

Building a Resilient Williamson County

FOCUS ON INCREASING THE COMMUNITY'S ABILITY TO UTILIZE AVAILABLE RESOURCES TO RESPOND TO, WITHSTAND, AND RECOVER FROM ADVERSE SITUATIONS



WHAT IS A RESILIENT COUNTY?

It's "a community that can thrive in spite of adverse events or experiences"
- Prevention Institute



#5 Health Priority in Williamson County

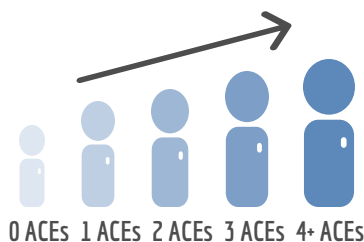
“COMMUNITY SUPPORT, FEELING LIKE THEY CAN CALL SOMEONE UP ANY DAY AND ASK FOR HELP, ASK FOR SOMETHING. I THINK THAT TO ME FROM MY PERSPECTIVE, THE COMMUNITY SUPPORT IS STRONG. -COMMUNITY RESIDENT”

RESEARCH DEMONSTRATES THE POSITIVE IMPACT OF RESILIENCY ON THE HEALTH AND WELLNESS OF A COMMUNITY. DEVELOPING COMMUNITY RESILIENCY CAN BUFFER THE NEGATIVE IMPACTS OF ACES AND TRAUMA. RESILIENCY IMPROVES A COMMUNITY'S ABILITY TO PREPARE AND RESPOND TO ADVERSE EVENTS AND EXPERIENCES SUCH AS NATURAL DISASTERS.

WHAT ARE ACES?

ADVERSE CHILDHOOD EXPERIENCES

- * THEY INCLUDE NEGLECT, ABUSE, OR HOUSEHOLD DYSFUNCTION.
- * ACES CONTRIBUTE TO INDIVIDUAL AND COMMUNITY LEVELS OF TRAUMA.
- * 2 IN 3 PERSONS HAVE AT LEAST 1 ACES. - RWJF



AS THE NUMBER OF ACES INCREASES, SO DOES THE RISK FOR NEGATIVE HEALTH OUTCOMES.

Resilience

IS BASED ON COMMUNITY FACTORS:

- * SOCIAL NETWORKS AND TRUST
- * WILLINGNESS TO ACT FOR THE COMMUNITY GOOD
- * LIVING WAGES/LOCAL ASSETS AND WEALTH
- * HEALTHY, EQUITABLE COMMUNITY DESIGN
- * HEALTHY PRODUCTS AND SERVICES - PREVENTION INSTITUTE