

Welcome to the 12th Annual We Can't Wait Conference

Emerging from COVID, Conflict, and Chaos:
Creating a Resilient Future for our Children and Communities

Opening Remarks Nurturing Our Community

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September 24, 2021



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Welcome

- Housekeeping
- Zoom Lobby – UCSD Team
- Keynotes – Use Chat for tech questions and Q&A for participation
- Workshops – like a regular meeting
- General Evaluations, CEU/CME, Attendance, and IFECMH Competencies
- Exhibitors
- Funding Partners
- When in doubt...Lobby and Handouts Tiles

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Our Journey So Far



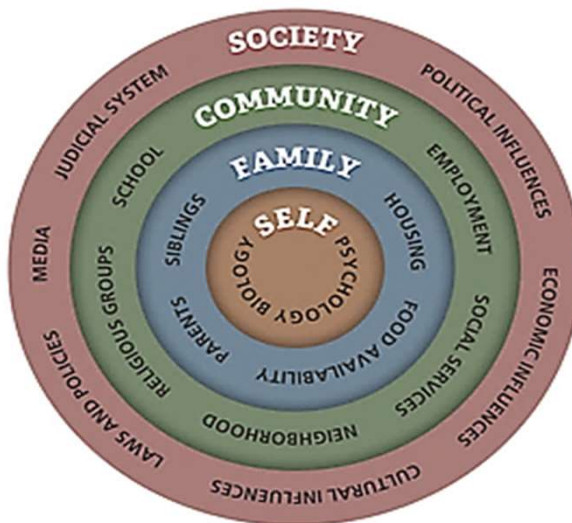
- Importance of the developing child
- Role of parents/caregivers
- Supporting parents and caregiver
- Now Community and Societal level

Our Challenges

- Global Pandemic
- Awakening to Long History of Racial Injustice
- Growth Political Division

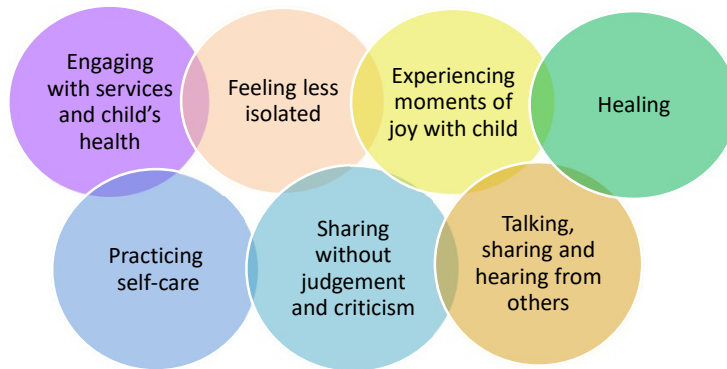
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Children live in the context of relationships



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Our Dream for Our Children and Families



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Nurture



To care for
and to
encourage
the growth
and
development
of

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Nurturing Relationships are Love in Action



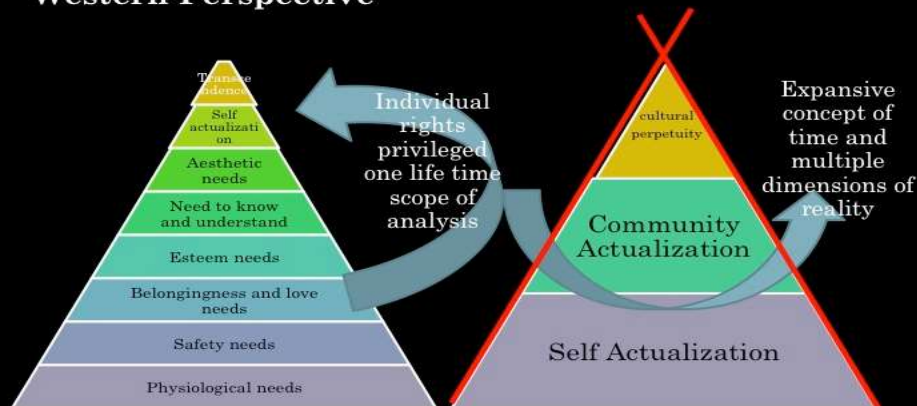
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Maslow and the Blackfoot View

MASLOW'S HIERARCHY OF NEEDS (INFORMED BY
BLACKFOOT NATION (ALTA))

Western Perspective

First Nations Perspective



Huitt, 2004; Blackstock, 2008; Wadsworth,

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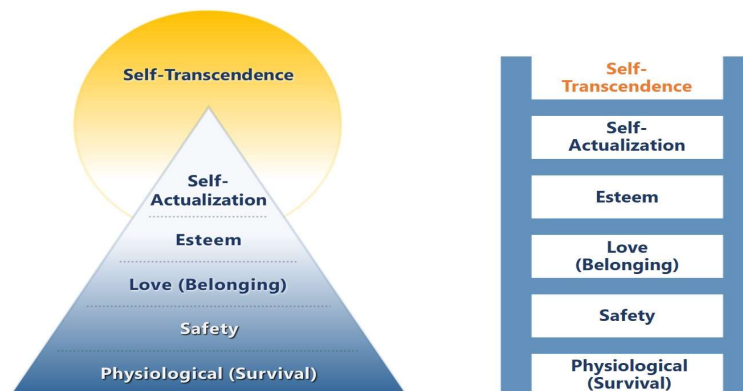
The Blackfoot Model

1. **Born Self-actualization** - as a spark of divinity, with a great purpose embedded in us.
2. **Belonging** - The tribe loves and care for us.
3. **Basic Needs & Safety.** Our tribe feeds, houses, clothes, and protects and knows how to survive on the land.
4. **Community Actualization** - describes the Blackfoot goal that each member of the tribe manifest their purpose and have their basic needs met. The tribe designs a model of education that supports us in expressing our gifts, our sacred purpose.
5. **Cultural Perpetuity.** passing on their knowledge of how to achieve harmony with the land and other peoples gives rise to an endurance of the Blackfoot way of life, or *cultural perpetuity*

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Maslow – Later in Life

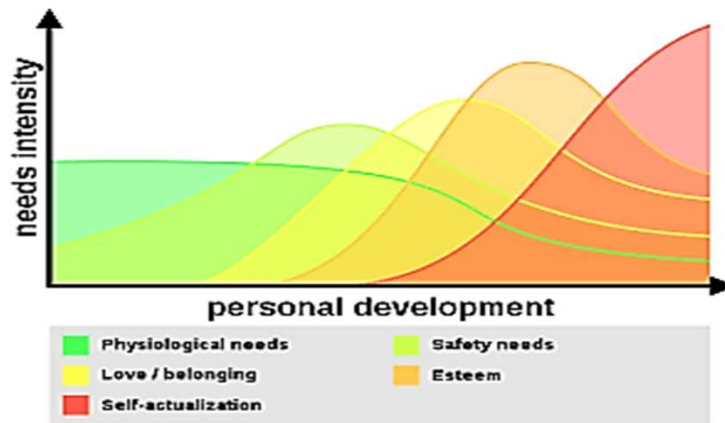
Maslow's Hierarchy of Needs
Revised Pyramid & Ladder Visual Interpretation



Visual conceptual adaptation of Maslow, A. H. (1969). *Theory Z. The Journal of Transpersonal Psychology*, 1(2), 31-47.

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Maslow Never Created a Pyramid



Maslow is adamant that “any behavior tends to be determined by several or all of the basic needs simultaneously rather than by only one of them (Maslow, 1943)” (Bridgman et al., 2018, pp. 90-91).

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Childhood Trauma Disrupts Nurture

- The physical and emotional responses to events that threaten the **life or integrity of the child or of someone critically important to the child**
- Traumatic events
 - overwhelm a child’s capacity to cope and
 - elicit feelings of terror, powerlessness, and out-of-control physiological arousal
- Failure to provide sensitively responsive and mutually confirming interaction during developmentally important periods of life

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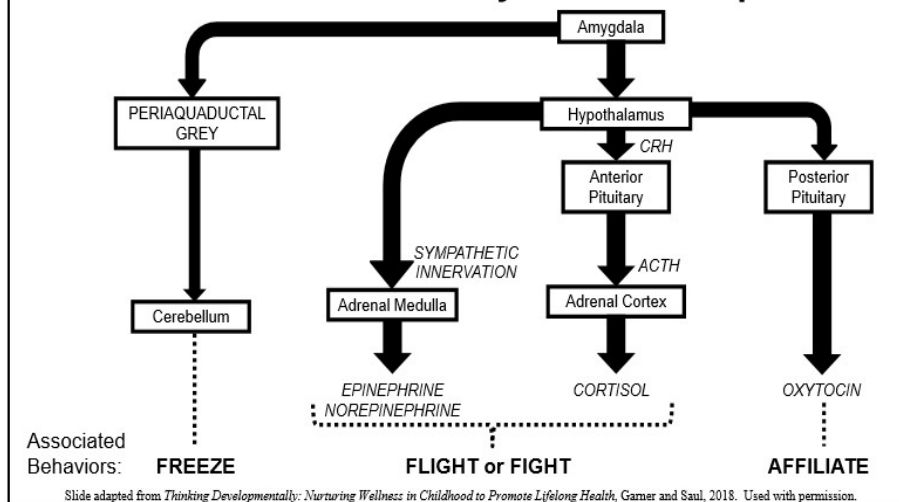
When distressed, we all need someone to respond to us



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Stress Response

Neuroscience of the Body's Stress Response



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Working with Parents and Caregivers

- Emphasizing the Importance of Relationships
- Explaining Self-Regulation and Co-Regulation
- Restoring Nurture
- Building Resilience
- Cultivating Hope





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Addressing Our Families' Unspoken Questions

- Are you safe? (physically, emotionally, mentally, and our relationship)
- Can you “see” me? Do you understand me and my needs?
- Can you help me? Are you useful?
- Will you be around? For the long run? When things get tough?
- “Yeah, I’ve heard that before.” (emotional hurt – betrayal, abandonment, etc.)

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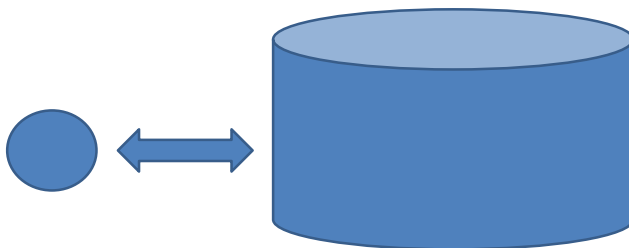
Start with Establishing Safety and Trust

-  • We might be the first person that our client feels safe with
-  • Convey caring and a sense of worthiness
-  • Add stability, support, and time
-  • As trust develops with us, our client's inner world shifts

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Building Trust

- Benevolence
- Reliability
- Competence
- Honesty
- Openness



*When a parent begins to trust herself,
her world moves from 2D to 3D*

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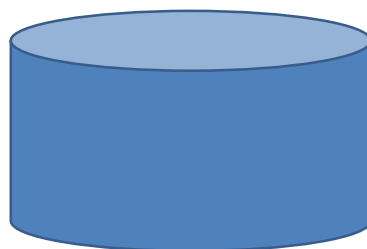
Safety and Inner Space

By focusing on the parent's strengths and helping them build skills, their inner space grows

The world
is not safe



The world
is safe



With **safety** and **inner space**, a parent can reflect
With **reflection**, a parent can change their view of the world (**representation**) by **reframing**
With **safety**, **inner space**, and **inner strength**, a parent can make meaningful change

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Our 3 R's

*Relationships
create resiliency by developing the
capacity to regulate and reflect*



It is said that we learn from experience when in truth, we learn from reflecting on our experiences.
Kristie Brandt, CNM, DNP

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Hope Fuels Resiliency (Casey Gwinn)

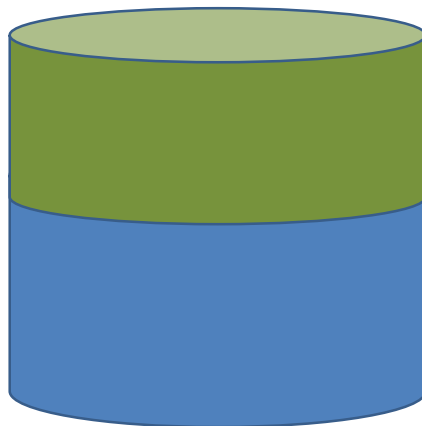
- Resiliency is the ability to recover
- Resiliency is reaching in and out to your resources
- Hope is the belief my future can be better than right now
- Hope requires a sense of agency (will power) and pathway thinking (way power) are required
- Resiliency gets you back to where you were and
Hope gets you beyond where you were

"Hope is the mindset that drives resilient behavior."

-Dr. Chan Hellman, Director of Hope Research Center, University of Oklahoma

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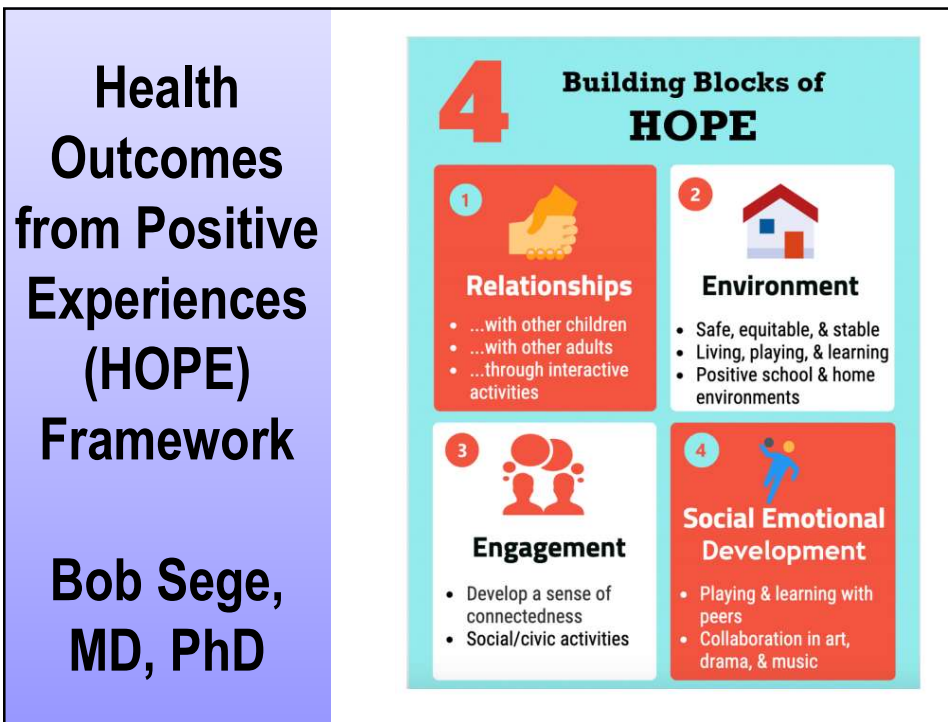
Hope – Showing Parents a Way Forward



We help parents focus on optimism, hope, and extending joyful interactions

With hope, parents can be more reflective and have a greater chance to change the way they see the world

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Reframe Trauma – Fuel for Growth

Post-Traumatic Growth

- Greater appreciation of life
- Greater appreciation and strengthening of close relationships
- Increased compassion and altruism
- The identification of new possibilities or a purpose in life
- Greater awareness and utilization of personal strengths
- Enhanced spiritual development
- Creative growth

- Facilitated by education, emotional regulation, disclosure, narrative development, and service

Tedeschi, R., & Calhoun, L. (2004). Posttraumatic Growth: Conceptual Foundations and Empirical Evidence.

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Diversity, Equity, and Inclusion (DEI) with a Nurture Approach

- Diversity, Equity, and Inclusion (DEI) is an important, transformational movement
- How do we want people to feel?
 - When we treat people with Dignity, they feel their inherent worth (Their individuality and diversity is respected)
 - When you Matter, you feel valued and can heal and grow (They have a chance at equity)
 - When you Belong, you feel safe and care for (They are included)

Feel – Heal - Grow

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Diversity, Equity, and Inclusion (DEI) through the Nurture Lens

DEI Framework	Nurture Lens	Maslow
Diversity	Dignity	Esteem Self Actualization Self Transcendence
Equity	Mattering	Physiologic and Safety
Inclusion	Belonging	Love/Belonging

Feel – Heal - Grow

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Nurture Leads Us to Community Actualization

Image our community

- Where every child know they are loved, and that their unique and authentic expression is the love that world needs
- We take the responsibility to provide the resources and supports, so they can express themselves fully

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Our Current Challenge

Together can

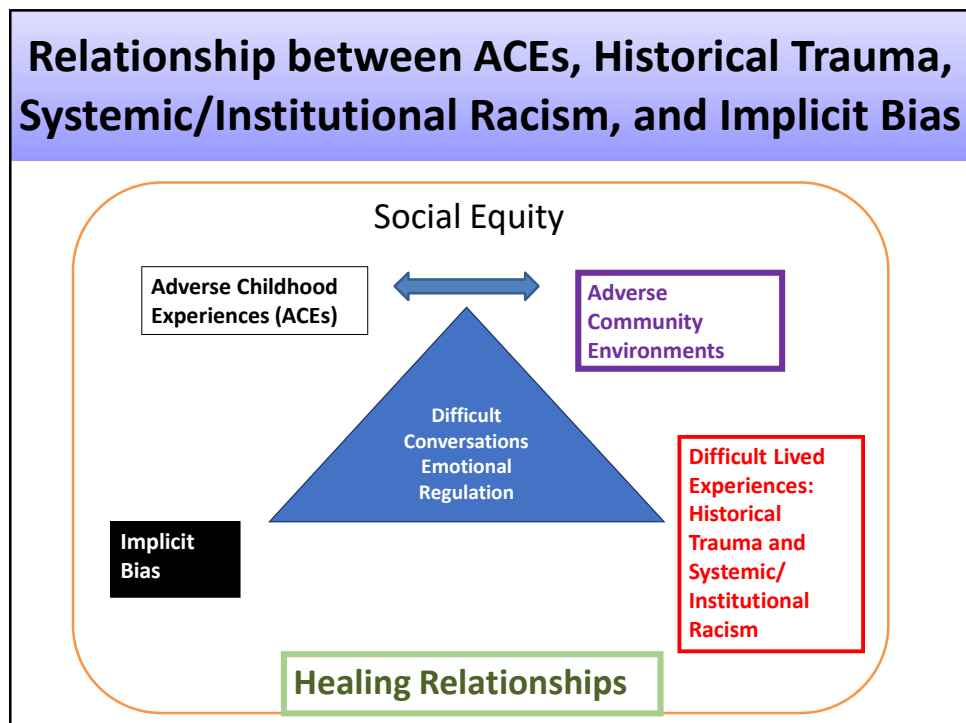
- we have the difficult conversations and take action to repair the rupture in our social contract with one another?
- And have conversations and take action with groups who have been marginalized?

Feel – Heal - Grow

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Wendy Ellis, DrPh, MPH

Assistant Professor, Global Health and Director, Center for Community Resilience, Milken Institute School of Public Health, George Washington University

The [Center for Community Resilience](#) seeks to improve the health of communities by enabling cross-sectoral partners to align policy, program and practice to address adverse childhood experiences in the context of adverse community environments—or as Dr. Ellis has coined it [“The Pair of ACEs”](#). This innovative framing of ACEs, with an explicit focus on equity and prevention, has had a substantial influence on local initiatives, programs, public health initiatives and local, state and federal policy.

Using the Pair of ACEs framing, [Building Community Resilience](#) (BCR) networks have successfully led systems and policy change focused on addressing long-standing economic, social and health disparities by partnering with community, integrating service delivery and building political will for change.

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