

## Save the Date!

### Building Human Resilience for Climate Change in California Conference

A unique skills building & action planning congress on building personal and psycho-social-spiritual resilience for climate traumas & toxic stresses

Wednesday-Thursday, January 24-25, 2018  
The California Endowment's Oakland Conference Center

Registration Opens July 1, 2017



#### Our Conference Founding Co-Sponsors Include:

- The International Transformation Resilience Coalition
- American Public Health Association
- Southern California Public Health Association
- ACEs Connection Network
- The Trauma Resource Institute
- Bay Area Center for Regional Disaster Resilience
- 350 Sacramento
- Interfaith Power and Light
- Mobilizing Action for Resilient Communities (MARC) Program
- Hanna Institute at Hanna Boys Center
- Sonoma County ACEs Connection
- Tijuana River Nat. Estuarine Research Reserve Coastal Training Program
- The Center and Library for the Bible and Social Justice
- Willamette Univ. Dept. of Psychology

#### Why Attend This Conference?

Trauma and toxic stress affect many people today in the California. The acute disasters and chronic stresses generated by climate change can aggravate many of these ongoing adversities, and create altogether new ones as well. The result can be rising mental health problems including severe anxiety, depression, PTSD, and increased suicides. In addition, psycho-social spiritual problems can increase such as hopelessness, child and spousal abuse, crime, interpersonal violence, and intra-group conflict.

These fear-based reactions threaten the health, safety, and wellbeing of families, organizations, and communities. Because frightened people often focus only on self-protection and ignore external issues, they also threaten our ability to cut carbon emissions and minimize the climate crisis. This conference will be the first in California to address these issues head on.

#### On Day Participants Will

- Learn the adverse mental health and psycho-social-spiritual impacts associated with climate change; the psychobiology of trauma & toxic stress; social determinants of health; & root causes of health inequities.
- Practice a suite of simple personal and organizational resilience building skills and tools that can prevent harmful human reactions to climate adversities.
- Learn about methods to help individuals and groups turn toward and use climate and other adversities as transformational catalysts to learn, grow, and increase personal, social, and environmental wellbeing.

#### On Day Two Participants Will

- Learn a suite of skills, tools, and policies to build personal & psycho-social-spiritual resilience within communities for climate change
- Join with others in developing action plans and networking methods to launch and sustain human resilience building initiatives for climate change in your organization or community.

For more information or to become a conference co-sponsor contact: [tr@trig-cli.org](mailto:tr@trig-cli.org)

#### Who Should Attend This Conference?

This conference is a unique educational and networking opportunity for professionals and laypeople alike from California and elsewhere engaged in:

- Climate mitigation and adaptation
- Public health and health equity
- Mental health
- Individual and collective trauma
- Organizational trauma and health
- Community violence
- Social equity and justice
- Climate justice
- Faith and spirituality
- K-12 and higher education
- Disaster preparedness & response
- Ecological sustainability
- Others interested in helping individuals, groups, & communities respond constructively to climate enhanced traumas & toxic stresses.