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How do we learn to deal with life's challenges and be calm & carry on?

Many fairytales end happily ever after after…

…but the real magic is in the strength & relationships that characters develop to overcome adversity.

Resilience:

Ability to Bounce Back & Gracefully Recover from Adversity

Resiliency is the capacity to thrive in the face of adversity

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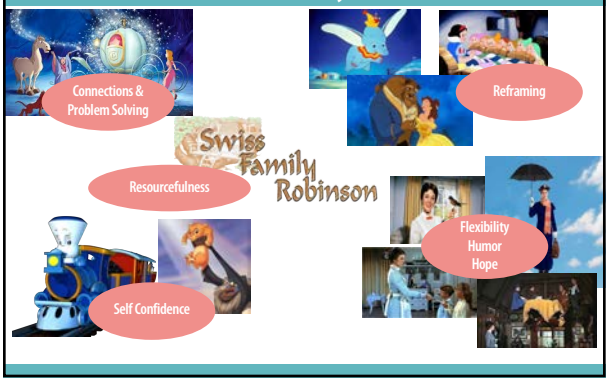
What Resiliency Qualities Did We Learn From Our Favorite Fairytales?



Fairy Tales in Pandemic Time

Commonly Observed Predictors of Resilience in Young People

- Positive relationships with caring adults
- Effective parenting
- Intelligence, problem solving skills
- Motivation and persistence
- Self regulation skills
- Effective stress management
- Positive friends, romantic partners
- Faith, hope, spirituality
- Religion, cultural systems
- Beliefs that life has meaning

(Cutuli, Herbers, Lafavor & Masten, 2008)

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How Can Home Visitors Help Families Build Resiliency to Bounce Back from Adversity?

Strengthening Resiliency

1. Social Connections
2. Problem Solving
3. Flexibility
4. Resourcefulness
5. Forgiveness
6. Self Awareness
7. Self Confidence
8. Reframing
9. Humor
10. Special Interest
11. Optimism & Hope

Rate Yourself.
Excellent. Good. Needs Work.

1. Social Connections

Many studies show that the key factor in resilience is supportive relationships within & outside the family.

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A strong support network keeps us happier and healthier.

- Friends are good medicine! People with friends have fewer colds, fewer heart attacks and live longer.
- When people are exposed to stress, their heart rate & blood pressure don't go up quite as much if a friend is in the room as they do if they are alone.

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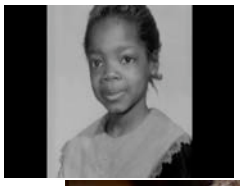
What's the difference between a really bad childhood and being able to overcome that and a traumatic childhood and someone not being able to overcome that?

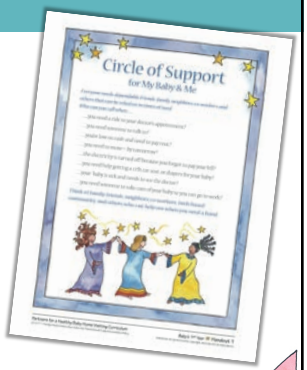


60 Minutes Interview
with Oprah & Dr. Bruce Perry.
"It's very simple... it's relationships...
a helping hand or some kind of support"

The single most common factor for people who develop the capacity to overcome serious hardship is having at least one stable and committed relationship with a supportive parent, caregiver, or other adult.

Resiliency Questions

- What or who is helping you the most right now?
- What or who is giving you strength?
- What or who has helped you get through hard times in the past?



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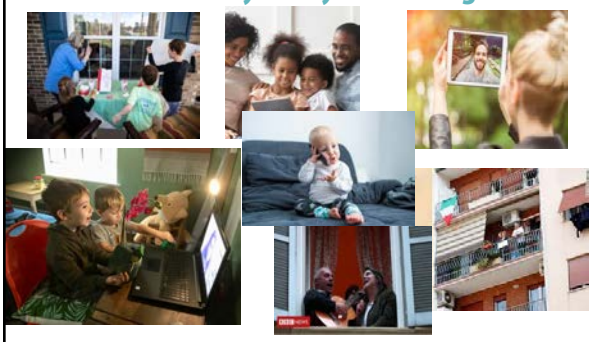
2. Problem Solving Skills

- Critical Thinking
- Planning
- Persistence
- Making Wise Decisions
- Figuring Things Out Quality
- Resourcefulness
- Knowing Where to Get Help
- Street Smarts

Solving Problems & Facing Challenges

Emotionally Connect while Physically Distancing



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Replacing destructive coping strategies with constructive ways

3. Flexibility

Ability to change courses and not get stuck.

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Forced change into a virtual world…

Oh, the Places You'll Go!...No, Stay

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Humorous Resourcefulness

Knowing Where to Get Help

Candy Land

Thousands of children were quarantined at home in 1949 in the polio epidemic. A teacher named Eleanor Abbott invented Candy Land, one of the most popular board games of all time. She created the game inside a polio ward, as a patient herself, with the hope of giving the immobilized children around her a momentary sense of freedom and mobility. She illustrated a boy with a leg brace to build empathy and connection. Candyland remains a favorite game more than 65 years after the disease was eradicated.

Makes me wonder...what will be invented from this pandemic?

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5. Forgiveness & Healing Inner Wounds

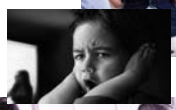
Build an emotionally supportive relationship to help families begin the hard work of addressing toxic trauma histories.

Wonder if trauma could be playing a role when…

- Moms are noncompliant with prenatal or postpartum OB visits
- Teens are pregnant
- Anger
- Staying with an abusive partner
- Relapse

Understand Families in Context of ACEs

1. Meet the family where they are.
2. Stay engaged even when they are difficult.
3. Understand that risk taking, substance use, depression and unsafe relationships are often coping strategies for ACEs.
4. Parents coping with trauma histories are often so focused on survival and their own needs that they don't adequately meet their baby's needs for protection and nurturing.



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How to Ask about Trauma?

"Have you, your child or family experienced anything stressful or scary that you feel is important for us to know?"

Reference: Illinois Bright Futures Trauma Informed Early Intervention Project. A collaboration of the Erikson Institute and Early Intervention Child and Family Connections offices #8, and #12 EasterSeals Chicago and #12 LaRabida Children's Hospital. The question was adapted and piloted in CFC #8. For more information, contact Linda Gilkerson (lgilkerson@erikson.edu).

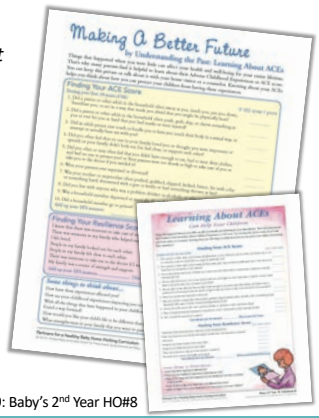
"Slowly, I have come to see that Asking and Listening and Accepting are a profound form of Doing."

Vincent Felitti, MD, Co-Author of the ACE Study

Things that happened when you were little can affect your health and well being throughout your lifetime.

That's why so many parents find it helpful to learn about their ACEs.

Knowing about your ACEs can help you protect your children from these experiences.



Before Baby Arrives HO#49: Baby's 2nd Year HO#8

Joint Assessment of Adverse & Positive Childhood Experiences & Resiliency

Adverse Childhood Experiences

Resiliency

Positive Childhood Experience

Resiliency Factors

1. I knew that there was someone to take care of me & protect me.
2. There was someone in my family who helped me feel that I was important or special.
3. I felt loved.
4. People in my family looked out for each other.
5. People in my family felt close to each other.
6. My family was a source of strength & support.

Encourage Reflection Affirm Courage

- How have these experiences affected you?
- How are your childhood experiences impacting you now?
- With all the things that have happened in your childhood, how have you found a way forward?

Be intentional about affirming the courage it took to look at ACEs and acknowledge resilience and build hope.

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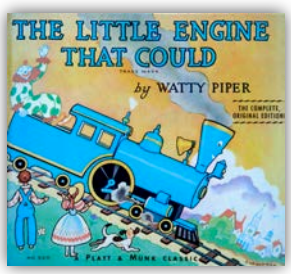
You Don't Have to Be a Therapist to be Therapeutic but you do need to know your boundaries.

Access Professional Supports

- Reflective supervision
- Multidisciplinary case conferencing
- Access to mental health specialist

6. Self-Confidence

Believing you can accomplish what you want to do.



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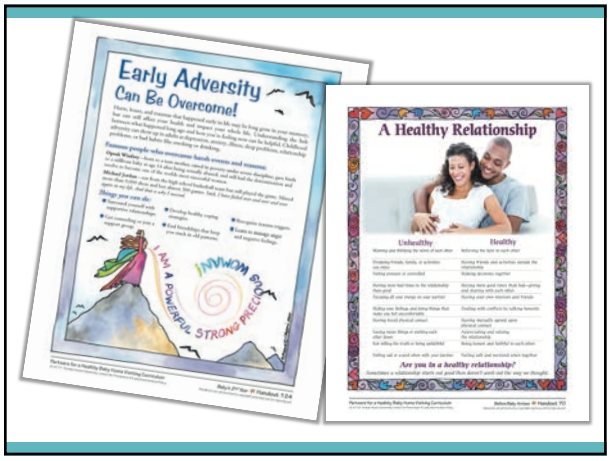

7. Self Awareness

Knowing your moods, strengths and vulnerabilities.

Sleep, healthy foods, mindfulness, friends, massage, music, laugher, exercise and play can all improve mood & help regulate emotions.

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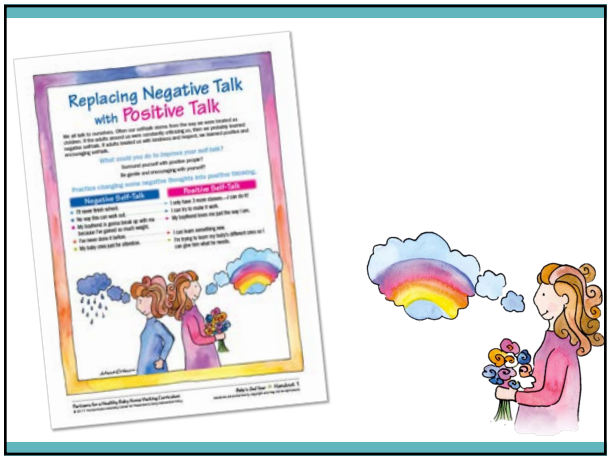

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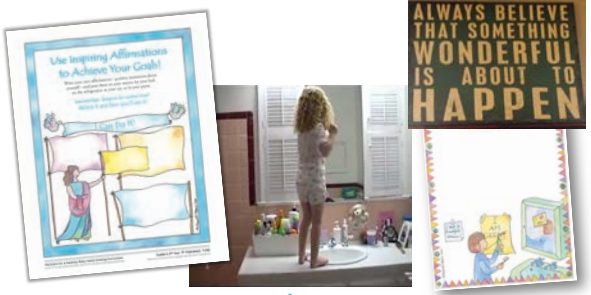
Reframe Your Thoughts



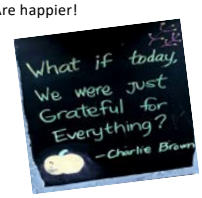
Jessica's Affirmations

What the caterpillar calls the end of the world, the rest of the world calls a butterfly.

Gratitude Can Reframe Your Attitude & Boost Immunity

People who practice gratitude:

- Cope better with stress
- Have fewer colds and illnesses
- Feel better
- Are happier!



List 3 things you're grateful for before you go to bed each night!

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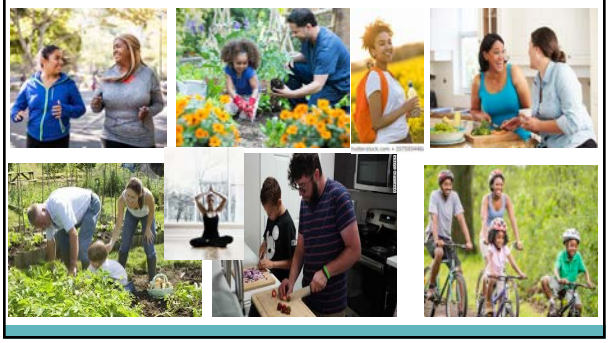
10. Special Interests

Activities that bring pleasure or calm when other things fall apart.



What are Your Resources?

- A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.
- A Resource can be real or imagined
- A Resource can be internal or external

Cultivating our best selves in Response to COVID 19 by Elaine Miller-Karas, LCSW, Trauma Resources Institute, 2020

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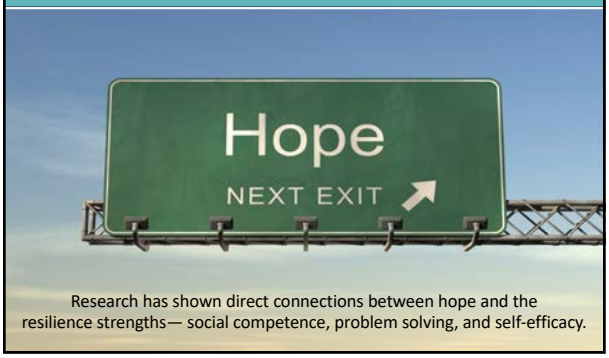
Create a Book of Resources

- Draw with your children.
- Ask questions. Who is your favorite friend, pet, game, character in a book or movie?
- When challenging times come, bring out the book and see what would best help at the time.

Cultivating Our Best Selves in Response to COVID 19 by Elaine Miller-Karas, LCSW, Trauma Resources Institute, 2020

11. Optimism & Hope

Faith that things will work out!



Research has shown direct connections between hope and the resilience strengths— social competence, problem solving, and self-efficacy.

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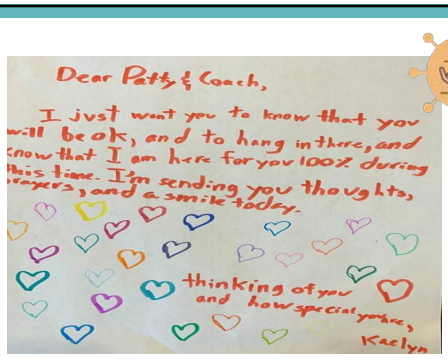

I wrote to let my neighbors know that I am there fore them and give them something positive during COVID-19.

Kaelyn Dahl, Carmichael, Calif. *10 years old.*

Rainbow pictures springing up across the country to inspire hope

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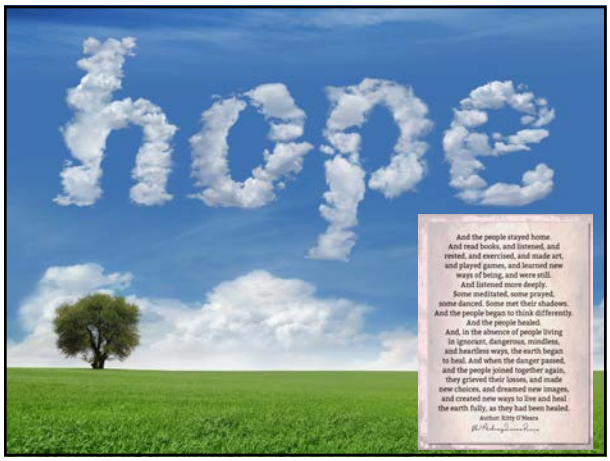

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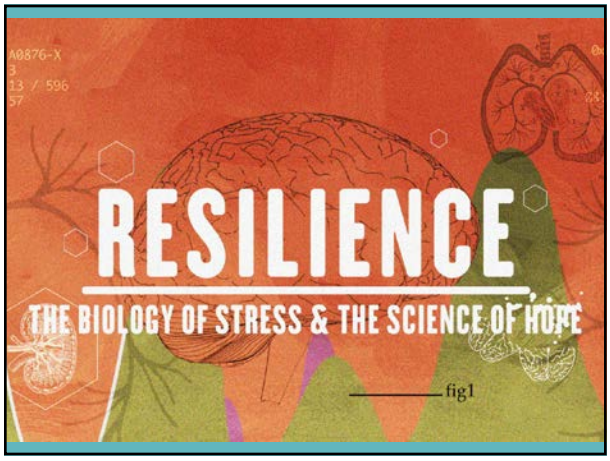

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Partners Handouts to Strengthen Resiliency

Stay Connected!

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www.cpeip.fsu.edu

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@fsupartners

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