



Facing the Future with Action & Hope: Addressing the Weight of the World

March Resiliency Roundtable

3.13.24

Shared Resources

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The March Resiliency Roundtable addressed how we can help young people look to the future with hope, even when the weight of the world is heavy. We explored the links between wellbeing and the Jewish value of tikkun olam, repairing the world. We spotlighted a variety of ways to help empower young people to take charge within their zone of influence. A mini-case study on climate anxiety offered a window into how taking action toward a better world can positively impact mental health. We shared tools to ease anxiety and empower youth towards action, ultimately restoring or reinforcing a sense of hope.

Please note, this list of resources is not exhaustive but rather a compilation of materials shared by panelists and collected from community members for the March 2024 Resiliency Roundtable. Special thanks to Dr. Wendy Greenspun for sharing many of the resources included here.

MARCH RESILIENCY ROUNDTABLE SESSION MATERIALS

[Overview](#)

[Main Session Recording](#)

[Main Session Slide Deck](#)

[Breakout Room Recordings](#)

PRE-SESSION LEARNING MATERIALS

We invite you to explore the materials below to help contextualize our conversation.

- [Weathering the Weather Mental-health professionals are trying to figure out how to talk about the climate](#) (Intelligencer, 2021)
 - [The Difference Between Hope and Optimism](#) (The Atlantic, 2021)
 - [Despair won't save the planet. But gratitude and love might](#) by Anita Diamant (wbur, 2023)
 - [Therapists Trade the Couch for the Great Outdoors](#) (NYTimes, 2024)
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RESOURCES SHARED BY SPEAKERS

[Wendy Greenspun, Ph.D.](#)

New York State licensed clinical psychologist and certified psychoanalysis; Board and Steering Committee member of Climate Psychology Alliance - North America

- Resources:
 - [Presentation Slides](#)
 - [Publications](#)
 - [Videos & Podcasts](#)

Wendy Greenspun, Climate Psychology Practitioner and Educator

Wendy Greenspun is a clinical psychologist who has served on the Board and Executive Committee of the Climate Psychology Alliance- North America. She is on faculty at the Manhattan Institute for Psychoanalysis, The Adelphi University Postgraduate Program in Couple Therapy, and the William Alanson White Couple Training Program. She has published articles and presented nationally and internationally on climate psychology, including at the 2022 UN Psychology Day, and provides trainings and courses for mental health professionals on ways to work with climate distress and grief. She also provides workshops on building emotional

resilience in the climate crisis for community groups, climate activists, high school and university students, and trains facilitators of climate cafes. She is in private practice in New York City.

- Get in touch: wendygreespunphd@gmail.com
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Dayenu: A Jewish Call to Climate Action

We have had enough! We're building a movement to confront the climate crisis, rooted in Jewish values, experience, and spirit.

- Resources:
 - [Spiritual Adaptation Workshop](#)
 - [Dayenu Circles](#)

Rabbi Laura Bellows, Director of Spiritual Activism & Education

Rabbi Laura Bellows works to build climate-resilient, spiritually-rooted, justice-seeking communities centered in Jewish wisdom. She has served as a curriculum and ritual designer, outdoor experiential educator, program manager, artist, and facilitator in Jewish and inter-religious spaces. Laura studied Environmental Studies at Oberlin College and was ordained at Hebrew College, where she recently lead Prozdor and Teen Learning programs. She moonlights as a soferet (scribe) and freelance rabbi for couples and communities throughout the Boston area.

- Get in touch: laura@dayenu.org
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Adamah

Vibrant Jewish Life In Deep Connection with the Earth. We believe in the ancient Jewish teaching that people and planet are one, adam and adamah.

- Resources:
 - At Adamah, our Youth Empowerment programs, [Jewish Youth Climate Movement](#) and [Adamah on Campus](#) are working to build a joyful, resilient generation of Jewish environmental leaders through community building, Jewish environmental education, climate action, and immersive experiences.

Liana Rothman, Youth Empowerment Director

Liana oversees the Jewish Youth Climate Movement and Adamah on Campus, supporting an amazing team of educators and organizers who work with Jewish teens and college students to take action in their communities, and promote climate justice within institutions. She is pursuing a MPA in nonprofit management and public service from NYU.

Shaina Morrel, Adamah on Campus Manager

Shaina Morrel is the Adamah on Campus Manager at Adamah, overseeing our newly launched college initiative, building a joyful and resilient generation of Jewish environmental leaders through education, action, and community building. Prior to working at Adamah, Shaina was the social justice Springboard fellow at Syracuse Hillel where she engaged students in Jewish justice education, community service, student wellness, and more. She is a graduate of The George Washington University and is originally from Massachusetts. Shaina is passionate about the Jewish college experience and is excited to work together in building a more sustainable and equitable future for all.

- *Get in touch:* liana.rothman@adamah.org, shaina.morrel@adamah.org
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BaMidbar

BaMidbar empowers teens and young adults to find their voice and rediscover their capacity to persevere by providing services in three core areas: Therapy Services, Professional Development, and Community Education

- Resources:
 - [Therapy](#)
 - [Professional Development](#)
 - [Community Education](#)

Nick Magle-Haberek, Clinical Director

Nick has worked in the field of adventure therapy and experiential education for the past twenty years. After working as a wilderness therapy field guide for several years, Nick earned masters degrees in both Social Work and Outdoor Education at the University of New Hampshire. Nick is a Licensed Clinical Social Worker in Colorado, Massachusetts and New Hampshire and is credentialed as a Certified Clinical Adventure Therapist. Nick joined the BaMidbar team at its inception in January of 2018 as a Primary Therapist and has loved working at the intersection of adventure, personal growth, and Judaism since then. Nick has a playful approach to most things, and enjoys finding ways to keep therapy, learning, and socializing fun! Nick lives in Nottingham, NH with his family and enjoys adventures outdoors, making things with his hands, growing food in the garden, and playing with his dog, Summit.

- *Get in touch:* nickmh@bamidbartherapy.org
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[The Blue Dove Foundation](#) & [JumpSpark](#)

The Blue Dove Foundation was created to address mental illness and addiction in the Jewish community and beyond.

JumpSpark is the Atlanta Jewish teen initiative at Federation and serves as a hub for teen engagement.

Resources:

- [The Jewish Teen Gratitude Journal](#)

Carly Coons, Director of Education and Programming

Carly Coons leads The Blue Dove Foundation in curating and creating mental health resources that integrate Judaism and mental wellness into communities with intention. Before joining Blue Dove, Carly built a career in the Jewish community, focusing on youth and summer camp programming. Carly's work is enriched by her education as a Licensed Social Worker (LSW) and a Youth and Teen Mental Health First Aid Instructor.

- *Get in touch:* carly@thebluedovefoundation.org

Jessie Schwartzman, JumpSpark Manager

Jessie Schwartzman is a dynamic professional with a passion for fostering community engagement and youth development. A graduate of Florida State University with dual degrees in Communications and Family Child Science in 2019, Jessie has since immersed herself in the vibrant landscape of Jewish teen programming. At JumpSpark, Jessie plays a pivotal role in shaping the Atlanta Jewish teen ecosystem. Her responsibilities span curating innovative programming and cultivating leadership development to overseeing social media and communications initiatives, ensuring a rich and interconnected experience for the community she serves. Rooted in her love for community-building, Jessie's journey extends beyond her professional role. A self-proclaimed "camp girl at heart," she spent her summers at URJ Camp Coleman, where she developed a deep appreciation for the transformative power of communal experiences. Jessie brings this spirit and enthusiasm to her work, infusing creativity and a commitment to meaningful connections in everything she does.

- *Get in touch:* jschwartzman@jewishatlanta.org
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The Network of Jewish Human Service Agencies

The Network strives to be the leading voice for the Jewish human service sector. As the go-to resource for advocacy, best practices, innovation and research, partnerships and collaborations, The Network strengthens agencies so they can better serve their communities.

- Resources:
 - [Presentation Slides](#)
 - [SPACE Treatment](#) – SPACE stands for Supportive Parenting for Anxious Childhood Emotions and is a parent-based treatment program for children and adolescents with anxiety, OCD, and related problems.

Tricia Stern, Senior Vice President of Clinical Practice

Tricia Stern is a psychotherapist with specialization in working with children, adolescents, parents and families. Tricia directs The Network’s engagement on the BeWell initiative to meet the increasing mental health needs of youth, young adults and parents through intervention and prevention. She has served as a consultant to nonprofit and government agencies, including local and national Jewish organizations, to implement best practices for these populations. She is the founder and former Director of the Family PEACE Trauma Treatment Center at New York Presbyterian Hospital, an innovative program in New York City for traumatized children, adolescents and parents. Tricia served as Coordinator of the Child and Adolescent Services Department at Jewish Family Service of MetroWest, NJ, where she initiated new treatment programs and expanded community partnerships and collaborations. Tricia received a dual masters degree in Social Work and Public Health from Columbia University and a certificate in Child and Adolescent Psychotherapy from New York University and in Child Parent Psychotherapy through the University of California San Francisco.

- *Get in touch:* tstern@networkjhsa.org
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ADDITIONAL JEWISH RESOURCES

- [The Big Bold Jewish Climate Fest](#) – The 2022 Fest centered around investing in solutions and shifting away from systems, practices, and ways of thinking that perpetuate climate destruction and inequity. The Festival was full of practical and informative workshops on personal and communal action, including sessions about youth and resilience. Click to [watch recordings](#) from the 2022 Fest.
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SECULAR RESOURCES

- [Climate Journal Project](#) – By creating a space for people to discuss, journal and find solace, The Climate Journal Project helps facilitate the move from hopelessness to action.
 - [Climate Mental Health Network](#) – Our mission is to provide access to education, tools, programs, and support designed to help individuals and communities recognize the signs and manage the emotional impacts of climate change.
 - [Climate Psychology Alliance](#) – Exploring psychological responses to the climate crisis to strengthen relationships and resilience for a just future.
 - [Youth Support Space](#)
 - [Parent/Career Climate Circles](#)
 - [Climate-Aware Therapeutic Support](#)
 - [Climate Psychology Alliance North America \(CPA-NA\)](#) -- addresses the urgent psychological dimensions of the climate and ecological crisis and promotes cultural shifts toward human resilience, regeneration, and equity.
 - [Climate Cafés](#)
 - [Climate-Aware Therapist Directory](#)
 - [Gen Dread](#) – A newsletter about staying sane in the climate crisis.
 - [Good Grief Network](#) – A peer-to-peer support space for people overwhelmed by collective injustices and eco-anxiety/climate grief/eco-distress.
 - [GGN – Z](#) – A virtual teen resilience program
 - [International Transformational Resilience Coalition](#) – a network of mental health, human service, climate, education, disaster management, faith, and other organizations committed to establishing programs and policies worldwide that use a public health approach to strengthen the capacity of all adults and youth for mental wellness and resilience for all types of toxic stresses and traumas as they also engage in solutions to the climate emergency.
 - [The Resilient Activist](#) – We cultivate resilience to environmental stress by supporting community, personal well-being, and vital ecological health.
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