



## For Cool Davis

# Organizing Resilience Coordinating Councils for Climate Change and Other Adversities

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# Humanity is in the Midst of a Civilization-Changing Event!

- Now a **20% chance** that ***within 3 years***—by **2024**--global temps. will **exceed the 2.7 F (1.5C)** temp. threshold that activates **irreversible impacts**. If not then, it will occur **soon afterwards** (World Meteorological Association, July 2020)
- Under current emission path **abrupt collapses of ecosystems** and “**catastrophic**” **biodiversity loss** begin **before 2030** in tropical oceans and then spread to **higher latitudes**. (*Nature*, April 2020)
- Growing evidence that the **Gulf Stream in the Atlantic is weakening**, with profound consequences for North America and Europe (*Nature Climate Change*, September 2020)



**Precious Little Time Remains to Prepare People for the Psychological and Emotional Impacts Speeding Our Way!**

# One of the Impacts

## More Frequent, Extreme, and Prolonged Disasters

- Each year more than **47 million Americans** experience extreme storms, wildfires, heatwaves, droughts, floods, or other disasters: the number impacted will **at least double** by 2050. (Oak Ridge National Lab. May 2020)
- Even **greater increases** can be expected in many locations **worldwide**.
- **20-50% of impacted people** can experience mental health problems.

Wind, Rain, and  
Snow Storms



Heat  
Waves



Sea Level Rise and  
Storm Surges



Wildfires



Floods



Droughts



And many other surprise disasters...

# **Equally Important: Disasters Will Be Intermixed With Cascading Disruptions to Ecological, Social, and Economic Systems That Produce Continual ‘Toxic Stress Pileups’ That Affect *Everyone***

- Job and income losses
- Water, food, power, and other resource disruptions & shortages
- New illnesses and diseases
- Loss of place, community, culture, and natural environment
- Disruption of close family and friend social support networks
- Involuntary migration and in-migration
- Disaster and stress-triggered crime, aggression, and violence
- Intensified racism, sexism, and other systemic oppressions
- Worries about our future and our children’s future
- Stresses resulting from the many societal changes needed to reduce the climate emergency to manageable levels
- Many other surprising never-ending “stress pileups”



# The Combo of Accelerating Disasters and Toxic Stress Pileups on Mental and Physical Health, Community Safety & Wellbeing, and Climate Solutions

## Mental Health Impacts of Climate Crisis

- Anxiety and depression
- Post-traumatic stress disorder (PTSD)
- Complicated grief
- Vicarious trauma
- Compassion fatigue
- Increased suicidal ideation
- Personal hopelessness

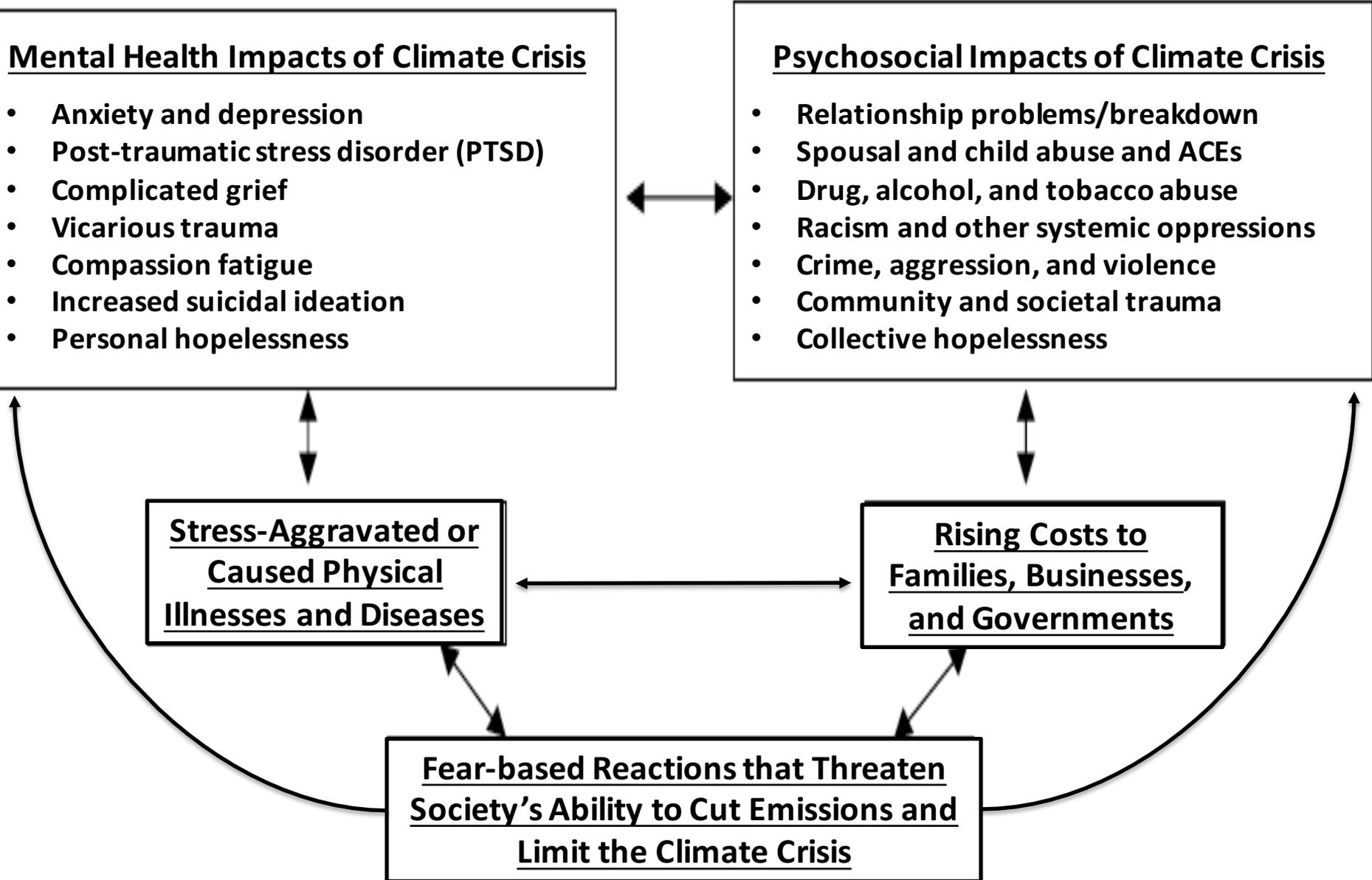
## Psychosocial Impacts of Climate Crisis

- Relationship problems/breakdown
- Spousal and child abuse and ACEs
- Drug, alcohol, and tobacco abuse
- Racism and other systemic oppressions
- Crime, aggression, and violence
- Community and societal trauma
- Collective hopelessness

Stress-Aggravated or  
Caused Physical  
Illnesses and Diseases

Rising Costs to  
Families, Businesses,  
and Governments

Fear-based Reactions that Threaten  
Society's Ability to Cut Emissions and  
Limit the Climate Crisis





**It is imperative to prepare**

**Individuals, Families, Organizations, and Communities**

**for the traumas and toxic stress pileups speeding our way**

**Cool Davis Can Play a Key Role!**



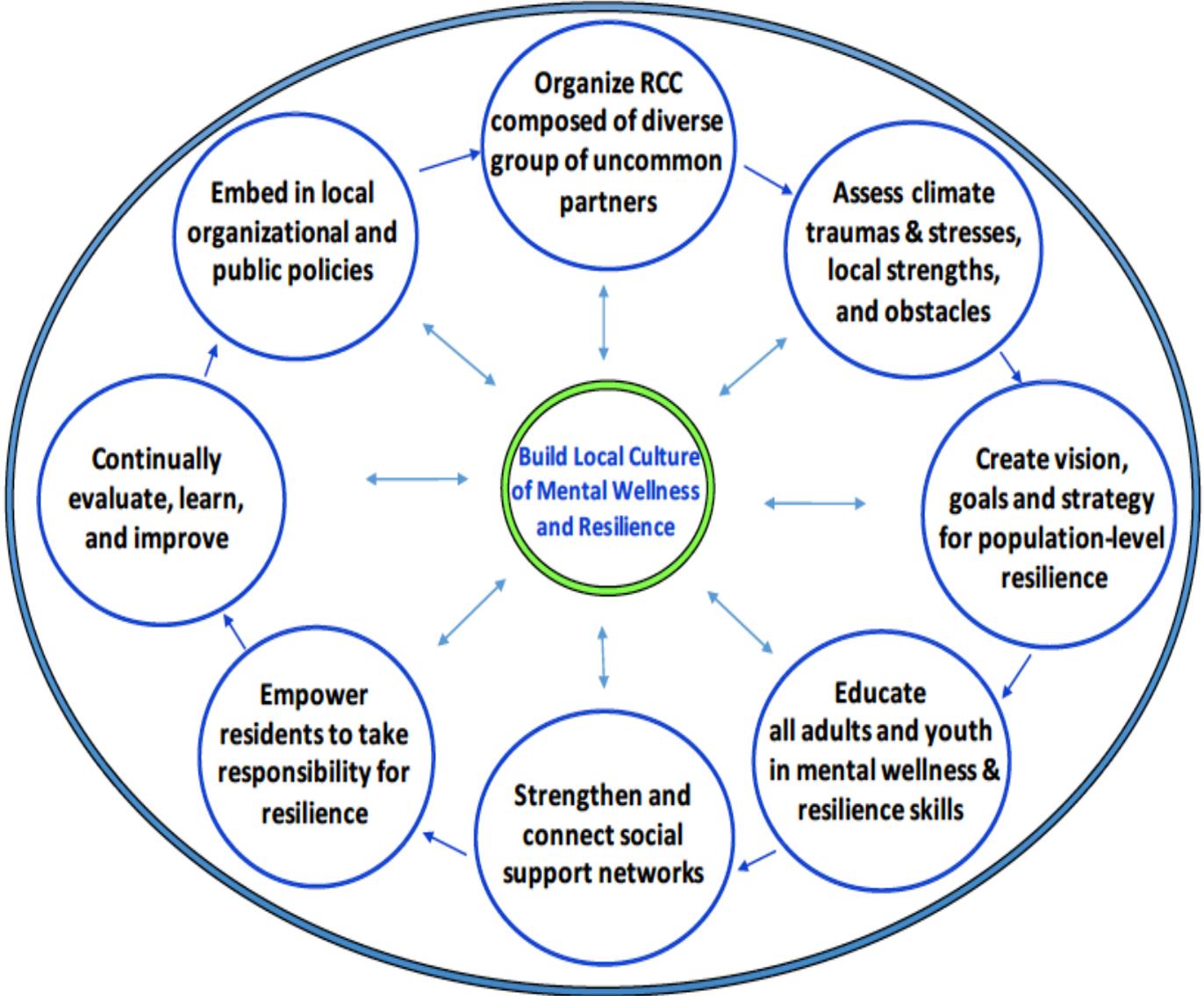
**The Harmful Psychological & Psycho-Social-Spiritual  
Impacts of Climate-Generated Traumas and Stress Pileups**

# Building Population-Level Mental Wellness and Resilience

## Goals

1. Give everyone means to manage their distress so they feel they have influence over their situation—we call this “Presencing” skills.
2. Help everyone find ways to learn, grow, and find new sources of meaning, direction, and hope in life—we call this “Purposing” skills.
3. Create a local culture of mental wellness and resilience by institutionalizing the principles and practices in orgs. and policies.

# The 'Wheel of Change' for Building Community-Based Population Level Mental Wellness and Resilience





**Imagine the Benefits of a 'Resilience Coordinating Council'**

**in Davis Building and Sustaining**

**Population-Level Mental Wellness and Resilience!**