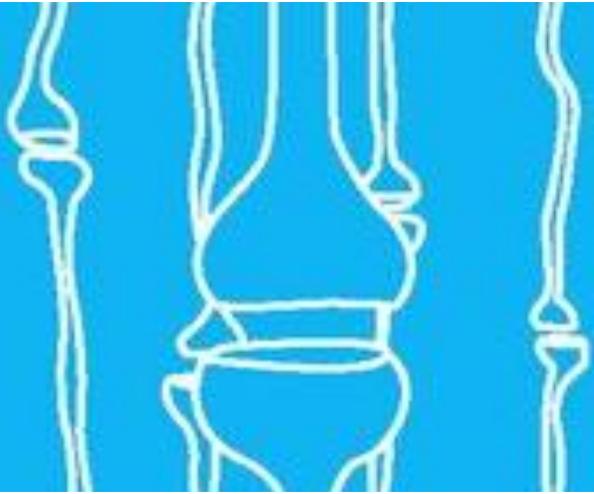


CO RES ZON



APPROACH:

Build community-based mental health capacity from the **bottom up**

MISSION:

Empower individuals and groups to foster **resilient communities**

VISION:

Action-oriented mental health literacy and skills are an integral part of **common knowledge**

- Community-based prevention. Initiated in 2016 in response to the refugee crisis.
- Informed by transcultural mental health capacity-building experience, research and the needs, assets and stories that families have shared with us in our daily work at the clinic.
- 70% external funding: Team of 6 part-time trainers and 1 full-time project lead (all paid staff).
- 30% internal funding (clinic): Research staff and overhead.



→ **OBJECTIVE: Capacity-building for community-based mental health care within existing structures.**

→ **M.O. = „Find out and add to what is already working well!“**

At CORESZON, mental health is about **BIOLOGY & HUMAN CONNECTION**



Our approach: add the Garden Method for Community Wellbeing to
WHAT IS ALREADY WORKING WELL...

What do we mean by resilience?

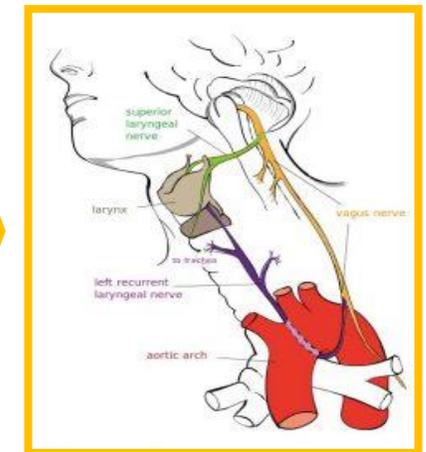
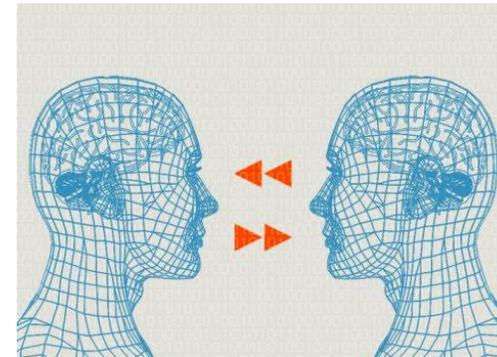
RESILIENCE describes a person's ability to actively cope with challenging circumstances by relying on both personal resources and the help of others.

People are not simply resilient on their own – resilience is **ALSO** about community

The human nervous system is **ALSO** hard-wired for resilience!



The human nervous system is hard-wired for relationships



The Garden Method: SKILLS & PSYCHOEDUCATION

NOTICING the garden

Paying attention to physical (visceral) sensations in the body that are neutral or pleasant

FINDING sources of nourishment

Focusing on positive or neutral experiences in order to create neutral or pleasant sensations in the body

FIRST AID

Quick strategies to regulate stress

MOVEMENT AND AWARENESS

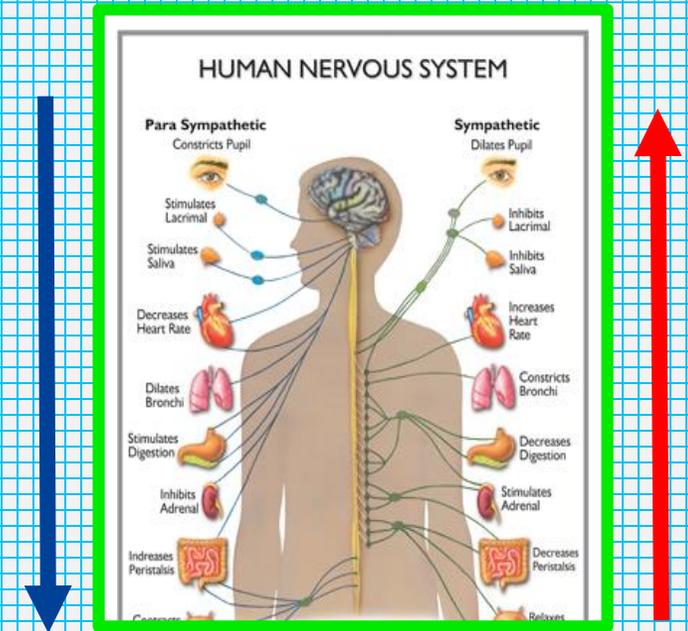
Noticing how the nervous system responds to helpful gestures and movements

CONNECTING with the garden

Noticing how the nervous system regains stability in the present moment



KEY CONCEPTS





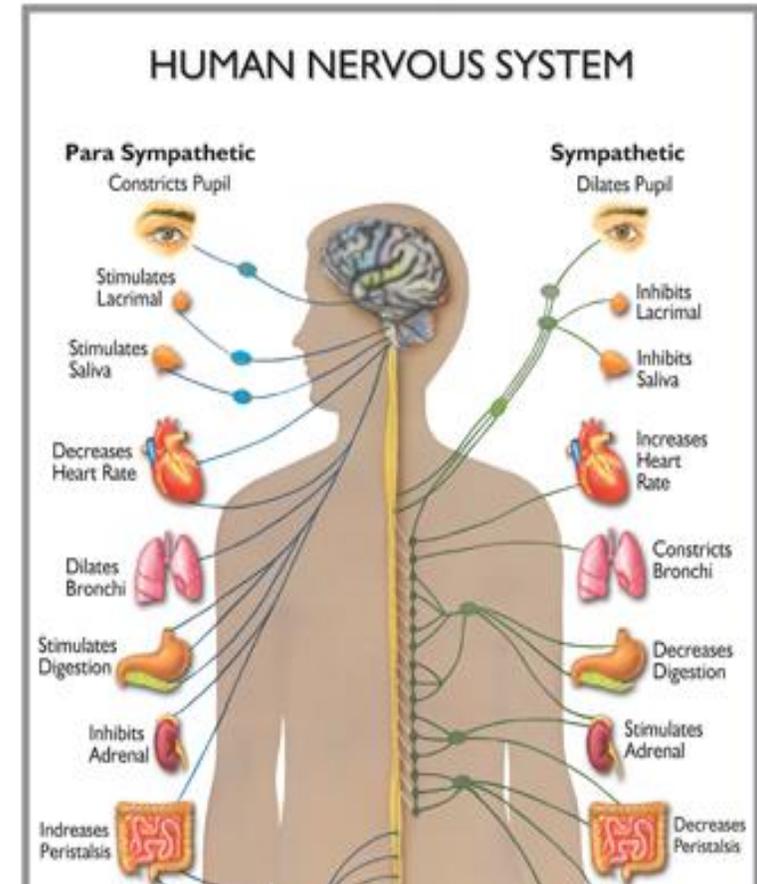
**SELF-CARE
AND
PEER-TO-PEER
SUPPORT**





KEY CONCEPT

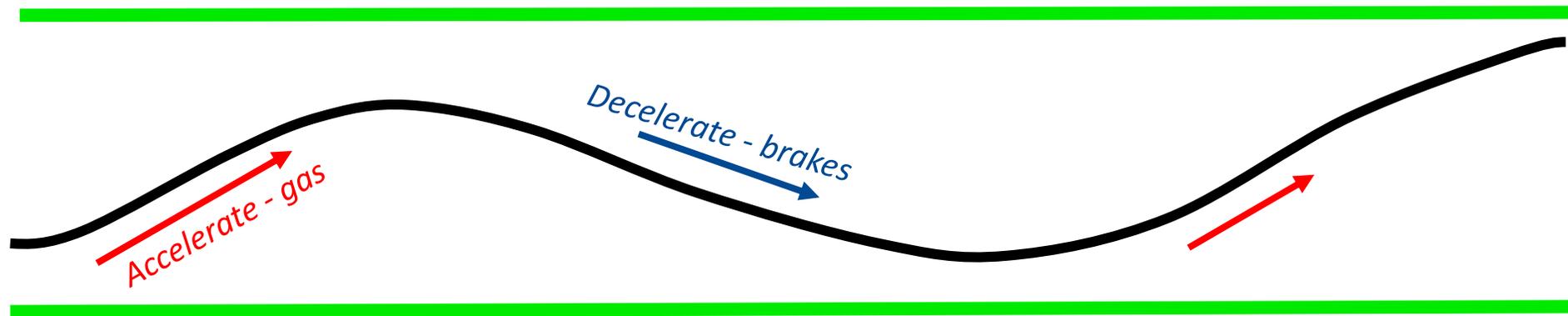
„It's about biology,
not
mental weakness“





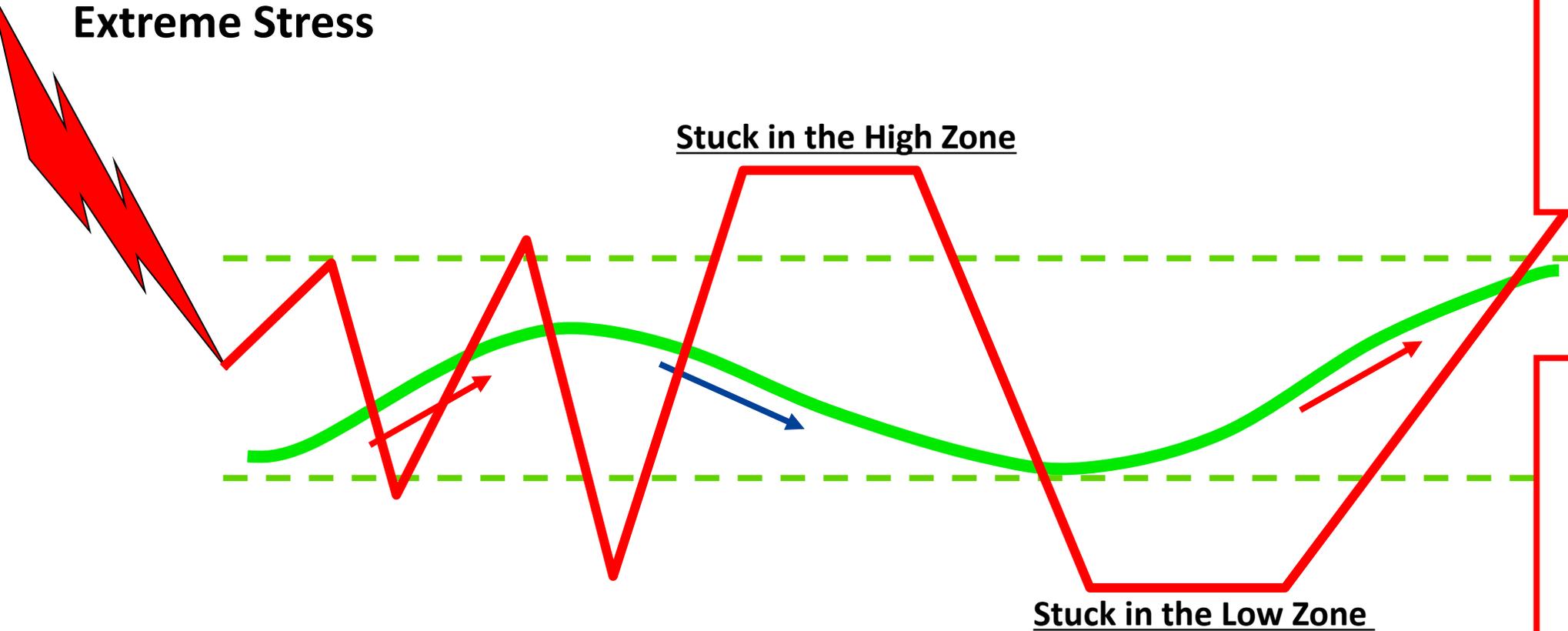
The field of flexibility

In the field of flexibility, we are able to rise and adapt to challenges, and have the **calm** or **energy** that we need to manage the tasks of everyday life.





Extreme Stress



Too much – „flooded“
Hypertension
Digestive problems
Panic
Angry or violent outbursts
Pain
...

Too little – „no energy“
Exhaustion
Digestive problems
Numbness (no feelings)
Depression
Pain
...

The good news is: the Field of Flexibility can be strengthened by practice – like a muscle!

GARDENING PRACTICE 1:



NOTICING what happens on the inside
Focusing **ATTENTION** on physical (visceral) sensations in the
body that are **neutral** or **pleasant**

GARDENING PRACTICE 1:



What fires together, wires together!

Paying attention to physical sensations that are

less unpleasant, neutral
or **pleasant**

helps the nervous system recover from stress and “**grow resilience**”.



NOTICING what happens on the inside

GARDENING PRACTICE 2:



„...what do you
NOTICE on the
inside, as you tell
me about ---?“



FINDING sources of nourishment

Focusing on positive or neutral experiences in order to create neutral or pleasant sensations in the body

GARDENING PRACTICE 3:

FIRST AID

Strategies to get back into your Field of Flexibility

FIRST AID

Strategies to get back into the Garden when we get stuck in the High or Low Zones

1. **Drink a glass of water or tea**
2. Look around the room and name everything out loud that catches your attention
3. Name 6 colors that you see
4. **If your eyes tend to fall shut, open them wide**
5. Count backwards from 10 or 20 while you walk around
6. Touch and feel the surface of objects around you and tell yourself whether they are smooth, rough, cool, warm, etc.
7. Notice and describe the temperature of the air around you
8. Name all of the sounds that you can hear around you
9. Walk around and notice how you move your arms and legs, and how your feet make contact with the ground beneath you. Tread lightly or heavily, depending on what feels better!
10. **Press your hands or your back against a wall or tree and notice how your muscles react**

Helping each other



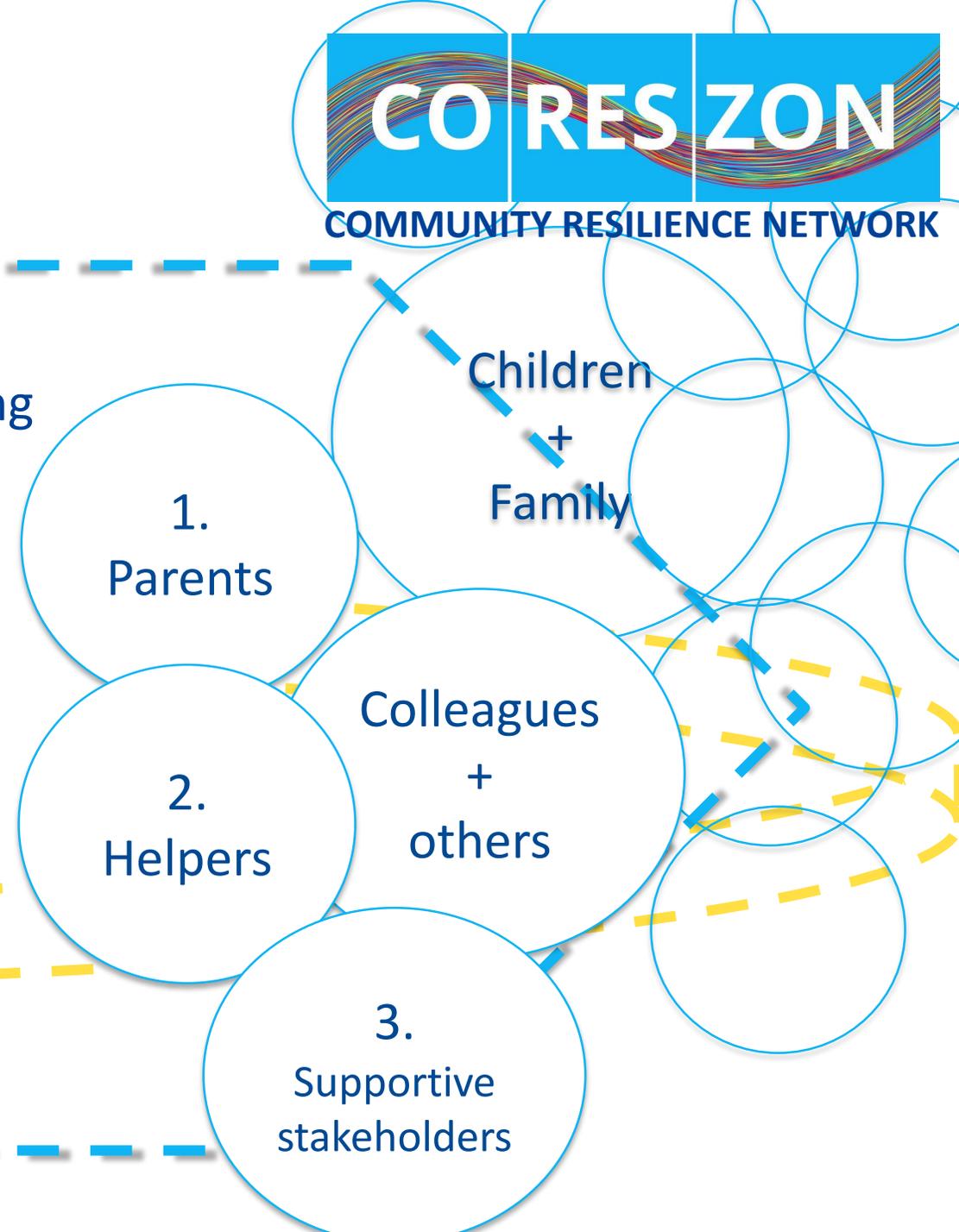
1. Get to know the context: “What is already working well”?
2. 12-hr Garden Method Self-Care Workshop or “conversational” (informal) teaching
3. Follow-up

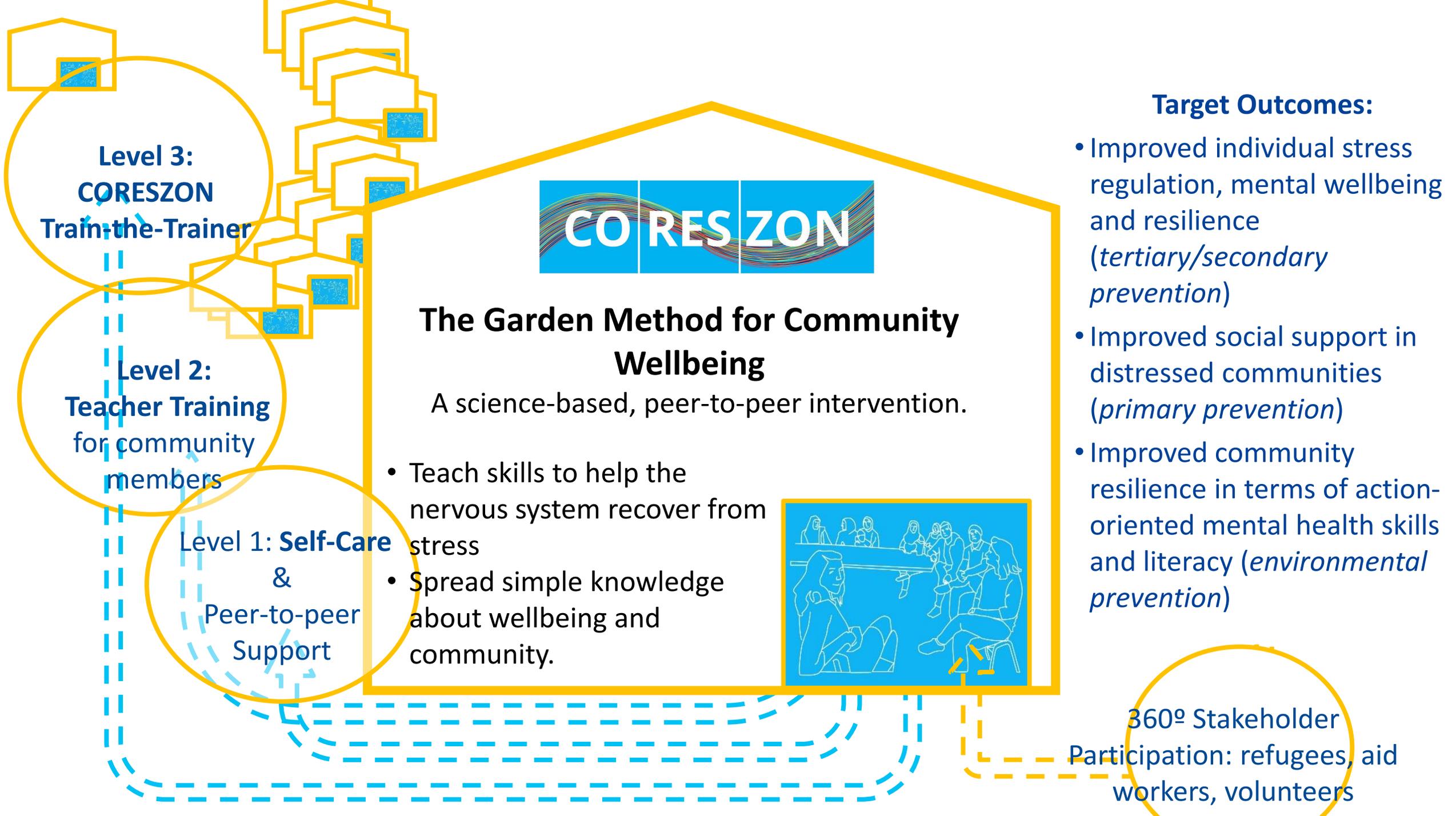
EVALUATION:

Acceptance, feasibility & efficacy.

Questionnaire / Interviews / Focus groups

FEEDBACK LOOPS: Follow-up & Documentation





Level 3:
CO RES ZON
Train-the-Trainer

Level 2:
Teacher Training
for community
members

Level 1: Self-Care
&
Peer-to-peer
Support



The Garden Method for Community Wellbeing

A science-based, peer-to-peer intervention.

- Teach skills to help the nervous system recover from stress
- Spread simple knowledge about wellbeing and community.



Target Outcomes:

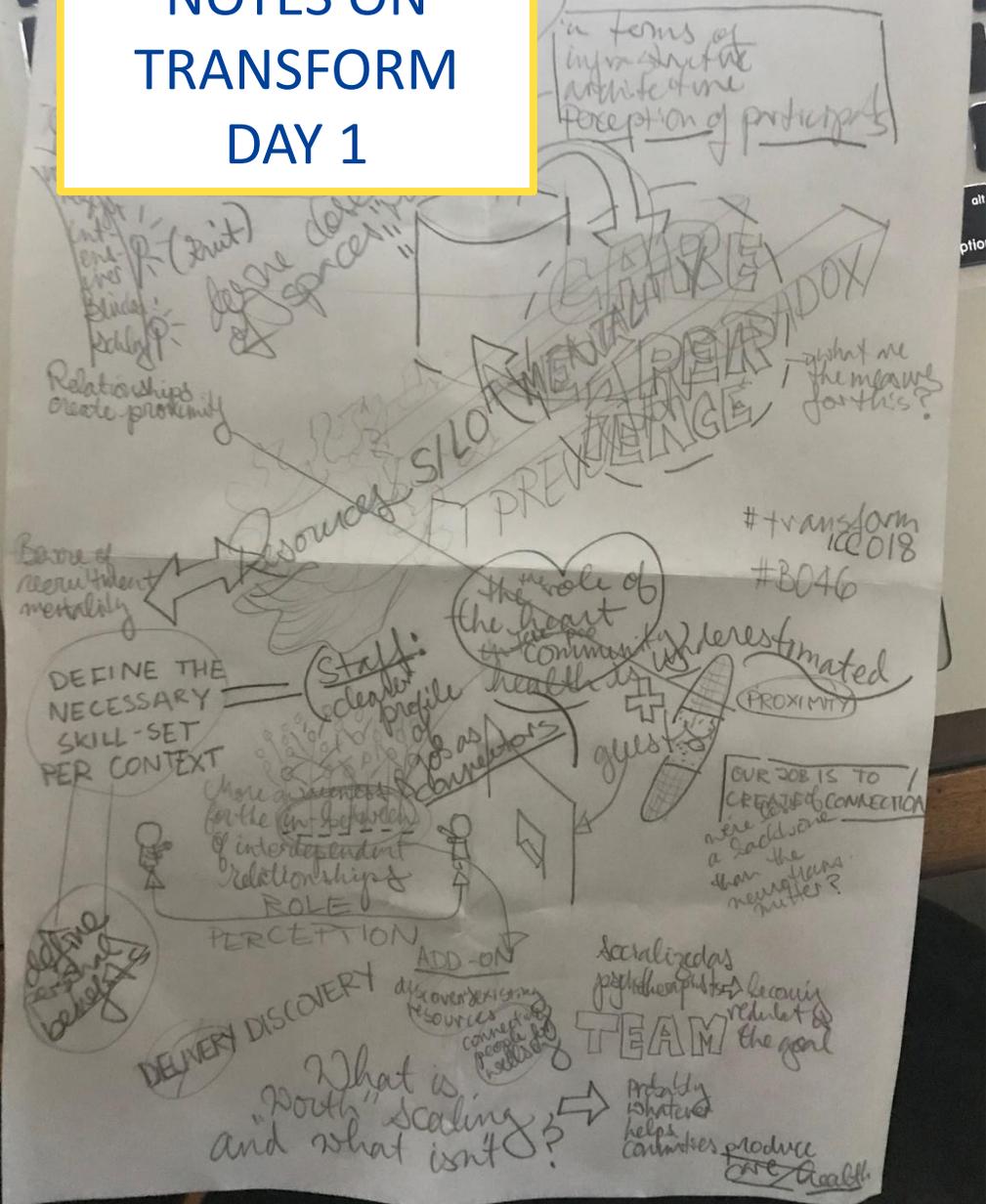
- Improved individual stress regulation, mental wellbeing and resilience (*tertiary/secondary prevention*)
- Improved social support in distressed communities (*primary prevention*)
- Improved community resilience in terms of action-oriented mental health skills and literacy (*environmental prevention*)

360° Stakeholder Participation: refugees, aid workers, volunteers

NOTES ON TRANSFORM DAY 1

AVAILABILITY VS. ACCESSIBILITY

- The role of the heart in community care is often underestimated
- Relationships create proximity
- Beware of “recruitment mentality”
- Communicate our role as connectors – we are more “neurotransmitters” than “bone structure”!
- Facilitate awareness for the “in-between” of interdependent relationships
- Respond to participants’ perception of the space we endeavor to create together



LESSONS LEARNED

- Allocate sufficient time to building relationships - **proximity & trust = sustainability.**
- Negotiate resources (material and immaterial) with stakeholder partners at agency level based on **common experience**
- Identify and negotiate **structural and idealistic support for innovation** with stakeholders
- Develop from the inside out by incorporating both **what we learn from participants**, and what we learn as a team with multiple cultural and professional perspectives.
- Make a point of partnering with people/organizations who can offer what we can't, and ensure that **interests are transparent and negotiable.**
- “Use the same basic ingredients, but adjust the recipe as needed!”. Respond to and integrate participant input, **don't get over-attached to intervention fidelity** – keep target outcomes in mind, but be open for redefining these with participants.



THANK YOU FOR LEARNING WITH US!

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