



Mentor Café: Building Resilience

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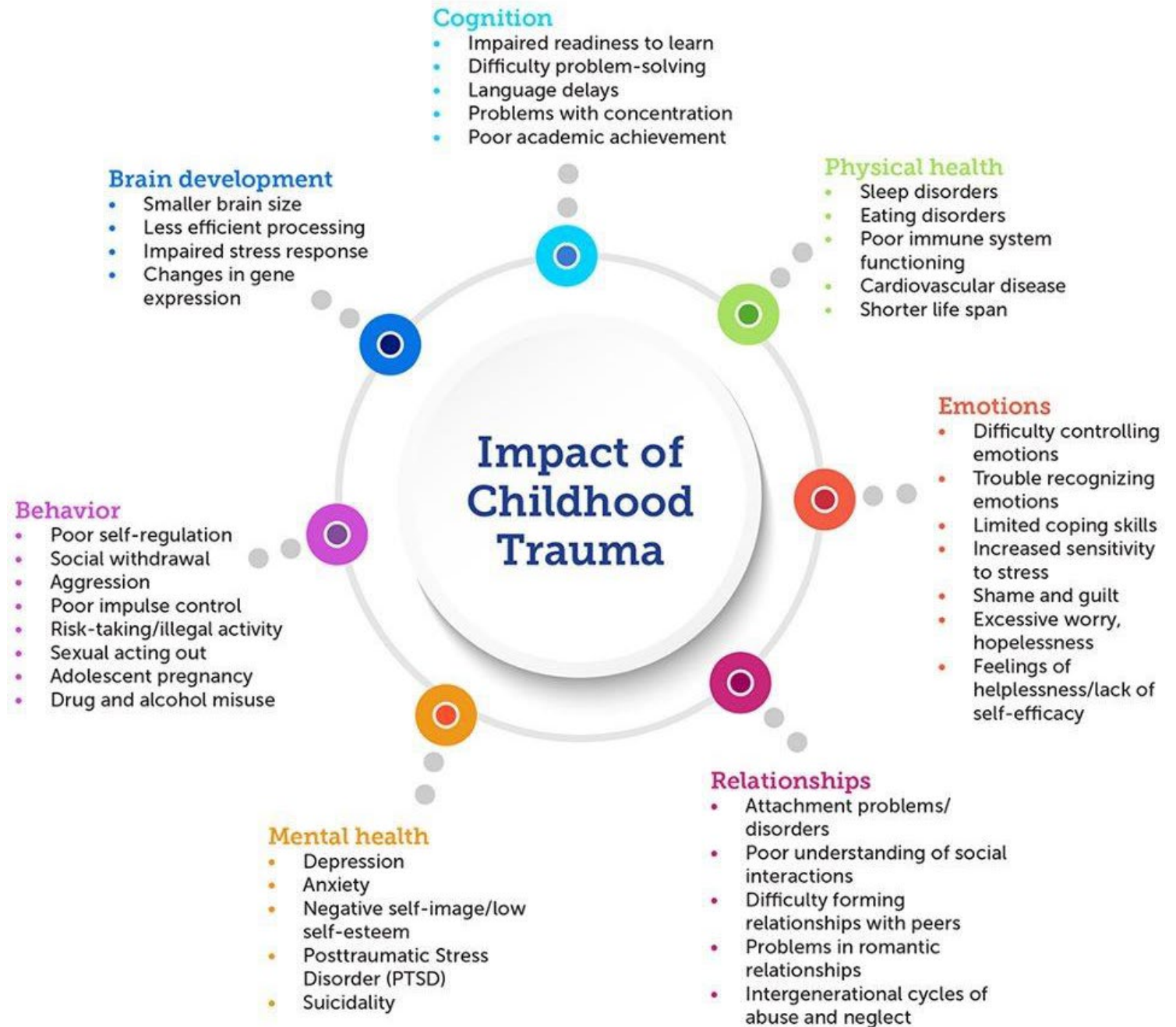
6:00 to 7:30 pm



2022 Indiana KIDS COUNT Data Book Executive Summary – Overall Child Well-Being Rank: 29th

- Indiana’s foster care placement rate of 10 per 1,000 children ages 0 to 17 has consistently ranked among the highest five states nationally.
- In 2019, neglect was reported as a reason for 87% of referrals, and 91% of reasons for foster care placement
- Of the 7,547 total removals conducted in 2020, 61.1% included parent drug and/or alcohol abuse as a contributing reason for removal.
- 1 in 12 children in Indiana (8.3%) will experience the death of a parent or sibling by age 18, this is higher than the national rate of 7.3%.
- **20.9% of Hoosier children have experienced two or more adverse childhood experiences.**
- As of July 2021, 261 youth in Indiana were in an Indiana Department of Correction juvenile correctional facility, where 53.4% were committed for a violent crime.

Impact of Child Trauma




What is Resilience?*

Resilience is being able to bounce back from stress, challenge, tragedy, trauma, or adversity.

When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

*“Building Resilience on Children – 20 Practical, Powerful, Strategies (Backed by Science)” by Karen Young
<https://www.heysigmund.com/building-resilience-children/>

Resilience is:

- A Mindset
 - Uneven
 - Not Invulnerability
 - Not a Character Trait
 - Affected by Circumstances and Supports
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Bottom Line:

- Kids live up or down to the expectations we set for them. They need adults who believe in them unconditionally and hold them to high expectations.
- What we do to model healthy resilience strategies for our children is more important than ANYTHING we say to or about them.

The 7 C's of Resilience*

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

*"Building Resilience on Children and Teens: Giving Kids Roots and Wings" by Kenneth R. Ginsburg, MD, MS ED, FAAP & Martha M. Jablow. Published by the American Academy of Pediatrics 2020 – 4th Edition

The 7 C's of Resilience - continued

- **Competence**

When we notice what young people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow young people to recover themselves after a fall.

- **Confidence**

Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges.

- **Connection**

Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.

- **Character**

Young people need a clear sense of right and wrong and a commitment to integrity.



The 7 C's of Resilience - continued

- **Contribution**

Young people who contribute to the well-being of others will receive gratitude rather than condemnation. They will learn that contributing feels good, and may therefore more easily turn to others, and do so without shame.

- **Coping**


Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick fixes when stressed.

- **Control**

Young people who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.



Some Strategies for Building Resilience

- Meet Them Where They Are
 - Nurture Optimism
 - Encourage Goal-setting
 - Teach Self-care
 - Help Others
 - Nurture a Positive Self-view
 - Accept Change
 - Maintain a Daily Routine
 - It's Ok to Ask for Help
 - Mindfulness
 - Exercise
 - Reframe Challenges
 - Encourage Taking Safe Risks
 - Use Positive Self-talk
 - Love Unconditionally
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Branches and leaves

Write here about you on a good day - all the characteristics about you that you like and value



Trunk

Write here your values

Roots

Write here the things you draw strength from

Exercise #1

Resilience

Tree

This is what everyone knows about me:



This is what not many people know about me:

This is what no one knows about me:

Exercise #2

Worry Iceberg

Write the things and people who have helped you climb the wall:



Exercise #3

Gratitude