

Executive Summary

National Community Resiliency Project (NCRP) Report Year 2

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Before my father, **Dr. Roger Clark Mills**, passed on May 3 of 2010, he had a vision. This vision unfolded within a dream. In his vision, he was traveling through Europe with a “panel” of foundation officers, police officers, community organizers, residents, and heads of government agencies in the U.S. In each country, this panel spoke with representatives from similar organizations to share the incredible outcomes in communities across the U.S. where Roger and his colleagues had worked—teaching Sydney Banks’ “innate health,” or 3 Principles psychology.

Perhaps this report—on the last two-plus years of a Project that brought Dad’s spirit to several, very different sites across the U.S.—can help to bring his final vision to reality.

Roger was battling cancer much of the time this work was underway. And while his absence was a sadness for all involved, there is **much hope** in the fact that, even without the active participation of the man many consider the “founder” of 3 Principles community work, we are able to report here on what I see as extremely positive, even somewhat astounding outcomes from the NCRP across three sites. To be honest, I was surprised myself by some of these outcomes.

This report details the following:

In the **Lakewood** “inner city” neighborhood of **Charlotte, North Carolina**:

- **A 74 percent drop in aggravated assaults, and 22 percent drop in the overall crime rate**, despite a tanking economy and fluctuating (up and down) crime rates in comparable Charlotte neighborhoods (**pp. 13-14**). Additionally, Lakewood saw **dramatic increases in neighborhood civic engagement**, plus growing interest in the 3 Principles paradigm from greater Charlotte area agencies and foundations. **School drop-out rates for Lakewood children have decreased over 50 percent** and the percentage of Lakewood children scoring at or above grade level increased by nearly **80 percent (pp. 17-18)**.

In **Des Moines, Iowa**:

- **Increasing city-wide adoption of the 3 Principles as a mental health, education, juvenile justice and workforce health intervention** in agencies across Des Moines, and the greater statewide region. This report includes outcomes from such adoption (**p. 6**). Outcomes from health status surveys of hospital system employees at the **Iowa Health System** show

significant, positive changes in health status on four measures (p.11). Dramatic, positive **changes in both children’s behavior and academic achievement** followed our Project work at one “high risk” elementary school in Des Moines (p.9).

In the **Mississippi Delta** (including **Arkansas & Louisiana**)

- Introductory 3P training attracted **influential stakeholders** from throughout the tri-state region, and Jackson—as well as tremendous enthusiasm at monthly Steering Committee meetings. A Greenville area, target low-income housing community, “Advent Heights,” signed on as a **pilot community** for the 3 Principles in Delta (p. 21). The **Delta Citizens Alliance** is planning for a regional 3 Principles conference in spring of 2011.

We further report on NCRP **dissemination work**, new relationships with agencies and foundations across the U.S. and U.K., and lessons learned over the last two years (p. 22). **Appendix D** compiles comments from interviews and focus groups with Project participants.

Finally, this report confirms that significant “inside-out” change in communities is not reliant on one charismatic or motivating figure, but **on an understanding of the 3 Principles that is lived and shared by many**. It no longer takes a Roger Mills to create the kind of changes we saw at Modello in the late 1980’s, nor in Coliseum Gardens in Oakland in the early 1990’s. The media has tended to focus on such individuals (such as Roger or Police Officer Jerry Williams) as the primary change agents at these sites. But we can now see that the work of many people in very different sites across the U.S. can produce the same sorts of outcomes.

So, what does it really take? It takes the inner vision that unfolds from within each individual as they themselves expand the horizons of their own minds—as they shift from a focus in *Thought* on the negative, on what is frustrating and unproductive ... toward a deep trust in their own inner wisdom, their own incredible creativity and *goodness*, and that of the people around them, in their families and communities. Is it easy? No, it actually is not always easy. There is a rigorous sort of self-honesty that must accompany each person in their journey toward a deeper truth.

The testament to my father here is that **he made this journey himself**—and as a result, was able to produce work in communities to show us all what is possible. It is up to the rest of us now to move in the ways that feel right to us, continuing the journey toward global, sustainable change that begins in each person, from the “inside-out.”

If you would like to receive or download the full report, please **contact the CSC at (650) 424-0705**. Please also see our **NCRP video, “Releasing Resiliency”** at our website, or click directly on

www.cscmedia.org