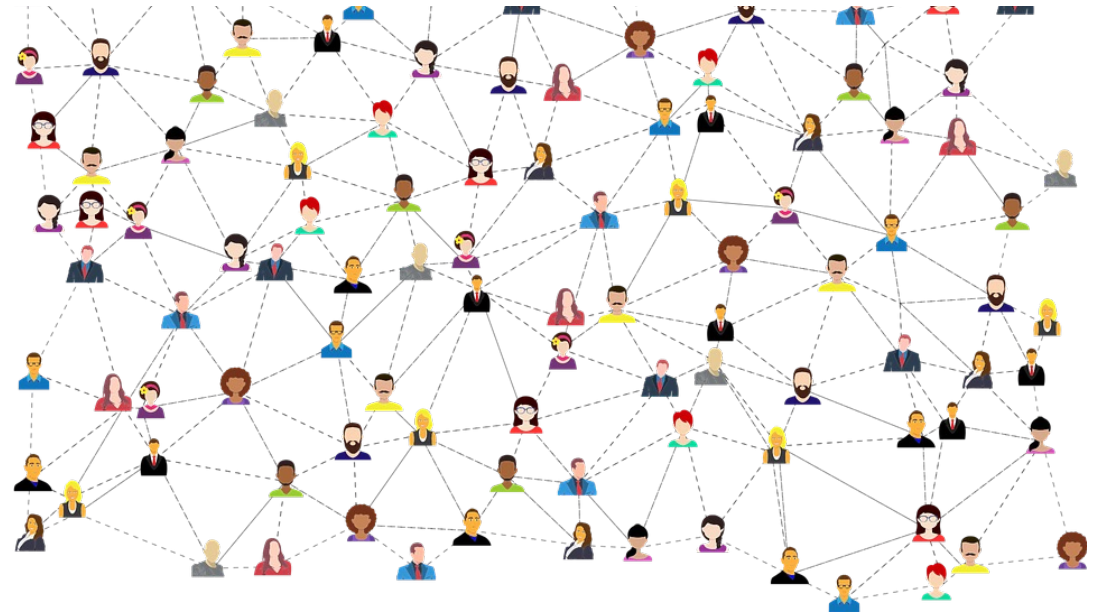


# Lyda Hill Institute for Human Resilience

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Greater Resilience Information Toolkit Program (GRIT)

Lauren Shaw, Psy.D., GRIT Program Manager

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GRIT Program Manager

The mission of the Lyda Hill Institute for Human Resilience is to advance human resilience to adversity by designing evidence-based solutions through interdisciplinary research, healing therapies, and community training and empowerment. This is accomplished through the work of our three divisions: Research, Healing, and Community Training & Empowerment.



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# THE GRIT COACH PROGRAM

- Established in 2020
- Developing awareness for stress-related problems and reactions
- Support in your social network
- Current and future stress/disasters







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# COLORADO SPRINGS: THE FIRST “GRIT CITY”

In partnership with Mayor Yemi and Abbey Mobolade’s Mental Health Initiative:

- Become the first “GRIT City” to have 25,000 GRIT Coaches in the next five years
- In alignment with the “Pikes Peak Rising” regional movement and “1,000 Neighborhood Gatherings”
- Goals: To promote community mental health through connection and reducing social isolation
- People who know six or more of their neighbors have decreased feelings of isolation
- Building supportive and meaningful connections in your neighborhood and community

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# THE GRIT COACH TRAINING



This training provides information on:

- General stress, disaster and trauma-related stress
- Resilience, disaster recovery, and coping skills
- Organizational challenges and considerations
- Fostering supportive and meaningful connections and personal empowerment
- Resources

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# GOALS OF A GRIT HELPING CONVERSATION

Drawing attention to and identifying what is working for them, their strengths

Reviewing key activities that can make coping even more effective

Sharing helpful community resources

Sharing technology-based resources

Encouraging active coping



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# WHO TO HELP

- The GRIT training will help you identify individuals and groups who might be especially in need of coping support during times of stress or disaster.
- There is no clear list of individuals in need

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# WHO TO HELP

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Someone who seems especially withdrawn from others and seems to be isolating

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An individual that is showing signs of stress (crying, unusually irritable, seems “out of sorts”)

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A person who is not sleeping or seems really exhausted

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Someone who is working in a high stress/impact job

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An individual that is already coping with an existing mental health problem

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Someone who was already under significant stress or going through a difficult life transition

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# 5 STEPS TO GRIT





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# CORE PRINCIPLES OF PSYCHOLOGICAL FIRST AID

- Sense of Safety
- Calming
- Connectedness
- Hope
- Self and Collective Efficacy

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# PROVIDING SUPPORT

- Support predicts wellbeing after exposure to stressful events. When people feel supported, they are likely to feel less alone, safer, more confident in a positive future, and more confident in their ability to cope.
- Giving support often means just listening, showing interest, and “being there” for the person. It happens when you bring up the stressful situation in a supportive way. It might include sharing your own experience when it seems to support or validate what the person is saying.
- **It doesn't mean solving problems for the person or giving them advice.**

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# ENCOURAGE RESILIENT BEHAVIORS



Social connections  
and support



Positive (mood-  
improving) activities



Healthy eating and  
drinking



Sleeping



Exercise



Relaxation

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When we engage in a full GRIT conversation, from reaching out to promoting strengths to agreeing on action steps, we are promoting *connectedness, a sense of safety, calming, hope, and self- and collective-efficacy* – all five core principles of *psychological first aid!*



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# GO FORTH AND SUPPORT!

GRIT has 4 additional tracts to support professional needs:

- GRIT-SERVE
- GRIT-4ED
- GRIT-4Health
- GRIT-LEAD

Learn more at:

[GRIT.UCCS.EDU](http://GRIT.UCCS.EDU)

[pikespeakrising360.crediblemind.com](http://pikespeakrising360.crediblemind.com)

[grit@uccs.edu](mailto:grit@uccs.edu)  
[resilience.uccs.edu](http://resilience.uccs.edu)