

Building Flourishing Communities Master Trainers

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→ Thomas, Samantha	St. Albans	stthomas@ncssinc.org	802-393-6584	Northwestern Counseling & Support Services
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→ White, Kari	St. Johnsbury	kariw@nchcv.org	802-748-9405x1517	Northeast Kingdom Health Center

Building Flourishing Communities Vermont

WHAT IS BUILDING FLOURISHING COMMUNITIES?

Building Flourishing Communities is a model used to create wellness within a whole population. One focus is to widely increase awareness about the effects of adversity on health and wellness. Research from the following sciences (N.E.A.R. Sciences) is shared:

- ◆ Neurobiology
- ◆ Epigenetics
- ◆ Adverse Childhood Experiences
- ◆ Resilience

There are 26 Master Trainers. Two trainers are available in every region of the State. They will use evidence-based tools to:

- ◆ Develop community capacity
- ◆ Inspire new ideas about wellness across diverse groups of people
- ◆ Support local groups as they address issues that are important to them

Experience shows that when the most vulnerable are included as leaders, local projects are more likely to focus on narrowing the gaps between those with the greatest challenges and those with more advantages. This approach reduces adversity, increases resilience and leads to flourishing populations.

In Washington State where this model was developed and used, they had yearly reductions in child welfare costs of \$27.9 million. Public services costs due to early childhood adversity were reduced by \$120 million annually. For an average yearly investment of \$3.4 million in small, local grants for community-driven projects; for every dollar spent, \$35 were saved.

Contact your area BFC Master Trainer to learn more!