

Lyda Hill
**Institute for
Human Resilience**



Healing



Research



**Community
Training
& Empowerment**



OUR MISSION IS TO ADVANCE HUMAN RESILIENCE TO ADVERSITY BY DESIGNING EVIDENCE BASED SOLUTIONS THROUGH INTERDISCIPLINARY RESEARCH, HEALING THERAPIES, AND COMMUNITY TRAINING & EMPOWERMENT.



The Lyda Hill Institute for Human Resilience was founded based on a generous \$8 million matching grant in March of 2020. We have since secured another \$2 million. The clinic has evolved to address the complex mental health needs of individuals within our community, in other communities around the United States, and around the world. Through scientific discovery and strength-based innovation, the Institute empowers individuals and communities to build resilience and heal from trauma.

The Institute consists of three divisions, that each play a crucial role:

RESEARCH DIVISION

The Lyda Hill Institute for Human Resilience capitalizes on the synergy among different disciplines to conduct both basic and applied research focused on human adaptation from adversity. The Institute is dedicated to scientific discovery related to human resilience and innovation of care models that support the human capacity to overcome, rather than reducing survivors to a set of medical symptoms. The Institute has received research funding from the following entities: NSF, NIMH, DOD, SAMHSA, CSHF, CDPHE, and EPCPH. Since launch of the Institute one year ago, the research division has hired an associate professor, launched three research initiatives, produced seventy scientific publications, added twelve new research affiliates, submitted twenty-four proposals, and secured seven grants. A few of the Institute's past research projects include:

- Disaster Resilient Rural Communities
- Early Trauma Intervention: Web Development Project
- Motor Vehicle Accident Trauma
- Parent-Child Processes Affecting Post-Disaster Adjustment
- SupportNet Program for Frontline Providers

HEALING DIVISION

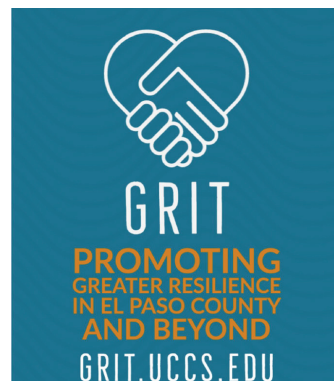
An integrated healing experience for those seeking trauma care through an innovative approach. Also known as the Veterans Health and Trauma Clinic, the healing division helps individuals recover from psychological challenges associated with military service, natural disaster, domestic violence, auto accidents, sexual assault, and a wide range of other mental health challenges including but not limited to anxiety, mood, and eating disorders. Services provided through the healing division include:

- Specialized trauma recovery
- Trauma treatment

COMMUNITY TRAINING AND EMPOWERMENT DIVISION

Training and education designed to translate strength-based knowledge to workable resilience resources and programming. The Lyda Hill Institute for Human Resilience provides a variety of training, empowerment, and peer support opportunities through the Community Training and Empowerment division, and currently has contracts with the Colorado Department of Transportation (CDOT), Memorial Hospital, Lincoln Surgery Center, and Mount Carmel for employee peer support training. The division has experienced rapid growth since COVID-19 began, due to the creation of the Greater Resilience Information Toolkit (GRIT) program, which helps people and communities build resilience in times of adversity. A few of the services provided by the community training and empowerment division are:

- Trauma Training for Professionals
- Community Trainings on Stress and Resilience
- Trauma and Stress Seminars
- GRIT-4ED: (Education Community)
- GRIT-LEAD: (Business Leadership Community)
- GRIT-4Health: (Healthcare Community)
- GRIT-4Community: (All Community Members)
- GRIT-4Responders: (First Responders) - **Coming Soon**



M MAKING A DIFFERENCE

DISCUSSING LIFE AFTER THE ONSET OF THE COVID-19 PANDEMIC.

“At one point in time, my safe home, my safe haven, my home, it became a terror. It was stressful here.” “Everything at home, it just became a big stressor on me.”



“I feel good taking the GRIT training, because I feel like I was able to develop my super-powers of connection, relationship, building that trust, having that support system, and to gain a support network that I could refer other people to.”

Latrina - Small Business Owner and GRIT Coach



AFTER NEARLY 10 YEARS IN THE ARMY WITH TWO DEPLOYMENTS TO AFGHANISTAN, HE SURVIVED AN ENEMY AMBUSH THAT LEFT HIM WITH A TRAUMATIC BRAIN INJURY (TBI) AND POST-TRAUMATIC STRESS DISORDER (PTSD).

“It was hard, super hard for me to ask for help...My mentality was I’m going to be a lifer in the Army and, you know, be someone big in the military, do something like that. It got cut short because of my injuries that happened in Afghanistan.”

“It feels good...to know that there’s people out there that care about us. The peace I get is maybe one [veteran] might read this and be like, ‘You know what, let’s go try therapy.’ That to me is worth it.”

Anonymous – U.S. Army Veteran

RESEARCH DIVISION

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RESEARCH INITIATIVES
LAUNCHED IN 2020



GRANTS
SECURED IN
2020



SCIENTIFIC PUBLICATIONS
IN 2020



HEALING DIVISION

CLIENT CONTACTS IN 2020



CLIENTS ADDED IN 2020



DELIVERY OF SERVICES IN 2020



Due to the COVID-19 pandemic, delivery of services was rapidly transitioned from in-person to virtual.

COMMUNITY TRAINING & EMPOWERMENT DIVISION

STATES WITH PEOPLE
TRAINED IN GRIT



42

In addition, individuals have been trained in 9 countries.

2,308



INDIVIDUALS TRAINED
IN GRIT TO DATE



University of Colorado
Colorado Springs



University of Colorado
Boulder | Colorado Springs | Denver | Anschutz Medical Campus