

# Promoting Resilience in Afterschool Programs

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# Outcome

- Participants will understand how to build resiliency skills in children and teens



# Objectives

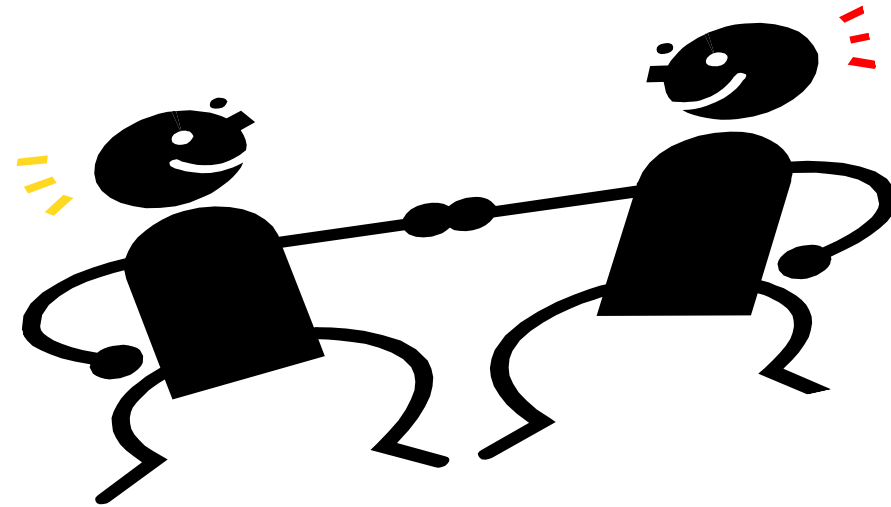


- Discuss how trauma impacts children, teens, and their families
- Identify the meaning of resiliency
- Explore strategies to build resiliency in children and teens

# Ice Breaker

## Activity

Community Bingo



# Stress of Everyday Living

Individuals (young and old) have different perspectives and different experiences.

- Family background issues
- Economic stress
- Cultural variations
- Other.....



# Impactful Conditions



# Defining Trauma



- Trauma is an emotional response to a terrible event like an accident, illness-death, rape, or natural disaster.

# Child Impact

- Trauma describes the impact of an event or a series of events during which a child feels helpless and pushed beyond their ability to cope.
- 35 million children nationwide have experienced one or more types of serious trauma.



# Family Impact

- Trauma changes families as they work to survive and adapt to their circumstances and environment.



# Signs of trauma

- Physical
- Emotional
- Psychological
- Behavioral
- Relationships
  
- Activity: Partner discussion



# Adverse Childhood Experience Study (ACES)



# ACES

ACEs are adverse childhood experiences that harm children's developing brains so profoundly that the effects show up decades later.

ACEs cause much of the chronic disease, most of the mental illness, and are at the root of most violence.

**64%** of adults have at least ONE



## Three Types of ACEs

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical

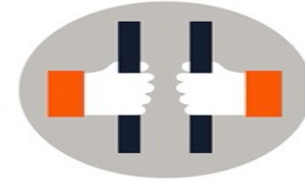


Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

# Resiliency



# What is Resilience?




<http://developingchild.harvard.edu/resources/inbrief-resilience-series/>

# Defining Resilience



- Resilience has been defined as an attitude that enables the individual to examine, enhance and utilize the strengths, characteristics and other resources available to him or her.

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- Resilience is more than coping however. Resilient people are also flexible, adapt to new and different situations, learn from experience, are optimistic and ask for help when they need it.

# Individual Personal Protective Factors

- Self motivation
- Humor
- Flexibility
- Creativity
- Perseverance
- Love of learning



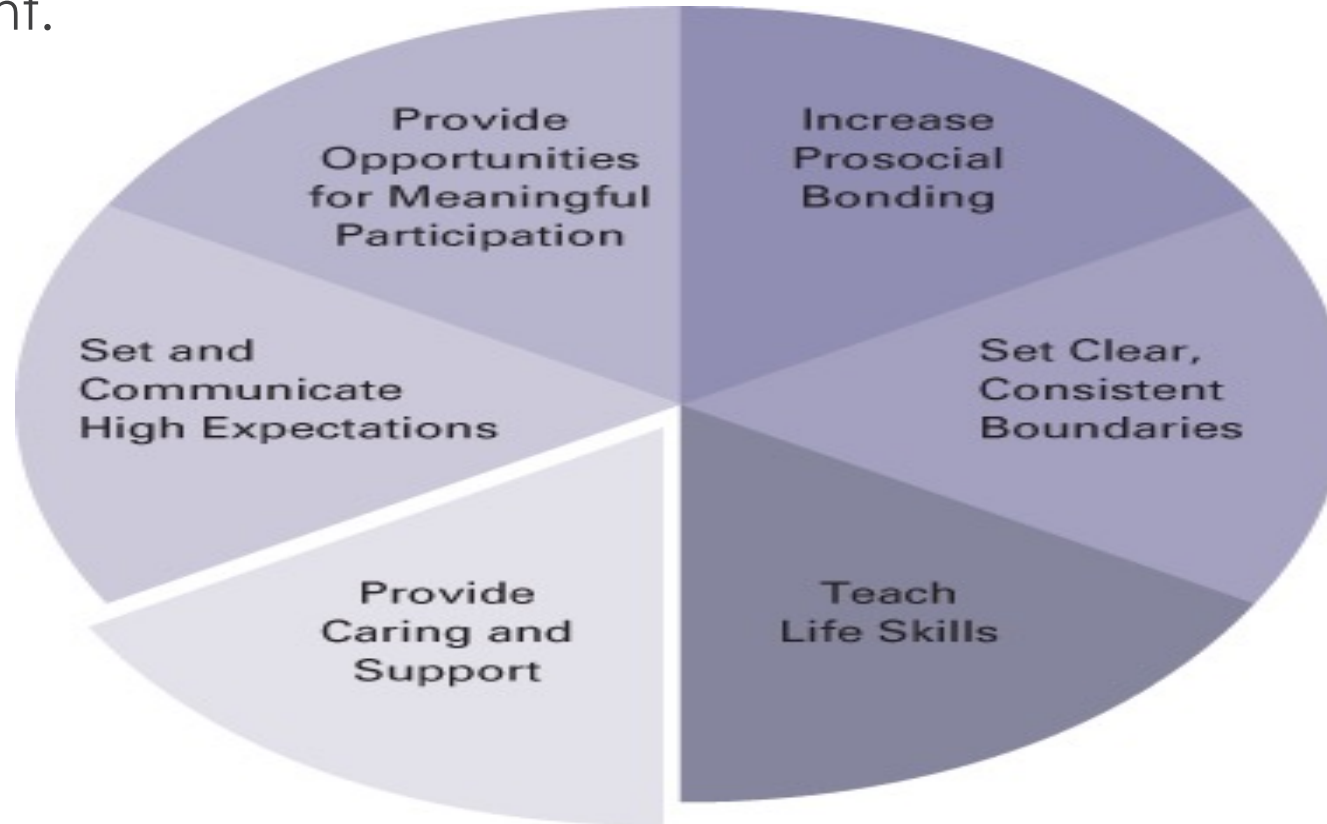
# The Science of Resilience



<https://developingchild.harvard.edu/resources/inbrief-resilience-series/>

# Resiliency Wheel

The Resiliency Wheel is based on six key environmental protective factors for positive human development.



# Building Resilient Children/Teens

- Predictable routines
- Allow students to participate in goal setting
- Collaborative learning
- Problem solving
- Opportunities to make decisions
- Community based classroom structure
- Active role in decision making
- Relationship skill building

# How Resilience is Built?



- <http://developingchild.harvard.edu/resources/inbrief-resilience-series/>

# Reflective Activity

- Examples of activities for Elementary, Middle/ High School
  1. Collaborative learning
  2. Building life skills

# Building Blocks of Resiliency

- You choose how you feel and react
- Reduce, then eliminate negative self talk
- Reduce, then eliminate negative speaking about others (gossiping)
- Cultivate an attitude of gratitude

# Building Blocks of Resiliency

- Practice courage
- Take care of yourself, self consideration
- Everyone has a story
- Serve others
- Live intentionally

# Resources

<https://acestoohigh.com>

<http://www.fosteringresilience.com/books.php>

<http://www.apa.org/helpcenter/resilience.aspx>

# Evaluation

