A Roadmap for Care + Change

PEOPLE'S RESILIENCE IN **CLIMATE RESILIENCE**

—

BRIEF VERSION

Mission

CARE+CHANGE

COP^2 is a rapidly growing global network of more than 450 organizations managed by the Billion Minds Project at Columbia University. These groups reflect diverse perspectives at the intersection of social change and environmental change.

It takes resilient people to steward a resilient planet. Our mission is to ensure that billions of people facing the climate crisis have the psychological resources to spark great change and to care humanely for each other and the planet.

This effort is aligned with the overarching goal of the Sharm-El-Sheikh Adaptation Agenda (SAA) and the Race to Resilience Campaign to mobilize Non-Party Stakeholders to increase the resilience of 4 billion people across the SAA Priority Systems (Fig 1) and drive radical collaboration for a more just and resilient future.

Mission

CONTEXT:

EMPOWERING HUMAN ADAPTION

AND RESILIENCE

SHARM-EL-SHEIKH ADAPTATION AGENDA

SAA

A solutions agenda that provides a set of
Outcomes to be met by 2030
to advance Adaptation & Resilience action across...

1	2	3	4	5
FOOD & AGRICULTURE SYSTEMS	HEALTH SYSTEMS UNDER DEV	HUMAN SETTLEMENT SYSTEMS	COASTAL & OCEAN SYSTEMS	INFRA-STRUCTURE SYSTEMS

6   WATER AND NATURAL SYSTEMS
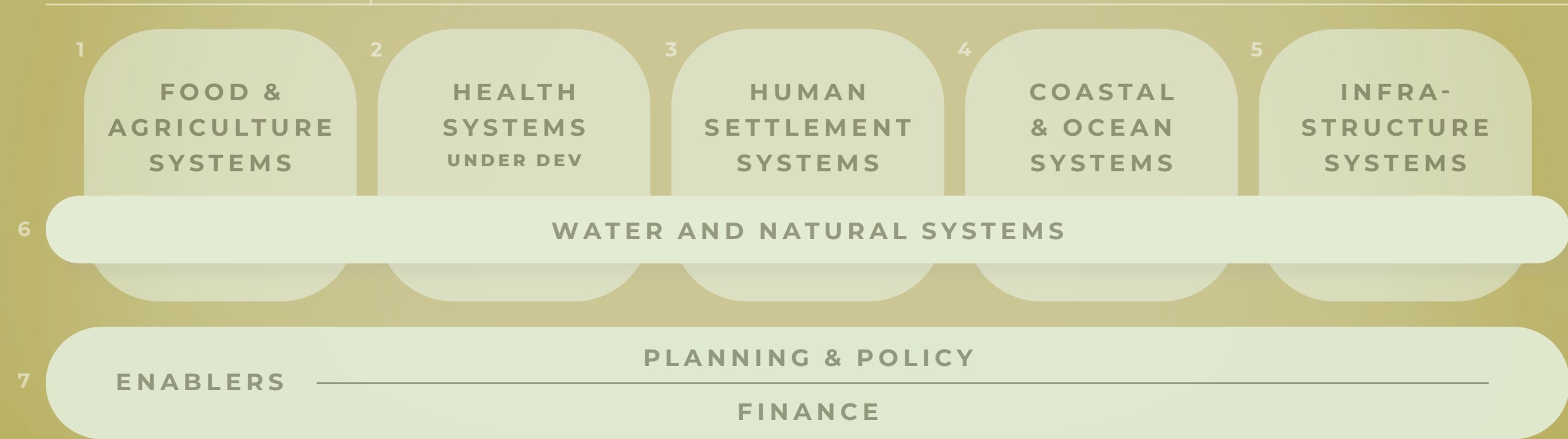
7   ENABLERS   PLANNING & POLICY
FINANCE

FIGURE 1

"By COP28, they [Billion Minds-COP²] will complete a Roadmap that details how to achieve this goal, with early adopters identified to progress this work." — Sharm El Sheikh Adaptation Agenda (SAA), p. 25.

The tasks of "climate adaptation" and "resilience" take on the full urgency of the climate crisis: its injustice, violence, and encompassing force, and the degree to which it heralds profound challenge and change.

The work of "adapting" addresses these fundamental disruptions head-on. Less explored is the emotional weight of this work, which draws heavily on people's capacity to mourn, endure, and manage great change as ways of living and familiar places are re-made.

The Race to Resilience campaign and its collaborators are mobilizing unprecedented global efforts to accelerate climate adaptation by strengthening, and making

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more sustainable, these seven key systems specified in the SAA.

Protecting, reimagining, and reconstructing all these systems requires people to have the capacity to change behavior, connect and cooperate, absorb trauma, loss, and distress, and remake possibilities and meanings for their lives, especially as more of the planet is acutely affected by climate change. It also requires adopting attitudes and mindsets for comprehending and being in active relationship with the urgent imperative of transitioning away from fossil-fuel-based energy and the lifestyles of the people and places most benefiting from and contributing to them. Enabling all of that needs all hands and broader social change for these systems, sectors, and governments to absorb the wide-ranging work of psychological resilience.

When announced at COP27, the SAA included the intent for us to establish a path

for psychological resilience to be part of climate resilience, with the first steps to be the launch of this Roadmap at COP28, along with proposed "Early Adopter" initiatives that put it to work.

A critical aspect of the collaboration is to think humanely about "resilience." The demands on people, communities, and societies are tremendous. It takes resilient, enabled people to sustain and commit to resilient places. Approaching adaptation and resilience in their psychological meanings as strengths elevates people's dignity, agency, and capacities to not only cope with but act on and change those demands, to not settle for accepting them but for asserting ways forward. This Roadmap demonstrates how psychological resilience is a process rather than an end state. It is a process that rein-forces the behavioral, psychological, and emotional elements that make it possible for people to respond in solidarity to climate change and environmental crises.

5 Steps for Psychological Resilience

THE PROCESS OF CARE AND CHANGE

AIMS SETTING

Using Tools of Care + Change

Improving + Measuring

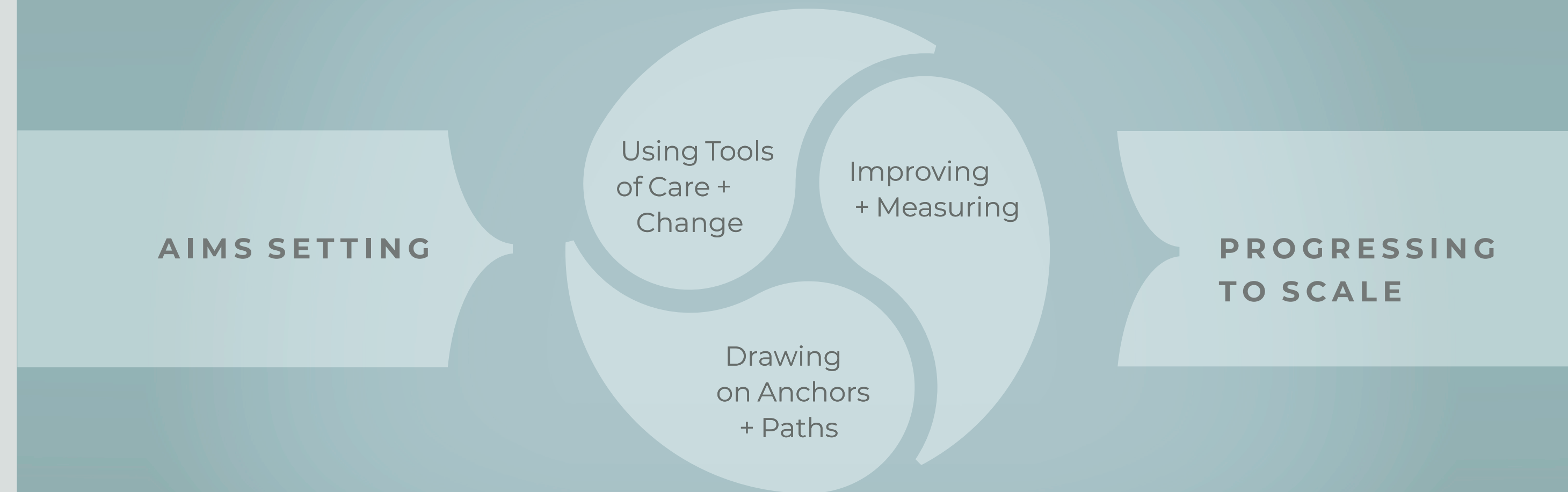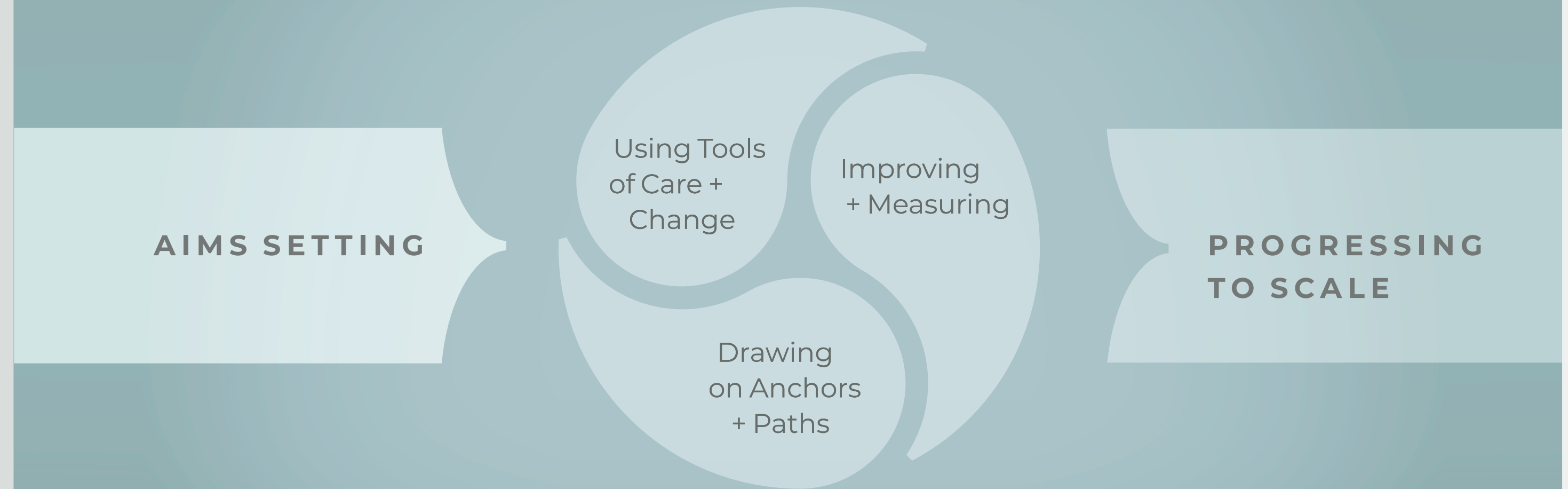Drawing on Anchors + Paths

PROGRESSING TO SCALE

FIGURE 2

This Roadmap presents the Five-Step implementation cycle applied and refined during initial planning with Race to Resilience and other aligned initiatives and partners. That work resulted in a consistent and replicable process that is at the same time pragmatic and iterative.

1. Aims Setting

A COLLABORATIVE PROCESS TO EXPLORE HOW PSYCHOLOGICAL RESILIENCE CAN HELP GROUPS ACHIEVE THEIR OBJECTIVES

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This perspective that mental health and well-being can be critical means towards achieving and empowering other vital aims rather than only as an end unto themselves is central to thriving human development and essential to meaningful and effective climate resilience.

MACRO-AIMS SETTING: ADDRESSING WHAT'S AT STAKE

Climate change is associated with marked elevations in impairing depression, anxiety, suicide, substance misuse, and traumatic stress. These result from direct experiences of material loss and adverse weather events such as floods, storms, heat waves, and fires.

There are similar elevations because of the longer-term effects of ongoing climatic

1. Aims Setting

A COLLABORATIVE METHOD USED TO ARTICULATE HOW PSYCHOLOGICAL RESILIENCE CAN HELP A GROUP ACHIEVE THEIR OBJECTIVES

impacts, such as drought and prolonged heat, food and water disruptions, economic and livelihood precarity, displacement and migration conflict, and violence. Also adding to these effects is growing evidence of impairing anticipation and fear of these accelerating realities and struggle with persistent awareness and distress that altogether resist usual medical notions of mental illness or care towards more communal ones. Decades of experience in implementing mental health and psychosocial services show how all these disruptions markedly multiply rates of mental illness and suffering. And those compounding, cumulative effects impact whole communities. They impair social ties, collective efficacy, agency, and hope. Those are critical to cope humanely and to transformatively act, especially in the face of such an encompassing challenge as climate change.

Those compounding effects and their social consequences, and in turn, appreciating psychological-emotional strengths and well-being as vital resources, need specific attention. Promoting population-level mental health and its wide-reaching social value as part of tackling adversity can be a new normal rather than a too-long missed opportunity. It means doing many things differently, such as including more of us in that work, diffusing the skills and tasks that are bending whole societies towards the purpose of nurture.

It is possible to realize that vision. To do so, this Roadmap draws specifically on knowledge and practice across three fields: Global Mental Health, Well-being, and what is described here as Sense-making. These are starting points to build on further.

Together, these areas capture a range of tested, ready elements to make doable and tangible growing recognition of the need to

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invest in strong social "floors" as foundations for living within planetary boundary "ceilings." Climate "adaptation" and "resilience" have to resist associations of just getting through or minimizing harm, but also of changing things, of not just playing defense, but also a strong offense, as foundations for the strong floors of nurtured societies more inclined to nurture the planet.

The stakes are growing. Along with climatic tipping points, where global heating effects trigger further emission releases in a reinforcing spiral that eludes human ability to manage, there are mass psychological tipping points. At these tipping points, hope can give way to hopelessness, empathy to enmity, agency to apathy, solidarity to schism, and responsibility to retreat. Avoiding these tipping points is no less critical to the human future.

MICRO-AIMS SETTING: IDEAS IN ACTION

The process of psychological resilience set out here is relevant to smallholder farmers in Uganda, youth in informal settlements in Nairobi, insurance companies everywhere, and low-income, climate-threatened households in Jamaica. Each of these examples is among the Early Adopters putting this Roadmap and its catalytic understanding of psychological resilience to work.

This versatility is a demonstration of how psychological resilience as a process can link general knowledge with diverse and robust local knowledge and purposes in generative interaction. The initial step of Aims Setting roots that process to meet "other aims."

The accumulated storehouse clinical of cultural, traditional, and psychological tools, honed across those three knowledge areas, can be drawn on to meet what people think is needed for them to better manage the circumstances of climate and environmental

1. Aims Setting

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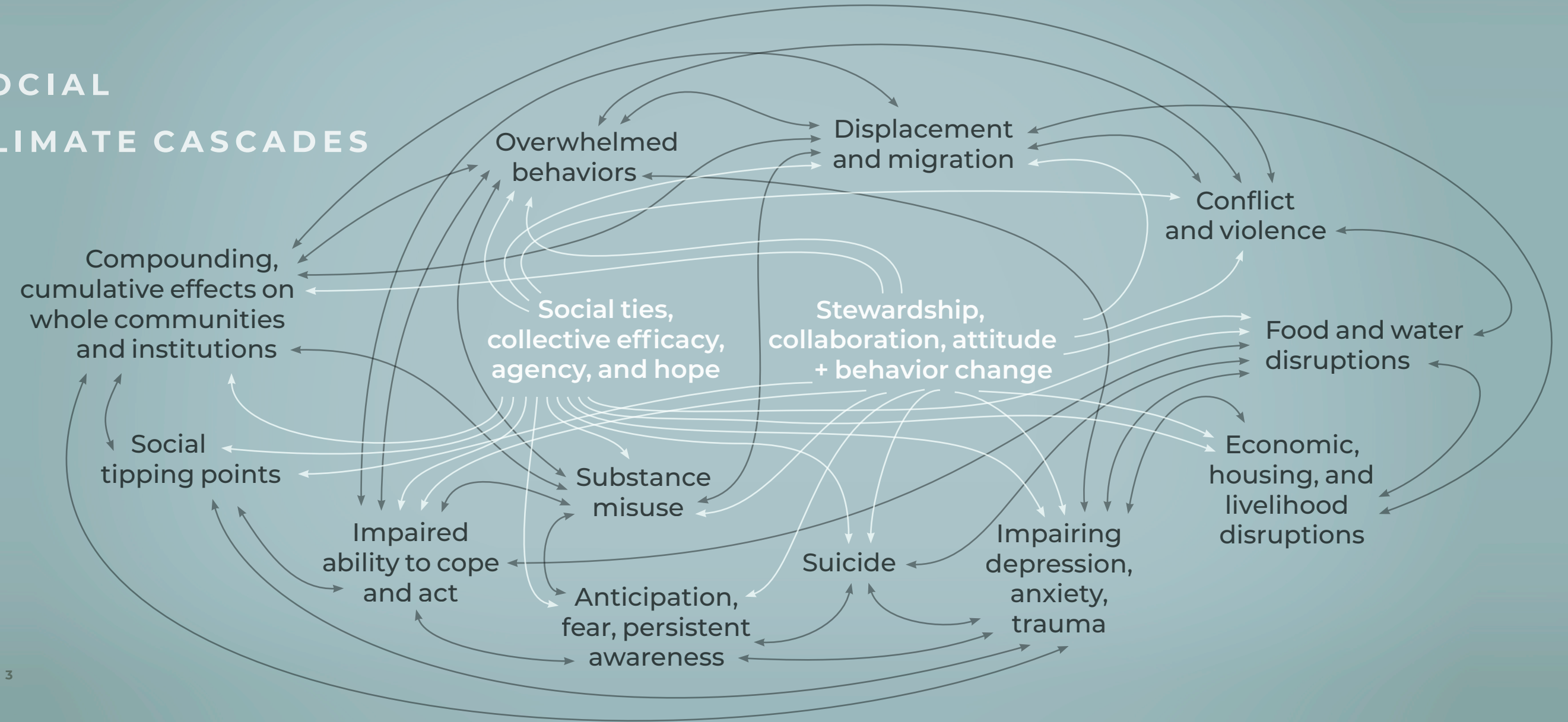
**SOCIAL
CLIMATE CASCADES**

FIGURE 3

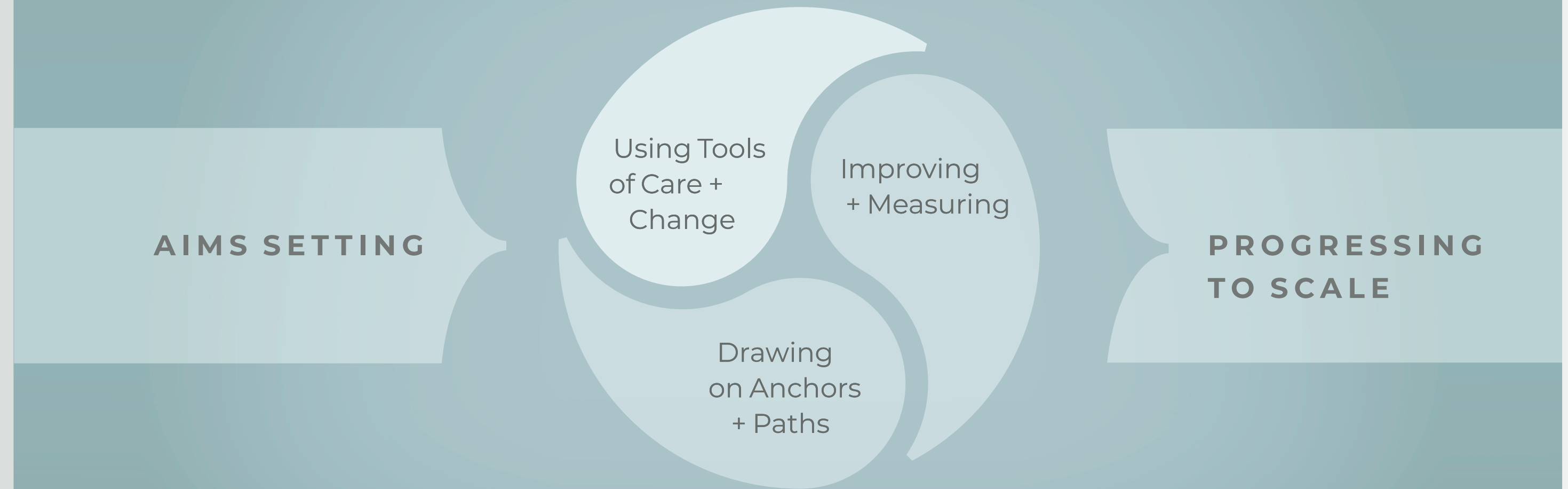change and harm, working as a powerful means to contribute to other crucial ends.

So, each Early Adopter initiative began by asking certain Race to Resilience partners and other key collaborators and aligned campaigns across the seven systems if they could envision how or if psychological resilience would help. This starting point of a pragmatically anchored, problem-based, problem-solving turn towards

that storehouse amplifies and invites the full range and possibilities of what those tools can do.

There is a summary description of the Early Adopters initiative in *Further Reading*.

2. Using Tools and Methods for Care+Change

THE LINK BETWEEN AIMS AND ACTION IS THE TASK OF CARE AND CHANGE

AIMS SETTING

Using Tools of Care + Change

Improving + Measuring

Drawing on Anchors + Paths

PROGRESSING TO SCALE

What links aims and action are the tasks of care and change. Along with the wide scope of emotional, psychological, behavioral, and mental impacts and demands of climate change and responding to it is a similarly wide range of tools, methods, and traditions that can be drawn on to address the demands. All told that range sorts into enabling one of two buckets: tasks of care and tasks of change.

THE TASK OF CARE

The task of care is to diminish and prevent emotional and mental distress, illness, and symptoms and to promote overall emotional well-being. Care tasks can take the form of hands-on personal contact and an array of social and cultural practices, policies, and traditions.

For the hands-on work, the Global Mental Health field, in particular, has generated a

1

2. Using Tools and Methods for Care+Change

THE LINK BETWEEN AIMS AND ACTION IS THE TASK OF CARE AND CHANGE

termed "inner" development or resilience, which has various forms but considers efforts around material shifts towards sustainability and resilience as also dependent on mindsets and relational, cognitive, and emotional shifts that also need attention. This attention to inner change resonates with and often draws from traditional, indigenous, and cultural knowledge and practices as well.

So, the Roadmap identifies some places to start where tasks of change reinforce or depend on behavioral, psychological, and emotional aims or outcomes, which can also have care effects.

KERNELS AND NURTURE EFFECTS

Care and change overlap and mutually reinforce each other. They also allow for triage and adjustment of what is needed at a given place or time. That versatility and mutual reinforcement at individual and mass levels is intentional. It is a key part of what psychological resilience should set in motion, linking care for each other with care for the planet. Keeping change rooted in commitments to each other in care, as well as strengthening inclusive ties and solidarity that help forge change.

These overlaps are more than thematic similarities. They share active, working ingredients, or "kernels." For example, a review of mental health prevention and promotion interventions finds their effectiveness tends to depend on a recurring short-list of outcomes or characteristics coined by some as "nurture effects," such

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THE LINK BETWEEN AIMS AND ACTION IS THE TASK OF CARE AND CHANGE

CARE

CHANGE

TASK-SHARED +CULTURAL/ LOCAL-BASED

Global Mental Health

CO-CREATION +PARTICIPATION STRATEGIES

NURTURE AND WHOLE SOCIETY EFFECTS AND TOOLS

Well-Being and Nurture

MACRO-POLICIES SOCIAL OFFSETS, INCLUSION+EQUITY

SENSE-MAKING SOLIDARITY + CARE

Sense-Making ——— A DYNAMIC ECOSYSTEM

INNER MINDSETS, CRITICAL CONSCIOUSNESS TOOLS TO IMPLEMENT, DECIDE, MANAGE AND LEARN
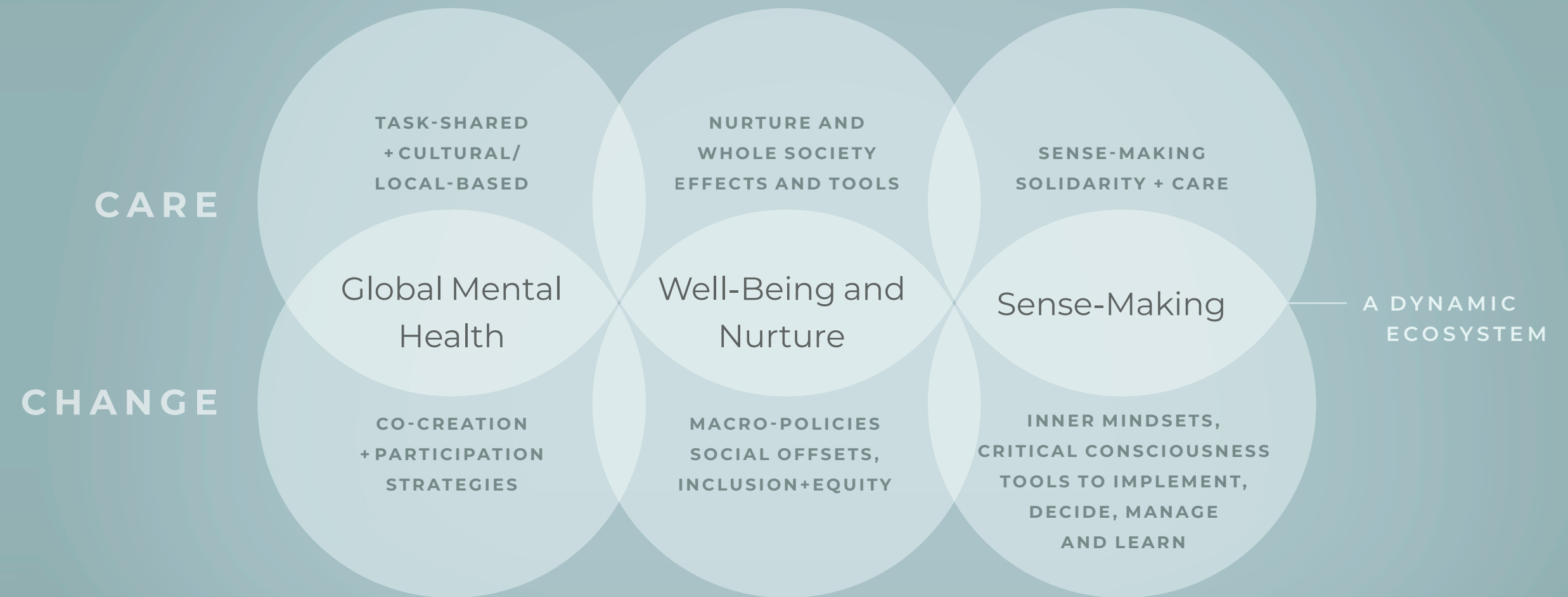
FIGURE 4

as empathy, perspective-taking, psychological flexibility, mindfulness, and prosociality. Competencies from diverse fields, from healthy childhood emotional development to sustainable peace and conflict resolution, echo each other through similar kernels.

That redundancy is an engine to give psychological resilience transformative reach through the mass effects through propagating tasks of care and change. But how do these care or change tasks, matched to initial aims, actually get into people's hands?

3. Drawing on Anchors+Paths

ANCHORS ARE TRANSLATORS

AIMS SETTING

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PROGRESSING TO SCALE
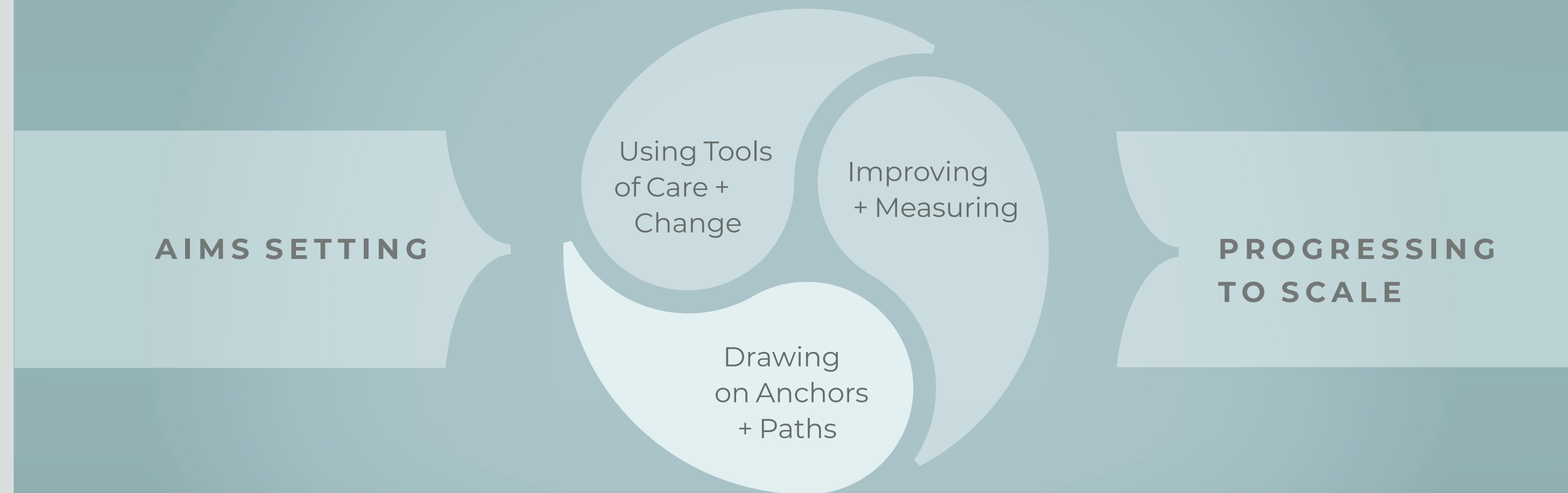
Anchors are translators. The term describes any number of established, trusted, common institutions, communal networks, and other capable and locally credible entities that can be accompanying owners delivering one or more critical functions to assist others in their aims for psychological resilience.

Their key functions include:

– setting aims and supporting planning and implementation

– training and coaching on content and skills

– monitoring and sharing improvement strategies, and

– providing formal care backup when direct care for symptoms is part of the goal.

3. Drawing on Anchors+Paths

ANCHORS ARE TRANSLATORS

These functions are a good enough starter set for any place or group to adopt the work of psychological resilience. They may be functions that adopters already have or functions they need to rely on other anchors to fill in. Whether designed to do so or not, anchors can contribute technical, organizational, convening, or additional support to assist in or fulfill any of these four functions. Several anchors may be needed for a given initiative.

Paths are ways care and change capabilities reach beneficiaries at scale via trusted community groups and networks, places of support and learning such as schools, workplaces, religious organizations, and content channels such as social media and other platforms.

A brief profile of Early Adopter initiatives in Further Reading demonstrates Anchors and Paths' utility. Each initiative works through a customized, usually local and known, cluster

of Anchors and Paths aligned by the originating Aims. With their complementary roles, a set of anchors steward tasks of care and change to realize the aims with which they were matched. Anchors were chosen to the degree they also were "types" of entities that could not only be replicated elsewhere but could be convened or engaged as a group at a significant scale, such as universities, psychological professional societies, local governments, and health NGOs.

So, Anchors are vital intersections. They help translate global purposes and generalized knowledge and practice into specific contexts and aims, but through standard tasks that can be widely replicated across anchors of similar types. This replication will be critical for realizing scale, especially scale understood as more than simply circulating a given tool or method to more people, but as cultural change.

4. Improving+ Measuring

PSYCHOLOGICAL RESILIENCE REQUIRES AN IMPROVEMENT AND LEARNING APPROACH

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PROGRESSING TO SCALE
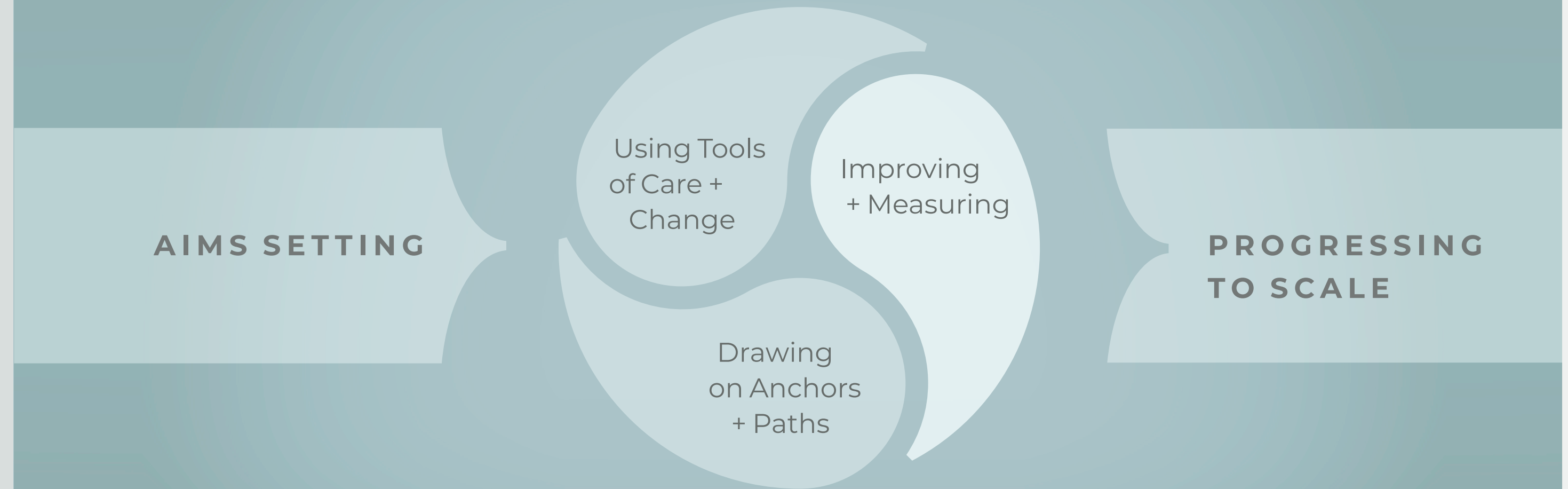
Seeing psychological resilience as a process enabling other aims and using the tasks of care through anchors and paths to reach those aims allows for multiple ways to link psychological strengths to individual and collective climate adaptation.

This intentional back and forth between general parameters and specific contexts needs similarly flexible measures and data collection systems.

Implementing the steps for psychological resilience calls for more of an improvement and ongoing learning approach than a linear intervention and outcome evaluation approach.

An improvement approach involves sharing curiosity and learning to reach the originating aim. So, the utility of outcomes or measures has utility in how they help find the way that may be more iterative

4. Improving+ Measuring

IMPLEMENTATION CALLS FOR AN IMPROVEMENT APPROACH RATHER THAN A LINEAR INTERVENTION AND OUTCOME EVALUATION APPROACH

than direct. The Roadmap reviews some sources to draw on for such initiative-specific outcomes. As tools of care and change share psychological well-being, mental health, and other ingredients or effects, those kinds of measures are emphasized.
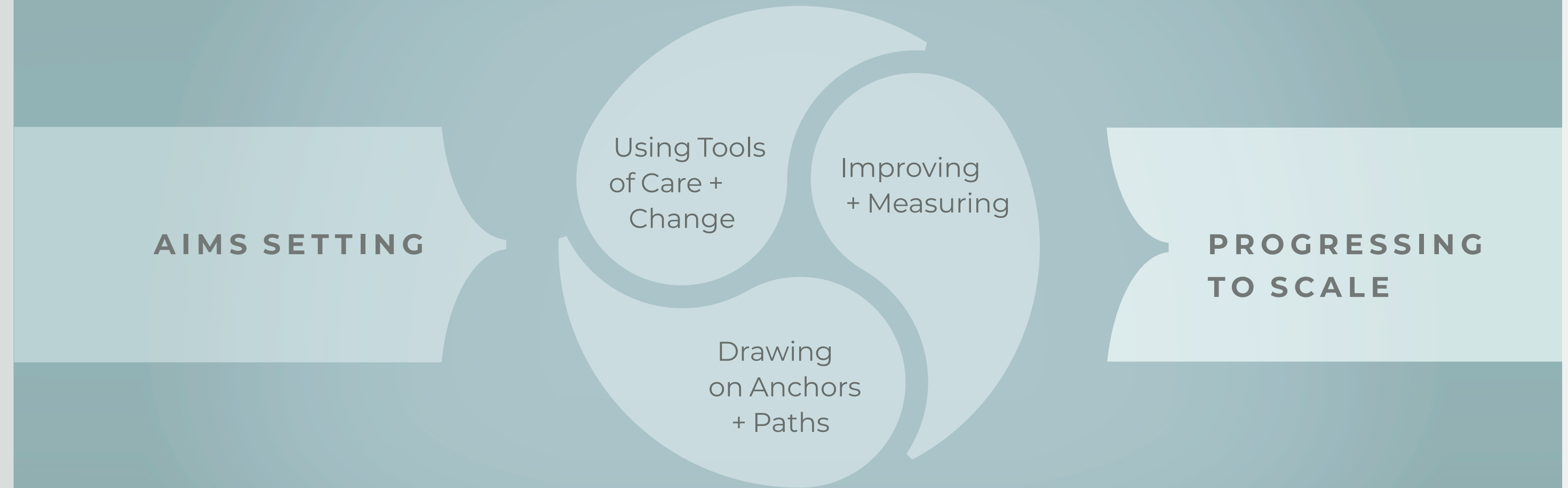
In some ways, capturing "change" seems straightforward, e.g., the use of change management tools succeeding in realizing what they were used to do. But to intentionally drive change, to unpack what connects psychological resilience strategies to change, especially climate adaptation sorts of change, is less clear. So is what information and learning are needed to see across the diverse ways psychological resilience is being put to use, the common processes that need to go well to steer a massive multiplication of such efforts.

This is where "ensemble effects" come in, the common working parts that emerge to keep in motion a hoped-for density of psychological resilience, as well as the patterns that emerge in how psychological resilience change happens.

Learning about all that needs its own effort. Working with the University of Waterloo Institute for Social Innovation and Resilience, New Brunswick University, and the Stockholm Resilience Centre, that effort will start Year 1 by developing i) a cohesive theory of change to connect how the psychological resilience process affects climate adaptation, as well as to ii) draw out common strengths across the wide diversity of Early Adopters to better guide effective implementation, a path to scale, and a better picture of change.

5. Progressing to Scale

MASS EFFECTS THROUGH ANCHORS

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PROGRESSING TO SCALE

Recruitment and readiness of Anchors, including distinct attention to governments also acting as Anchors, is the key step to transformational scale and mass effects of psychological resilience. Expansion of Anchoring and Governing for psychological resilience starts in miniature with the Early Adopters and then radiates out through potential global-sized networks.

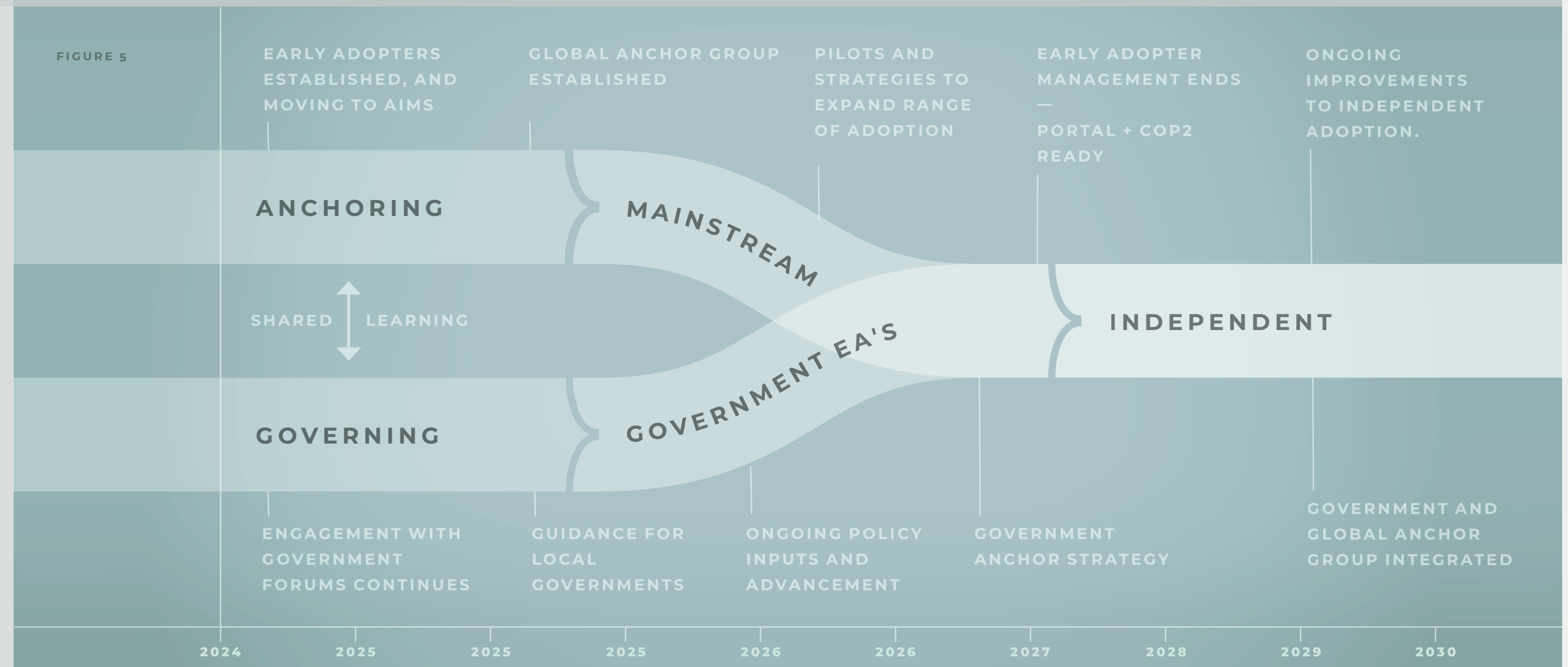Those networks can include global and regional groups connecting governments (e.g., ICLEI, African Union and other regional forums, Parliamentarians for Global Action, G-77, UN agencies).

Universities (e.g., Global Consortium on Climate and Health Education, Planetary Health Alliance)

Health and mental health systems and NGOs (World Health Assembly/WHO, MHPSS Collaborative, COP2, United for Global Mental

5. Progressing to Scale

MASS EFFECTS THROUGH ANCHORS

FIGURE 5

EARLY ADOPTERS ESTABLISHED, AND MOVING TO AIMS

GLOBAL ANCHOR GROUP ESTABLISHED

PILOTS AND STRATEGIES TO EXPAND RANGE OF ADOPTION

EARLY ADOPTER MANAGEMENT ENDS —

PORTAL + COP2 READY

ONGOING IMPROVEMENTS TO INDEPENDENT ADOPTION.

ANCHORING

MAINSTREAM

SHARED ↕ LEARNING

INDEPENDENT

GOVERNMENT EA'S

GOVERNING

ENGAGEMENT WITH GOVERNMENT FORUMS CONTINUES

GUIDANCE FOR LOCAL GOVERNMENTS

ONGOING POLICY INPUTS AND ADVANCEMENT

GOVERNMENT ANCHOR STRATEGY

GOVERNMENT AND GLOBAL ANCHOR GROUP INTEGRATED

2024   2025   2025   2025   2026   2026   2027   2028   2029   2030

Health, Global Psychology Alliance)

As well as other changemakers (eg Catalyst 2030, WEF-Community of Global Shapers) and adaptation accelerator networks, coalitions, and Roadmap partners

Both governmental and non-governmental anchors are needed to ensure diversity and redundancy of responses to fluctuating fiscal, political, organizational, and other circumstances.

The Early Adopter initiatives include a variety of roles for both. Their path to scale, however, sees these as, at least initially, distinct paths that increasingly converge.

Early Adopters

OVERVIEW.

FULLER DETAIL OF THE

EARLY ADOPTER EFFORTS

AT THIS LINK

SYSTEM	ADOPTER	AIM
Food & Agriculture	Global Evergreening Alliance	Integrate a range of mental health and adaptive behavior tools within an effort to enable millions of smallholder farmers and their families to to sustain new farming practices and to better cope with the ongoing uncertainties and challenges of their livelihoods. .
Health systems	University of Waterloo University of New Brunswick Stockholm Resilience Centre	Learn with all the Early Adopters and a team of social innovation researchers to develop ongoing implementation tools, guidance and scale for global psychological resilience capabilities and mental health system strengthening. .
Human Settlements	Slum Dwellers International (SDI)	Bring peer-led solutions to a youth mental health crisis that also help youth to act as community problem solvers in informal settlements across the SDI Network. This effort will be integrated within SDI's widely known Locally Led Adaptation model.
Human Settlements	Society for Promotion of Area Resource Centers	Integrate psychological counseling and support roles into how SPARC and its partners empower women to generate solutions to climate resilience and a range of intersectional economic and equity issues across areas of northwest India.
Coastal & Ocean Systems	Food and Agricultural Organization; Fisheries and Aquaculture Division (FAO-F&ADBring p	Modify and improve existing international consensus standards for incorporating mental health and psychosocial support in humanitarian crises to adapt to the added considerations of the ongoing climate crisis, for FAO-F&AD to use to support fishing and aquaculture communities globally..
Infrastructure Systems	International Coalition of Sustainable Infrastructure (ICSI)	Establish guidance and a learning hub for ICSI's 80 organizations reaching engineers worldwide who collaborate with communities in the Global South to spread the use of mental health and built environment principles and best practices.

Early Adopters

OVERVIEW.

FULLER DETAIL OF THE EARLY ADOPTER EFFORTS AT THIS LINK

SYSTEM	ADOPTER	AIM
Water and Natural Systems	International Union for Conservation of Nature)	Establish an IUCN Friends of Ecological Based Adaptation Working Group on Psychological Resilience to incorporate psychological resilience methods within nature-based projects and policies globally.
Cross-cutting: Planning	BRAC	Integrate community mental health and broader psychological resilience approaches within an effort to spread Locally-Led Adaptation through multiple local municipal governments and partners in Bangladesh.
Cross-cutting: Planning	Urban Sustainability Directors Network (USDN)	Add capability to USDN's cross-USA network of over 200 community-led Resilience Centers to use tools of rapid improvement and implementation to enhance psychological resilience through partnerships with local health systems and government agencies.
Cross-cutting: Planning	World Economic Forum Global Shapers Community (WEF-GSC)	Provide tools and support for any of the 500 GSC Hubs and 10,000 Global Shapers to generate local Roadmap-aligned initiatives as COP^2 Ambassadors. This will include coaching through the youth-led group Force of Nature to adopt and spread youth climate cafes.
Cross-cutting: Planning	ICLEI	Complete a survey and focus group assessment with local urban governments globally through ICLEI to result in use cases and guidance for ICLEI members to incorporate "health systems" strengthening, consistent with Roadmap principles and best prac-tices, in their local climate adaptation plans.

Early Adopters

OVERVIEW.

FULLER DETAIL OF THE

EARLY ADOPTER EFFORTS

AT THIS LINK

SYSTEM	ADOPTER	AIM
Cross-cutting (Finance)	Billion Minds Project Pan-Afican Collective for Evidence	Manage a phased evidence mapping and review process with a range of finance, insurance, and investment organizations to together identify methods and practices to measure the value of emotional and psychological losses, damages, and strengths and ways they can be applied to invest in and compensate for the for the costs of climate adaptation.
Cross-cutting (Finance)	YAPU Solutions	Equip microfinance initiatives, such as credit unions, serving the Caribbean region so when they problem solve with community members receiving micro-finance for climate damage in highly-climate-impacted low- and middle-income regions they can also engage recipients about their potential emotional and psychological needs.