

# 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:

- ◆ Neuroscience
- ◆ Epigenetics
- ◆ Adverse Childhood Experiences
- ◆ Resilience

There are 24 Master Trainers. 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 **all** community members 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!**

## Building Flourishing Communities Master Trainers

Name	District	email	phone	Organization
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Aiken, Katie	Bennington	Kaiken@ucsvt.org	802-442-5491	United Counseling Services
Freeman, Lavonne	Bennington	lfreeman@ucsvt.org	802-442-5491 Ext. 255	United Counseling Services
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