

**Lyda Hill**

**Institute for  
Human Resilience**

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**EMPOWERING HUMAN RESILIENCE THROUGH  
SCIENTIFIC DISCOVERY AND STRENGTH-BASED  
INNOVATION**

# POPULATION RESILIENCE

- **Unprecedented Mass Trauma Events**
  - Pandemic Crisis
  - Mass Shootings
  - Natural Disasters/Climate Crisis
- **Global Economic Instability**
  - War
  - Natural Disasters/Climate Crisis
  - Inflation
  - Workforce Dynamics



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# COLORADO SPRINGS! THE FIRST GRIT CITY IN AMERICA!

- With over 10,000 coaches we have an army of resilience coaches ready to respond to a major disaster!
- These coaches receive on-going trainings on mental health support including suicide prevention, wellness strategies, and community-wide response.
- The GRIT-E app provides the opportunity to engage the coaches in on-going dialog and activation based on community need.
- Colorado Springs is the definition of community resilience.





# GREATER RESILIENCE INFORMATION TOOLKIT (GRIT)

First community-wide training focused on establishing a network of resilience coaches who can support those in their own social network to help promote strength and provide resources.

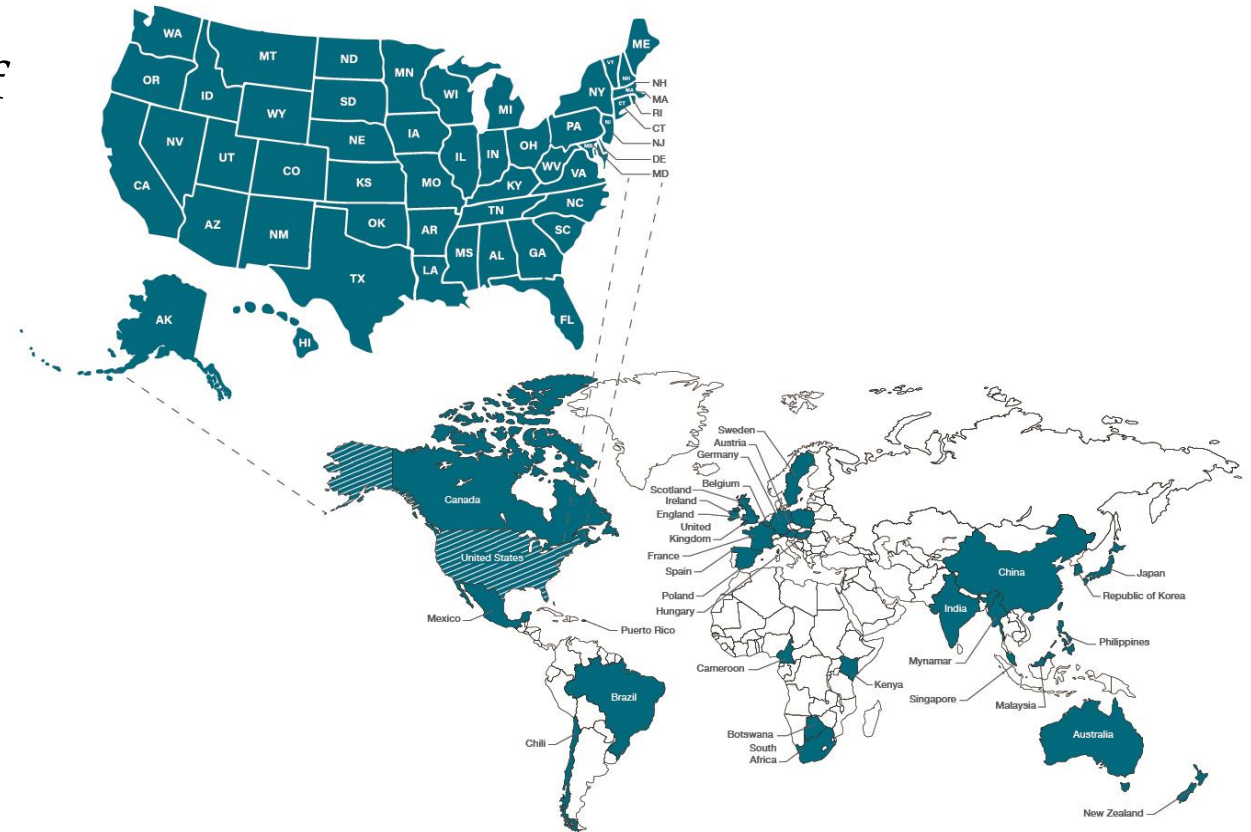
The network responded to the pandemic and is growing every week. Can now be activated in the wake of community stress or disasters.

Promotes *meaningful informed* connections!

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# THE GRIT PROGRAM

- Developed by Dr. Charles Benight, Dr. Josef Ruzek, and Nicole Weis in April 2020
- GRIT Around the World
  - All 50 states, 32 countries
- CORE Plus More
  - Education
  - Leadership and Small Business
  - Healthcare (also in Spanish)
  - Military and Emergency Responders



# CONCEPTS OF GRIT

## Based on Principles of Psychological First Aid

- Personal sense of safety.
- Physical and mental calming.
- Connectedness with other people.
- Hope for the future.
- Sense of self and collective efficacy, confidence in ability to cope effectively with the disaster.

## 5 Steps in Reaching Out and Making Connections

## Roleplays, Reflections, and Resources

# GRIT: IT'S FREE!!!

- The GRIT program strengthens individual and collective resiliency and equips trainees to “coach” others in their social network.
- GRIT is grounded in the science of empowerment.
- GRIT is not meant to replace professional help.

1

**Emotional support**

2

**Resilience, encouragement & motivation**

3

**Reassurance**

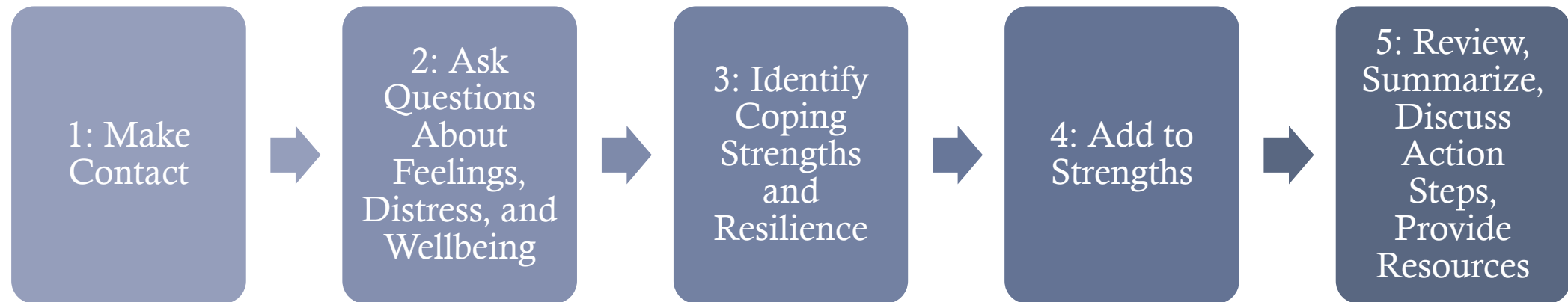
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**Resources**



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# 5 STEPS TO GRIT





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# COMING MARCH 28<sup>TH</sup> 2024: FIRST GRIT CONFERENCE

• Will host coaches from all over  
U.S. at UCCS

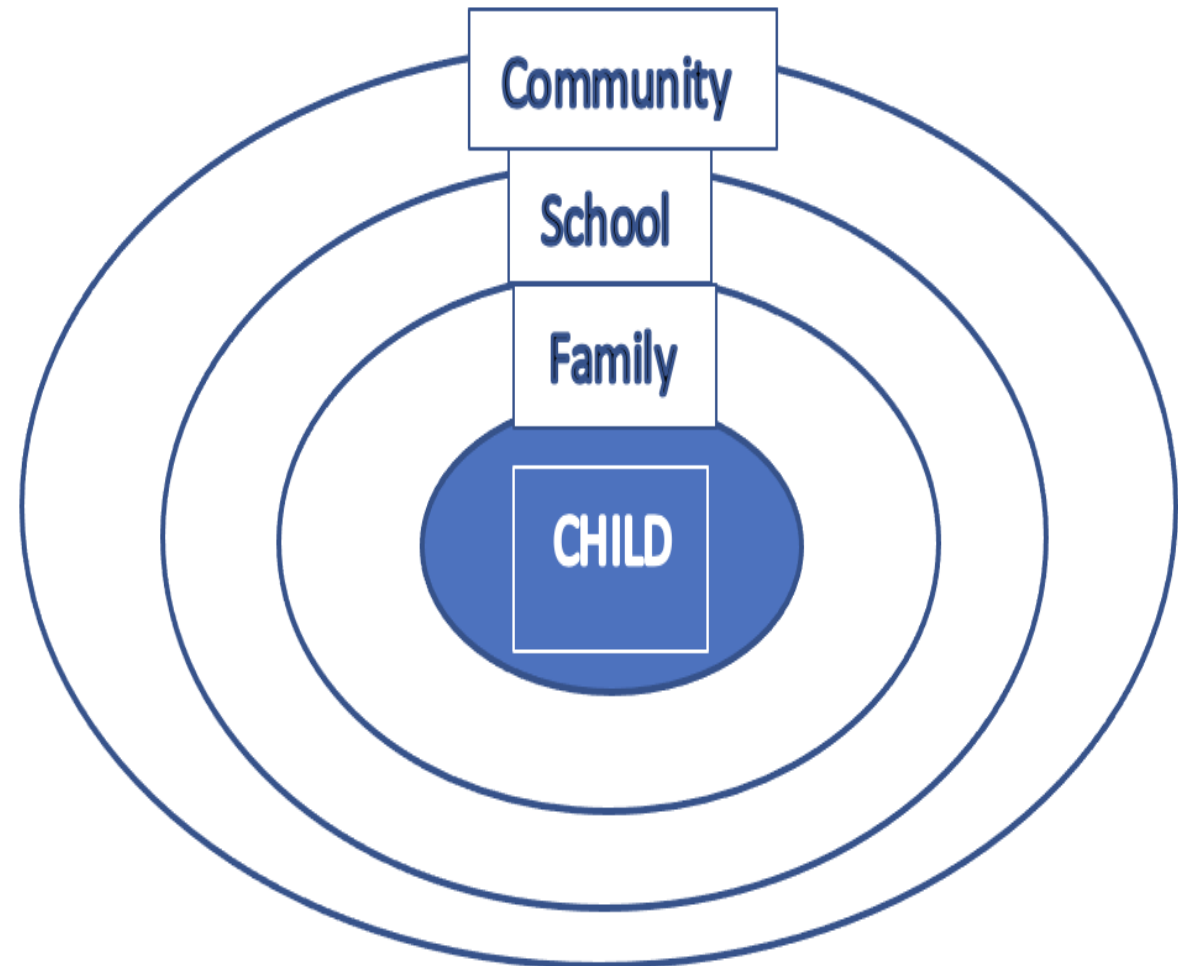
- Special Keynote Speaker who is known as a testament to resilience!
- Providing specialized trainings for new GRIT coaches.
- Create a community experience for coaches to meet other coaches.



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## OLYMPIC AND PARALYMPIC MUSEUM COLLABORATION!

- MOU Established in 2021
- Integration of GRIT with  
Becoming Your Personal  
Best: Team Strong!
- National Launch of Team  
Strong to Promote  
Collective Resilience



# ORGANIZATIONS WE'VE SUPPORTED

- Catalyst Counseling
- CSPD CIT (x4)
- CSPD Academy Training (x2)
- Emerging Leaders Program (ELP)
- UCD School of Public Affairs
- Cottonwood Creek
- TESSA
- MedFit
- UCCS GPS class
- Cedar Springs CEU Provider Group (x2)
- UC Denver Architecture
- El Pomar Foundation
- UCCS Faculty and Staff
- Veteran Trauma Court
- UCCS Wellness Center
- College and University Professional Association
- Clerk of Court Retreat
- YPO Forum with Lyda Hill
- Family Life Services
- Colorado Legal Services (x2)
- Springs Recovery Center
- Chaffee County Public Health
- Nebraska Public Policy
- Pikes Peak United Way
- El Paso County Public Health
- UCHealth
- Colorado Department of Transportation

VETERAN  
HEALTH AND  
TRAUMA  
CLINIC:  
STARTED IN  
2014  
THROUGH  
LYDA HILL  
PHILANTHROPI  
ES GRANT

## VETERANS HEALTH AND TRAUMA CLINIC

A healing clinic for recovery from trauma specializing in military and first responders, but open to all.

- Over 47,470 Clinical Hours Provided
- Over 2400 Veterans or Family Members Served
- 129 Active-Duty Members Served
- A total of 2437 Trauma Survivors Received Care!



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# REVOLUTIONIZING TRAUMA THERAPY

Milestones Resilience Care  
opened April 2023

Contract with UCHealth  
“Next Chapter” for Veteran  
Suicide Prevention.

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QUESTIONS???