

*A Postcard from the Field...*

# **Building Resilient Communities**



*October 2020*

Dear Colleagues,

We are excited to share about our projects to build resilient individuals, families, and communities.

This month, we offered trainings on the Community Resiliency Model. We learned about strategies to recognize and buffer the stress response and developed a shared language around the Resilient Zone. We are also working closely with partners to support pregnant and parenting mothers experiencing or at risk of Substance Use Disorder in accessing cultural and community resources through Health Navigators in tribal health clinics.

We wanted to thank our amazing partners and trainers for their willingness to share their experiences and expertise. It truly does take a community effort to support each other and our neighbors. Our next steps are to continue our outreach efforts in order to ensure that families have the skills and resources they need to thrive.

**We are looking for people to share their perspective on how First 5 Humboldt can provide support and education to continue building a resilient community!**

**If you are interested, please contact Heidi O'Hanen or Jennifer Mager at [first5humboldt@co.humboldt.ca.gov](mailto:first5humboldt@co.humboldt.ca.gov) or 707-445-7389.**

Warm regards,

Heidi and Jen



## ***What We're Hearing:***

“Because of my early stress - I didn't at the moment feel grateful - but realized how this technique can change our moods and body responses.”

**- Community Resiliency Model participant**