

# OCTOBER IS RESILIENCE MONTH

(2013-2020)



Hello & Welcome! Come take a peek at how ORM has grown and changed over the years. At the CRI, we've turned ORM into an annual tradition that supports our efforts at community engagement and resilience building. ORM anchors us to our community and is a month dedicated to celebrating and strengthening our inner resilience. Here are our highlights!

## Starting at its launch in 2013,

### WE DEVELOPED A PROCLAMATION THAT IS SIGNED ANNUALLY BY THE CITY OF WALLA WALLA

The Proclamation highlights partnerships in the community and a commitment they each have to fostering October is Resilience Month.



### WE HELD AN ART FESTIVAL AT LINCOLN HIGH SCHOOL.

We also created an ORM Banner that was posted on S. and 2nd street and was created by Walla Walla Penitentiary inmates. We also conducted a Resilience Treasure Hunt and held a Resilience Art Festival at Lincoln High School.

## IN 2014,



Children joined us for a Resilience Scavenger Hunt on Main St. We also had an ELC luncheon table at Reid Campus Center at Whitman College, hosted an event for the Exchange Club, and created a survey that was available at the Farmer's Market and Garrison Middle School on exposure and common language.



# IN 2015...

We hosted a BMAC training, created an ORM banner, and hosted an Open House where the community could learn about our work.



# IN 2016,



We hosted a Resilience Table at the Farmer's Market with a questionnaire.



Rick led an engagement workshop at the YWCA. We also posted a question on our Sandwich Board about resilience to generate community engagement, and held a resilience film screening at WAHI.



# In 2017...

This year we wrote an Op-Ed piece about ORM and Resilience for the Union Bulletin, hosted an Art Extravaganza at Edison, posted Yard Signs about resilience down town, hosted a Beathing Star event for children, and screened both PT and Resilience at WAHI. We also posted large posters around town on business windows about resilience building, and received a request from the County Commissioners regarding our proclamation.



October is **RESILIENCE** Awareness Month  
**GOT RESILIENCE?**

JOIN THE COMMUNITY RESILIENCE INITIATIVE AT THE FOLLOWING EVENTS DURING THE MONTH OF OCTOBER

Oct. 17, 7 pm Free Screening of "Resilience" at Maxey Hall on the Whitman College campus.

Oct. 19, 7 pm Free Screening of "Paper Tigers" at Maxey Hall on the Whitman College campus.

Oct. 24, 6-8 pm "Art Extravaganza, Expressing our Emotions Through Art" at Edison Elementary School. Free pizza, salad and art activities.



**COMMUNITY RESILIENCE INITIATIVE**

www.beatACES.org @ResilienceTrumpsAces

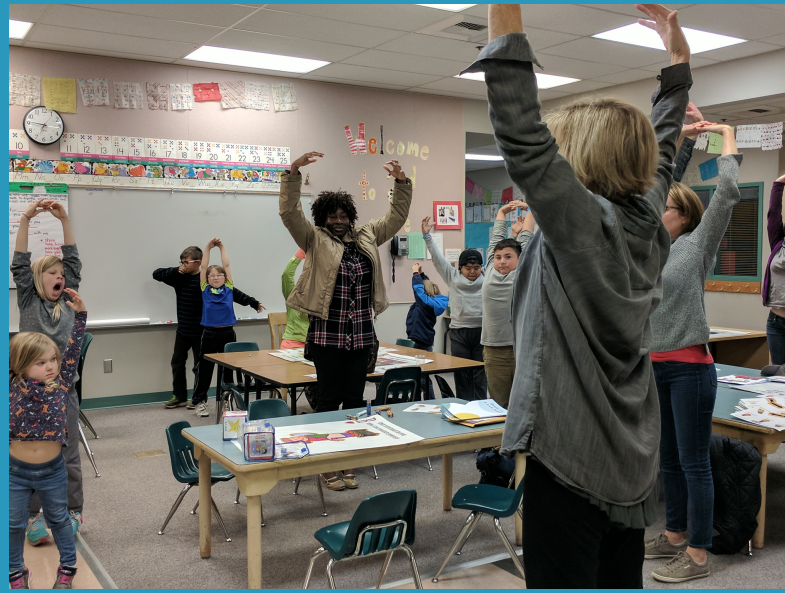


# IN 2018,

Tod Sullivan came to Walla Walla from the United Kingdom to observe us for 4 weeks. The London Resilience Event was hosted by the CRI and Tod at the Plaza Library. We also offered 3 screenings of "Raising of America" at WAHI as well as a screening of "Inside Out" at Edison. We also held Breathing Stations at Green Park open house, hosted an Art Extravaganza at Sharpstein Elementary School, and posted yard signs around town.



# In 2019,



We hosted a pet rock event at the Farmers Market, held STEM events with Brent Cummings on brain chemistry and neurobiology, posted yard signs around town, and partnered with the Exche Club.

We also taught balloon breathing exercises to elementary school children.



# IN 2020,

We hosted a 5-part Webinar series highlighting different adverse experiences. We also hosted an Exchange Club event, hosted a special webinar with Teresa Posakony, and created a mindful Calendar Challenge for the community to learn self-soothing strategies to build resilience.

**Resilience TRUMPS RACES**

How can we reconnect when social distancing has become the norm?

**October = RESILIENCE Month**  
Join us for an hour on Zoom each Thursday. Learn how community resilience can bring us together during these difficult times.  
For access information, please visit: <https://criresilient.org/october/>

<p>Thursday, October 1, 2020 Time: 12 p.m. (noon) Special guest speaker: <b>Dr. Gail Christopher, national leader on equity and social justice</b> ACE Focus: Adverse Childhood Experiences Key Concept: Love, Trust, and Safety</p>	<p>Thursday, October 8, 2020 Time: 12 p.m. (noon) ACE Focus: Adverse Community Environments Key Concept: Protective vs. Risk Factors</p>
<p>Thursday, October 15, 2020 Time: 12 p.m. (noon) ACE Focus: Adverse Cultural Exposures Key Concept: R.O.L.E.S.</p>	<p>Thursday, October 22, 2020 Time: 12 p.m. (noon) ACE Focus: Adverse Circuitry Expression Key Concept: Predictive Brain</p>
<p>Thursday, October 29, 2020 Time: 12 p.m. (noon) ACE Focus: Adverse Catastrophic Events Key Concept: Individual and Community Resilience</p>	<p><b>5</b> Thursdays ACE Focus Areas Key Concepts Reflections and Activities</p>

Brought to you by:

**COMMUNITY RESILIENCE INITIATIVE**

Thanks to our amazing sponsors and their financial support!

**PROVIDENCE Health Care**

**BUILD COMMUNITY RESILIENCE**

**HEALTH FEDERATION OF WALLA WALLA COUNTY**

**HEALTH RESOURCES**

David and Mindy Hay

We also created a scavenger hunt where participants searched for our Sandwich Board.



Keep in mind that the events showcased in this infographic are not an exhaustive list of every ORM event that occurred from 2013-2020. To see the comprehensive list of all activities, see the attached document.