



The Resilience Report

Volume I, Issue I

October 2022

CRI's Core Values:

- Connection
- Culture
- Diversity
- Knowledge
- Resilience
- Sustainability
- Wellbeing

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Celebrating October is Resilience Month

The Community Resilience Initiative is celebrating fall in style with October is Resilience Month.

Starting with a proclamation by the Walla Walla County Commissioners on September 26th, locals will see the CRI banner flying high above 2nd Street near the post office. Additional small banners, in both English and Spanish, will be placed along Main Street.

On October 1, CRI will kick off Resilience Month on-site at the Walla Walla Public Library to provide more information about our work in the community. Don't miss Teacher Brittany from [Moonshadow Music](#), who will entertain children and adults alike with a trauma-informed and resiliency-focused setlist.

Each week in October, we will be focusing on a different aspect of building resiliency, both externally and internally.

All of CRI's workshops will be available online. Week 1 will focus on connecting with nature to build resiliency. Week 2 will spotlight connecting with the self. Week 3 will focus on building family connections, and Week 4 will guide participants in building a resilient community. Each course will be facilitated by our Director of Community Engagement on Thursdays at noon. These 30-minute sessions are absolutely free and open to the public. Participants can click on this [link](#) to join.

A calendar has been created to highlight resilience-building strategies for each month in October. CRI encourages our followers to mindfully practice building resilience in the month of October.

Building resilience is more important than ever. Resilience is a skill that must be modeled, taught, and practiced. At CRI,



Spanish language signs on Main Street in Walla Walla

we believe that everyone has the capacity to build resilience. Relationships are the primary protective factor against trauma, and we look forward to showing our community how to build those connections.

Bringing Resilience to Virginia's Community Colleges

CRI's Executive Director, Rick Griffin, is hitting the road again to bring trauma-informed leadership training and strategies to Virginia's Community Colleges. Rick is excited to tailor some of CRI's core training to people in leadership positions. The trauma-informed leadership course is an advanced workshop that helps the user understand how

the brain works. It examines the implications on how people actually think, feel, and act, and can transform the way you lead. This 2-day workshop takes place on September 29 & 30 and covers Neuro-Mechanisms, Neuro-Collaborating, and Neuro-Learning. Virginia Community College Presidents, the Chancellor's Cabinet, and College

CEOs are the targeted audience and will be in attendance at this new and exciting event. Are you interested in learning more about trauma-informed leadership strategies? Contact [Rick Griffin](#) - he'll help you prepare to take that next step to transform yourself into a trauma-informed and resilience-based leader.



Ursula Volwiler

Congratulations on Retirement, Ursula!

CRI is delighted to share in the joy of announcing the retirement of our Director of Community Engagement, [Ursula Volwiler](#).

Ursula took on the role at CRI from our founder Teri Barila in 2020. She helped steer CRI's community-based work in the midst of a global pandemic, and ensured our connection to the community remained strong despite significant challenges posed by national shutdowns. Ursula was a tremendous help when CRI had to quickly pivot

to online networking during the pandemic.

At the end of August 2022, Ursula moved to Bremerton in western Washington State to be closer to her family.

Fortunately for CRI, Ursula remains connected to us through our Board of Directors. We are pleased to announce she has taken the position of Board Secretary.

Though many of CRI's partners will miss seeing Ursula at our trainings and conferences, rest assured her incredible

knowledge and skills will not be lost.

During her tenure at CRI, Ursula spearheaded many connections with the community, including recent boxing classes and art programs for at-risk youth. She has taught numerous workshops that have been tailored to specific audiences, such as trauma-informed practices for volunteers.

We are grateful for Ursula's service to CRI, and we wish her the very best for the next chapter in her life.

“We not only need to provide training, but we also need to start changing the very systems that cause trauma all through the lifespan...”

Working Upstream with Trauma and Resilience

You've heard the old adage, “An ounce of prevention is worth a pound of cure.” What does that mean in trauma and resilience work?

In a conversation with Ursula Volwiler, she described a community-focused approach to working upstream with trauma-informed and resilience-focused practices.

We all know that the healthcare system, particularly

mental health, has been stretched to the limit as a result of the pandemic. Many systems that have been pushed to the brink are suffering because they are addressing the issues *after* they have occurred.

Ursula recently said, “We need to move away from just educating professionals, because professionals, such as therapists, clean up the mess at the other end when trauma has already occurred. We need to

move more to the preventative side and educate people on the body-mind connection and give them tools to self-regulate.”

Self-regulation cannot happen in a bubble, and strategies only work when people are safe and ready to receive that information. People need access to shelter, food, and healthcare in order to be in a good place to learn self-regulation strategies. Helping to address those challenges is working upstream.



Becky Turner

Welcoming Becky Turner, CRI's New Director of Community Engagement

The Community Resilience Initiative has chosen Ursula Volwiler's successor. [Becky Turner](#) began in the position of Director of Community Engagement on September 1, 2022.

A homegrown Walla Walla Valley resident, Becky has worked as a public school teacher and in the local non-profit sphere as the former Executive Director of the STAR Project, providing

reentry services to people after incarceration.

Becky is also an active volunteer in the community of Walla Walla, and a member of the local Reach Out coalition to prevent suicide.

Eager to put her first-hand knowledge of the community to good use, much of Becky's early work at CRI has focused on fostering the connections her predecessor Ursula careful-

ly cultivated over the course of her service. She looks forward to bringing CRI's trauma-informed and resilience-focused training to all sectors of the Walla Walla Valley.

When she's not working on making connections in the community, Becky enjoys gardening and having weekly Sunday dinners with her extended family, where she is the assigned dessert maker.

CRI Welcomes New Board Members

The Community Resilience Initiative is pleased to welcome new Board members! Joining the team in September, CRI has a full Board of people who are excited to help move our vision of helping communities and individuals heal from trauma by sharing science-based insights in order to promote and cultivate resilience.

CRI's Board of Directors includes the following individuals:

- Kelly Judd McKenzie (President)

- Sonia Cole (Vice President)
- Ursula Volwiler (Secretary / Treasurer)
- Karissa Lockett
- Amber Sosa
- Heather Rodriguez
- Marc Elcock
- Penny Capco
- Amy Winkle

Many of the newest members of CRI's Board come from outside of the Walla Walla Valley. We are always interest-

ed in expanding our horizons.

Any healthy nonprofit consistently seeks out the brightest movers-and-shakers from a wide variety of fields.

If you, or someone you know, is interested in joining the Board of Directors at CRI, please contact [in-fo@criresilient.org](mailto:info@criresilient.org) for more information. We would be delighted to get to know you!



CRI's Board Meetings are Held Virtually on a Monthly Basis

October is Resilience Month 2022

Inspiring healthier communities with science-based insights in order to promote and cultivate resilience.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Kickoff celebration at WW Library, 10 am
2 Go outside and try to catch a falling leaf	3 Take a slow walk around the park and observe nature	4 Pick a flower and bring it indoors to keep you cheery all day	5 Listen to the birds at dawn or dusk	6 <i>Webinar: 12 pm</i> Fostering resilience by connecting with nature	7 Go to a stream or pond and observe the wildlife that surrounds water	8 Pet a dog, cat, horse, or other cuddly animal
9 Make a plan for self-care and put it on your calendar	10 Practice gratitude by naming 5 things you are grateful for	11 Take a 5 minute pause to be physically still and reflect	12 Develop a mantra or positive affirmation for yourself and say it at least 3 times	13 <i>Webinar: 12 pm</i> Building resilience in yourself	14 Make a list of the things you like about yourself	15 Try some 5-7-8 (in-hold-out) breathing
16 Be present (no distractions!) with a child or family member today	17 Make time to celebrate each other's accomplishments	18 Ask family members to tell their favorite story about themselves	19 Eat a meal together and discuss your favorite menus	20 <i>Webinar: 12 pm</i> Connecting family through building resilience	21 Write down a compliment for each family member in your house	22 Call a family meeting and discuss your favorite strategies from this week
23 Smile at someone you see on the street	24 Reach out to a person you haven't spoken to in a while	25 Write a letter to your favorite checkout clerk or shop keeper	26 Introduce yourself to your neighbors and swap contact information	27 <i>Webinar: 12 pm</i> Bringing resilience to your community	28 Research volunteer opportunities in your community	29 Give someone you know a sincere compliment
30 Meet up with some friends and reconnect	31 Practice mindfulness and think about your thinking					

Community Resilience Initiative

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COMMUNITY RESILIENCE INITIATIVE

Webinar Link: <https://tinyurl.com/abr3kvck>

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The Community Resilience Initiative was first founded in 2007 by Teri Barila. Inspired by a Community Public Health conference, speaker Dr. Robert Anda challenged the group with the message, “Go home and make something happen.” Teri did just that.

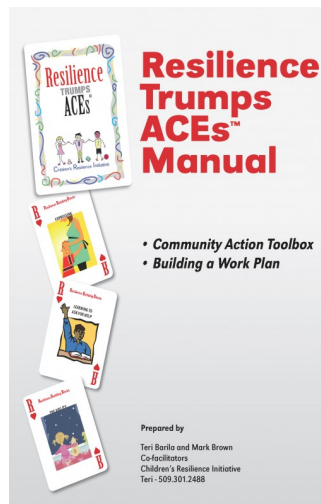
From those words of inspiration, CRI was born. Together with local community members Annett Bovent and Mark Brown, CRI started as a grassroots movement to inform our local community about the negative health effects of Adverse Childhood Experiences if left unaddressed.

Now, over a decade later, CRI is a nationwide nonprofit organization providing trauma-informed training online and in-person. Thanks to Teri’s early work, CRI is recognized as a leader in trauma-informed training. CRI offers several levels of training based on Knowledge, Insight, Strategies, and Structures (K.I.S.S.), our blueprint for building community capacity.

CRI Product Highlight: Resilience Trumps Aces - Community Action Manual

The [Resilience Trumps Aces - Community Action Manual](#) is a practical guide to community action to reduce the effects of ACEs and foster Resilience in your community. The Community Action Toolbox and Building a Work Plan sections offer the lessons learned during CRI’s community mobilization work on ACEs and Resilience.

The first section, the Community Action Toolbox, is a 24 page step-by-step guide on how CRI was envisioned, created, and crafted. It shows how CRI catalyzed our community into action, and inspires the user to do the same. With the humor and voice of a storyteller, Teri and Mark capture the energy and passion of their work to move the implications of the ACE study, brain development, and resilience into a real-life



Resilience Trumps ACEs Manual

community.

The second section, Building a Work Plan, provides an extensive collection of sample documents that will be helpful in

implementing your OWN community planning. Although it was based on the Walla Walla experience, the documents are templates for you to craft the unique fit for your community. The 57 pages of materials cover five major areas: Creating the Core Team, Building the Team and Foundational Documents, Developing Community Capacity, Materials and Marketing, and Getting the Word Out.

Our story is ultimately how we have built community capacity around an issue that matters to us - our children. By bringing awareness of ACEs, brain development, and resilience strategies forward, we can each understand the power of nurturance in helping to buffer the impact of ACEs by weaving resilience into the fabric our community.

