adverse Childhood Experiences, including screening, intervention and prevention.

Promoting Community Resilience



Source: Bhushan D, Kotz K, McCall J, Wirtz S, Gilgoff R, Dube SR, Powers C, Olson-Morgan J, Galeste M, Patterson K, Harris L, Mills A, Bethell C, Burke Harris N, Office of the California Surgeon General. Roadmap for Resilience: The California Surgeon General’s Report on Adverse Childhood Experiences, Toxic Stress, and Health. Office of the California Surgeon General, 2020. DOI: 10.48019/PEAM8812. P. 146

Figure 13. Promoting community resilience: from trauma to well-being. Reproduced with permission from the Prevention Institute.¹⁰⁹⁹

Community Resilience as a Response to the Public Health Crisis Posed by ACEs

- The CA Surgeon General's report on ACEs, toxic stress and health states “Adverse Childhood Experiences (ACEs) and toxic stress represent an urgent public health crisis with wide-reaching health and societal impacts, from heart disease to homelessness” (Bhushan et al, 2020, p.xxvi)
- Even as intervention, treatment and public health initiatives are put in place, there must also be efforts to increase individual and community resilience (Hargreaves, et al, 2017).



Community Resilience as a Response to the Public Health Crisis Posed by ACEs (cont'd)

- One larger purpose of ACEs Aware is to build community resilience by creating a “network of care” involving an intersection of disciplines.
- This multi-disciplinary network of care can create an informed and responsive community to both heal the effects of adverse childhood experiences and prevent them (ACEs Aware Trauma-Informed Network of Care Roadmap, June, 2021) .

Community Resilience as a Response to the Public Health Crisis Posed by ACEs (cont'd)

- The Network of Care is intended to establish a "robust and effective system for responding to ACE screenings and mitigating the toxic stress response" in the community (ACEs Aware Trauma-Informed Network of Care Roadmap, 2021, p.11).
- Mitigating toxic stress is a key aspect of community resilience in the promotion of the seven evidence-based strategies to mitigate toxic stress which were identified earlier: supportive relationships, quality sleep, balanced nutrition, physical activity, mindfulness practices, access to nature, and mental health care (Bhushan et al, 2020).

Resources in Humboldt County

- Humboldt and Mendocino counties have the highest rates of Adverse Childhood Experiences (ACEs) in the state.
- There are a number of agencies in Humboldt county that have long been focused on supporting children and families, including those impacted by ACEs. A current resource list accompanies the modules for this training.
- **The Nurse Family Partnership** is a public health program intended to support low-income mothers who are pregnant with their first child during the pregnancy and until the child is two years old, providing support and guidance around healthy pregnancy, child development and parenting.

Resources in Humboldt County (cont'd)

- **First Five Humboldt** provides many programs to support families with young children, including playgroups around the county which provide opportunities for children and caregivers to interact with other children and caregivers in a child-friendly environment that includes support for all participants, including mental health consultants when children or families may need extra support or referrals.
- **Two Feathers Native American Family Services** offers an array of services for children, youth and families, including a domestic violence program, parent education, cultural education, mental health support as well as a variety of programs that promote wellness.
- **Paso a Paso** is a program of St. Joseph Hospital and Redwood Memorial Hospital that offers bilingual health education and support to the Latinx community. Childbirth education, breast feeding support, parenting support, referrals to resources, and community wellness events are just a few examples of what is provided.

Resources in Humboldt County (cont'd.)

- **The 0-8 Mental Health Collaborative** is a multi-disciplinary organization that has, over the years, provided numerous training opportunities to professionals from multiple disciplines around infant family and early childhood mental health in order to increase the capacity of this community around trauma-responsive care and practice.
- **Changing Tides**, a resource and referral agency, provides services to families and childcare providers: parent education and mental health services for young children, including play therapy, to name a few. Changing Tides has been particularly active in supporting families and childcare providers during the pandemic.

Resources in Humboldt County (cont'd.)

- All of the mentioned services promote aspects of community resilience (Beehler, et al, 2021; Ginwright, 2018; Wolf, Baiocchi & Arguello, 2018).
- This includes promotion and support for physical well-being and mental health, for healthy relationships, mindfulness practices, physical activity, quality sleep, and balanced nutrition, as well as nature-based experiences for children and families which are listed in the ACEs Aware Network of Care Roadmap (ACEs Aware Trauma-Informed Network of Care Roadmap, June 2021).



Challenges

- In addition to the considerable resources already in place in this community, there are some formidable difficulties in rural communities that are less problematic in more urban settings (Beacom, 2020; CDC, 2020; Roper Center, 2021).
- Access to resources that seem to be a given in other places:
 - health care
 - consistent internet
 - reliable transportation
- Social isolation (which likely increased due to COVID 19)
- Widespread substance misuse and limited rehabilitation resources

Challenges (cont'd.)

- Humboldt county has resources in Eureka, McKinleyville, Arcata and Fortuna that may be out of reach for families in the eastern or southern parts of the county.
 - For families who do not have regular access to a car, making the approximately two hour trip one way to Eureka can be impossible.
 - In home services when one lives an hour's drive up a dirt road, and an hour on the highway, are also unlikely.
 - Internet service in the eastern and southern parts of the county is, in many areas inconsistent or nonexistent, further limiting access to health care and mental health care.
- The pandemic has exacerbated some of the unique challenges residents of rural counties face.

Challenges (cont'd)

In considering the challenges faced by families, it is essential to keep in mind overarching societal issues that many communities face, whether urban or rural:

- Systemic racism
- Discrimination
- Violence
- Economic disparity

(Bruner, 2017; Wang et al, 2019)

Contributing to Community Resilience

- We all have a part to play in building community resilience and overcoming challenges.
- Self-efficacy, according to Bandura (1977), refers to a person's belief in their own capacity to do what is needed in specific circumstances.
- Bandura (2000) expanded on his work regarding self-efficacy to look at **collective efficacy**, pointing out the connection between individuals who have a strong sense of their own ability to contribute to society and to create positive social change and their willingness to participate in group efforts toward social change.



Contributing to Community Resilience (cont'd.)

- Building a network of care, reducing and preventing ACEs will not happen overnight. However, it will happen over time if we can work together to weave a supportive fabric of committed professionals who are prepared to respond to trauma-impacted children and families and who are willing to join forces to prevent ACEs and to promote the well-being of children and families in our community.

“At the community level, awareness of ACEs’ impact on young children and the link to later outcomes for individuals and the community is necessary for both the public and private sectors. The reduction of ACEs benefits everyone” (Sciaraffa, Zeanah and Zeanah, 2018, p.1).

Summary

- Multi-disciplinary, supportive networks that exist within the community can act as a safety net for children and families affected by ACEs or toxic stress. They can limit the effects of ACEs, or help to prevent them.
- Humboldt County has many resources available to children and families.
- However, challenges exist within rural communities like Humboldt county that can have an impact on access to resources and community resilience.
- Though building community resilience takes time, the contribution of everybody within the community—including professionals—can prevent and limit the effects of ACEs.

Resources

ACEs Aware Trauma-Informed Network of Care Roadmap (June 2021) <https://www.acesaware.org/wp-content/uploads/2021/06/Aces-Aware-Network-of-Care-Roadmap.pdf>

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Roper Center for Public Opinion, Cornell University. (2021). Concerns of rural America.

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- Wolf, J.P., Baiocchi, A., Arguello, T. (2018). Child maltreatment reporting in the general population: Examining the roles of community, collective efficacy and adverse childhood experiences. *Child Abuse and Neglect*, Vol. 82, 201-209.