

**WELCOME**

SOUTHERN KENAI PENINSULA

# Resilience Coalition



The SKP Resilience Coalition is based in Homer, Alaska,  
on the traditional land of the Dena'ina and Sugpiaq peoples.

# All Are Welcome

## What is resilience? Why does it matter? And how can I help?

These are often the questions we ask ourselves as coalition members. Our responses may vary, but our passion and curiosity about how resilience can be built, supported, and advocated for are shared. We welcome you to join in our journey towards cultivating a more resilient community. Before you start learning more about the coalition, let's explore those questions that guide us in our work.

### What is resilience?

Resilience is how we cope when times get tough. This looks and feels different for everyone. Toddlers get back up after a fall and try to walk again. Preschoolers learn to handle big feelings when a limit has been set so they can keep learning, growing, and adapting. School aged children come back to class after they don't pass a test. Teenagers go to basketball practice after a big game is lost. Young adults keep applying for jobs after getting denied the one they wanted. Relationships end and individuals forge ahead to create new connections. Often, resilience is learned and practiced in our deepest struggles. Youth coming to school even though they don't have a place to live. Adults rebuilding relationships after loss. Young children learning new skills after experiencing trauma. How we, no matter our age, bounce back after hardship demonstrates our resilience.

### Why does it matter?

Being resilient opens the door for growth and connection. Resilience, though, must be nurtured. Whether it's the caregiver holding their baby, the teacher spending lunch with a child who is seeking connection, or a spiritual leader making a house call to a family struggling, having the ability to bounce back with support can change the trajectory of a person's life. The child who was comforted as a baby is the teen that tells themselves they can handle taking their driver's test. In school, those special lunch times with teacher paved the way for a child to learn how to read. The family with support from their spiritual leader was able to seek out the resources they needed to survive and offer support to the next family. Resilience matters because it gives each of us the opportunity to not only survive, but thrive.

### How can I help?

We all play a role in fostering how individuals, families, and communities cope with daily struggles, big and small. Sometimes finding our own resilience or the desire to help others in tough times can be difficult. The coalition offers all of us a space to learn, connect, and promote resiliency building together. Just like an infant building these coping skills in relationship with their primary caregivers, we nurture our resilience and our community's resilience within the relationships of this coalition. We welcome you to get connected and join us. Our journey towards community resilience needs your voice, your hands, and your heart. Whether you come to monthly meetings, take part in events, or take what you learn and bring it back to your home or neighborhood, what you do matters.



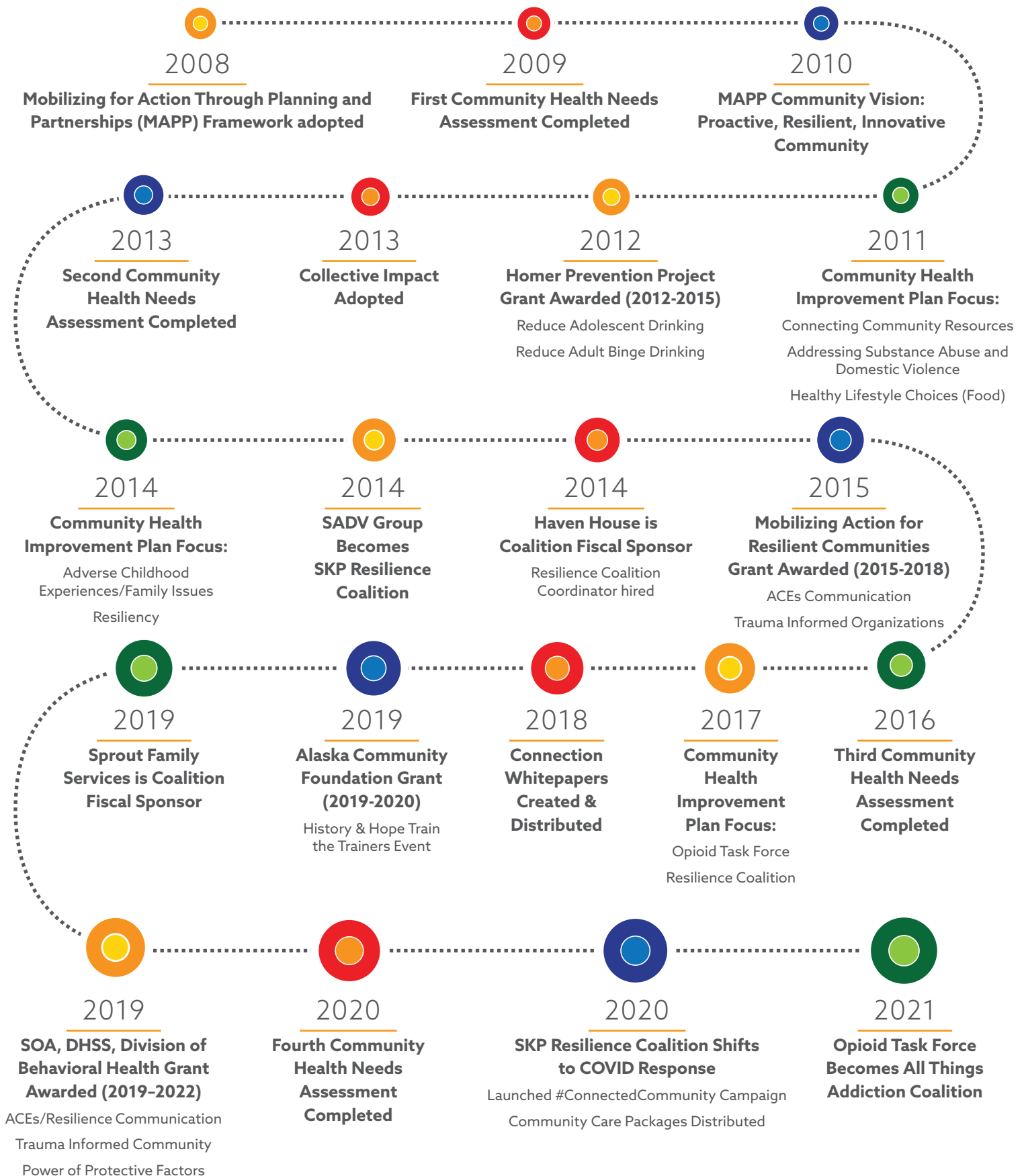
# How We Work Together

## Coalition Agreements

- ✔ We welcome all as they are and honor their voices.
- ✔ We practice respect, honesty, and kindness to all including ourselves.
- ✔ We are committed to work toward the coalition's collective goals while honoring our capacity.
- ✔ We are open to ask for help, be uncertain, and disagree with an idea.
- ✔ We grow from our failures and celebrate our successes together.
- ✔ We trust the coalition's ability to share information, make decisions, adapt to our community's needs, and work toward positive change.



# Building Resilience One Step at a Time



# Who We Are

The coalition is led by a leadership team made up of local individuals and organizations.



Flex High School



South Peninsula Haven House



South Peninsula Hospital



Many others are working with us to help build a more resilient community. Here is a glimpse of those who are committed to our mission.



*“I am a community member who values this work.”*

# Why Resilience Matters



Part of working towards community resilience means understanding and using shared language. Here are some frequently used terms, acronyms, and their meanings that may help to familiarize you with the work we do.

## Definitions






### Adverse Childhood Experiences (ACEs)

The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between adverse childhood experiences and later-life health and well-being. The study was a collaboration between the Centers for Disease Control (CDC) and Kaiser-Permanente's Health Appraisal Clinic in San Diego. Ten types of childhood trauma are assigned an ACE score determining potential emotional, physical, behavioral risks and how these risks affect society. The ten types of ACEs included in the original study by the CDC and Kaiser-Permanente include:

#### Abuse

-  Emotional Abuse
-  Sexual abuse
-  Physical abuse

#### Household Challenges

-  Mother treated violently
-  Household substance abuse
-  Mental illness in household
-  Parental separation or divorce
-  Criminal household member

#### Neglect

-  Emotional neglect
-  Physical neglect

Alaska has joined more than twenty states in ACE data collection. In our community, the Southern Kenai Peninsula Resilience Coalition has expanded our definition of ACEs to include Adverse Childhood, Collective, and Cultural Experiences.

### Domestic Violence (DV)

Domestic Violence (DV) is a serious and preventable public health problem that affects millions of Americans. The term "intimate partner violence" describes physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy.\* (CDC).

\*our coalition has historically used "domestic violence" and "intimate partner violence" interchangeably

### Resilience

Resilience is the ability to "bounce-back" from life challenges, problems, and trauma. People who have supportive family and friends possess the skills to cope with life successfully. Resilient people are engaged in activities that give their life meaning and purpose, and are more likely to be resilient.

### Protective Factors

Protective Factors are characteristics within the individual or conditions within the family, school, culture, or community that help people cope with problems and life challenges. Protective factors are instrumental in healthy development; they build resiliency, skills, and connections.

### Risk Factors

Risk Factors are characteristics within the individual or conditions within the family, school, culture, or community that increase the likelihood that individuals (especially youth) will become involved in problem behaviors such as substance use, violence, suicide, and early pregnancy. The more a community can reduce its risk factors, the less likely people will develop health and social problems later in life.

### Substance Misuse (SM)

Substance Misuse (SM) is maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to the repeated use of substances. (DSM-IV)

### Trauma

Trauma is the negative impact of experiences of events that happen to children, adults, and communities as a result of physical, economic, psychological, or environmental assault. Trauma may include physical, emotional, and/or sexual abuse. Trauma may also be caused by domestic violence, community violence, war, loss, natural disaster, long-term exposure to maltreatment, and other conditions. Developmental trauma may begin before birth and continue across the lifespan. Trauma may be predictable or unforeseen.

# Where Do We Go From Here?

Research shows us that healthy relationships have the power to shape our brains and can act as a buffer against tough times for both children and adults. This is why everyday connections are so important! As a community, we all play a part in connections and positive relationships that can help our community thrive.

If anything in this welcome packet has sparked your curiosity or motivated you to get involved, there are many ways that you can join the local resilience movement! Because resilience and healthy relationships affect all aspects of our lives, there are many ways to help build a more resilient community - we invite you to explore whatever feels right to you.

All of us have a role to play in building a more resilient community, big or small. Come as you are and when you can.

## Learn More

Learn more about the research behind the resilience movement, and why we think building resilience rocks, please visit [www.skpresilience.org](http://www.skpresilience.org).

## Get Involved

The SKP Resilience Coalition meets monthly via Zoom, on the second Wednesday from 11am-12:30pm.

There are also specialized workgroups that meet intermittently.

## Contact

If you're interested in learning more about our work, attending a monthly meeting or getting involved with a work group, please email us.

[skp.resilience@gmail.com](mailto:skp.resilience@gmail.com)



*“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” — Margaret Mead*

## Objectives

- Develop and promote a shared language and practice of safety, connection, and resilience
- Build and sustain a network of organizations and coalitions utilizing a trauma-informed approaches
- Provide and tailor trainings focused on community-identified needs related to wellness, safety, and resilience



## Project Activities

- Outreach, recruitment, and retainment of SKPRC members
- Develop durable, fluid systems, and SKPRC infrastructure
- Increase Trauma-Informed Approaches [TIA] and Diversity, Equity, and Inclusion [DEI] knowledge, attitudes, skills, and relationships
- Support organizations to increase and promote their TIA practices, policies, and operations
- Identify and promote trainings related to community wellness, safety, and resilience
- Develop and sustain SKPRC culture of trust, safety, and connection, and shared leadership

## Short-term & Mid-term Outcomes

- Increased engagement, participation, and retention of SKPRC members
- Increased knowledge, skills, and practice of SKPRC members to implement TIA and DEI informed principles, policies, and practices
- Increased knowledge and use of shared language in TIA work
- Increased information and resource sharing
- Increased visibility of the SKPRC and community awareness of local services related to resilience
- Increased practice to engage in help-seeking behaviors
- Increased connection, communication, and collaboration between organizations doing resilience promotion work, especially those invested in youth
- Increased replication of TIA work among organizations
- Increased youth participation in TIA work
- Increased perceptions of inclusivity in the SKP

## Long-term Outcomes

- A strong and sustainability-ready SKPRC in place to support a resilient SKP
- Safe and connected relationships between members and partners
- Culture and information sharing, "no wrong door"
- Increased practice of trauma-informed principles in the community as a result of engagement with SKPRC
- Strong connections between youth and adults in the SKP



# Self-Regulation Tools

Self-Regulation is a practice designed to override impulsive behavior by taking a pause between feelings and an action. This space allows individuals to center and control emotions and then act according to values. Self-regulation is an important part of resiliency, and includes tools that can be easily integrated into daily life. At SKPRC, we like to lead by example and integrate self-regulation activities into our monthly meetings.



## ACUPRESSURE POINT FOR ANXIETY & PANIC

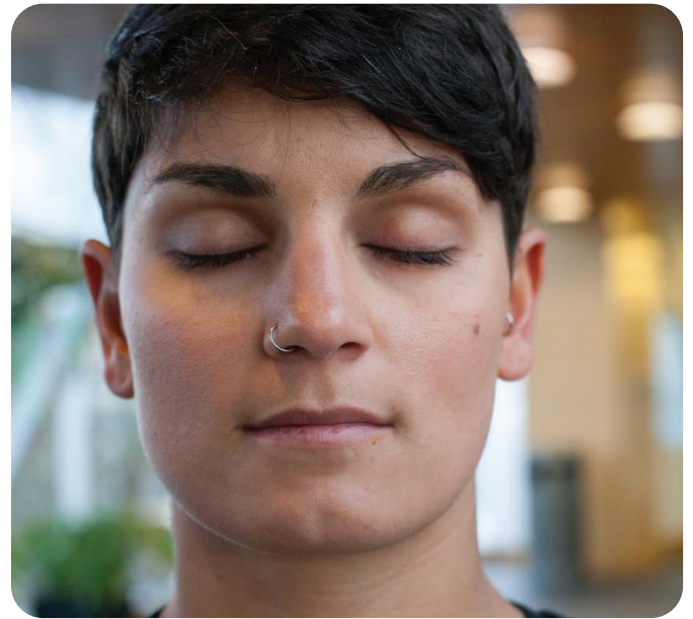
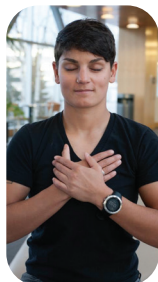
*Use this self-regulation movement to help prevent panic attacks and decrease anxiety.*

Place finger right below the nose. Apply light pressure for 2 minutes for an adult, or 1 minute for a child. To make this movement less noticeable in front of other people, use a knuckle instead.

## RESTING IN YOUR SAFE PLACE

*Use as a protective gesture before sharing difficult experiences.*

Sit comfortably in a chair. Put right hand on heart. Then place left hand on top. Release any tension in shoulders. Close or lower your eyes. Breathe in, slowly and deeply through your nose. Bring that breath to your heart. Exhale slowly through your nose. Repeat for another breath. With each inhale, bring your breath into your heart. Hold it. Protect it. Create a safe place.



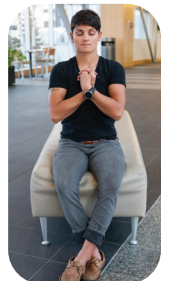
## BELLY BREATHING

Release any tension in shoulders. Close or lower your eyes. Breath in slowly through the nose while counting to 4. Hold the breath, counting to 4. Breath out slowly through the nose while counting to 4. Count to 4 before breathing in again. Complete a minimum of 4 breaths.

## SWITCHING

*Switching can be difficult, especially for those who have experienced trauma. Use this movement to prepare for a transition.*

Sit comfortably in a chair or do this standing. Cross left ankle over the right. Extend arms out in front of you with thumbs pointing down. Cross right hand over the left and interlace fingers. Bring hands to chest by bending elbows and twisting hands under and up to chest, like a pretzel. Close or lower eyes. Gently rest tongue behind upper teeth. Take slow, deep inhales, bringing the breath into a deep, safe place inside yourself—a place you can keep safe regardless of what is happening around you. It's okay if this is difficult to find—if so, just bring the breath into your heart.



Slowly reverse back to the beginning. Open your eyes. Bring hands back out in front of you and unfurl fingers. Uncross ankles.



# OUR GOAL TO DEVELOP A TRAUMA-INFORMED COMMUNITY

February 2022

SOUTHERN KENAI PENINSULA

**Resilience  
Coalition**

