Objectives

- Discuss how psychiatrists and mental health professionals can contribute to adaptation efforts
- Define Transformational Resilience
- Describe programs that promote transformational resilience at individual and community levels
- Discuss how psychiatrists and other health professionals can use transformational resilience in order to address the impact of climate change in the mental health of their patients and communities
Disasters are obvious, but let’s not forget slow moving effects.
Pressing needs before and after: social determinants take different shapes
Empathy & Resilience

What can we do?

- Psychological First Aid
- Mindfulness
- Establish relationships with community leaders
- Let community tell you what they need
- Go beyond typical therapeutic actions to address climate change
  - Advocacy
  - Embrace sustainability efforts
  - EDUCATION!
Post-Traumatic Growth

Level of Functioning → Adverse Event → Growth

Recovery
("Bouncing back" to "normal" or "pre-crisis" conditions)

Dysregulation

Time →

Post-Traumatic Growth: using adversity as a transformational catalyst to increase wellbeing above pre-crisis levels and find new meaning, purpose, and hope in life.

Self-Transcendence is Key: Research shows PTG often involves moving beyond personal self-interest to assist others and/or nature (i.e. eudemonic wellbeing)

Resilience vs. Preparedness

Traditional disaster response models have not worked well enough

Bob Doppelt,
International Transformational Resilience Coalition

Rand’s Community Resilience Portfolio by Anita Chandra,
RAND Corp.
What can we do?

- Prepare people to constructively cope with the rising interlinked traumas and toxic stresses generated by climate disruption
- Be an example
  - Lead the way in using climate-related trauma and stress as transformational catalysts to come together across racial, religious, ethnic, gender and privilege lines
- Do what is needed to reduce the climate crisis to manageable levels and create tangible better conditions for everyone.
  - Educating
  - Research

Transformational Resilience

- Systematic prevention process that builds on existing strengths to minimize adverse mental health and psycho-social-spiritual impacts before they happen
- Helps people use climate adversities as transformational catalysts to learn, grow, and increase personal, social, and ecological wellbeing above existing levels
- From “me” to “we”
The Resilient Growth™ Model Of Transformational Resilience

Focus: Presencing skills to regulate the body's fear-based reactions

Ground—and center yourself by stabilizing your nervous system.

Remember—your personal strengths, resources, and social support network.

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 new insights and meaning in life in climate-enhanced hardships.

Tap—into the values you want to live by in the midst of climate adversity.

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

http://www.theresourceinnovationgroup.org/
Partnerships with Community Organizers and Non-Profits

- P.E.C.E.S.
- VAMOS PR
- Güakiá Colectivo Agroecológico

Other Organizations:
- Sol Invictus Puerto Rico
- Casa Pueblo
- Voz Activa

Valuable resources

- Transformational Resilience Information: http://www.theresourceinnovationgroup.org/transformational-resilience/
- Medical Society Consortium on Climate Change and Health (the Consortium): https://medsocietiesforclimatehealth.org/
- U.S. Global Change Research Program, Climate and Health Assessment: https://health2016.globalchange.gov/
- Climate Psychiatry Alliance: http://climatepsych.wpengine.com/#ourpurpose
Valuable resources

- APA’s Disaster Committee
  https://www.psychiatry.org/psychiatrists/practice/professional-interests/disaster-and-trauma

- Curriculum Recommendations for Disaster Behavioral Health Professionals
  https://ncdmp.h.usuhs.edu/Documents/BehavioralHealthRecommendations-201401.pdf

- Health Care Without Harm
  https://noharm.org

- Climate For Health
  http://climateforhealth.org

- Physicians for Social Responsibility
  http://www.psr.org

Some References

  (https://health2016.globalchange.gov/populations-concern)

- IPCC, Climate Change 2007 - Impacts, Adaptation and Vulnerability - Contribution of Working Group II to the Fourth Assessment Report of the IPCC, p. 374; see also chapter 7 on industry, settlement and society and chapter 17 on adaptation practices, options, constraints and capacity.

