



# **The Urgent Need For Comprehensive Preventative Human Resilience Building Initiatives For Climate Change**

**For the CA. Climate Action Team – Public Health Workgroup  
October 18, 2016**

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**A Major Ecological--Turned Mental Health--Turned Psycho-Social-Spiritual—Turned Humanitarian Crisis--is Growing Yet Is Unaddressed**

**The Harmful Human Reactions to Climate Change!**



The Adverse Human  
Reactions to Climate Change

**Building Human Resilience Can Minimize the Problems and Increase Individual, Social, and Ecological Wellbeing.**

- Mental health, psycho-social-spiritual, and humanitarian crises are often highly interconnected.



The Adverse Human  
Reactions to Climate Change

- The direct & indirect traumas & chronic toxic stresses produced by climate change create a wide range of interlinked problems for
  - Individuals
  - Families
  - Organizations
  - Communities
  - Entire societies
- These maladies erode vital protective supports, amplify pre-existing mental health, social justice, inequality, and financial problems, and generate many new surprising problems.

**Left unaddressed,  
the harmful human reactions to climate change-induced traumas &  
toxic stresses will be as bad or worse than the physical impacts...**



The Adverse Human  
Reactions to Climate Change

**AND**

**threaten our ability to reduce the climate crisis to manageable levels.**

# A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

- As temps rise toward 2C, disaster mental health systems will increasingly be overwhelmed and unable to assist all the people traumatized.



The Adverse Human  
Reactions to Climate Change

- Even then, most are short term, focus only on stabilization during & immediately after disasters, and do not help people cope with ongoing climate toxic stresses.

It is imperative to improve the emergency services infrastructure,  
but this alone is wholly insufficient.

# A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

Treatment methods based on “medical model” of health are inadequate because they focus on eliminating deficits or symptoms via psychotherapy & drug therapy rather than building on existing strengths & resources



The Adverse Human  
Reactions to Climate Change

Most concepts of vulnerability are also inadequate because as tempt rise toward 2C:

- Every person or group is at risk and yet
- Not everyone in any group will develop problems

# A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

Concepts of resilience based on “bouncing back” to pre-conditions are inadequate because as temps rise toward 2C this will be increasingly impossible—  
and many people don't want this!



The Adverse Human  
Reactions to Climate Change

They want to *increase* their sense of wellbeing above previous levels!

# PREVENTION MUST BECOME THE PRIORITY

**Mental and psycho-social-spiritual health must move out of often stigmatized deficit-based “treatment” model**



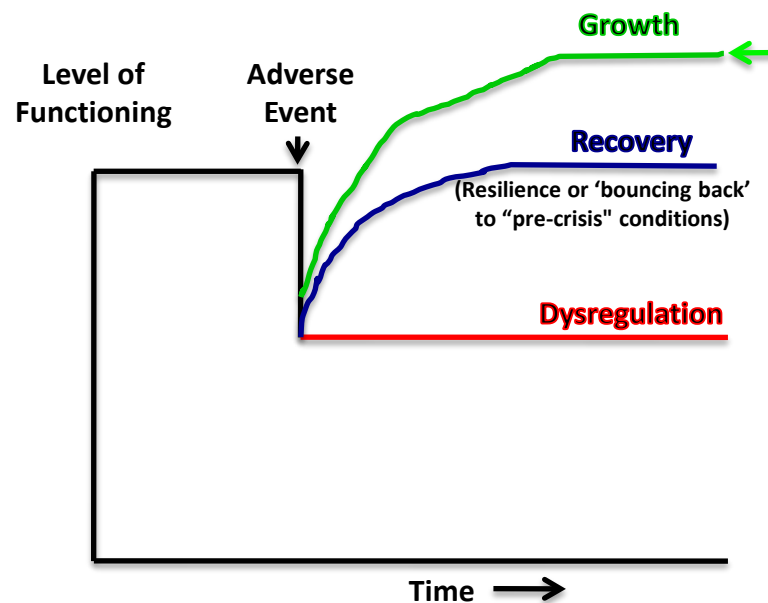
**to a**

**Broad-based *positive* frame focused on**  
**building human resilience!**



# In Era of Ongoing Climate Impacts Resilience Must Help People Use Adversities As Catalysts to Increase Wellbeing Above Previous Levels!

(Called Post-Traumatic Growth or Adversity-Based Growth)



**Adversity-Based Growth:**  
moving beyond previous levels of functioning while holding the pain of trauma and stress

Skills, tools, and methods to achieve this ARE available—  
They must be scaled-up in comprehensive prevention initiatives

# TRIG Transformational Resilience Program Uses The *Resilient Growth*™ Model

## Focus: *Presencing* skills to calm your emotions and thoughts

**Ground**—and center yourself by stabilizing your nervous system.

**Remember**—your personal skills as well as internal and external resources.

**Observe**—your reactions to and thoughts about the situation non-judgmentally with self-compassion.

## Focus: *Purposing* skills to find meaning, direction & hope in adversity

**Watch**—for insight and meaning in climate-enhanced and related hardships.

**Tap**—into your purpose & the values you want to live by in the midst of adversity.

**Harvest**—hope for new possibilities by making choices that increase personal, social, and environmental wellbeing.

# Core Elements of Preventative Human Resilience Building Initiatives

1. Form diverse "Human Resilience Coordination Groups" in every community to plan, establish, and coordinate preventative personal & psycho-social-spiritual resilience building programs to reach all adults and youth.

(A modification of IASC Guidelines on Mental Health and Psychosocial Support in Emergencies)

*Human resilience education & skills should become as common as learning to read & write!*

2. Strengthen social support networks of all kinds (bonding, bridging, linking).

3. Strengthen community, economic, educational, religious/spiritual protective resources that influence personal and psycho-social-spiritual resilience.

4. Inform all organizational and community leaders how to recognize signs of becoming trauma-organized and transition to resilience-enhancing social systems.

5. Identify and prepare the most vulnerable populations--but don't misinterpret!

6. Strengthen mental health elements of emergency services infrastructure.

# A Whole New Way Of Thinking Is Needed To Respond to 2C Temp Rise

## Some Examples

**Creating Sanctuary in The Dalles**

**Peace4Tarpon and other “Peace4” Cities**

**Building a Resilient Lane County**



## **TRIG Offers Customized Train-the-Trainer Workshops & Webinars For**

- **Mental Health, Public Health, and Human Service Workers**
- **Emergency Responders, Health Care, Food Security, Police, Fire, and other Emergency Services Providers**
- **Environmental and Climate Practitioners**
- **Community Leaders**
- **Organizational Leaders**
- **As well as Mindfulness-Based Stress Reduction (MBSR) programs For Human Service, Mental and Physical Health, and Environmental Professionals**



## **International Transformational Resilience Coalition (ITRC)**

Over 240 mental health, resilience, faith, climate, & other professionals working to:

- **Elevate the growing climate change-induced personal mental health and psycho-social-spiritual crisis to the national and international levels.**
- **Promote policies to proactively build human resilience worldwide.**
- **Plan, establish, and coordinate preventative mental health and psycho-social-spiritual resilience building programs in the U.S. and worldwide.**

**Become an ITRC member (no charge) by enrolling at:**

**<http://www.theresourceinnovationgroup.org/intl-tr-coalition/>**



## Space Filling Fast for First-Ever International Conference on Building Personal & Psychosocial Resilience for Climate Change

**Space is Limited for this Unique Skills-Building and Policy Conference on the Urgency, Methods & Benefits of Building Human Resilience for Climate Change**

**When:** Thursday-Friday, November 3-4, 2016

**Where:** The Capital View Conference Center, Washington DC  
Home of the American Psychological Association

**To Register Click Here or Go To This Link: <http://goo.gl/forms/I59u6CczTCzMrFf73>**

**To learn more contact the ITRC: [tr@trig-cli.org](mailto:tr@trig-cli.org)**

## About the Presenter

Bob Doppelt is Executive Director of The Resource Innovation Group, a social science climate change and sustainability non-profit affiliated with Willamette University. He is trained as a counseling psychologist and in environmental science and has combined the two fields throughout his career. He is also a long-time mindfulness teacher and Mindfulness-Based Stress Reduction Instructor. In 2015 he was named one of the world's "50 Most Talented Social Innovators" by the CSR World Congress.

He is the author of 4 best-selling books on the processes involved with altering human-ecological systems to enhance wellbeing. His newest book *Transformational Resilience* (Greenleaf Publishing, March 2016) describes "Presencing" and "Purposing" skills and other tools to build personal resilience as well as psycho-social-spiritual resilience within organizations and communities for climate disruption.

