Figure 5  Promoting Community Resilience: From Trauma to Well-being

**Community Strategies**
- Equitable Opportunity
  - Restorative justice
  - Healing circles
  - Economic empowerment
  - Workforce development
  - Investment in resources

**Individual Approaches**
- Reduced individual and community trauma
- Reduced risk of violence, threat of violence

**Resilient Community**
- Equitable Opportunity
  - Adequate living wages
  - Local wealth
  - Quality education

**People**
- Rebuild relationships and networks
- Strengthen healthy social norms
- Promote community connection

**Place**
- Create safer public spaces
- Improve the built environment
- Invest in parks, housing and transportation

**Increased well-being for individuals, families and communities**
- Strong social networks
- Trust
- Willingness to act for the common good
- Norms/culture that support health and safety
- Safe parks and open spaces
- Arts and cultural expression
- Perceptions of safety
- Availability of healthy products
- Availability of quality housing

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Figure 2 The Production of Trauma from Violence

- STRUCTURAL VIOLENCE
- VIOLENCE THREAT OF VIOLENCE LOSS

INDIVIDUAL TRAUMA
- Re-experiencing
- Emotional numbing
- Avoidance
- Increased arousal

COMMUNITY TRAUMA

COMMUNITY SYMPTOMS
- Equitable Opportunity
  - Inter-generational poverty
  - Unemployment
  - Disinvestment

People
- Disconnected, damaged relations
- Destructive social norms
- Low sense of political/social efficacy

Place
- Deteriorated environments
- Unhealthy, dangerous public spaces
- Crumbling built environment

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