

IN CONGRESS, JULY 4, 1776.

The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for

We hold these truths to be self-evident, that all men are created equal,
that they are endowed by their Creator with certain unalienable
Rights, that among these are Life, Liberty and the pursuit of
Happiness. — That to secure these rights, Governments are instituted
...from the consent of the governed,...on such principles and
organizing... powers in such form, as to them shall seem most likely
to effect their Safety and Happiness.

“The United States, has achieved striking economic and technological progress over the past half century without gains in the self-reported happiness of the citizenry.”

The Culture Inside Us; Bryan Walsh, 2013

**“When basic needs are met...
money and happiness decouple.”**

The Culture Inside Us; Bryan Walsh, 2013

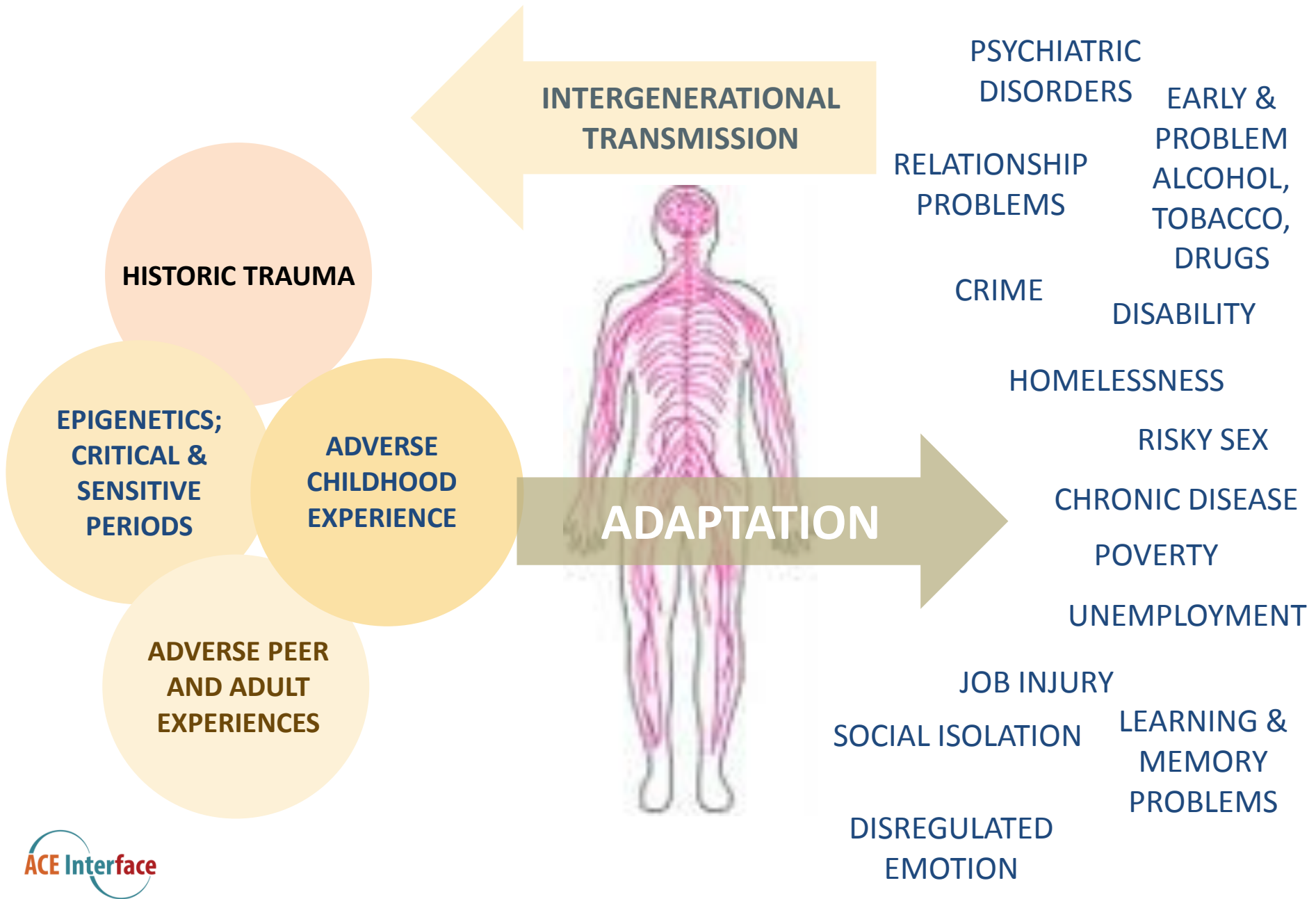


**“Social integration
and human
interconnectedness
lead to happiness.”**

Lao Lu, 1997



Cascade of Often Co-Occurring Effects; Societal Response Matters



ACEs and Ability to Engage in Work/Life Activities

Attributable to ACEs:

Disability-Related Days when
Can't Do Usual Activities

Worker Injury

Work-related Illness

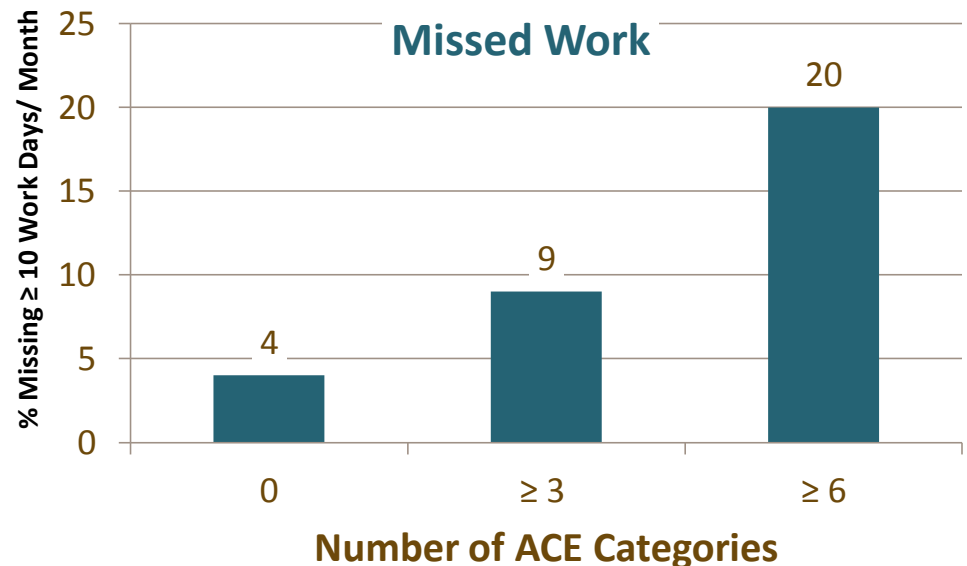
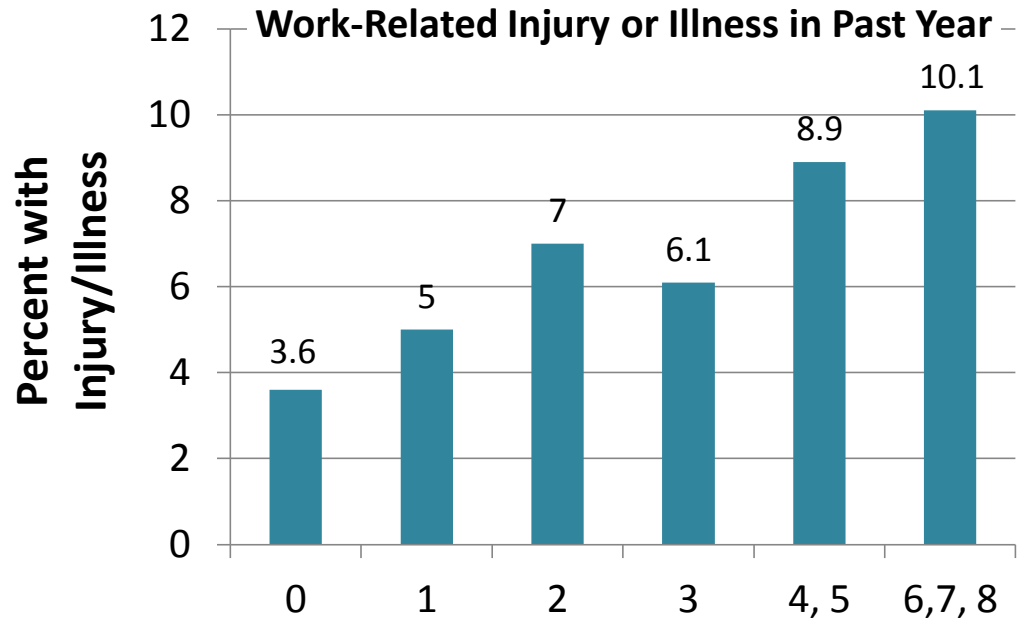
Drugs/Alcohol

Hopelessness

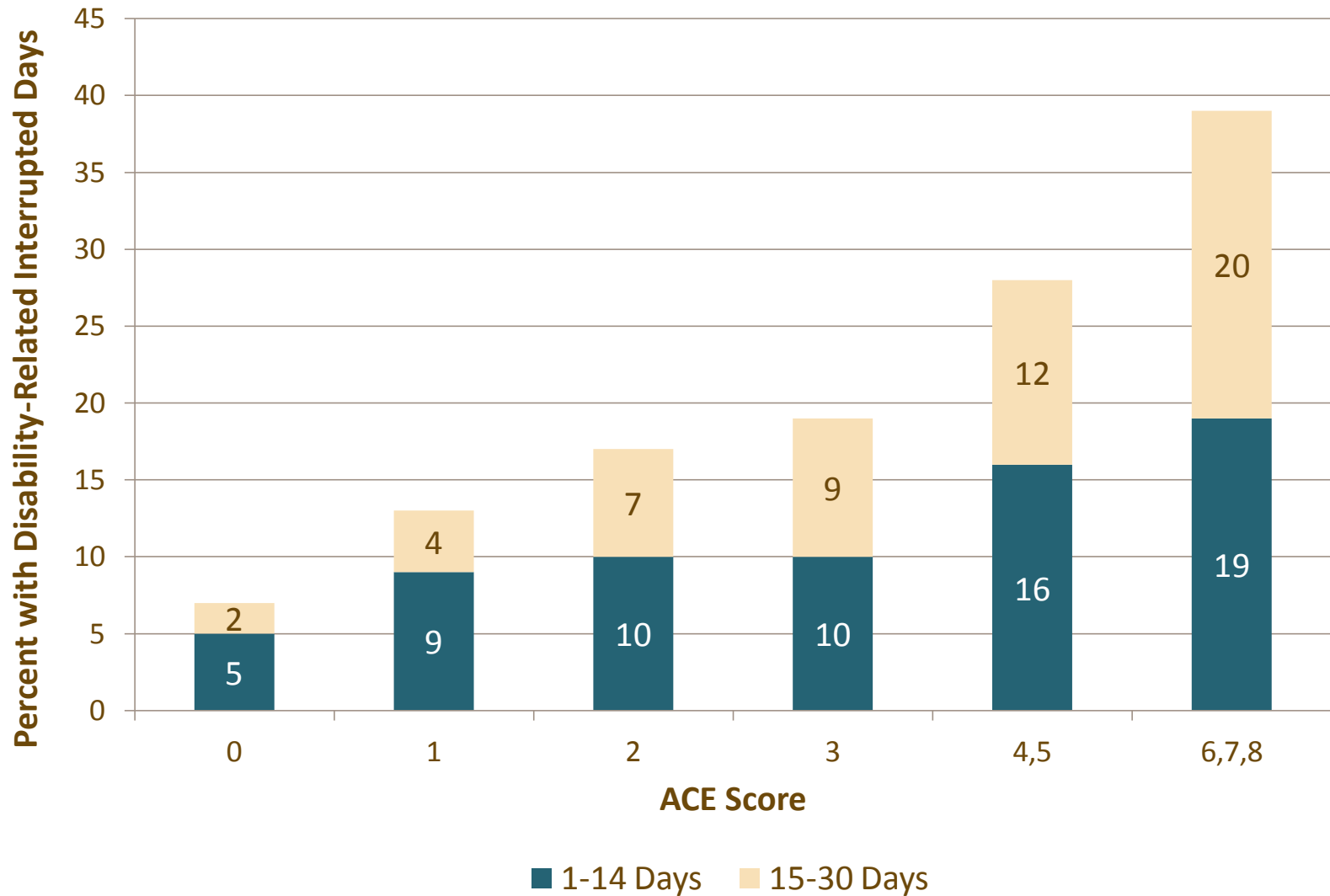
Health Limits Activity

Serious Job Problems

Serious Financial Problems



Disability-Related Days When Can't Do Usual Activities

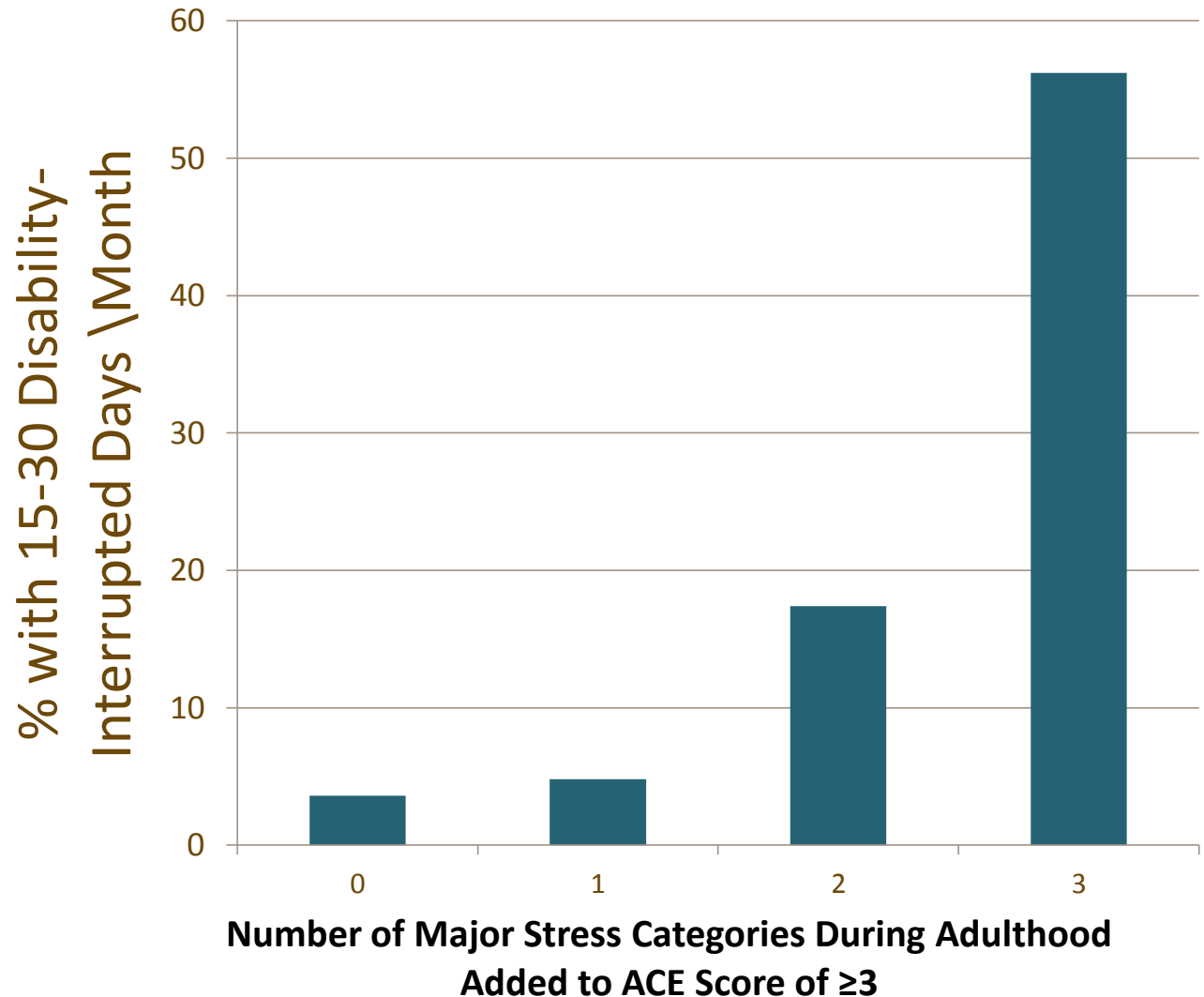


Cascade Effect: Difficulty with Daily Functioning

**Adults with ≥ 3
ACEs Plus**

**Major Stress
Categories:**

- 1. Homelessness**
- 2. Incarceration**
- 3. Chronic illness**
- 4. Separation/
divorce**
- 5. Severe
depression**
- 6. Work-related
injury/illness**



In Washington....

**Elementary
Children**
**12% ≥ 3
ACEs**

1. Health, attendance, behavior
2. Academic failure

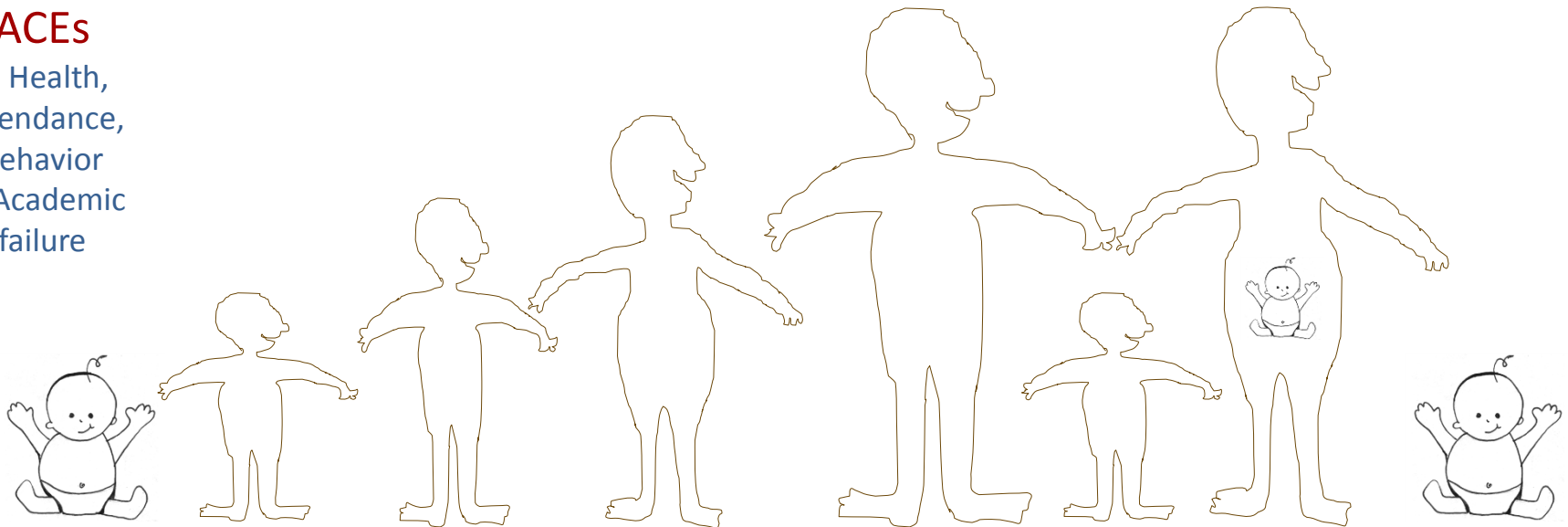
**High
School
Youth**
**42% ≥ 3
ACEs**

**Court-Involved
Youth**

Higher ACE Scores
Among those with ≥4:
51% special ed. (vs. 33% 0-1)
74% below 2.0 GPA (58%)
64% 4+ suspensions (43%)
85% suspended by 2nd (71%)
33% re-offend in 2 years (13%)

**Adult
Adversity**
Incarceration
**Victim of Intimate
Partner Violence**
Drug/Alcohol
Mental Illness
Divorce
Work injury- illness
Homelessness
Disability
Poverty
Health limits activity
Unemployment

Parenting Adults
with ≥5 ACE
14 TIMES
more likely to have
two or more
conditions
that make
ACEs for kids



“What’s predictable is preventable.”

-Dr. Robert Anda

**How do we move
from prediction to prevention?**

An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged. The words 'Events', 'Patterns', 'Structures', 'Mental Models', and 'Values/Principles' are written on the iceberg from top to bottom, corresponding to the visible and submerged parts.

Events

Patterns

Structures

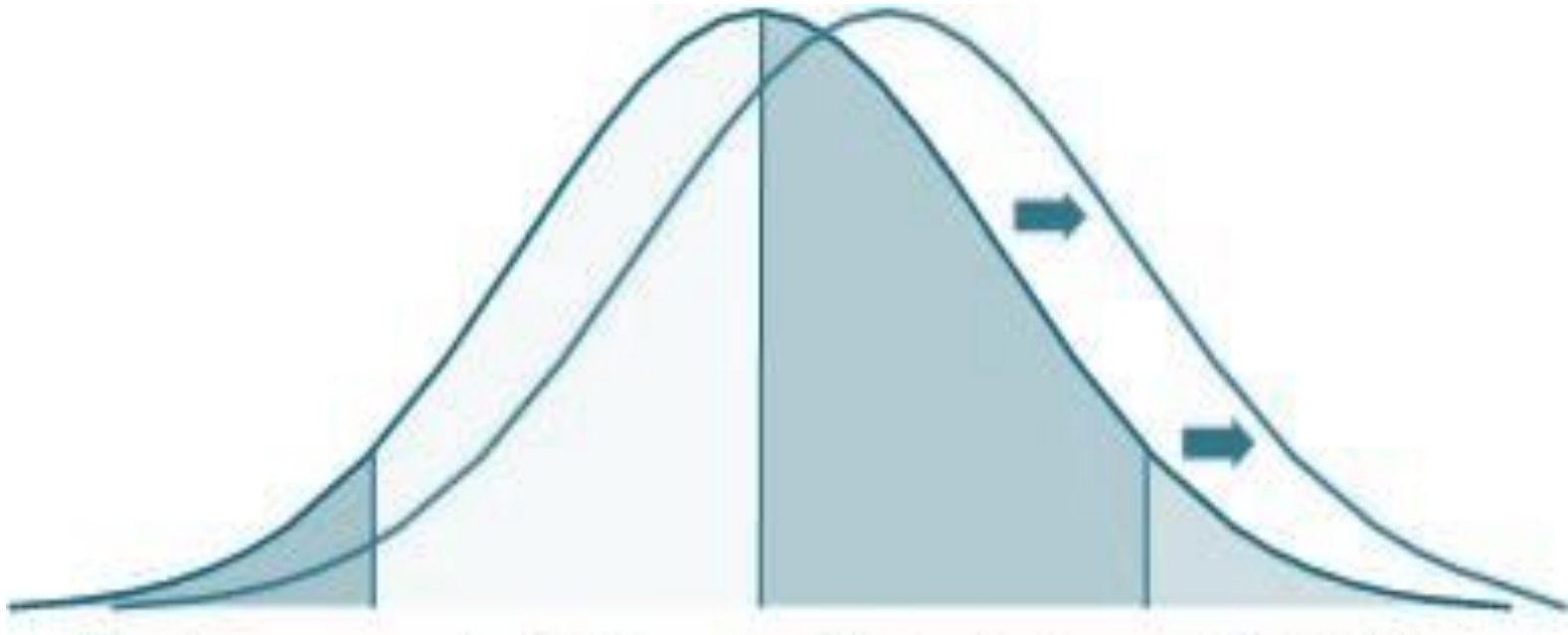
Mental Models

Values/Principles

**Increasing Probability
of Lasting Change
When We Address
Underlying Issues**

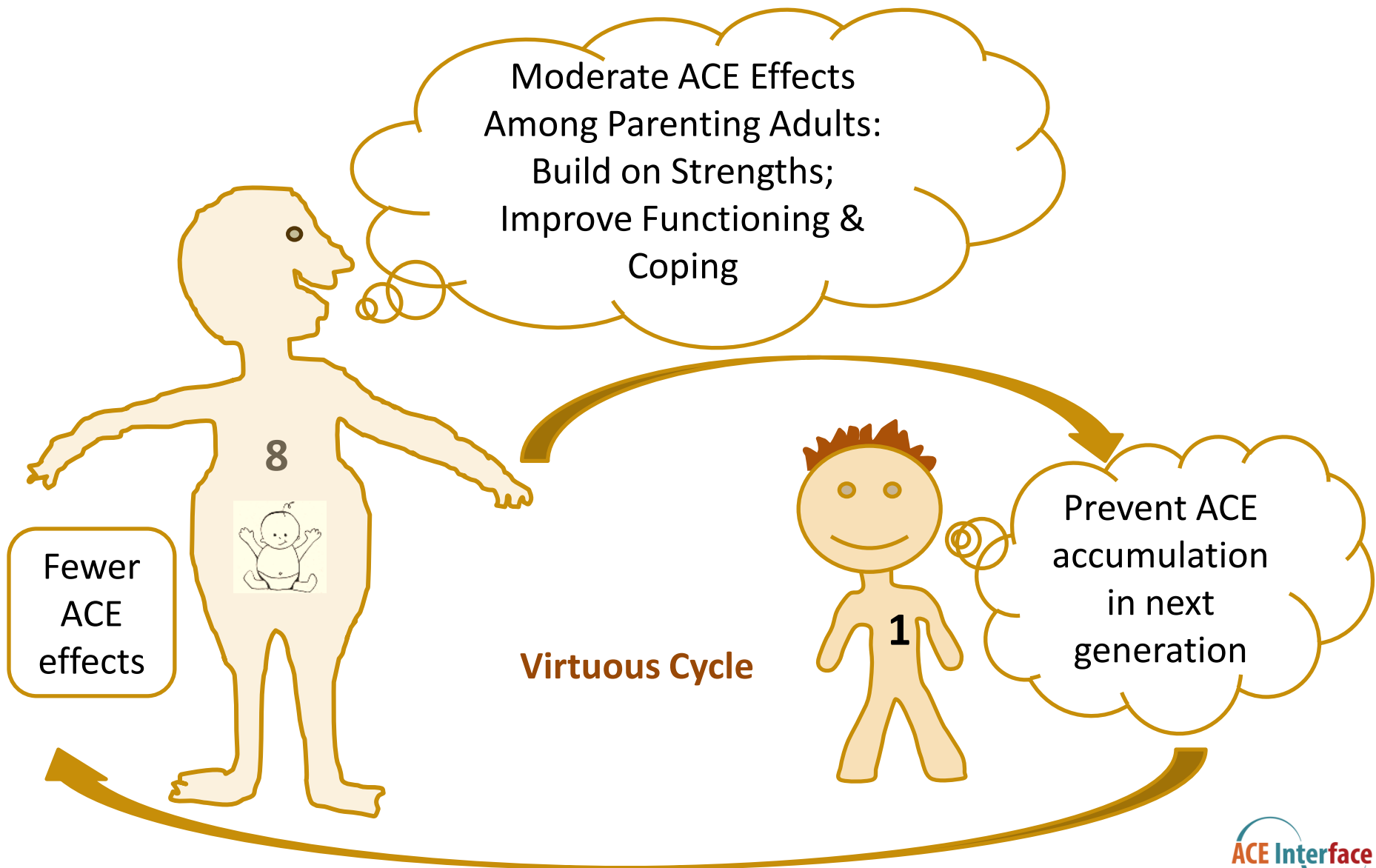
Core Values

Fundamental Respect for the Wisdom in Every Person
Transformational Improvement



Realize Health Through a Long-Term Commitment with
Uncommon Partners

High-Leverage Solutions



Attend to Community as a Whole



General Community Capacity means capacity to not only sustain programs, but also to identify new community problems as they arise, and develop ways of addressing them.

General Capacity Development is a dynamic process that enhances the infrastructure, skills, and motivation of a community – changing the way we live with one another day-to-day.

Key Systems Promote Resilience



**COMMUNITY,
CULTURE,
SPIRITUALITY**

**ATTACHMENT &
BELONGING**

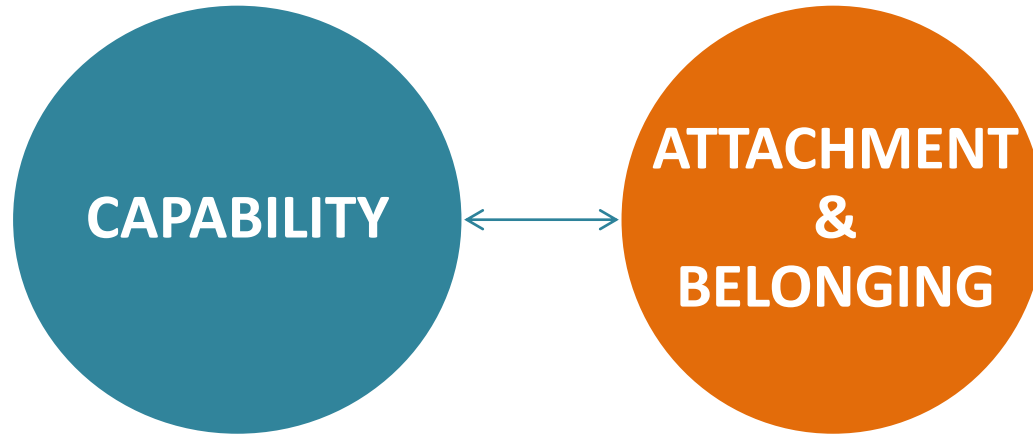
CAPABILITY



CAPABILITY

- Intellectual & employable skills
- Self-regulation – self-control, executive function, flexible thinking
- Ability to direct and control attention, emotion, behavior, positive self-view
- Efficacy

Capabilities can be impacted by trauma. As we relate to one another, it's important to strike a balance between knowing that individuals' efforts are valuable, and accepting that some things are beyond our control.



- Intellectual & employable skills
- Self-regulation – self-control, executive function, flexible thinking
- Ability to direct and control attention, emotion, behavior, positive self-view
- Efficacy

- Bonds with parents and/or caregivers
- Positive relationships with competent and nurturing adults
- Friends or romantic partners who provide a sense of security/help with emotion coaching
- Social/emotional support

Our capabilities and attachments are interrelated.

One community network in Washington found that projects that help youth develop capabilities that are highly desired by adults – like animal care or search and rescue – naturally and systematically improved healthy belonging in the community.

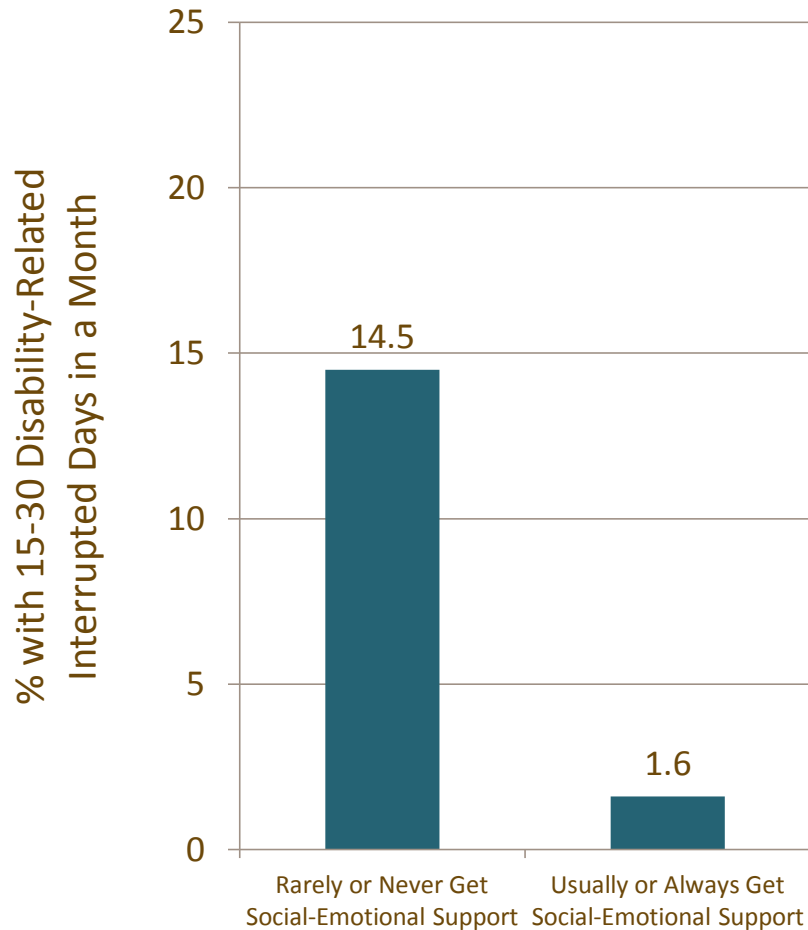
Attachment, Belonging, Social-Emotional Support

What Helps?

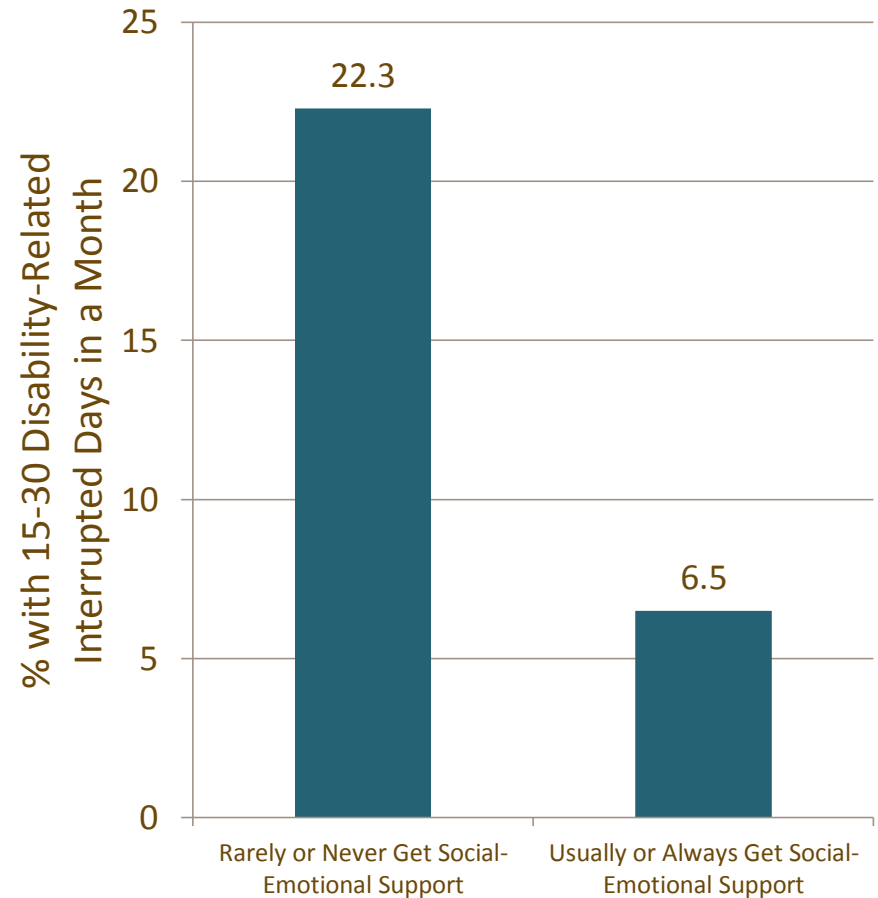
1. Developing ceremonies or rituals
2. Including others in therapeutic and health-promoting activities
3. Engaging in multiple family or whole community/workplace dialogues
4. Setting up mutual support or helping systems
5. Creating art, movement, rhythm, music
6. Learning together

With More Social-Emotional Support – Fewer Interrupted Days

**Adults with ≥ 3 ACEs
+ 1 Major Adult Stress Category**



**Adults with ≥ 3 ACEs
+ 2 Major Adult Stress Categories**

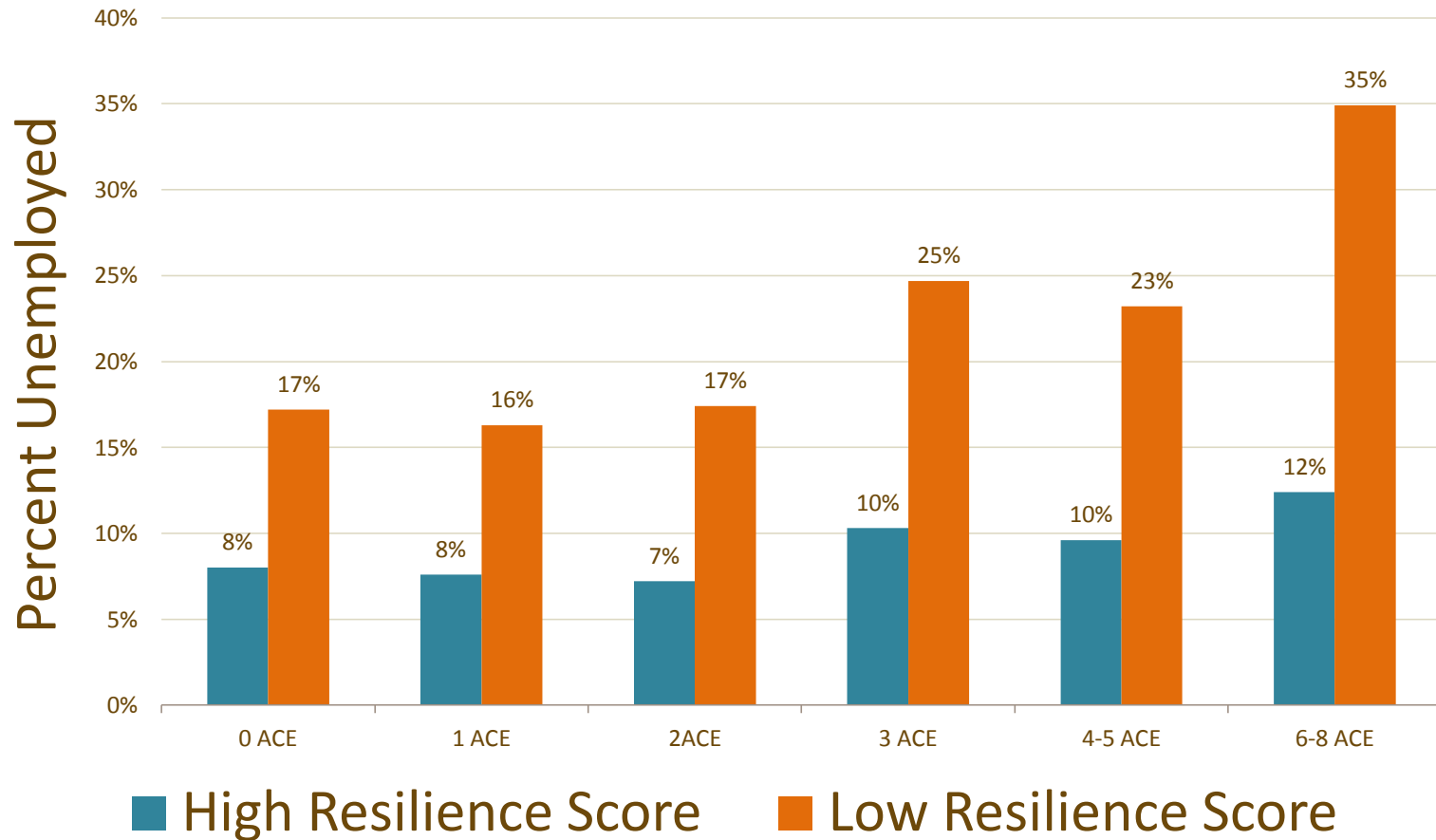


Cultivating a Positive View; Making Meaning

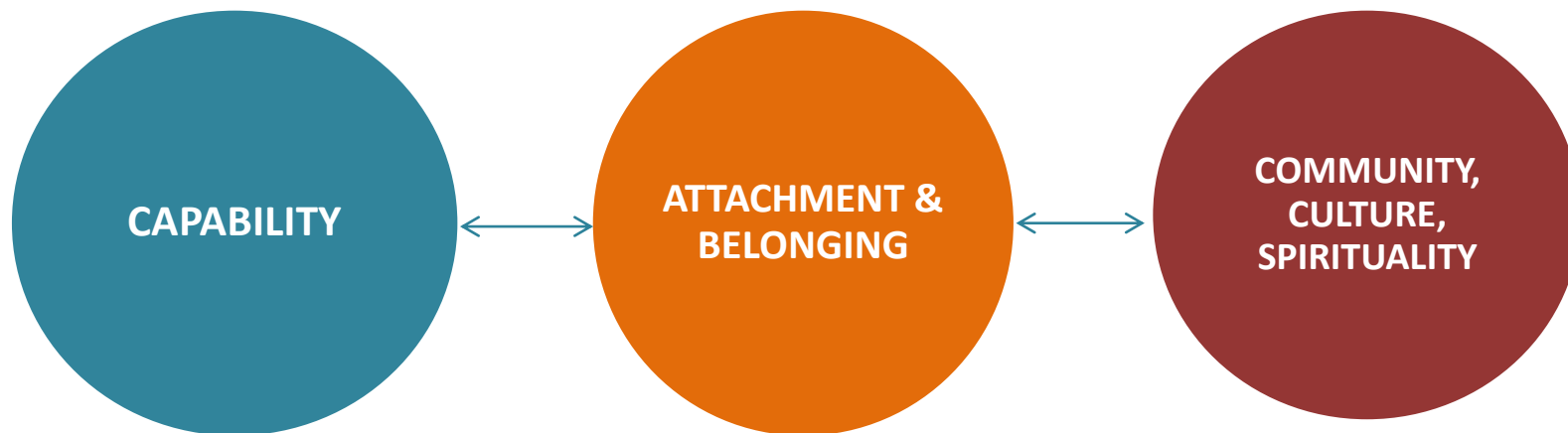
What Helps?

1. Naming the problem
2. Doing small good works
3. Engaging in rituals
4. Forgiveness
5. Religion and spirituality
6. Hearing and telling stories
7. Seeking justice
8. Living into hope

People with Support & Hope Are more likely to be employed



RESILIENCE SCORE: SOCIAL & EMOTIONAL SUPPORT, POSITIVE VIEW, HOPE



- Intellectual & employable skills
- Self-regulation – self-control, executive function, flexible thinking
- Ability to direct and control attention, emotion, behavior, positive self-view
- Efficacy

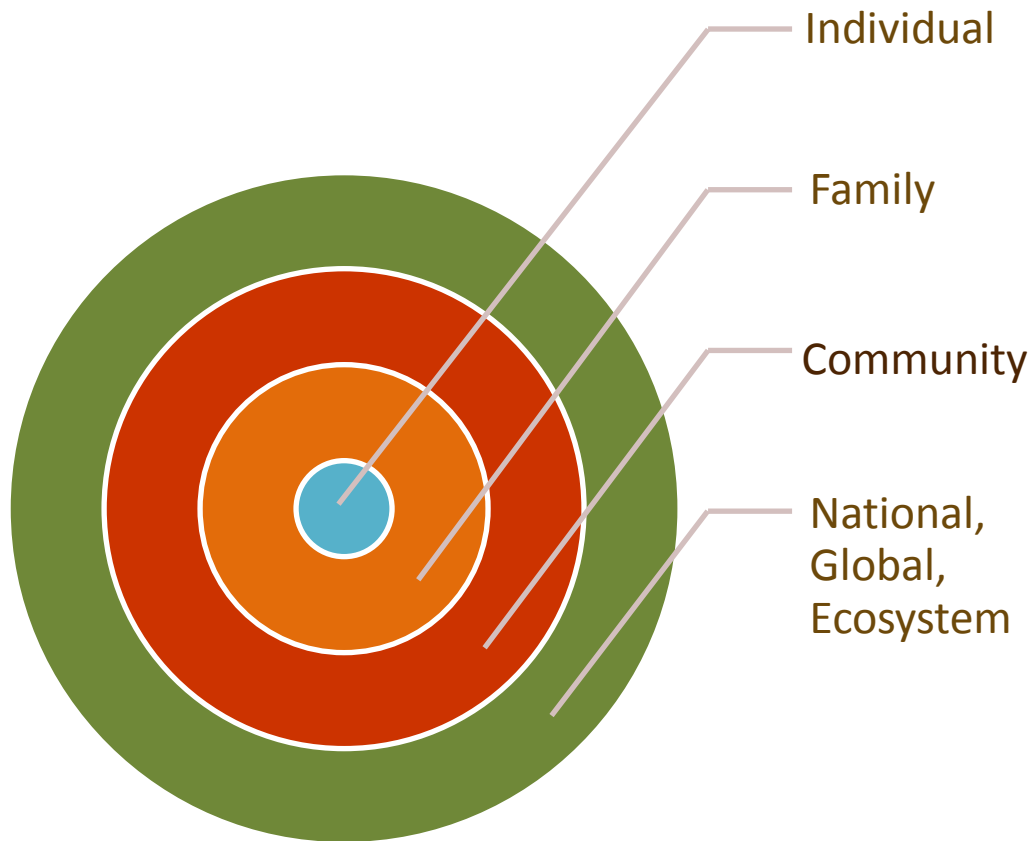
- Bonds with parents and/or caregivers
- Positive relationships with competent and nurturing adults
- Friends or romantic partners who provide sense of security/help with emotion coaching
- Social/emotional support

- Faith, hope, meaning
- Engagement with effective organizations – schools, work, pro-social groups
- Network of supports/ services & opportunity to help others
- Cultures providing positive standards, expectations, rituals, relationships & supports

Resilience

The natural human capacity to navigate life well.

(HeavyRunner & Marshall, 2003)



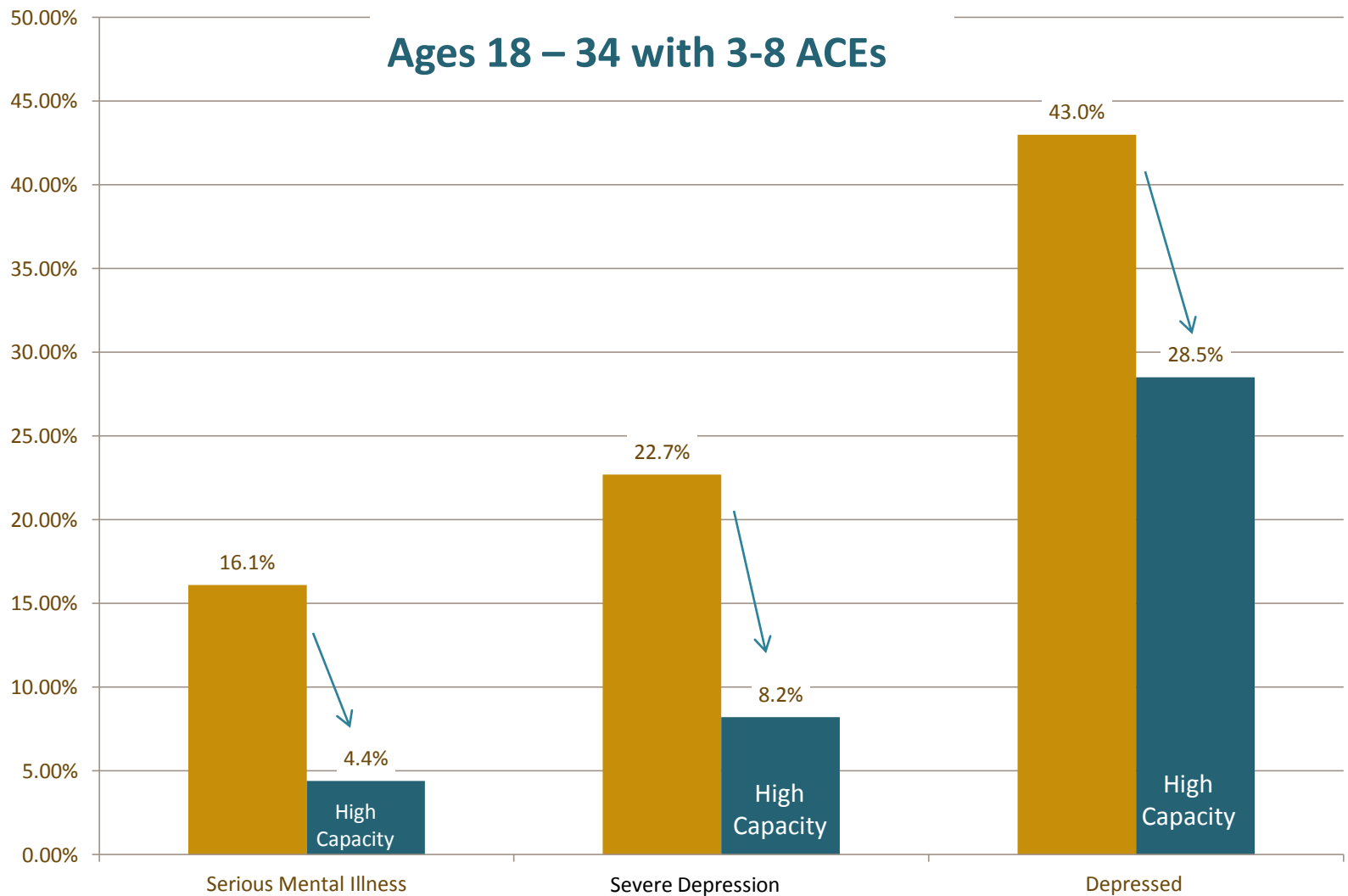
**RESILIENCE
OCCURS AT
ALL LEVELS**

Keys to Greater Community Capacity & Efficacy

1. Opportunities for everyone to help – to co-lead
2. Coming together; shared understanding
3. Learning together – reciprocity
4. Results-based decisions

Measures are highly correlated with population-level positive outcomes.

The Power of Community Capacity: Less Depression & Serious Persistent Mental Illness

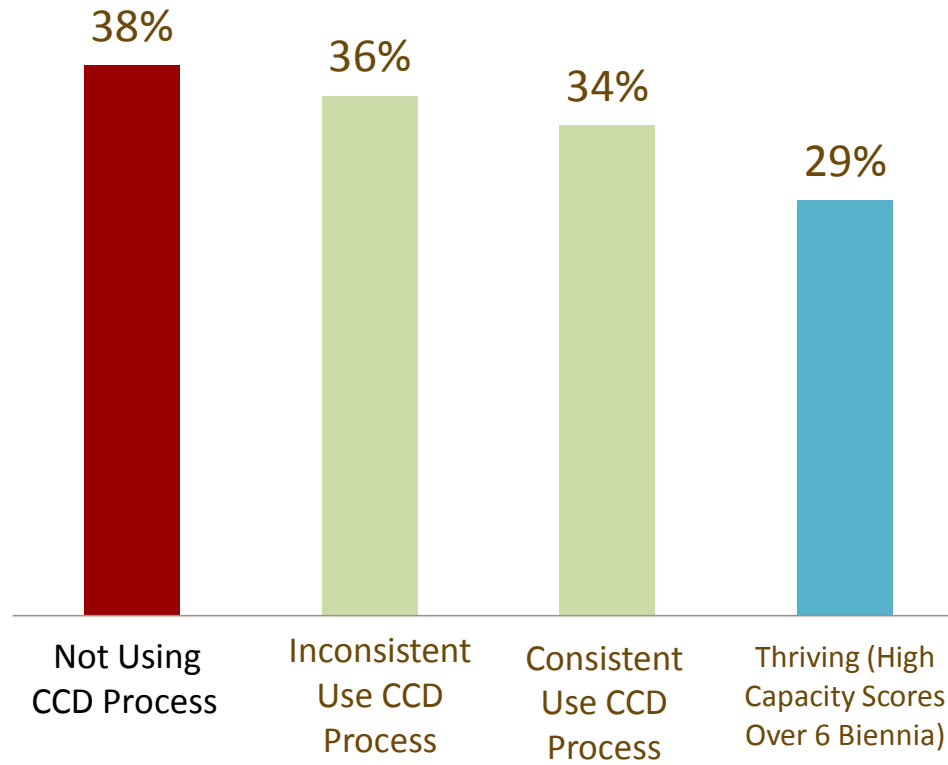


Significant differences after controlling for age, education, income, race/ethnicity, and ACE score.

The Power of Community Capacity

Lower ACE Scores Among 18-34 Year-Olds

% WITH 3 OR MORE ACES



FPC=Family Planning Council

Examples:

Jefferson – Parents, Nurses, Mentors Retool for Shift

Roosevelt neighborhood: A Great Place to Live

Take Back the Light

The Hopi Elders Speak

You have been telling the people that this is the Eleventh Hour.

Now you must go back and tell the people that this is THE HOUR.

And there are things to be considered:

Where are you living? What are you doing? What are your relationships? Are you in right relation?

Where is your water? Know your garden. It is time to speak your Truth. Create your community.

Be good to each other. And do not look outside yourself for the leader.

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart, and they will suffer greatly.

Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water. See who is in there with you and celebrate.

At this time in history, we are to take nothing personally. Least of all, ourselves. For the moment that we do, our spiritual growth and journey comes to a halt. The time of the lone wolf is over. Gather yourselves! Banish the word struggle from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for.

The Elders Oraibi, Arizona Hopi Nation