

**JEFFERSON COUNTY
BOARD OF COUNTY COMMISSIONERS**

CONSENT AGENDA REQUEST

TO: Board of County Commissioners

FROM: Minnie Whalen, Director of Resilience Project

DATE: October 6, 2025

SUBJECT: PROCLAMATION re: Proclaiming the month of October 2025 as Resilience Month Awareness

STATEMENT OF ISSUE:

Resilience Month Awareness Month 2025: a declaration fostering community resilience requires a common language and shared understanding rooted in both science and lived experience, recognizing that everyone—regardless of background—has a role in nurturing healing and connection. The Board's public recognition would help to expand and promote this common language and shared understanding

ANALYSIS:

Local Jefferson County research includes the [CHA from 2019](#) highlighting the need for trauma informed care education and the [County Strategic Plan 24-28](#) , which highlighted community resilience.

Cumulative research on Adverse Childhood Experiences (ACEs) and the science of hope, resilience, and trauma-informed care show that healing and prevention are possible through early intervention and protective factors like strong social connections, and environments that foster safety, belonging, and empowerment.

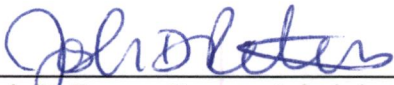
FISCAL IMPACT:

None

RECOMMENDATION:

Board of Jefferson County Commissioners acknowledges the importance of coordinating events, educational opportunities, and healing-centered spaces throughout this month and do hereby proclaim the month of October 2025 to be Resilience Awareness Month and urge all residents to learn about hope and work to help create a community that promotes healing and wellness (see attached Resilience Month Events Calendar).

REVIEWED BY:



Josh D. Peters, County Administrator

Date 10/1/25

PROCLAMATION

RESILIENCE AWARENESS MONTH

WHEREAS, communities thrive when individuals of all ages and backgrounds are supported in building resilience, well-being, and a strong sense of hope; and

WHEREAS, research on Adverse Childhood Experiences (ACEs) and the science of hope, resilience, and trauma-informed care show that healing and prevention are possible through early intervention and protective factors like strong social connections, and environments that foster safety, belonging, and empowerment; and

WHEREAS, fostering community resilience requires a common language and shared understanding rooted in both science and lived experience, recognizing that everyone—regardless of background—has a role in nurturing healing and connection; and

WHEREAS, community-led and culturally responsive strategies that provide practical skills, tools, and practices across the lifespan help prevent trauma, buffer stress, and create opportunities for all individuals to flourish; and

WHEREAS, cultivating shared leadership—especially by centering youth, families, and individuals with lived experience—ensures that solutions are equitable, sustainable, and grounded in the wisdom of those most impacted; and

NOW, THEREFORE, the Board of Jefferson County Commissioners acknowledge the importance of coordinating events, educational opportunities, and healing-centered spaces throughout this month and do hereby proclaim the month of October 2025;

RESILIENCE AWARENESS MONTH

BE IT FURTHER PROCLAIMED, that the Board of Commissioners encourages all citizens all residents to learn about hope and work to help create a community that promotes healing and wellness.

PROCLAIMED this 6th day of October, 2025.

JEFFERSON COUNTY
BOARD OF COMMISSIONERS

SEAL:

Heidi Eisenhour, Chair

ATTEST:

Heather Dudley-Nollette, Member

Carolyn Gallaway, CMC, Clerk of the Board

Greg Brotherton, Member



Resilience Month 2025 Event Schedule



Come together at events that help to "tip the scale" towards positive outcomes for children, families, & community.

OCT 1

Heritage Days Screening of "Cuts"
NOLS-Clallam Bay- in-person
6:00-7:30 pm

OCT 2

Huntingford Humanities Poetry
Jefferson County Library- in-person
6:30-8:30 pm

OCT 3

Okee Dokee Brothers
Field Arts and Events Hall
6:30-8:30pm- in-person

OCT 4

Yarn Circle
NOLS- Sequim- in-person
9:30-11:00 am

OCT 4

Fire Rescue Fest
Station One Port Townsend
10am-2:00pm

OCT 4+5

How to Break the Cycle
4th : Port Townsend Farmer's Market
5th: Chimacum Farmer's Market

OCT 6

Heritage Day Screens of "Cuts"
NOLS-Forks- in-person
6:00-7:30 pm

OCT 11

Yarn Circle
NOLS- Sequim in-person
9:30-11:00 am

OCT 11

Puzzle Contest
NOLS-Port Angeles- in-person
10:30am - 12:30 pm

OCT 11

Compartiendo Esperanza / Sharing Hope- in-person
NOLS- Forks- 3:00-5:00 pm

OCT 11

Night at the Cafe
Recovery Cafe- in-person
4:00-6:00 pm

OCT 12

Free Jazz Sunday
Field Arts and Events Hall- in person
12:00-1:30pm

OCT 13

Indigenous Peoples Day Poetry
ḥaḥkʷustəḥáwtx̣ House of Learning
Peninsula College Longhouse
5:30-7:30 pm- in person & online

OCT 15

Teen Mindfulness
Jefferson County Library
3:00-4:00 pm- in-person

OCT 16

TANF Fair
Akalat Center, La Push in-person
10:00am-2:00 pm

OCT 16

The Things Around Us
Field Arts and Events Hall- in-person
7:00-9:00 pm

OCT 18

Yarn Circle
NOLS Sequim- in person
9:30-11:00 am

OCT 18

Autumn Arts
Rainforest Arts Center- in-person
Distributing Resiliency Kits
10:00 am-12:00 pm

OCT 18

Celebration of Shadows Fall Festival
Webster Woods, PAFAC- in-person
Distributing Resiliency Kits
5:00-8:30 pm

OCT 21

Domestic Violence Awareness Walk
Klallam Heritage Center
1:30pm- in-person
Silhouettes on display all week

OCT 22

How can I help a friend in an abusive relationship? 1:00-2:00 pm
Jefferson County Library- in-person

OCT 23

PURPLE DAY: To raise awareness about domestic violence & show support for survivors of abuse

OCT 23

Arts & Music Meditation for Adults
Jefferson County Library-in-person
10:15-11:15 am

OCT 23

KEYNOTE: Creating Common Ground
with Carmen Watson-Charles
Peninsula College's Studium Generale
12:35pm- in-person & online

OCT 23

Caregiver Connect
NOLS- Clallam Bay 12-1 pm
NOLS- Forks 3-4 pm- in-person

OCT 24

Brain Injury and Domestic Violence
Online 9:00 am -12:00 pm

OCT 25

Yarn Circle
NOLS- Sequim- in-person
9:30-11:00 am

Proclamations

Elected Officials
Declare Resilience Month

SEP 08

FORKS CITY COUNCIL

SEP 22

SEQUIM CITY COUNCIL

SEP 30

CLALLAM COUNTY COMMISSIONERS
JEFFERSON COUNTY COMMISSIONERS

OCT 06

PORT ANGELES CITY COUNCIL

OCT 21

Thank you to Resilience Month's sponsors and partners. We are grateful for your support.



FOR MORE DETAILS & SUBJECT TO CHANGE
www.clallamresilienceproject.org
Email ?s to clallamresilience@gmail.com



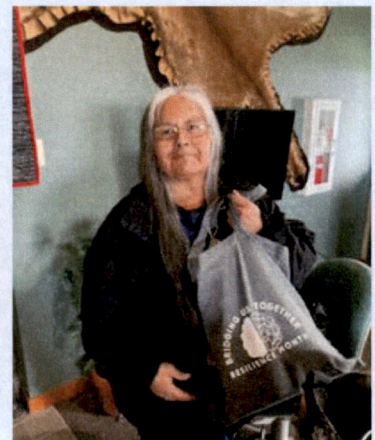
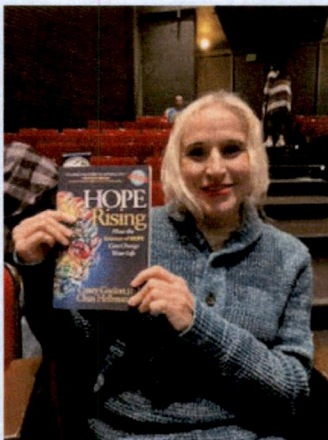
October 2024



2024 Report



Community partners co-created events and activities focused on bringing people together. This month-long collective vision provided knowledge, skills, connection, and resilience. These events helped build a model of culture our community could experience and embrace.



www.clallamresilienceproject.org

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Thank you to Partners, Sponsors, and Funders:

Ballmer Group, Benjamin N. Phillips Memorial Fund, City of Forks, City of Port Angeles, City of Sequim, Clallam County Commissioners, Clallam County Health and Human Services, Clallam County WSU Extensions 4-H, Clallam Mosaic, Coordinated Care, Division of Children, Youth, and Family Services, Elwha Klallam Heritage Center, Field Arts & Events Hall, First Step Family Support Center, Forks Food Bank, Goodness Tea, Healthy Families of Clallam County, Heather Sky Project, ʔaʔkʷustəŋáwtxʷ House of Learning, Peninsula College Longhouse, Jamestown S'Klallam Tribe, Jefferson County Children's Advocacy Center, Juan de Fuca Foundation for the Arts, Kitsap Strong, Lower Elwha Healing Court, MentorWA, North Olympic Library Services, Olympic Angels, OlyCAP, Olympic Education Service District, Olympic Medical Center, Olympic Medical Center Foundation, Olympic Peninsula YMCA, PAVE, Peninsula College (and Studium Generale and Magic of Cinema), Peninsula Early Childhood Coalition, Port Angeles Education Foundation, Port Angeles Healthy Youth Coalition, Port Angeles School District, Port Angeles Senior and Community Center, Prevention Works, Quileute Human Services, Quileute Senior Center, Sexual Response Alert Team, West Sound Stem Network.



Resilience Month's Scope & Design



Resilience Month 2024 encouraged people to come together and learn across the Olympic Peninsula. The multi-cultural celebrations, films, music, trainings, commemorations, and Resiliency Kits offered intentional, intergenerational opportunities to connect, inform, and increase belonging among neighbors.

2024's design also integrated and elevated current research around the science of hope by providing hundreds with accessible healing centered tips and strategies.

Resilience Month 2024 Event Schedule



SEP 28 4-8pm Día de Culturas (In Person) Peninsula College, Forks Celebrate Hispanic Heritage Month with food, dancing, arts, and music.	OCT 10 12:35pm Peninsula College's Studium Generale with Clallam Mosaic (In Person & Zoom) Come view a short film from the 2024 film fest and engage in a discussion about the film and courage.	OCT 23 3:30 pm Breaking the Silence Walk (In Person) Commemorate October as Domestic Violence Awareness Month. <i>Resiliency Kits will be distributed.</i>
OCT 4 4:30-7 Family Fun Night (In Person) Families with kids 0-18 can come play at the YMCA of Port Angeles	OCT 14 5:30 pm Indigenous Peoples' Day Poetry Reading (In Person & Zoom) ʔaʔkʷustəŋáwtxʷ House of Learning, Peninsula College Longhouse In honor of Indigenous Peoples' Day, celebrate poetry created and presented by Native poets.	OCT 24 12:35pm Peninsula College's Studium Generale (In Person & Zoom) Learn about and reflect on the science of hope in our region and Resilience Month 2024.
OCT 7 11:30-12:30 Science of Hope Keynote (In Person Watch Parties & Zoom) Dr. Chan Hellman presenting about hope science to community members. <i>Resiliency Kits will be distributed at the in-person watch parties.</i>	OCT 18 6:30pm Peninsula College and Clallam Mosaic's All in Film Festival (In Person & Zoom) An inclusive film event featuring films by, about and featuring individuals with intellectual and developmental disabilities.	OCT 30 12-1:30pm RECENT ADDITION Childhood Resiliency Training (Zoom)
OCT 7 6 pm Nano Stern (In Person) Oct 7th Forks- no cost Oct 8th Port Angeles- tickets for sale OCT 8 7:30 pm Nano Stern: multi-instrumentalist, composer and songwriter with strong roots in the traditional songbook of South America.		

Proclamations

Elected Officials Declare Resilience Month

SEP 09	FORKS CITY COUNCIL
SEP 23	SEQUIM CITY COUNCIL
SEP 24	CLALLAM COUNTY COMMISSIONERS
OCT 15	PORT ANGELES CITY COUNCIL

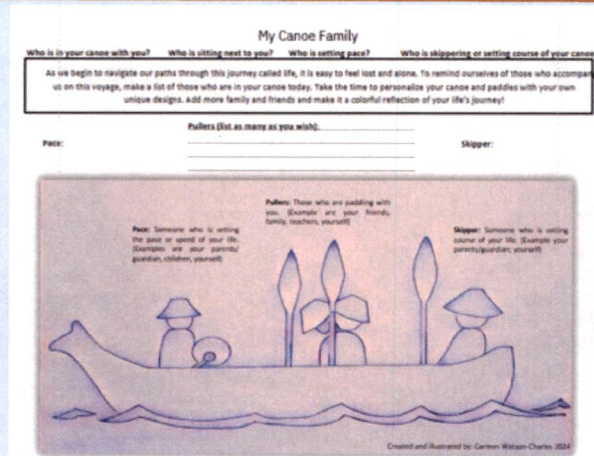
Thank you to Resilience Month's sponsors and partners. We are grateful for your support.



For more information, flyers and locations

email ?s: clallamresilience@gmail.com
www.clallamresilienceproject.org

Resilience Month Goals & Participant Feedback



01

Inspire participants to embrace and use applicable skills, tools, and practices across the lifespan and cultures

"We gave one of these beautiful bags to a client today at a home visit and our caseworker said she thought it was the most amazing gift and she feels like the conversation cards will be very helpful with her and her children."

02

Create common language and knowledge from lived experience & science

"Thank you so much for all the valuable information. It gives me hope to help my students the best I able to." -participant from Science of Hope Keynote

03

Provide opportunities, ideas, and practical tips across sector and for community members

"This was a great student interaction idea as well as a self health benefit."

04

Cultivate shared leadership in orchestrating the month's events and nourish belonging at events

100% of Resilience Month committee members felt a part of shared leadership. "The kits were amazing and I feel joy having so many different organizations coming together to make them happen."

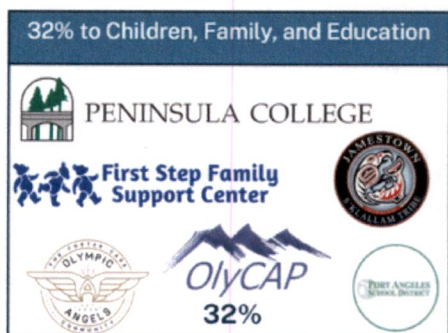
Resiliency Kits



The 2024 Resiliency Kit items included mugs, locally sourced and made tea, bandanna, snacks, art project/s, beverages, journals, informational handouts, and conversation cards.



Trusted Ambassadors Distributed 300 Kits



"I haven't had tea in years."

"We had great reviews, families were very excited to receive the gift."

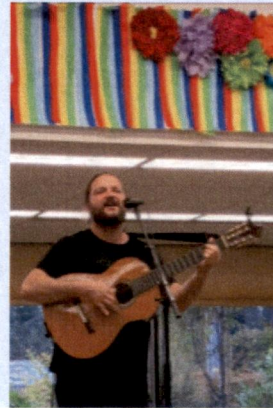
Resiliency Kits were distributed by partners and Trusted Ambassadors to help strengthen relationships, and offer tangible forms for connection.

"Two cups!
We can use them!"

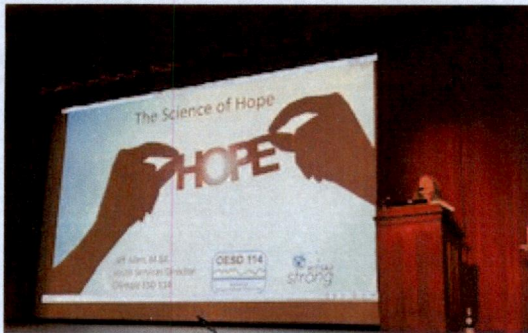
Resilience Month Events



Resilience Month events highlight the *healing and collective power of the arts*: music (Nano Stern on Oct 7th, above right), dancing (above on Sept 28th at Dia de Culture), and films (Oct 18 & 19th All in Film Festival with Peninsula College).



All In
Film Fest



Our community became more aware of and engaged with the *science of hope*. Right, at an Oct 7th in-person keynote watch party featuring Dr. Chan Hellman, a Hope Rising author and researcher, at the Port Angeles Senior and Community Center. Left, a lecture on Oct 24th at Peninsula College's Studium Generale.



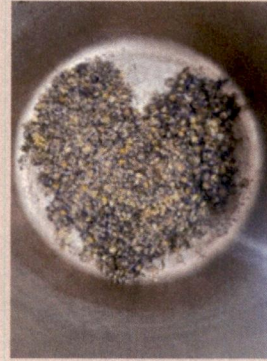
Many of the events helped to build a *model of culture* our community could experience and embrace. Left, a shawl ceremony from the "Breaking the Silence -ča?xwəyu st cə səmíx"tx" " walk at the Elwha Klallam Heritage Center on Oct 23rd that commemorated Domestic Violence Awareness and Action Month.

Indicators of Success

The descriptions below also correlate with the Resilience Month 2024 goals stated on page 2

Description	Metric
Number of participant engagements	~850 people
Resiliency Kits distributed in partnership at no cost to the recipient , containing items for relational health tools and practices across the lifespan and cultures	300 kits
Elevate accessible opportunities, at no-cost for the public , across sector & county, and in various platforms	10 events
Representation for shared experiences about harm and healing from different aspects of identity, across the lifespan and cultures	7 events
Cultivate shared leadership in orchestrating the month's events and nourish belonging at events	40 partners
County and City Proclamations	4 Resilience Month Awareness Proclamations
In kind deliverables	Worth over \$4,000 from 13 partners
Sponsorships & Grants	Worth over \$18,200 from 8 funders

Conclusion



Resilience Month 2024 was a rewarding and relational experience for attendees. Participants explored events with children and families, strengthened community relationships, and cultivated positive self-image and self-worth.

"It was a beautiful kit. The response I got from my mom was great. She felt like it was something she could definitely share with her friends. One of her neighbors that moved in, did a tea party ... and (my mom) took it with her. And so that was kind of neat because they had all ...met each other, and it was just some elderly woman from the neighborhood. So I think it was a good ice breaker for them."

Resilience Month activities increased a sense of belonging and help to build skills to cope with stressors in positive ways.

"The intergenerational interaction was great."

"The (science of hope keynote) watch party and resilience kits were a hit! ...Everyone enjoyed the contents especially the conversation cards and the Wellness Journal... we had a great discussion after (the keynote)"

Thank you to all the collaborators who created opportunities for attendees to participate at the level that they could, and left feeling inspired and empowered.

"I had one family come back later and thank me for the bag. She was a huge fan of the teas! Thank you for letting us be a part of this initiative."

For questions or more information, reach out to:

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