

Building Resilience: Restoring our Human Capacity to Heal

A Report to the Community

On Tuesday, September 27, 2016, the Catalyst Initiative of the George Family Foundation hosted *Building Resilience: Restoring our Human Capacity to Heal* at RiverCenter in St. Paul, Minnesota. Over 300 people from various walks of life joined us to affirm the innate capacity we call carry within us to heal from trauma, build resilience, and be well. We wanted to share some of the outcomes from that day with you. About 50% of those in attendance filled in evaluation forms. Here is an overview of the data:

Question 1

I found this event to be engaging and productive.

From a total of 152 responses received:

Agree = 126, Disagree = 1, No Response: 21



L-R: Gayle Ober, Suzanne Koeplinger, Penny George, Gail Christopher, Sabrina N'Diaye, Henry Emmons

<p>As a result of attending this event: <i>Please check those that apply</i></p>	<p>Learned something new about IHH in addressing trauma.</p>	<p>84%</p>	<p>Met someone new with whom I intend to follow up.</p>	<p>67%</p>	<p>Learned a new technique that I plan to use in my personal and/or work life.</p>	<p>80%</p>	<p>All Three Selected:</p>	<p>54%</p>
<p>After this event I intend to: <i>Please check those that apply</i></p>	<p>Share take-aways regarding resiliency and healing from trauma with others.</p>	<p>87%</p>	<p>Take a step in increasing resiliency in my community using skills from this event.</p>	<p>69%</p>	<p>Take a step in increasing awareness and support of these practices in policy.</p>	<p>49%</p>	<p>Take a step in increasing awareness of these practices with other funder and/or health care.</p>	<p>54%</p>

Comments from Participants

Diversity/Community:

"It's refreshing being around so many people who, although diverse, as a group share a mutual understanding of this way of thinking and living as well as a strong belief in our human capacity to heal within and as a community through giving love and receiving love."

"Remarkable diverse gathering of kindred spirits. Generous sharing, open hearts."



Sabrina N'Diaye with curanderas Rita Perez and Tonita Gonzales

"What a profound, interactive, challenging, thought-provoking, heart-filled experience. Thanks for the opportunity to be brought to the roots of community: cultural healing. I feel full. Thank you."

Connection:

"I have always believed we need to get back to human connection, touch and real caring as it relates to one another. This conference validates what I know to be true."

"Great reminder of the power of human connection and openness. I plan to share with my colleagues and incorporate into our staff welfare program."

"What a beautiful experience! I didn't realize the burden I carried with me in my day to day life. This brought me back to what I have always known."

"I met multiple people who will help me in my transition to restoring our human capacity to heal."

Continuation of this Work:

"It was a profound gift to gather with all of these people working with the healing community, and building resiliency. I hope this is a re-occurring event to support the ongoing unfolding of insight and practice."

"While I already had a great network, I was surprised and delighted by at least 6 new colleagues and how I learned from them. Increased my interest and commitment to looking at new, innovative ways of not only "community engagement" but "community driven" efforts."



The room was full of laughter

"I felt very safe and comfortable to explore the knowledge, feelings that I normally push out of mind. I wonder how this could become more acceptable outside of the context of this event. How can our schools, community organizations, our families create spaces that foster authentic expression of self?"

"You do amazing work that has a profound impact on my life and organizational leadership. You don't need me to tell you but KEEP IT UP!"

A moment of reflection.



Creating Space:

“I appreciate the level of inclusion, willingness to challenge us to challenge ourselves, and mix of open-heartedness and light-heartedness in the midst of complex and difficult subject matter.”

“I felt peaceful and cared for – something hard to find at a workshop.”

“Thank you for putting this on for us and for creating space to have these conversations. I am forever grateful.”

Now What?

We are uploading a lot of great follow up information for you on the Catalyst website (<http://www.georgefamilyfoundation.org/catalyst-initiative>)

- Power point presentations from Sabrina N’Diaye and Dr. Henry Emmons,
- Video of the keynote presentations from Sabrina N’Diaye, Gail Christopher and Henry Emmons,
- A photo gallery of some of the best pictures, and
- A brief 3 minute video featuring highlights from the day.

Please utilize these resources as they are most helpful.

In addition, Catalyst is using a Developmental Evaluation framework to better understand the impact of these events and of our overall initiative, and your feedback is crucial to our ability to determine next steps. You will be receiving a Survey Monkey on October 19th with a few questions about what impact the event had on you individually, organizationally and in your community.

Everyone who returns the Survey Monkey will be entered into a raffle to win a gift basket from the Penny George Institute on Health and Healing, and an autographed copy of one of Dr. Henry Emmons’ books!

Thank you again for being part of such a powerful, healing group of people.



Samba Fall from Multicultural Kids Network leads closing drum ceremony