



center for sustainable change

Unleashing the power of resilience...



Center for Sustainable Change

Promoting an understanding of universal principles underlying human change and the innate capacity for wisdom and well-being

Media Contact: Jackie Flaten
(650) 468-6252 | Jackie@MediaOwls.com

WHAT IS THE CENTER FOR SUSTAINABLE CHANGE?

The Center for Sustainable Change is a national non-profit based in Palo Alto, California, that provides consulting, education and training for the purpose of engaging the natural human capacity for learning, creativity, compassion, common sense and well-being. The CSC teaches the 3 Principles of *Mind*, *Consciousness* and *Thought*, which imply that everyone has an unlimited, innate capacity for mental health and wisdom.

The CSC's renowned Community Resiliency Projects introduce these simple but resonant Principles, resulting in powerful changes in people's day-to-day lives, initiated by the individuals themselves.

Founded on the insights of author and philosopher Sydney Banks, and built upon nearly three decades of clinical research and field work in Principles-based/innate resilience Psychology, the CSC was co-founded by Dr. Roger C. Mills, who serves as president. An internationally recognized social scientist and author, Dr. Mills has been at the forefront of implementing this paradigm in community work and corporate settings. His work continues at the CSC, led by Executive Director Ami Chen Mills-Naim. She is a nationally recognized author, trainer and speaker in the field of Principles-based psychology who has worked with youth, families and communities across the globe.

'Every human being alive, regardless of circumstances or challenges, has inside a limitless supply of mental health and well being. This innate health is not a goal or destination but an inalienable fact of our psychological makeup and available now, in each and every moment of our life.'

WHAT ARE 'THE 3 PRINCIPLES'?

The 3 Principles are simple, yet their implications for humanity are profound. First articulated by philosopher Sydney Banks, the Principles recognize the innate mental health in each individual and the role of *Thought* in creating our experience. Thoughts create every person's reality, whether one is aware of them or not.

- Mind: The formless energy and intelligence of all Life.
- Consciousness: The ability to be aware of reality and of how it's created for each of us.
- Thought: The ability to create images and form ideas. The tremendous gift we have as human beings to create our own realities.

CSC PROGRAMS & SERVICES

- Individuals & Families: The CSC offers individual intensive and executive coaching, workshops, seminars, couples and family intensives, office-based & phone consulting, and regularly scheduled drop-in classes.
- Institutional Programs: CSC introduces the simple Principles of *Mind*, *Consciousness* and *Thought*, and engages participants through a community-prevention approach. The CSC has extensive experience with:
 - At-risk communities
 - Schools / PTAs
 - Violence & Drug Prevention
 - Juvenile & Adult Corrections / Probation
 - Mental Health Agencies & Hospitals
 - Non-profit & Community-based Organizations

RESEARCH-DRIVEN, REPLICABLE RESULTS

The psychological and spiritual Principles underlying the CSC's counseling, consulting and training programs are based on the assumption of innate mental health as the "default" in human psychological makeup, a state accessible by everyone, regardless of external environment. Since the origins of the Principles through Sydney Banks in the mid-1970s, numerous clinical and community studies and field projects have integrated Principles-based resiliency programs, with compelling outcomes and dramatic community revitalization.

Long-term professional research continues to provide statistical evidence showing that Principles-based programs results in distinct improvements across socioeconomic indicators. Socially and economically stressed communities in Florida, California, and New York saw sharp decreases in violent crime, addiction, abuse, and heightened community and school involvement as well as increased employment.

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CSC LEADERSHIP



CSC President **Dr. Roger C. Mills** is a pioneer in the development, testing and application of a Principles-based psychology. An internationally recognized leader, speaker and trainer, his work with inner city schools and communities plagued with drugs, crime, and abuse have resulted in national innovative projects awards, national network and public television, articles and books documenting the positive outcomes of resiliency programs. Author of *Realizing Mental Health* (1995), Dr. Mills has also authored several professional journal training articles.



Ami Chen Mills-Naim is CSC Executive Director, a national and international speaker, and author of *The Spark Inside: A Special Book for Youth* (2005, reissued 2010). She has worked with populations ranging from youth in detention settings to executives and managers for government and private institutions. Through the CSC, Mills-Naim works across the U.S. and internationally teaching organizations, parents, educators, staff, and youth. She is currently Project Director for the National Community Resiliency Project. She also works privately with families, individuals and couples. Mills-Naim is an award-winning freelance writer, poet and journalist.

RESEARCH-BASED METHODOLOGY

The Principles underlying the work of the Center for Sustainable Change were first tested in a research context through a grant funded by the National Institute of Mental Health at the University of Oregon (1974-1979). The primary investigator was Dr. Roger Mills, then Adjunct Faculty Member at the University of Oregon and Executive Director of the Lane County Community Mental Health Center. Further organizational, clinical and community studies were conducted at the Advanced Human Studies Institute in Miami, the Minneapolis Institute of Mental Health, and the Community Health Realization Institute at the California School of Professional Psychology (now Alliant University), as well as by colleagues at several other sites across the U.S.

WHERE IS THE CSC?

Center for Sustainable Change is at 744 San Antonio Road, Ste. 25, Palo Alto, California, 94303. Phone: 650-424-0705; fax: 650-424-8430. You can find the **Center for Sustainable Change** group on **Facebook**, and follow the organization on **Twitter** [@CenterChange](#)

HOW IS THE CSC ITSELF SUSTAINED?

CSC has raised more than \$1.5 million since 2005. Funders include the W.K. Kellogg Foundation, the San Francisco Foundation, and the Shinnyo-en Foundation. CSC is conducting a fundraising campaign with an immediate goal of \$50,000 to support the National Community Resiliency Project, including outreach to the impoverished Mississippi Delta and to help expand their presence in the San Francisco Bay Area. Donations support work with youth, counselors, parents and caregivers, staff in juvenile justice systems, inner-city communities and schools. Donations via Visa, Master Card and American Express accepted. Go to CenterforSustainableChange.org for more information.

MILESTONES [SAMPLING]:

NATIONAL COMMUNITY RESILIENCY PROJECT

- Des Moines, Iowa

CSC staff and colleagues provided community trainings, collaborating with the 3 Principles Network and United Way there, and galvanized school-wide training at area schools. Results:

- o Significant positive shifts in school culture as well as at social service agencies
- o A Rand-developed health survey shows Three Principles training achieving significant positive impacts on health-related measures at six- and twelve-month followup at one of Des Moines largest employers

- Lakewood Community Development Organization, Charlotte, North Carolina

In Spring 2008, the Center for Sustainable Change entered into partnership with the Lakewood Community Development Corporation and the Lakewood Pre-School in Charlotte, North Carolina

- o From project inception in 2008, the violent crime rate in Lakewood has decreased by 62%, with assaults and batteries with deadly weapons down by 80%. Lakewood historically has suffered one of the highest crime rates in the greater Charlotte region
- o Civic engagement in Lakewood has increased by nearly 300%, with more residents serving on the boards of the Neighborhood Association and the Lakewood CDC
- o Cooperation with police is cited as one of the primary reasons why the crime rate has decreased

- Mississippi Delta

Three Principles training began in 2009, and continues in the Mississippi Delta (including parts of Mississippi, Arkansas and Louisiana), one of the poorest regions in the U.S. Upon initiation, regional statistics show:

- o A poverty rate average of 42% (more than 50% in some areas), unemployment above 12%
- o 30% of Delta residents have less than 9th grade education
- o Lowest life expectancy in nation

PAST PROJECTS INTEGRATING THE PRINCIPLES

- Coliseum and Lockwood Gardens, Oakland, California

- o Homicides ceased from highest in city, 11th in nation; remain at zero for ten years and counting
- o Violent crimes dropped 45 percent, assaults with firearms down 38 percent
- o Principles Trainee, police officer Jerry Williams, wins California Peace Prize
- o Three Principles is now foundation for Oakland Housing Community Policing

- Modello/Homestead Gardens Housing Project, Dade County, Florida

- o Over 50 percent improvements in employment, school attendance, parent/school involvement
- o Decreased criminal activity and school disciplinary actions, as documented in *Modello: A Story of Hope for the Inner City and Beyond*, which won the Martin Luther King Storyteller's Award
- o Project featured on the Today Show

- Santa Clara County, California

Dr. Mills helped establish the "3 Principles Services Division" in Santa Clara County's Drug and Alcohol Division. Ami Chen Mills-Naim served for eight years in various roles, including "Lead Trainer" and consultant to the Leadership Team, and led Community Facilitator Training program. The Division now reaches:

- o County staff across departments (including county supervisors) and inmates in county corrections
- o Juveniles in Juvenile Hall, boys and girls correctional ranches
- o Residents of sober living environments and homeless shelters.

ADDITIONAL RESOURCES

- Variety of resources are available, contact the CSC at (650) 424-0705 jayme@principlespsychology.org
- "Releasing Resiliency" [Video](#) on the NCRP. At the CSC home page or find at CSCmedia.org

[more]

- General Community Video: ThreePrinciplesMovies.com
- Publications on research: ThreePrinciplesResearch.com
- Available for review (contact the CSC) are a multitude of professional studies that include post hoc clinical research; pre- and post- evaluations showing statistical power and significance; three control group studies; six-year longitudinal clinical and community studies; six doctoral theses; five external evaluations from independent researchers; quantitative outcome data; phenomenological research, case studies and testimonial data, among others

UPCOMING EVENTS

- 1st Thursday each month: Monthly Open Class in innate mental health and releasing our own resiliency held at the Center for Sustainable Change offices. Open Class is held from 6:30 to 8 p.m. the first Thursday of every month. RSVP to Jayme King, jayme@principlespsychology.org or call (650) 424-0705 x20. Sliding scale, suggested donation of \$20 to \$45. Family members, community members, educators and professionals welcome. Class is held in open dialogue format, with much of the content suggested by participants. Youth, 21 and under, are free of charge.
- April 8 to May 13: "Spiritual Fitness": A six-part series, 6:30 to 8 p.m. Thursday evenings, Palo Alto Family YMCA. Age 13 and older, registration through the YMCA at (650) 856-9622.
- May 6: Open Class at CSC "**Trusting Yourself, Trusting Your Feelings**" with Cory Willson, MFT Intern & 3 Principles Facilitator. Wise people throughout time have pointed us toward an inner spiritual resource, a guidance from within. By trusting our own feelings, and navigating toward the feeling of inner wisdom and intuition, we can learn to be more empathetic and understanding of ourselves and those around us.

Cory Willson says of herself: "I learned about the 3 Principles at San Francisco State University in 2007, and consider myself lucky to have met Dr. Roger Mills at that time. I have a passion for helping teens and their families, as well as adults, couples and younger children." Cory is a wife and mother of two children.

TESTIMONIALS:

"The Three Principles transcend the barriers of culture, religion, age and geography that can separate human beings because they provide a common understanding about human beings." -Robert Garner, Santa Clara (California) County's Director of Alcohol and Drug Services

"The best thing for me is the simplicity of the Principles." -Matt Kulis, San Francisco Court and County Schools

"[Principles-based psychology] has positively impacted corrections, welfare to work, juvenile justice, crime, school failure, drug and alcohol treatment, and a wide variety of social services, prevention, and community revitalization programs... It constitutes a fundamental paradigm shift for the fields of prevention, early intervention and community revitalization." —Sandra Hernandez, MD, CEO, San Francisco Foundation

"The wisdom has healed communities, transformed individuals and renewed organizations. [This organization] offers a powerful resource for change and shows the potential for everyone to contribute to healing societies." - David Pottruck, Co-CEO, Charles Schwab

"The purpose of of learning these Principles is not to force a change in my thinking... but just to be aware of it, even though it might not feel positive or 'good' in the moment. Clarity or wisdom will come, and that is the saving grace for me." -Anonymous