

Resiliency Center

The Resiliency Center concept reflects the desire for a community to provide for healing, health, and support to the community at large. The Center should be focused on the needs of the local community, as well as a resource for victims of the tragedy. The resiliency concept has been in use for many years to support families needing assistance and guidance and has recently been used in Aurora, Colorado, following the theater shooting. Most centers are run by non-profit or mental health organizations. The following description is indicative of the Resiliency Center concept as partially reprinted from www.theresiliencycenter.com

*A Resiliency Center provides a safe and **supportive healing environment** for individuals, couples, and families seeking improved emotional and physical health and greater joy. A Resiliency Center believes in the innate **resiliency** of all people, in sharing resources and tools that strengthen people's ability to **empower** themselves and to allow people to experience increased vitality and abundance.*

Often a Resiliency Center includes a community of healing professionals from a variety of disciplines whose work involves partnering with people to help them tap into their innate resiliency, release and transform painful life experiences, and move towards more fully experiencing joy. Professionals create resiliency through services, programs, and community gatherings designed to promote healing and integrative wellness, provide education, and bring people together in meaningful dialogue.

*Practitioners approach their work from a **trauma-informed perspective**—this means that they have an understanding of the nature of trauma and its impact on mind, body, and spirit, and that they work respectfully with each individual with that understanding in mind. Through their work, practitioners aspire to facilitate people's ability to be resilient and heal, to create meaningful change in their lives, and to experience greater joy.*

A Resiliency Center can provide many services that include:

- Counseling
- Activities for Adults, Teens, and Children
- Exercise Classes
- Family Resources
- Support Groups
- Workshops
- Body and Mind Healing Therapies (i.e. yoga, massage)
- Nutrition Services

- Professional Development
- Self-assessment tools to help determine your personal needs
- Victim Resources

In Aurora, Colorado, a program was been created called Aurora Strong Resilience Center. Many hours and partnerships were involved in this community mental health centered concept. It can be used as a model for your own community. Portions of the project overview taken from www.720Recovery.org is below.

What is the Aurora Strong Resilience Center?

- *A place of healing--it is about building resilience--helping people adapt to change, stress and trauma in healthy and flexible ways*
- *A community-based place where people can connect with others and participate in **free** services*

What kind of services does the Resilience Center offer?

- *One-on-one and group counseling*
- *Health and Wellness classes*
- *Art, music, writing*
- *Yoga, meditation, movement and exercise*
- *Connecting victims with community resources*

Who are the community partners?

- *Aurora Mental Health Center*
- *City of Aurora Parks, Recreation and Open Space*
- *City of Aurora Library and Cultural Services*
- *Anschutz Wellness Center*
- *COVA--Colorado Organization for Victims Assistance*

What is the cost for services?

- *All services are **free** for all Aurora residents*

It's important to remember that there are many resources for those in our community who are experiencing any of the common signs of traumatic stress, including trouble sleeping, difficulty concentrating, changes in appetite or sleep patterns, feelings of fear or anxiety, irritability or moodiness, or wanting to withdraw from friends or family. Visit the Aurora Strong Trauma Recovery website to learn more about traumatic stress and how to overcome it.

Each community should evaluate the resiliency concepts to determine:

- If a center is productive for their community
- If the concept is supported by a wide group of community leaders and organizations
- If funding can be secured to move in that direction.