

# Resilient Communities - The bounce back from adversity and trauma.



Jamila's Legacy - Supporting and educating  
communities and organisations in mental health well-being



**Jamila's Legacy CIC**

Mental Health

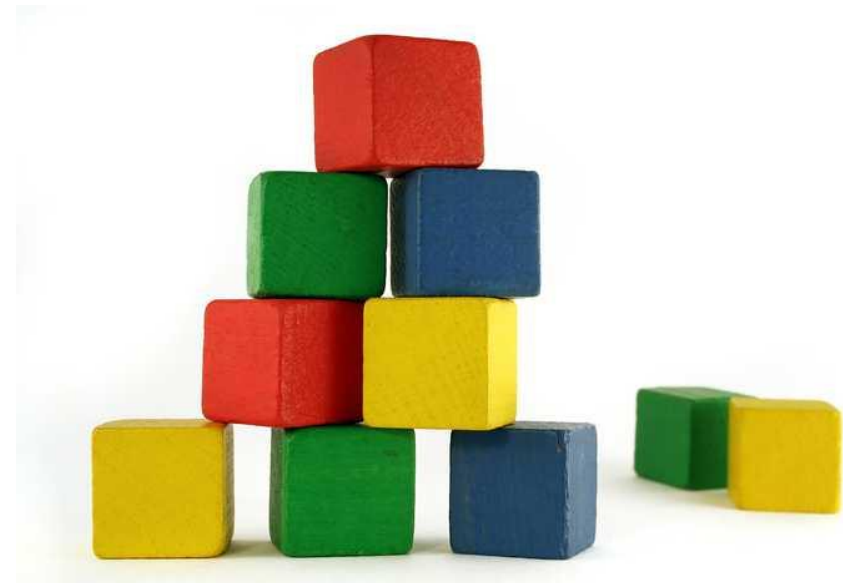
Awareness | Resilience | Training

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Mental Health Advocate/Trainer  
Jamila's Legacy  
BSc (Hons) Cognitive Behavioural Therapeutic Approaches

# Resilient Communities - 'The bounce back from adversity and trauma'

## Aims

- Increase understanding of adversity, trauma & resilience
- Increase awareness of community resilience.
- Understand the benefits of community resilience when faced with adversities and or trauma.
- Explore the role of individuals and organisations in building community resilience.
- Explore/discuss how community resilience can limit impact of trauma.





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What thoughts  
come to mind  
when you  
think about  
resilience?

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# Definition of resilience





# Resilience

**The ability to be happy, successful etc. again after something difficult or bad has happened.**

*Cambridge Dictionary*

Mental health is a fundamental element of the resilience, health assets, capabilities and positive adaptation that enable people both to cope with adversity and to reach their full potential and humanity

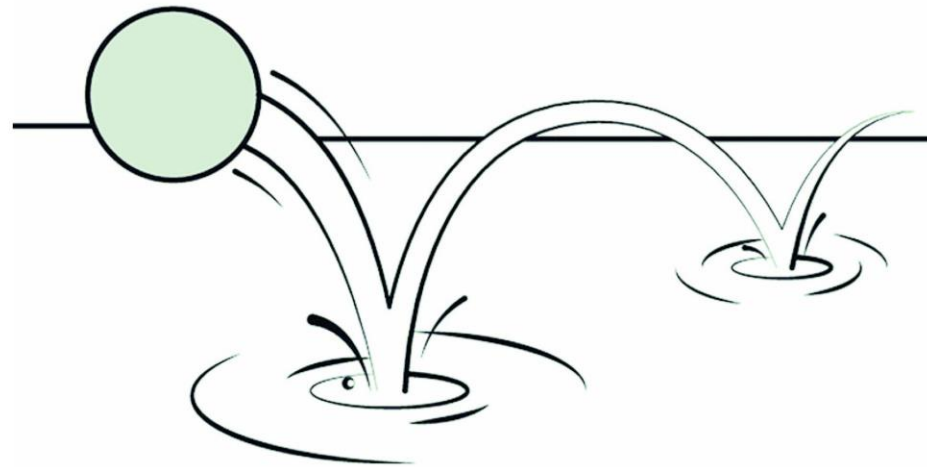


'Mental health, resilience and inequalities' Dr Lynne Friedl  
World Health Organization



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Resilience =  
Bouncebackability







What does the  
term resilient  
community  
mean?





# Resilient communities

**A resilient community creates the conditions within which individuals and families are supported in achieving personal resilience. Just as this healthy pattern leads to individual benefits, the overall result is a community itself that is healthier by any definition: greater sense of connection, fewer illnesses, and greater positive affect.**

[Stephen Sideroff Ph.D.](#)

# Resilience

Inherited?  
Innate?  
Developed?

**What does trauma look  
like in individuals?**

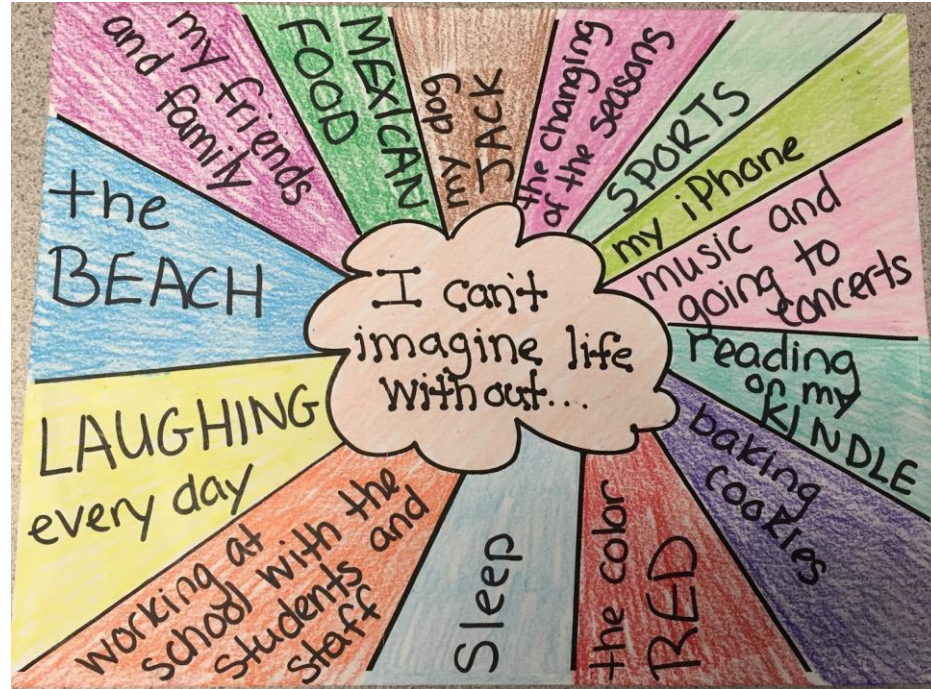




**What might  
trauma look  
like in  
communities?**



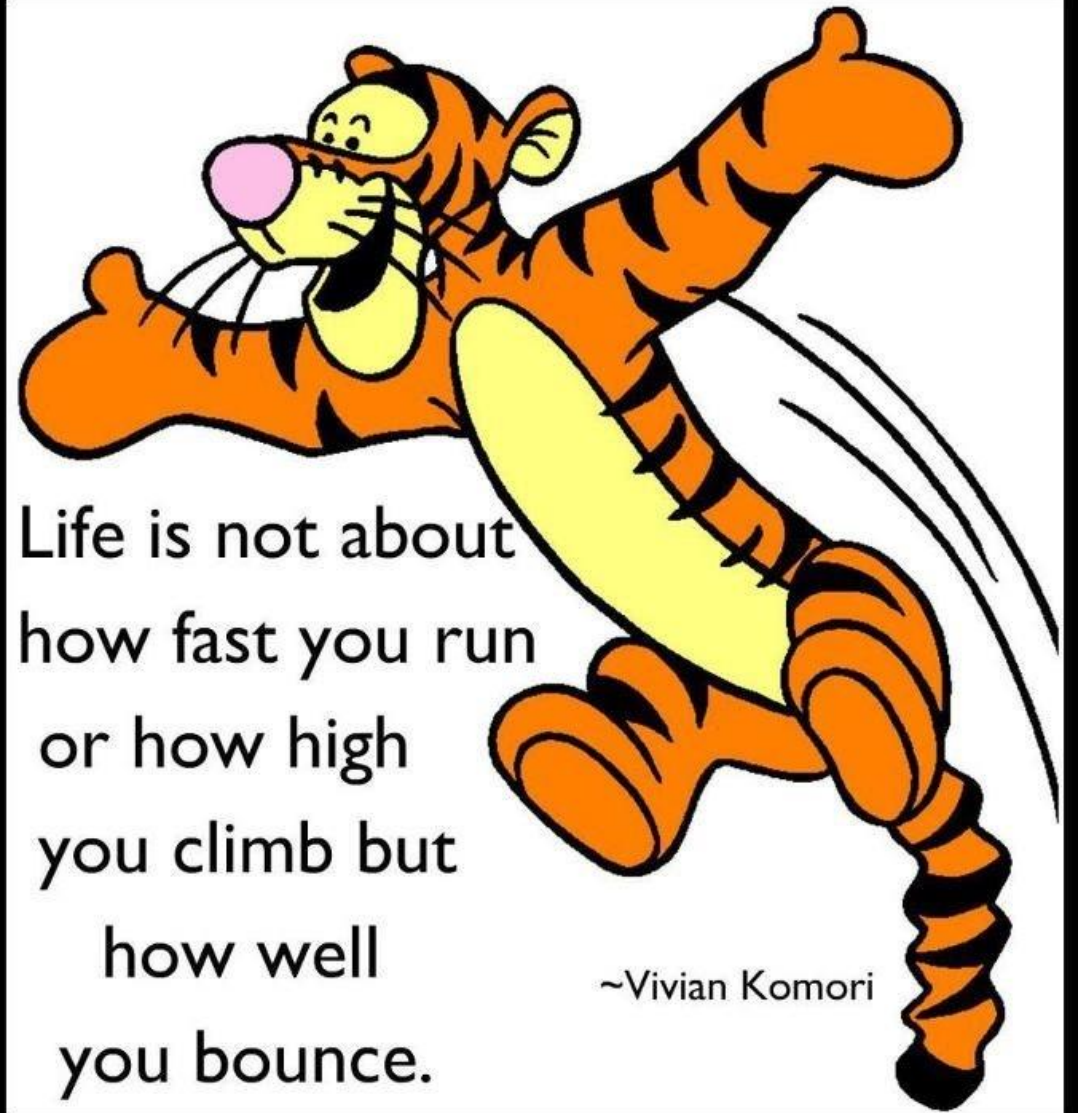
The clothes you were wearing,  
plus your favorite hoodie.



What if.....



# Resilience - The bounce back



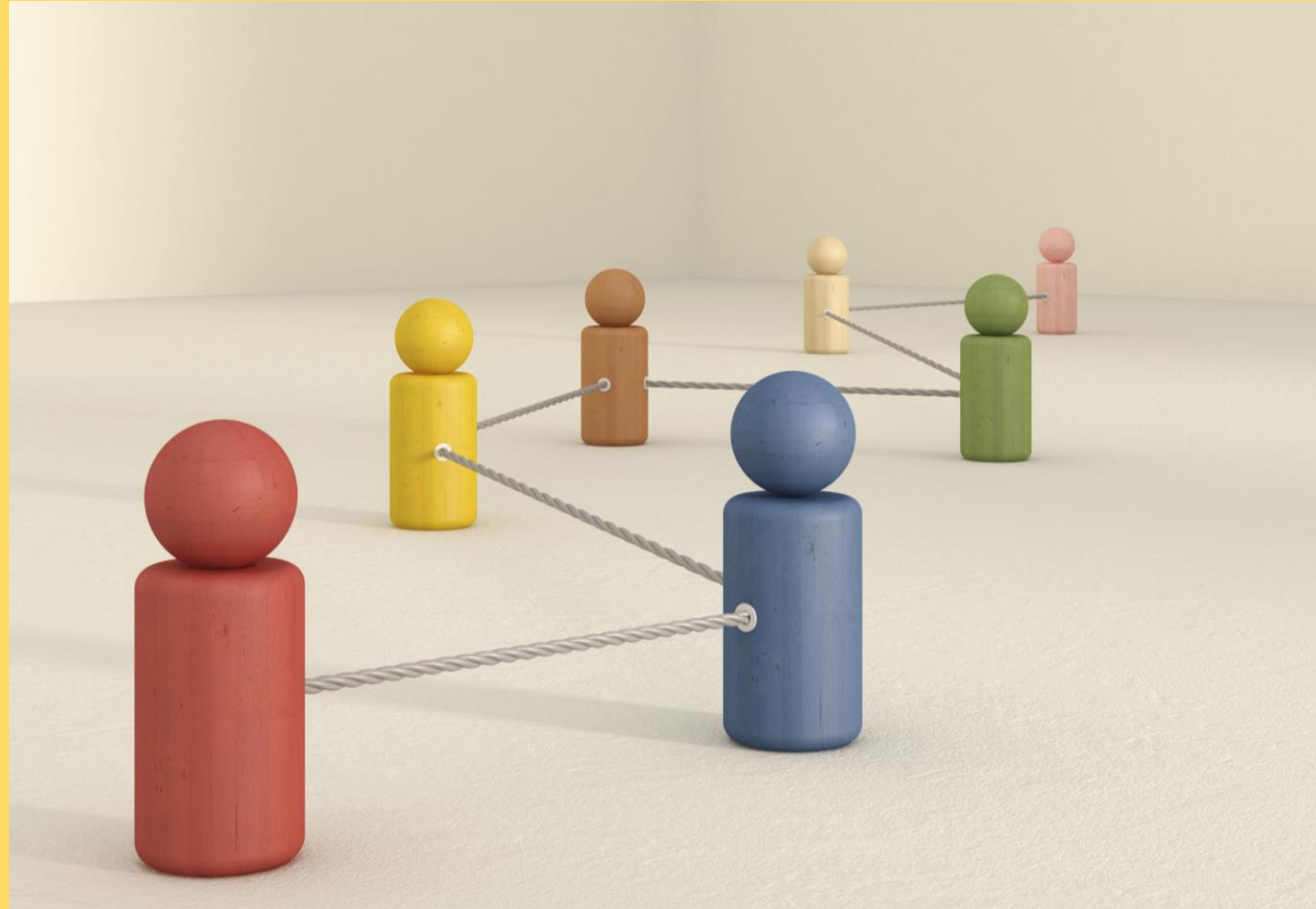
# How do we bounce back from adversity & trauma



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# The Seven Cs of Resilience



[The 7 Cs of Resilience - YouTube](#)

# The 7 Cs of resilience



COMPETENCE,



CONFIDENCE,



CONNECTION,



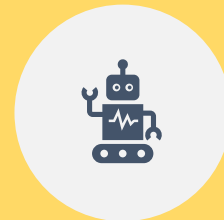
CHARACTER,



CONTRIBUTION,



COPING



CONTROL

# Resilient leaders



Elizabeth Yeampierre is an attorney and climate justice leader born and raised in New York City. As executive director of Uprose, Brooklyn's oldest Latino community-based organization, she is leading change in sustainable development, environmental justice and community-led adaptation.

[A Brief But Spectacular take on community resiliency - YouTube](#)

A photograph of a globe representing Earth, held by two hands wearing gloves. The left hand is in a pink nitrile glove, and the right hand is in a blue nitrile glove. A white rectangular label with a green tab at the top is attached to the globe, featuring the text "COVID 19" in bold black letters. The globe shows continents in brown and green and oceans in blue. The background is a plain, light gray wall.

**COVID 19**



“Sometimes it’s not until we’re pushed to the brink that we can truly appreciate the difference”

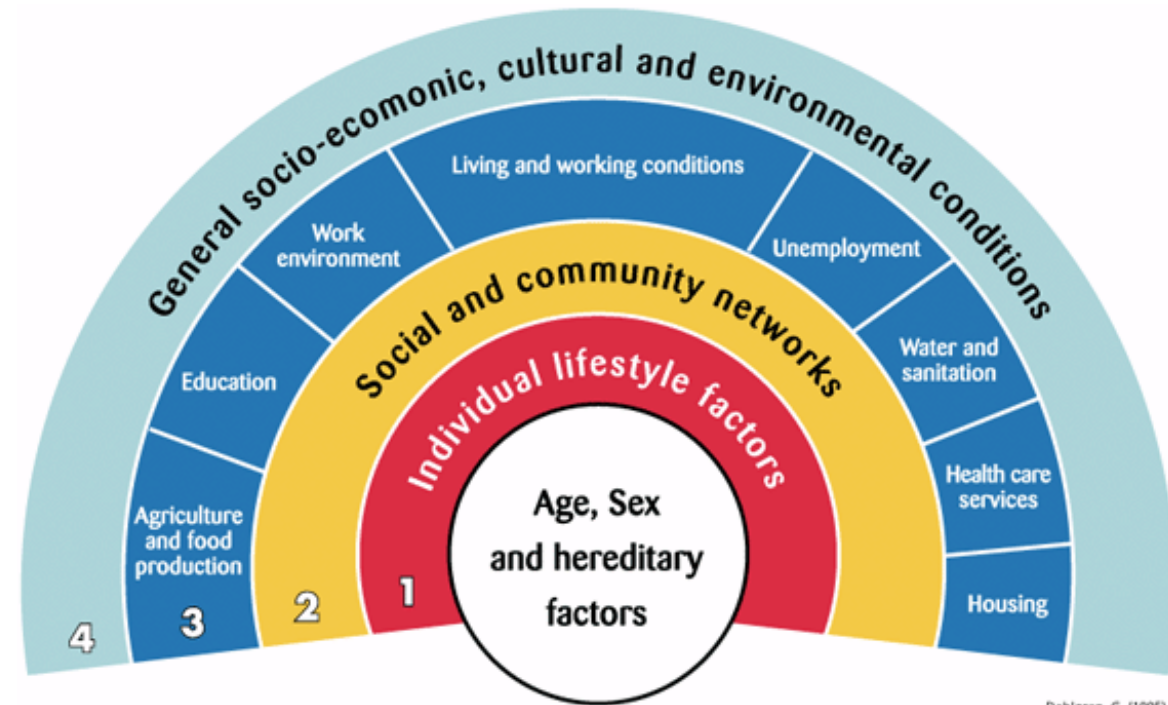
[Anna Akbari Ph.D.](#)



**Surviving versus thriving**

# Community

- Deprivation
- Poverty
- Unemployment
- lack of opportunities
- Education
- Housing
- Crime
- Racism
- Discrimination
- Disability
- Inequity
- Inequality
- Poor mental and physical health



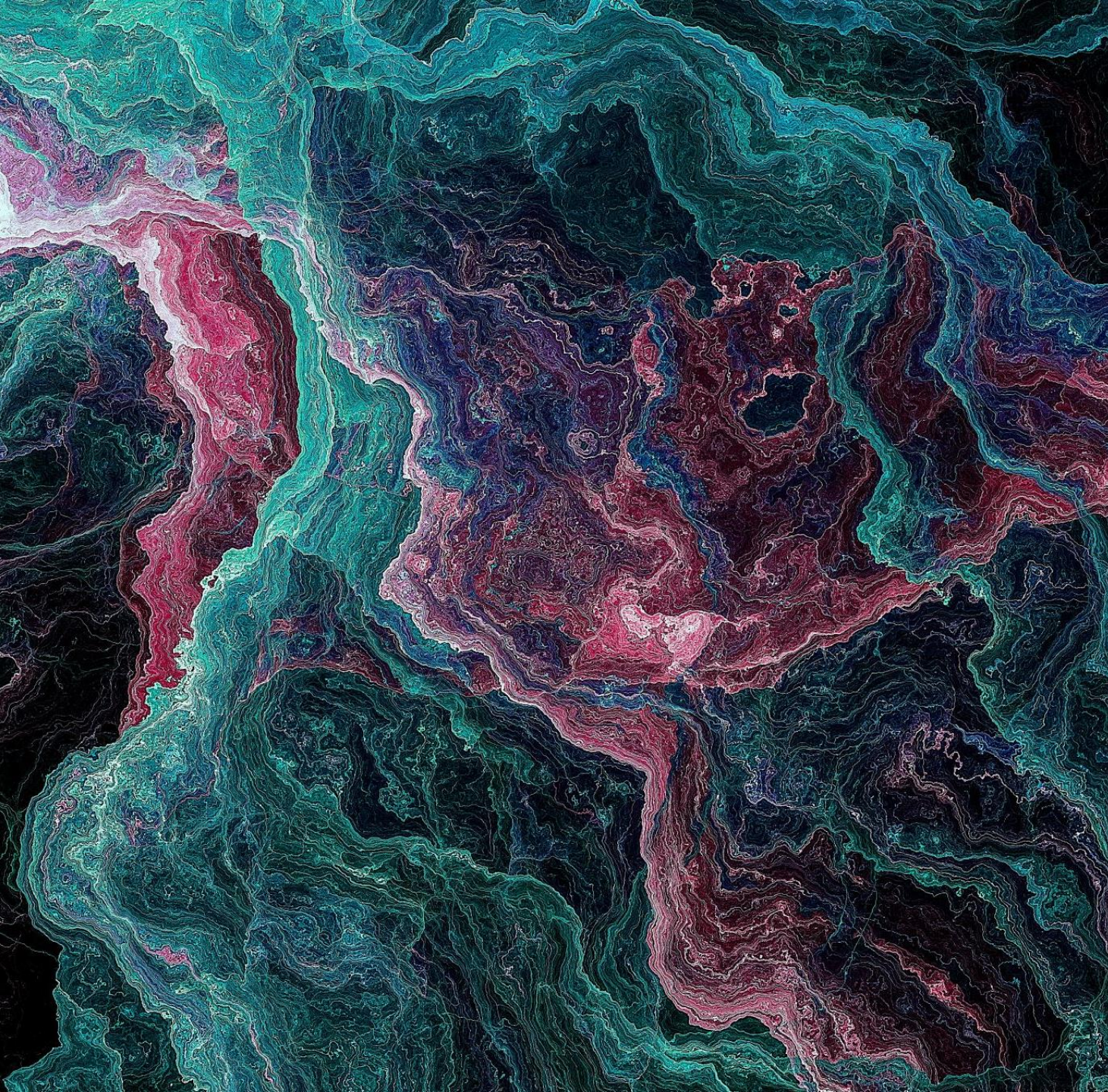
Dahlgren, G. (1995)  
European Health Policy Conference:  
Opportunities for the Future. Vol 11 - Intersectoral Action for Health.  
Copenhagen: WHO Regional Office for Europe



Good mental health  
is an asset that helps  
us to thrive.

*MENTAL HEALTH FOUNDATION 2023*





# Traumatic experiences

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## Collective Trauma

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How can we reduce the community impact from trauma?





# Community

- Leaders
- Assets
- Resources
- Partners
- Service providers
- Investment
- Collaboration
- Knowledge
- Empowerment



# Team Task





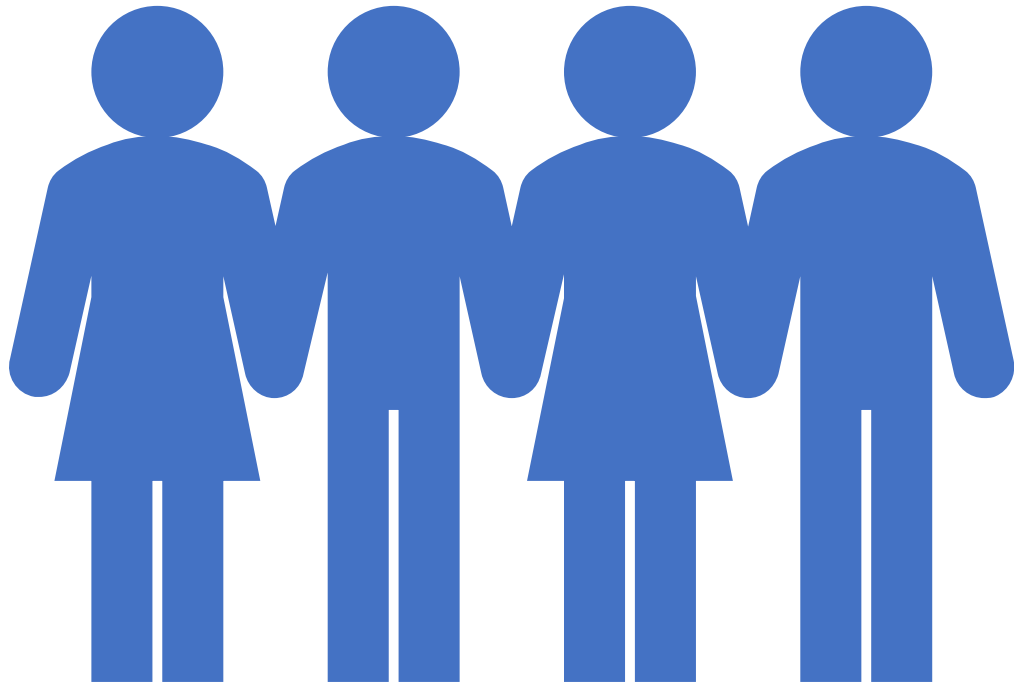
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Thank you for your  
participation





A resilient  
community fosters  
empathy and the  
desire to give back  
and give service.

*Stephen Sideroff Ph.D.*