

Welcome To:

***Fostering the Spirit:
Strategies to Support
Resilience in Children
and Youth***

***Lou Truitt &
Jean Carpenter-Williams***



Objectives of Workshop

1. **Become aware of key elements of resiliency.**
2. **Understand concepts of resiliency/ how it affects your personal & professional lives.**
3. **Explore how to assess own resiliency & the young people you work with.**
4. **Understand importance of fostering resiliency in youth by creating opportunities.**

Let's Define Resiliency

- We need ten volunteers



Exploring the Research.....

- ✓ **Emmy Werner & Ruth Smith**
- ✓ **Bonnie Bernard**
- ✓ **Steven and Sybil Wolin**
- ✓ **Vincent Felitti and Robert Anda**
- ✓ **Nan Henderson, Others.....**

Words to Know...

- Trauma Informed Care
- Protective Factors
- Resilience
- Risk Factors
- Post-Traumatic Stress Disorder
- Damage Model

How Resilient Are You??

**Let's take The Resiliency Quiz
(Nan Henderson, MSW)**

Part I

How well do YOU bounce back??



Resiliency Quiz cont'd....

Are you ready for Part II??

Personal Resiliency Builders

(Individual Qualities....)

**How can we help ourselves or
someone else?**



**How Does This Affect Youth
With Whom We Work?**

**How Does This Affect the
Staff With Whom We Work?**



ADVERSE CHILDHOOD EXPERIENCES

(ACE Study)

What is this??



The Relationship of Adverse Childhood Experiences to Adult Health Status

**A collaborative effort of Kaiser Permanente
and the Centers for Disease Control
(30 scientific articles published)**

Vincent J. Felitti, M.D.

Robert F. Anda, M.D.



Adverse Childhood Experiences (ACE) Study

- Largest study done / studied social effects of ACE and effect on health
- 17,000 middle class people from HMO
- 62% = 50yrs or older
- 77% = Caucasian
- 72% = had attended college

Summary of Findings

- **Adverse Childhood Experiences are very common**
- **ACE's are strong predictors of later health risks and disease**
- **This combination makes ACE's the leading determinant of the health and social well-being in the US**

Adverse Childhood Experiences (Trauma), can affect...

- **Brain Development**
- **Learning Problems**
- **Behavior Problems**
- **Emotional Problems**
- **Disrupted Attachment Relationships**

Adverse Childhood Experiences Study (ACEs) Growing up in a Household With:

- One or no parents
- Emotional or Physical Neglect
- Recurrent physical abuse
- Recurrent emotional abuse
- Sexual abuse
- An alcohol or drug abuser
- An incarcerated household member
- Someone who is chronically depressed, suicidal, institutionalized or mentally ill
- Mother being treated violently

**Think of some of the young
people you work with...**

**What would their ACE
Score be??**



Adverse Childhood Experiences

Additional Findings.....

- ✓ 1 in 6 was exposed to two categories of abusive experiences
- ✓ 1 in 8 was exposed to FOUR categories
- ✓ Given exposure to one category, there is an 80% likelihood = exposure to another



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

**Why is this so important
in our work??**



Child Development

What impact might trauma play on a child's development?

How might this impact resilience?

**Video Clips from
National Resource Center
for Family-Centered Practice
and Permanency Planning**

**Hunter College School of
Social Work**



How did you see the resilience in this young person?

What did you hear them say?

Who helped them to foster resilience?



Fostering Resilience in Youth ...Creating Opportunities...

- ✓ **Seven Resiliencies.....Wolin
(inside qualities.....)**
- ✓ **Resiliency Wheel/ Mandala
(wheel means inner peace/order)**

R.L. Stevenson says..

“Life is not a matter of holding good cards, but of playing a poor hand well”

We have to help young people learn how to play their hands well.



Assessing Youth Resilience in Our Programs....

Six Steps to Fostering Resilience

Think of a young person you work with...

***Assessment of Environmental
Resiliency-Builders***



**Where can you have a bigger
impact.....**

**Individually, in your Program, or in
Your Community?**

Or in all three??



Questions? Comments?

Has this information been helpful?

How will it apply to your work?





**THANK YOU
FOR THE WORK YOU DO
WITH CHILDREN, YOUTH
AND FAMILIES !!**



 **NRCYS**