



Rhode Island Community Health Worker  
Conference 2024:

# Resilient Communities

*Thursday, June 13, 2024 9am-4pm  
Rhode Island College, Alger Hall*

## Community Resiliency

Facilitators: Ambar Delgado and Geraldine McPhee

# Workshop Aims

- ❖ Increase understanding of why community resiliency matters.
- ❖ Assess different approaches to build resilient communities.
- ❖ Explore opportunities to strengthen the role that CHWs can play in supporting community resilience.
- ❖ Identify strategies to help communities respond to challenges with strength and compassion.

## **Purpose:**

Bringing the lens of the Community Resiliency Model to creating safer spaces for dialogue regarding our differences, honoring our lived experiences and remembering what binds us as a world community.



## **Core Values:**

Service  
Social Justice  
Dignity  
Respect  
Worth of every person, family and community

# Community Agreements

- ❖ Be present
- ❖ Foster a safe space for everyone
- ❖ Allow each personality to shine in the room
- ❖ Allow space for others to speak
- ❖ No one knows everything - together we know a lot
- ❖ We take care of ourselves - stretch, eat, drink, use restroom, rest, etc





What does community resiliency mean to you?



# My Journey



# What is Community Resiliency



Community resilience is **the ability of a community to recover** from a disaster or persist sustainably in the face of a new, ongoing hardship. And as communities themselves continue to grow, both in size and complexity, the risk to those communities increases.

# Community Lens Perspective Shift

## Conventional

- People are bad.
- People need to be punished.
- People just don't care.
- We need to stop making excuses for people.
- **What is wrong with you?**

## Trauma-Informed

- People are suffering.
- People need an effective intervention.
- Many people care but lack understanding and skills.
- We need to learn how trauma impacts a child's and adult's development.
- **What happened to you?**

## Resiliency-Informed

- People are resilient.
- People need our compassion as they learn new skills.
- Any person can learn self-regulation skills based on science
- We need to learn how skills of well-being can reduce suffering.
- **What is right with you? What are your strengths?**



# Role Play Scenario

Assume you are working as a CHW on a community cleaning project as part of the efforts of the local municipality to beautify the community and increase its value.

Two days after you and your team members cleaned around some neighborhoods, you noticed that residents living close to a recreational park have again started to accumulate small debris, household trash, car tires and pieces of furniture on the sidewalks.

Noticing this, you decide to take action and attend a community meeting conversation to talk directly with the community leader.

# Compare 2 Models of Community Building

Community Building Model	Social Service Model
Focus on <b>ASSETS</b>	Focus on <b>NEEDS</b>
Builds from <b>OPPORTUNITIES</b>	Responds to <b>PROBLEMS</b>
<b>Investment</b> Orientation	<b>CHARITY</b> Orientation
Emphasis on <b>ASSOCIATIONS</b>	Emphasis on <b>AGENCIES</b>
Focus on <b>COMMUNITY</b>	Focus on <b>INDIVIDUALS</b>
Goal is <b>EMPOWERMENT</b>	Goal is <b>SERVICE</b>
Power comes from <b>RELATIONSHIPS</b>	Power comes from <b>CREDENTIALS</b>
<b>PEOPLE</b> are the answer	<b>PROGRAMS</b> are the answer
People are <b>CITIZENS</b>	People are <b>CLIENTS</b>

# Community Resiliency: A Set of Wellness Skills

Community resiliency model can be used:

- Across the lifespan
- Cross cultures
- Individuals with different literacy abilities.



- **Strengthening Community Networks**
- **Implementing Community Service Programs**
- **Enhancing Economic Opportunities**
- **Supporting Mental Health and Well-Being**
- **Promoting Access to Education**

# How Does Rhode Island Build Community



CHILD OPPORTUNITY ZONES

and

RI PARTNERSHIP FOR COMMUNITY SCHOOLS

Families, Schools, and Communities in Partnership for Success

TOBACCO  
FREE RHODE  
ISLAND

A statewide network of organizations and individuals fighting to reduce tobacco and nicotine use - the leading cause of preventable death and disease in Rhode Island.



Rhode Island's Health Equity Zone (HEZ) Initiative



# Three Realms of Adverse Community Experiences (ACE's)

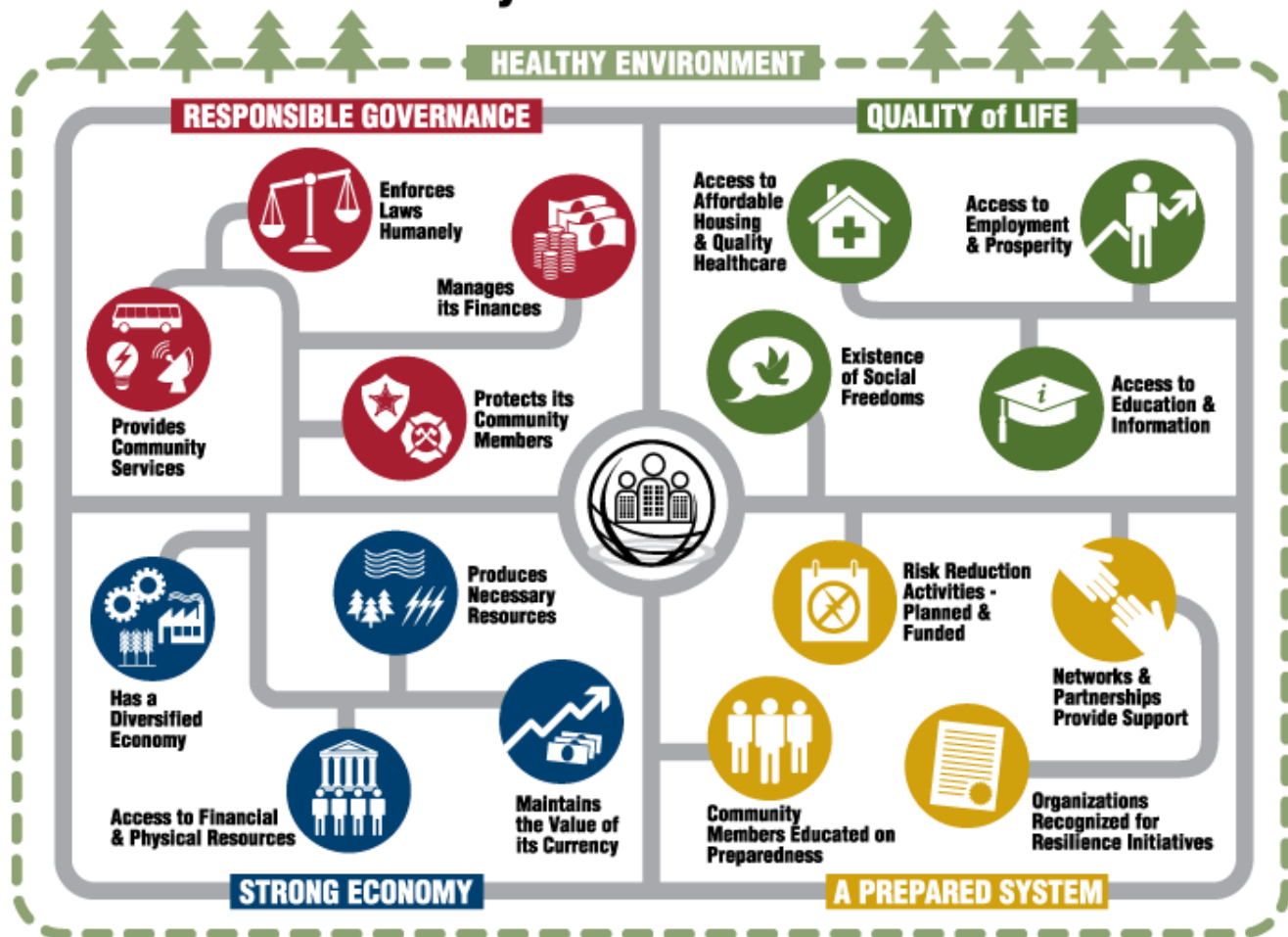
## Household - Community - Environment



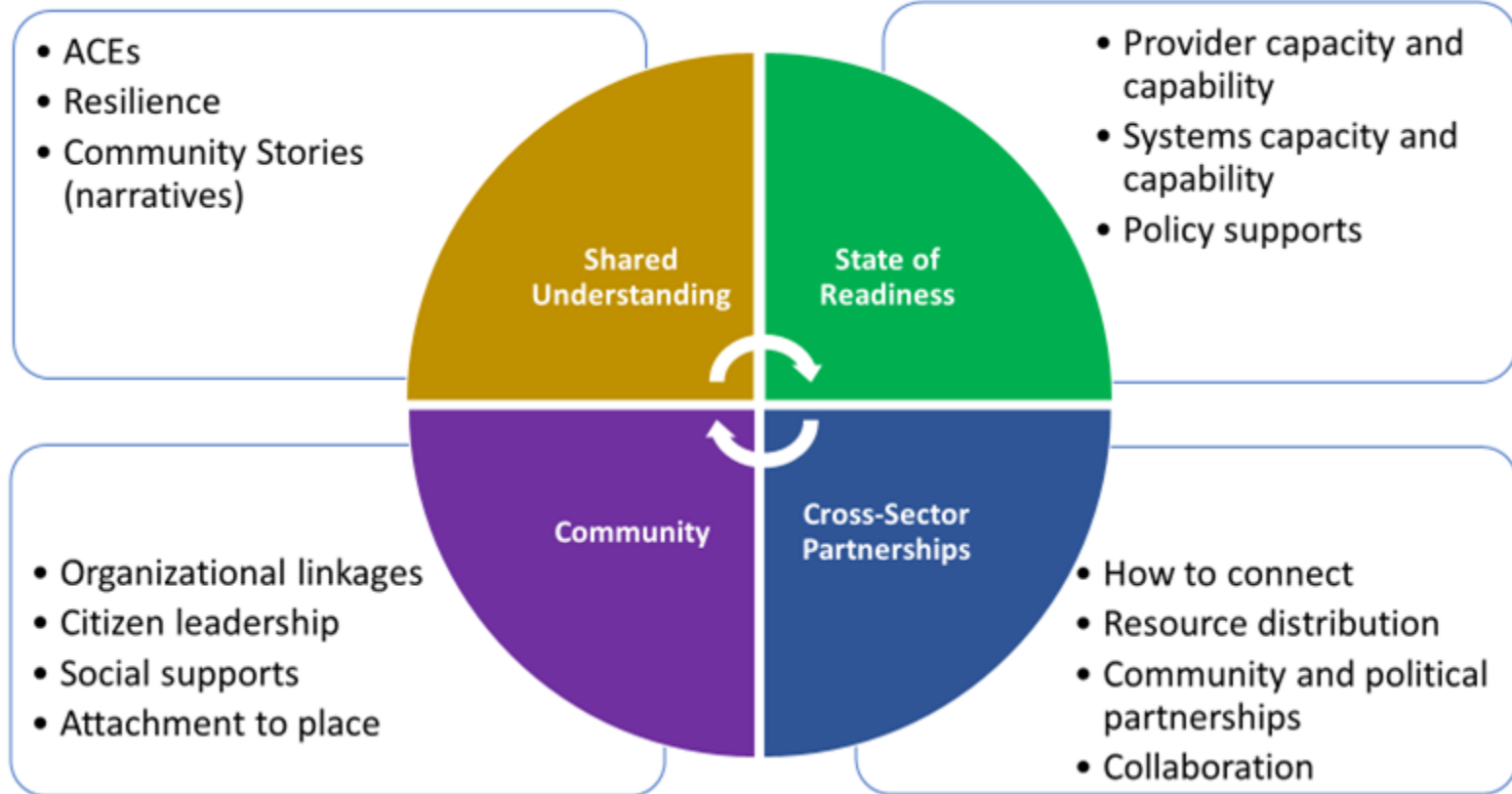
Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



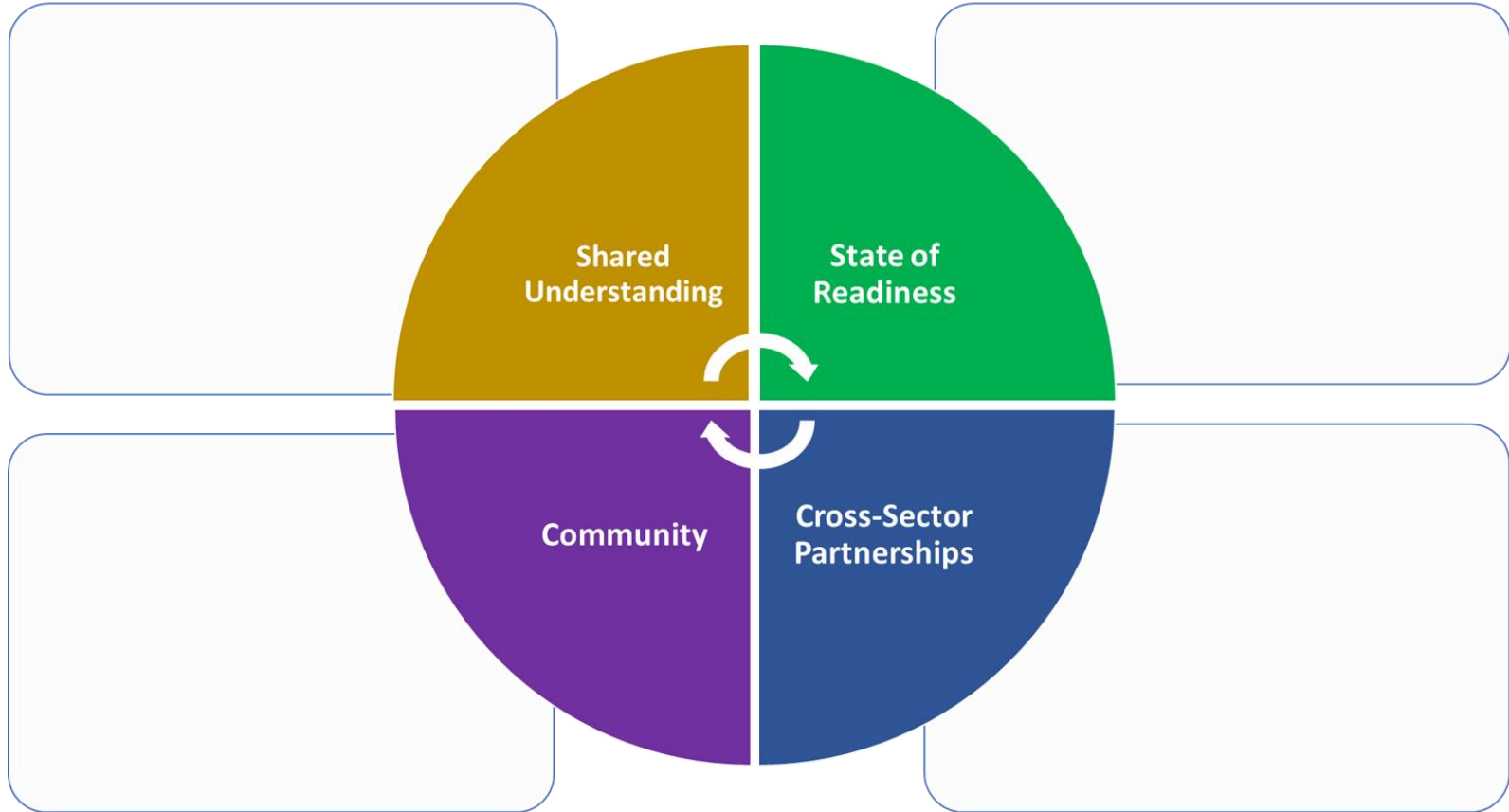
# Community Resilience Framework™



# Supporting Factors



# Your CHW Community Resiliency Map





# The CHW Role in Community Resilience

- Participating in evaluation and research
- Implementing individual and community needs assessment

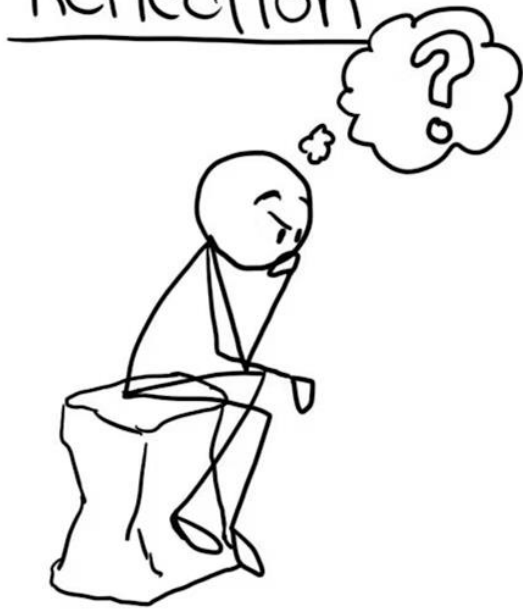
- Building individual and community capacity
- Conducting outreach
- Advocating for individuals and communities



- Providing coaching and social support
- Providing culturally appropriate health education and information

- Care coordination, case management, and systems navigation
- Cultural mediation among individuals, communities, and health and social service systems

Reflection



What will you do  
as a CHW to support  
community resilience?

# Resources

- [Community Health Workers: Department of Health \(ri.gov\)](#)
- [Rhode Island's Health Equity Zone \(HEZ\) Initiative: Department of Health \(ri.gov\)](#)
- [Take your ACE Test : Understand your health risks. \(stopabusecampaign.org\)](#)

# References

- **The BCR Approach** | Center for Community Resilience | Milken Institute School of Public Health | The George Washington University (gwu.edu)
- **What is Community Resilience** <https://urbanfootprint.com/community-resilience-meaning/>
- **Cultivating Resilience in Underserved Communities** - Dr. Annise Mabry Foundation (drannisemabry.com)
- **What is Community Resilience and Why It Matters** – El Sol Neighborhood Educational Center (elsolnec.org)
- **Community-Resiliency-Model-NAC-.pdf** (newcomersaccesscenter.org)
- **A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model** - Academic Pediatrics (academicpedsjnl.net)