



Building Community Resilience: Oregon

November 2019

"BCR Oregon is looking to regional approaches where community members and leaders are defining and building community resilience in a way that fits for them. We are learning lessons about how to work within not upon community and establishing goals and objectives centered around inherent strengths, practicality and authenticity. How do we take the philosophy of BCR at a practice and organizational level and truly make it actionable in terms of the work that is already underway within communities across the State? How do we move from concept to action?" - Kim Scott, CEO, Trillium Group

We Are BCR Oregon

The Building Community Resilience process serves as a fundamental strategy and organizing platform to improve child health and wellness outcomes throughout Oregon. For the past six years, Trillium Group has served as the host organization for the BCR Oregon team. Trillium is Oregon's largest provider of mental and behavioral healthcare for children and families and the state's only provider offering a full continuum of children's mental and behavioral health services. Another founding member of the BCR Oregon team is 3toPhD, a consortium of school-focused organizations in Oregon that includes Concordia University, Faubion School (a Portland Public School), healthcare provider Kaiser Permanente and Trillium. In 2017 Oregon Public Health Institute (OPHI) joined the movement to help ensure the work is centered in undoing systemic oppression, promoting equity and furthering the reach into communities not currently at the table. Self Enhancement Inc (SEI) joined BCR Oregon in 2018. SEI is dedicated to guiding underserved youth to realize their full potential. Working with schools, families, and partner community organizations, SEI provides support, guidance, and opportunities to achieve personal and academic success.

In 2018, the BCR partnership network further expanded to include The Oregon Alliance of Children's Programs and The Oregon Department of Health and Human Services. The Oregon Alliance of Children's Programs (OACP) is a statewide nonprofit association, representing the broad system of providers and programs for children and families across the state of Oregon. The OACP advocates for the needs of children and families, and for the people who provide them services. The Alliance works to assure Oregon is prioritizing children as its top investment and is committed to building budgets and policies that serve youth. The Department of Human Services (DHS) is Oregon's principal agency for helping Oregonians achieve wellbeing and independence through opportunities that protect, empower, respect choice and

preserve dignity, especially for those who are least able to help themselves. DHS provides direct services to more than 1 million Oregonians each year. These services provide a key safety net for those in our society who are most vulnerable or who are at a difficult place in their life.

What is Building Community Resilience?

Building Community Resilience (BCR) is a national network and learning collaborative that seeks to improve the health and life outcomes of children, families, and communities. Teams in six regions across the country are using the BCR process and tools to help their communities not only 'bounce back' in the face of adversity, but bounce forward. Over the past four years, BCR teams have helped build and strengthen the buffers that can prevent negative outcomes associated with adverse childhood experiences (ACEs), particularly in the context of adverse community environments (ACEs)—the [Pair of ACEs](#).

Using the BCR process and tools, teams work to align large systems with one another—such as health care, city government, and education—and also with community-based partners, including parenting support services and grassroots health advocacy. Teams also develop strategies – from implementing trauma-informed practices to data sharing and advocating for policy change – that bolster strengths, fill gaps, and ultimately build child, family, and community resilience. Teams identify community strengths and gaps, work in partnership with community not on community, develop a shared understanding of adversities and goals, and identify concrete policy asks to pursue. The teams use the BCR tools and resources, including the BCR Coalition Building and Communications Guide, the Partner Build Grow Action Guide, and the Policy & Advocacy Guide, all of which are also free to the public.

BCR is part of the Sumner M. Redstone Global Center for Prevention and Wellness at the George Washington University's Milken Institute School of Public Health. The national BCR team at GW provides technical assistance, including strategic planning, facilitation of cross-sector information sharing, support for data and measurement, development of policy strategies, convening, and communications support.



Our network continues to grow, expanding this year (2019) to include Catholic Community Services, Cascadia Behavioral Healthcare and Boys & Girls Aid. Catholic Community Services (CCS) is a non-profit, faith-based organization. Founded in Salem in 1938, today CCS offers 17 programs across 9 Oregon counties and serves more than 5,000 people each year. Dedicated to providing the highest quality services, trauma-informed care and research-based practices, the vision of CCS holds that children, families, and adults have the knowledge, ability and desire to take control of their own lives and live responsibly with others in a just society. Cascadia Behavioral Healthcare delivers Whole Health Care. They provide mental health services, addiction recovery support, primary care, wellness programs, permanent housing solutions and affordable housing to people of all ages. Boys & Girls Aid has made it their mission to ensure that every child in foster care within the state of Oregon grows up in a family. This organization understands the hurtful cycle of foster care and is dedicated to ensuring the future safety through connecting foster youth with forever families. Current partnerships between the Oregon Alliance of Children's Programs, the Department of Health and Human Services, Catholic Community Charities, Cascadia Behavioral Healthcare and Boys & Girls Aid are expanding the scope and impact of the BCR Oregon network.

Transformation is Afoot

2019 has brought exciting changes for the BCR Oregon cohort. Partners have collaborated to establish a statewide Steering Committee that is presently working to operationalize the BCR process through the development of measurable goals and objectives. Specifically, the statewide cohort is exploring how to scale two groundbreaking initiatives-Fostering Hope and 3toPhD. Fostering Hope is a neighborhood-based collective impact initiative designed to strengthen families, mobilize neighborhoods and promote optimum child and youth development. It is a partnership of government, public, and private organizations (one of whom is BCR Oregon partner Catholic Community Services) joining together with the common goal of ensuring that every child and adult in every neighborhood grows up in a safe, stable, nurturing home, enjoys good health, success in school or work and continues to financial sufficiency. The 3toPhD framework demonstrates that education is much more than just tests, lesson plans, and classrooms. It is a holistic environment that enables students to thrive, one that empowers students and families with all the tools they need to learn and grow, like nutrition, healthcare, and clothing. This groundbreaking program takes education beyond the classroom by nurturing students' whole selves, leading not with quotas and test scores but with compassion and heart.

On May 28, 2019 stakeholders of the Building Community Resilience Oregon movement came together to create a vision and strategic work plan for collective efforts to strengthen communities, prevent adversity, foster healing and build equity using the BCR process and Pair Of ACEs' framing. This cross-state, cross-sector steering committee first met in May of 2018 to address the state's child welfare and foster care crisis. From that initial meeting a strategic map was produced to help guide efforts to alleviate a shortage of foster homes for children in need.

Over the past year, a number of new partners have come to join the Oregon BCR effort providing a critical mass for deeper engagement in communities across the state. This spring (2019) BCR national was invited to share tools and resources from the national collaborative in a statewide tour sponsored by Oregon State University. BCR's Wendy Ellis met with local coalitions in Oregon City, Eugene, Roseburg and Bend to learn about the 'Pair of ACEs' in these communities and the existing cross-sector efforts aimed at fostering collaboration, building resilience and promoting healing.

How BCR Oregon Came To Be

A key component of the Oregon BCR work is addressing the 'Pair of ACEs' by expanding trauma-informed approaches to individuals and systems that interact with children and families. Adopting trauma-informed practices involves understanding, recognizing, and responding sensitively to experiences of trauma and resisting systemic retraumatization. The Pair of ACEs includes both individual and community adversities such as exposure to abuse, parental incarceration, mental health issues, poverty, violence and community disruption. Trillium initiated its trauma-informed work after observing the effects of institutional racism on children in their community. When asked why they chose racism as the first determinant of health to tackle, Trillium responded, "If we can figure out a way to talk as a staff and as colleagues about racism and how we interact with that, then all of the other 'isms can follow." Trillium's work is grounded in Trauma Theory and principles of Diversity, Equity and Inclusion. This context provides an understanding of trauma and its effect on individuals, families, organizations, systems, and communities. Their efforts are focused on energizing a social movement centered on the seven commitments of Sanctuary and creating an environment with an emphasis on physical, emotional, social and moral safety. Trillium used the Sanctuary Model to begin work with The People's Institute for

Survival and Beyond, a national collective of community organizers dedicated to undoing racism, with the goal of focusing on the traumatic impact of institutionalized racism in the state. Trauma Informed Oregon is a statewide and state-funded collaborative that promotes and supports trauma informed policies and practices across systems, from government to education. In August 2017, Trauma Informed Oregon (TIO) led a learning session during one of the national BCR collaborative's monthly calls with all five BCR teams to introduce readiness and training tools to partners across the country.

The Role of BCR

Prior to adopting the BCR process, Trillium launched a series of statewide convening's in 2014 that centered around ACEs, trauma informed care, and working across sectors that interact with and serve families and children. Realizing the utility and power of the BCR process, Trillium adopted it as an organizing platform in 2015, and held a Social Impact Summit around it in 2016. This summit was the catalyst for what has become a broad network throughout Oregon that is beginning to use the Building Community Resilience process. In May 2018, the BCR Oregon team and the BCR National team gathered and facilitated conversation between 28 leaders from across the state of Oregon. This cohort consisted of leaders from the Department of Health and Human Services in the State of Oregon, education systems, public health, physical health, and beyond. The convening sought to identify the intersecting priorities for cross- sector collaboration, a proposal of metrics for a state-level Child Wellbeing Dashboard and resulted in the development of a strategy map. In 2019 members and partners established a statewide Steering Committee that is presently receiving technical assistance from the BCR National Team to operationalize the BCR process associated with specific initiatives through the development of measurable goals and objectives.

Schools as a Hub for Wellbeing

As Kim Scott, CEO of Trillium Group, puts it, "Years ago, we identified schools as being the future wellness hubs of our communities." Trillium's trauma-informed and Sanctuary work led it to join the 3toPhD consortium, which includes Concordia University and Faubion School, a pre-K through 8thgrade Portland Public School. Ninety percent of students at the Faubion School live in public housing or trailer parks, and roughly 20% of the population is homeless. 3toPhD aims to create safer, healthier and more educated communities, working to support prenatal care through "pursuing one's highest dreams." The 3toPhD efforts are designed to close the opportunity gap and help every child reach his or her greatest potential. A hallmark of the program's focus is community engagement. Incorporating the BCR approach, the 3toPhD partners have incorporated a culture of equity, safety and 'radical inclusion' of everyone in the broader school community that is boosting student outcomes – including a move to positive, instead of punitive, responses to student behavioral issues that has improved reading scores and reduced absenteeism. The school's culture of self-care and collective support for students, teachers, and families has grown into a thriving community. Trillium currently provides mental health support in 120 schools across the state and organizational Leadership continues to work to expand these life-saving programs and services into new communities and school districts.

Higher Education as an Anchor Institution

The work of BCR partner Concordia University illustrates the critical role that colleges and universities can play as "anchor institutions" in their communities. Anchor institutions are rooted in communities and apply their varied resources to improve wellbeing in surrounding neighborhoods. In the case of Concordia, the university was able to use its financial, intellectual, and human resources – including students, faculty and staff – to support Faubion School and the broader community. Concordia's role as an anchor institution culminated in the opening of the new "Faubion + Concordia" building in the fall of 2017 – that includes a 3toPhD Kaiser Permanente Wellness Center; mental and behavioral health care providers; a food club that accepts cash and electronic benefits providing a convenient outlet for school families to obtain nutritious, low-cost food; an early childhood education center; specially designed student "maker spaces" that encourage learning, experimentation and creativity, including for Science Technology Education Arts Mathematics (STEAM) education; one-on-one tutoring; and other supportive "wrap around" services. Concordia helped to raise capital for the new building, utilized the skills and passion of their students, faculty and staff to increase Faubion's teaching & learning capacity, and develop 3toPhD with the potential of becoming a national model.

Keep Oregon Well

In addition to the programmatic work with 3toPhD, Trillium Group launched and leads a statewide public advocacy campaign aimed at reducing stigma and opening a conversation around mental and behavioral health, as well as equity

and inclusion, called Keep Oregon Well. This work is an extension of the commitment to build a trauma-informed community by resetting media and societal norms to foster more open engagement around factors associated with the Pair of ACEs. The Keep Oregon Well in Schools program kicked off with Trillium’s expansion into Gladstone and Centennial School Districts in July 2017, with a further expansion into David Douglas School District in January 2018. Keep Oregon Well has opened “Wellness Zones” at locations across Portland that serve as program spaces for advocates and volunteers, and opened a retail store to help promote and distribute the work by way of wearable advocacy apparel and cause-branded hard goods. In 2018 Keep Oregon Well launched a volunteer training program that engages interested community members on the topics of trauma and resilience, mental health, health equity and community engagement.

The Community Context: Greater Portland

The ‘Pair of ACEs’ in the Greater Portland area present themselves in several ways. Displacement due to gentrification, particularly in historically minority communities, including North and Southeast Portland, are a cause of stress and community dislocation. Many longtime residents – who don’t have the resources to stay in gentrifying neighborhoods where rents have grown exponentially, and the culture has changed drastically – are being forced to relocate far from their original homes or slipping into homelessness. Portland was recently found to be the most rapidly gentrifying large city in the nation according to a study by Governing Magazine. In response to the large numbers of families and individuals displaced by this massive disruption of neighborhoods, the city was forced in 2015 to declare a State of Emergency on Housing and Homelessness. The emergency declaration was necessary as demand for shelter outpaced the city’s ability to provide temporary housing. The emergency order lifted the ban on sidewalk camping and tent cities acknowledging that many families had nowhere else to turn. In addition to neighborhood disruption, in 2017, Portland was the site of a violent hate crime that shocked the nation but is only the latest incident in the state’s long-history of white supremacist activity and systemic racism. While these challenges exist, Portland also has essential strengths and assets that the local BCR coalition is lifting up and building upon including a strong human rights activist community, a state-wide trauma-informed care collaborative, and health-supporting policies such as a robust and innovative Medicaid system that supports trauma-informed practices.

Addressing Oregon’s Child Welfare Crisis

Some of Oregon’s most vulnerable children are being placed into a foster care system that is fragmented. The availability of safe foster placements and residential facilities is inadequate to meet the need. Foster parents and child welfare workers are struggling with burnout and lack of support. In response, in May 2018, the BCR Oregon team and the BCR National team gathered and facilitated conversation between 28 leaders from across the state of Oregon. This cohort consisted of leaders from the Department of Health and Human Services in the State of Oregon, education systems, public health, physical health, and beyond. The convening sought to identify the intersecting priorities for cross- sector collaboration, a proposal of metrics for a state-level Child Wellbeing Dashboard and resulted in the development of a strategy map.

Partnering with the Public Health Sector

As part of the national BCR collaborative’s partnership with NACCHO (National Association of City and County Health Officials), the BCR Oregon team is strengthening ties with local public health agencies and broadening connections throughout the state. An essential part of successful network expansion has been about partnering effectively with local health departments to bridge gaps between health care and the community. The BCR Oregon team continues to expand its work for broader geographic reach throughout the state. As our partnerships grow, community engagement strategies will expand to include new perspectives and community voices.

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