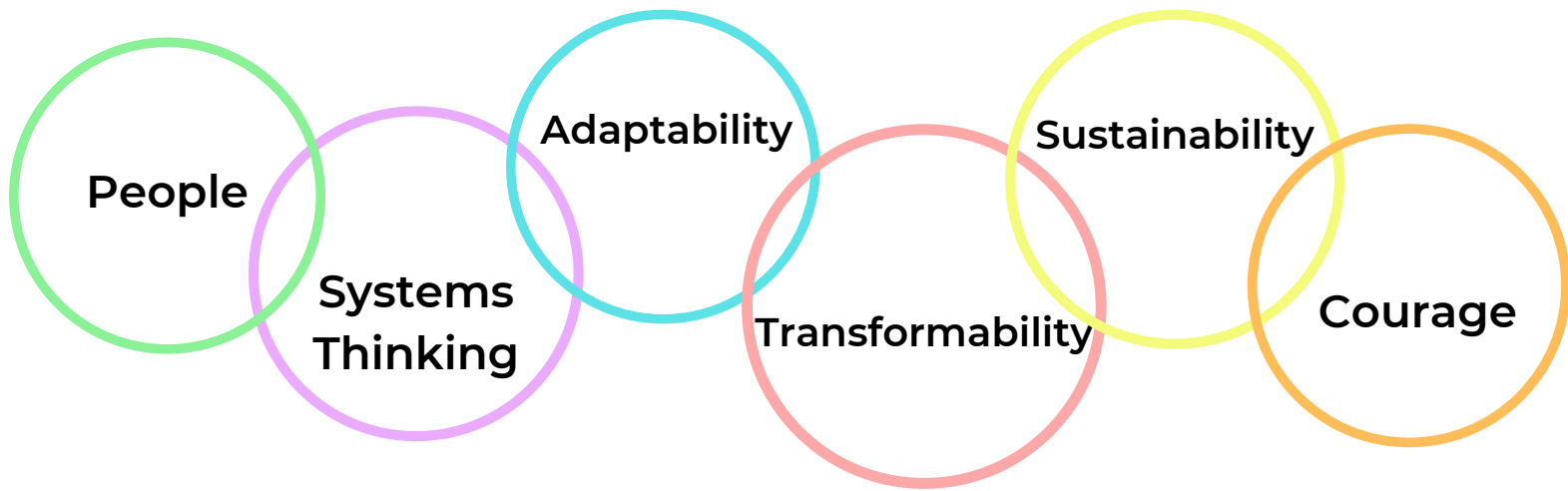# Community Resilience

What is Community Resilience?
Community resilience is the ability of a community to utilize available resources to respond to, withstand, and recover from adverse situations. By building a supportive community, individual resilience is improved as well as that of the whole community.

People

Systems Thinking

Adaptability

Transformability

Sustainability

Courage

Planning for Community Resilience
If you are a leader in your community, or local organization consider these ways to help create resiliency in your community:

- Strengthen social and cultural networks, and establish relationships with nontraditional partners to promote social re-engagement activities after a traumatic event.
  - Examples of these partners include faith-based organizations, non-governmental social support organizations, consumers of mental health services, family and child advocacy organizations, non-English speaking communities, and drug and alcohol abuse agencies, among others.
- Integrate key capabilities into planning, such as economic development, social capital, community competence, and information and communications. Include community members in planning at all levels.
- Develop a range of communication tools that are appropriate and responsive to the community's health literacy and cultural diversity.
- Leverage the diverse resources of communities through public-private sector collaborations and partnerships.
- Address the psychological health of a community, specifically by fostering adaptive coping responses to adversity.
- Develop and implement community-level public education plans detailing how individuals, families, and households prepare for health incidents. Include information for topics pertinent to people who might be at an increased risk for health problems.

The Foundations of Community Resilience

1. People. The power to envision the future of the community and build its resilience resides within community members.
2. Systems thinking. Systems thinking is essential for understanding the complex, interrelated crises and what they mean for our similarly complex communities.
3. Adaptability. A community that adapts to change is resilient, and because communities and the challenges they face are dynamic, adaptation is an ongoing process.
4. Transformability. Some challenges are so big that it's not possible for the community to simply adapt. In these cases, fundamental, transformative changes may be necessary.
5. Sustainability. Community resilience is not sustainable if it serves only one community and is time-limited. Resilience needs to work for other communities, future generations, and the ecosystems on which we all depend.
6. Courage. Individuals and communities need courage to confront challenging issues and take responsibility for our collective future.

Building Resiliency

Engage the community in fulfilling social activities that celebrate shared values and community strengths.

Create and encourage ways for community members to discuss their experiences.

Facilitate connection to support systems, including:

- Physical and mental health care
- Family supports like childcare
- Food security
- Stable, safe, and affordable housing

Facilitate connection to internet service (internet is necessary now to access support systems).

Bring together partners from all areas of the community.

Promote ways that community members can get involved and help one another.

Promote strategies that increase capacity for resilience and healing.

Maryland
DEPARTMENT OF HEALTH