Shifting the Narrative on Community Resilience

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Learning Objectives

By the end of this breakout session, participants will be able to:

1. Define and describe community resilience
2. Discuss the importance of strength-based frameworks and approaches
3. Identify alternative ways to discuss community resilience
What does resilience mean to you?
Go to www.menti.com
Enter in code that appears on the presentation screen.

Resilience defined: the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth (APA).

https://www.apa.org/topics/resilience
Oftentimes, the news covers only the traumatic headlines, but fail to cover moments of joy or times the community is thriving.

Thrusting and experiencing joy is an act of resistance to oppressive systems.

Celebrate joy and victories.

Give people their flowers!

“We place joy at the center of our spaces, because spaces created for us are often only interested in our trauma and pain. When we center our joy, we create space for possibility and hope. While trauma and pain keeps us tethered to the past, joy allows us to dream of and push ourselves toward a brighter future.” – Black Trans Femmes in the Arts Collective.
Asset based approaches:

- Recognize and build on the combination of the human, social and physical capital that exists within local communities.
- Are based on the principle of identifying and mobilizing individual and community ‘assets’, rather than focusing on problems and needs (i.e. 'deficits').

Reframe and shift language

- Glows and Grows
- Empowerment vs shame

Find the gems, polish, and shine

https://www.betterway.network/asset-based-approaches
Table Talk Discussion

Panelists:

Aryah Lester
Deputy Director
Transgender Strategy Center
She/Her/Hers

Kiara St. James
Executive Director
NY Transgender Advocacy Group
She/Her/Hers

Kayla Gore
Southern Regional Organizer
Transgender Law Center
She/Her/Hers

Moderator:

Nicole Elinoff
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NASTAD
She/Her/Hers
Q&A