



# Children's Resilience Initiative

*One Community's Response to ACEs through Resilience*

October 20, 2014

WA Prevention Summit

Please do not copy or distribute beyond participants attending presentation



# Our Goal



## ReAIGEsce



The **powerful force** that can drive forward action for our community

# Opportunities for Resilience



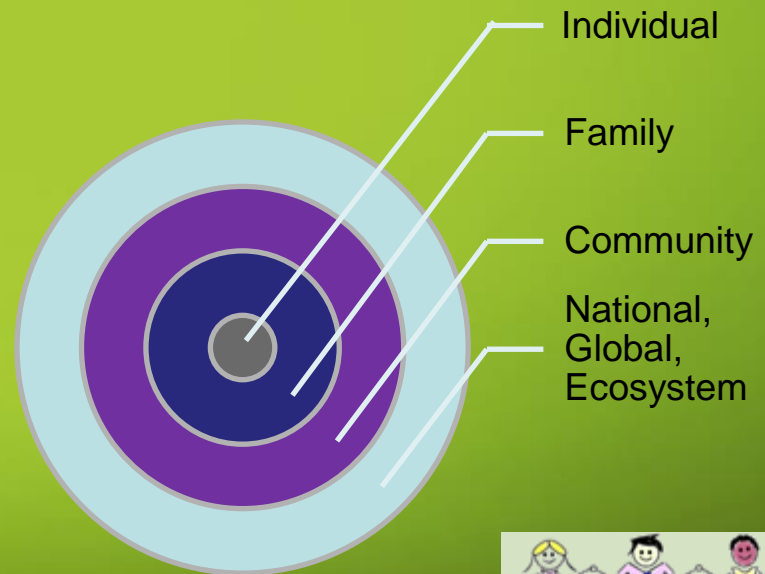
*Moving forward with  
this **powerful**  
information*

Current research is  
discovering that  
nurturance is actually  
**reparative** and  
**regenerative!!**

# What is Resilience?



Resilience - the ability to bounce back from challenges - is the most important tool you can give a child.



# Resilience Building Blocks



<http://www.resiliencetrumpsaces.org/>



10 MOVES  
SQUARES

20 MOVES

A ♠

A ♣

B ♠

B ♣

S

B ♠

B ♣

B ♠

B ♣

S



# MODELS OF RESILIENCE



**Grotberg**

**Boss**

**Blaustein Masten**

**Brooks & Goldstein**

**I HAVE**  
(external supports)

Attachment & belonging

**Attachment**

Connection

Positive relationship w/caring adult

**I AM**  
(personal strengths)

Community, culture & spirituality

**Regulation**

Affirmation

Self-esteem through emotional awareness & control

**I CAN**  
(social & interpersonal skills)

Capability

**Competence**

Chores, choices, mastery of skills

Effectiveness in one's own world



# RESILIENCE

- **Able to *recognize* resilience in self/others**
  - **Become aware of *how to promote it***
- **Vocabulary *reinforces feelings and beliefs***



# Trauma-informed vs. Traditional



## Think

## Not

“I need to know how hard this is for you.”

“It’s not that difficult.”

“I’m here. You’re not in trouble.”

“Go to the principal’s office.”

“I don’t want you alone in this. Let me help you.”

“You need to learn to deal with life.”

“It’s okay to feel.”

“Stop crying.”

“That really set you back, didn’t it?”

“Stop being such a baby.”

# Language of Resilience



I HAVE

Safety &  
Security

I AM

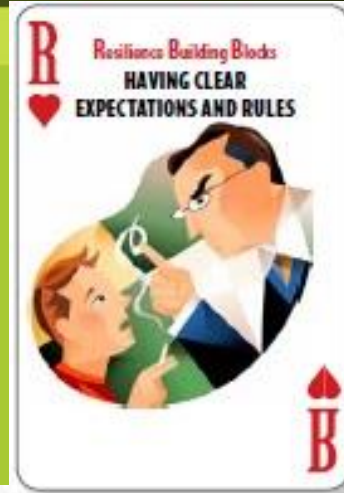
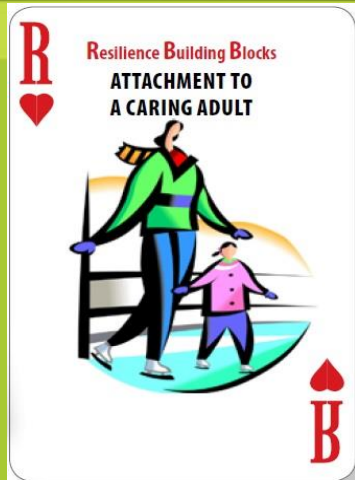
Inner  
strength/hope;  
feelings &  
beliefs

I CAN

Mastery &  
Sense of future



# I HAVE (external supports)



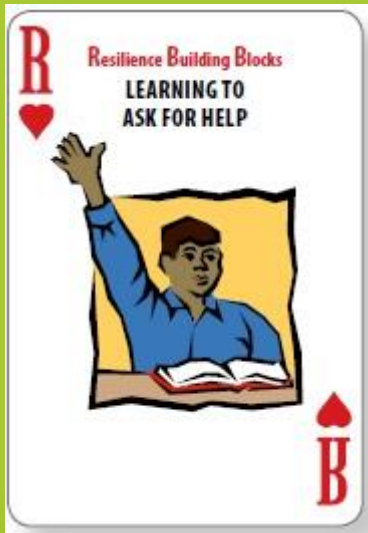
= safety & security: core for developing resilience

# I AM (internal, personal strengths)

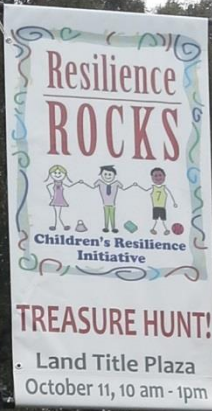


= inner strength or hope; feelings, attitudes and beliefs within the child

# I CAN (social/interpersonal skills)



= mastery, sense of future



## Trauma Smart!



**Clock hours available!**

We invite you to attend a training by Avis Smith, LCSW, director of St. Luke's Crittenton Prevention Services and Children's Resilience Initiative. They will be sharing their work around trauma and how it affects children's emotions. Ms. Smith has been a key leader in the pilot program "Head Start Trauma Smart". Learn more about how each of us can impact trauma education and awareness for young children in our valley, as we continue to expand our community's response to ACE's, brain development and resilience strategies. This session is open to anyone involved in child development or in working with families with young children.

**where:**

Walla Walla Airport Community Room  
45 Terminal Loop Road

**when:**

October 9<sup>th</sup>, 8:30 a.m.-3:30 p.m.

**Sponsors:**

- WWCC Early Learning Coalition
- WWPS Head Start/ECEAP
- Children's Resilience



CITY HALL - 15 N. 3<sup>rd</sup> Avenue  
Walla Walla, WA 99362-1859  
509.527.4522  
FAX: 509.524.7900

### PROCLAMATION

WHEREAS, there is compelling evidence of a correlation between the experience of childhood trauma and resulting behavioral and health problems, when the trauma is unrecognized and unaddressed; and

WHEREAS, the cumulative effects of such trauma over a lifespan, if ignored, are detrimental to individuals and communities; and

WHEREAS, the Children's Resilience Initiative of Walla Walla has a vision of a community where all young people thrive and all parents raise their children with consistency and nurturance to develop lasting resilience, and a mission to mobilize the community through dialogue to radically reduce the number of Adverse Childhood Experiences while building resilience and a more effective delivery system.

NOW, THEREFORE, I, Jerry Cummins, Mayor of Walla Walla, do hereby proclaim October 2014 to be:

#### Children's Resilience Month in Walla Walla

and urge all residents to become informed about childhood trauma and how to create resilience in individuals who have suffered such trauma, to integrate these principles into their everyday work and practice, and to otherwise support the work of the Children's Resilience Initiative.



*Jerry Cummins*  
Jerry Cummins, Mayor





**Resilience Building Blocks**  
**THE ABILITY**  
**TO CALM ONESELF**



**LA HABILIDAD PARA**



October is Children's Resilience Month!

**Resilience**

Start at  
 Land Title Plaza  
 1st & E. Main

**Treasure Hunt**

- R Resilience Building Blocks**  
 DEVELOPING FRIENDSHIPS
- R Resilience Building Blocks**  
 MODELING APPROPRIATE BEHAVIOR
- R Resilience Building Blocks**  
 HELPING TO APPRECIATE CULTURAL & ETHNIC HERITAGE
- R Resilience Building Blocks**  
 ATTACHMENT TO A CARING ADULT
- R Resilience Building Blocks**  
 EXPRESSING FEELINGS
- R Resilience Building Blocks**  
 THE ABILITY TO CALM ONESELF
- R Resilience Building Blocks**  
 ASSIGNING CHORES TO GIVE RESPONSIBILITY
- R Resilience Building Blocks**  
 LEARNING TO ASK FOR HELP
- R Resilience Building Blocks**  
 SHOWING EMPATHY
- R Resilience Building Blocks**  
 GIVING & CHECKING CHORES

Sponsored By: **The Children's Resilience Initiative** – [www.resiliencetrumpsaces.org](http://www.resiliencetrumpsaces.org)



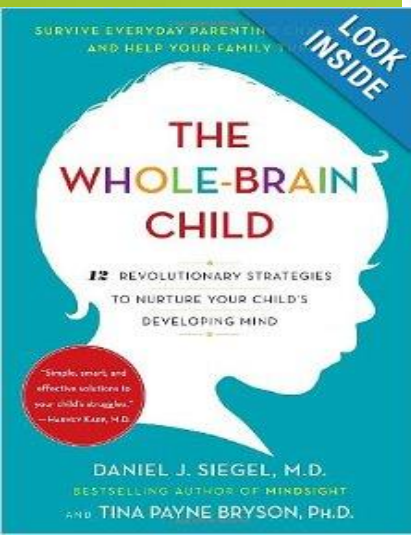


**Resilience Rocks Treasure Hunt**





# Teach how brains work!



## Daniel Siegel's Whole Brain Child



# Car as an analogy of brain



Brain Stem

**Physical**

Need is safety

Limbic System

**Emotional**

Need is connection

Prefrontal Cortex

**Thinking**

Need is to create meaning

# Integration



[https://www.youtube.com/watch?v=G0T\\_2NNoC68&index=5&list=PLeE6SEu5P6di1LG0G5tO3NajNelgDDL4g&t=13s](https://www.youtube.com/watch?v=G0T_2NNoC68&index=5&list=PLeE6SEu5P6di1LG0G5tO3NajNelgDDL4g&t=13s)

Dan Siegel explaining upstairs,  
downstairs brain

# Our work to teach the brain



<https://www.youtube.com/watch?v=ZcDJVNwOWGY>

Upstairs brain

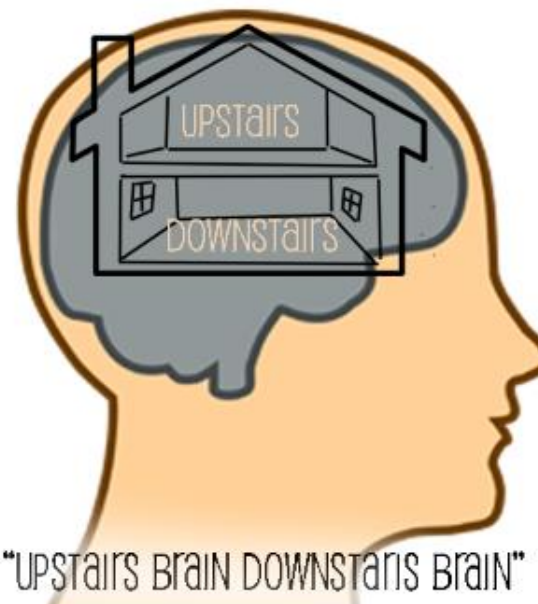
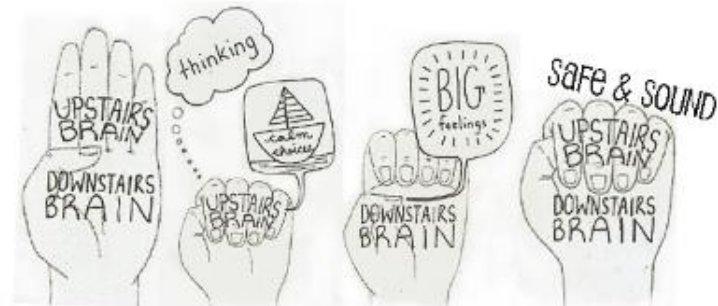
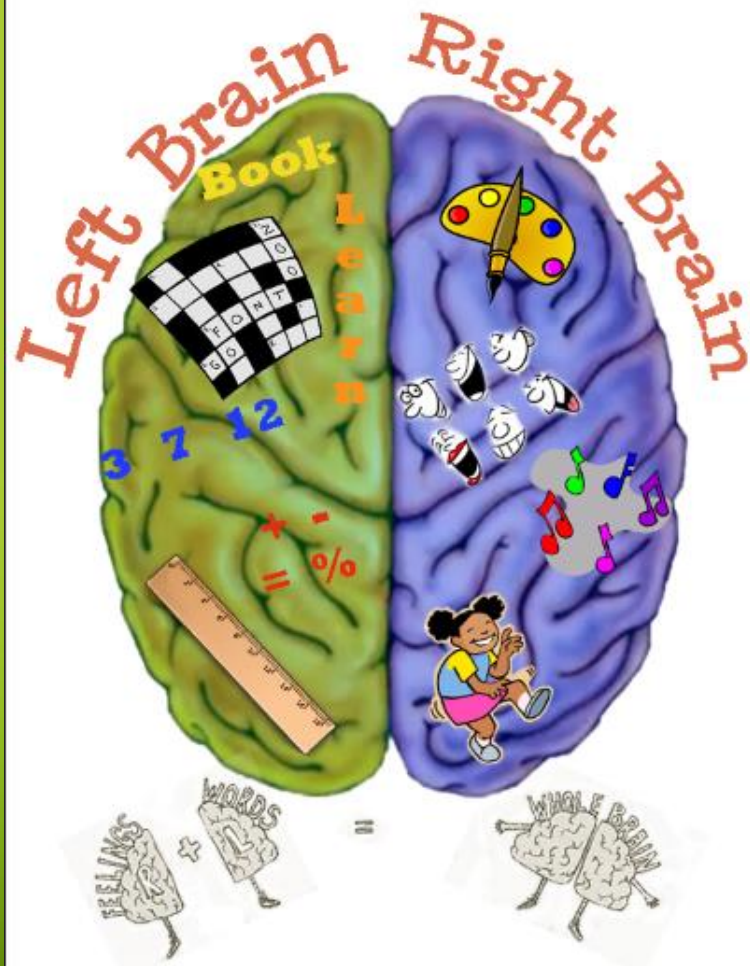
<https://www.youtube.com/watch?v=Ml8xqusk7j8>

Left/right brain

<https://www.youtube.com/watch?v=RYjISNV4q0w>

Three major parts

# Graphics to use with songs



Dan Siegel's hand model and whole brain graphic from his book

“Trauma keeps stealing their opportunities to succeed moment by moment and day by day”



## Head Start Trauma Smart

- **Preschool expulsions 13 times > K-12**
- **ALL adults trauma trained- common context to work from- lack biological foundations and behavior skills**
- **Learn how to calm and feel sense of connection**
- **Safe spots to calm-down**

# Building blocks to success:

*Adapted from the research of Dr. Margaret Blaustein*



**Attachment** - feeling connected, loved, valued, a part of family, community, world

**Regulation** - learning to identify emotions and feelings and how to express them in a healthy way

**Competence** - acting rather than reacting, accepting oneself and making good choices

# Respond, not react



**Notice-** check in with yourself; notice feeling or need of child

**Name-**

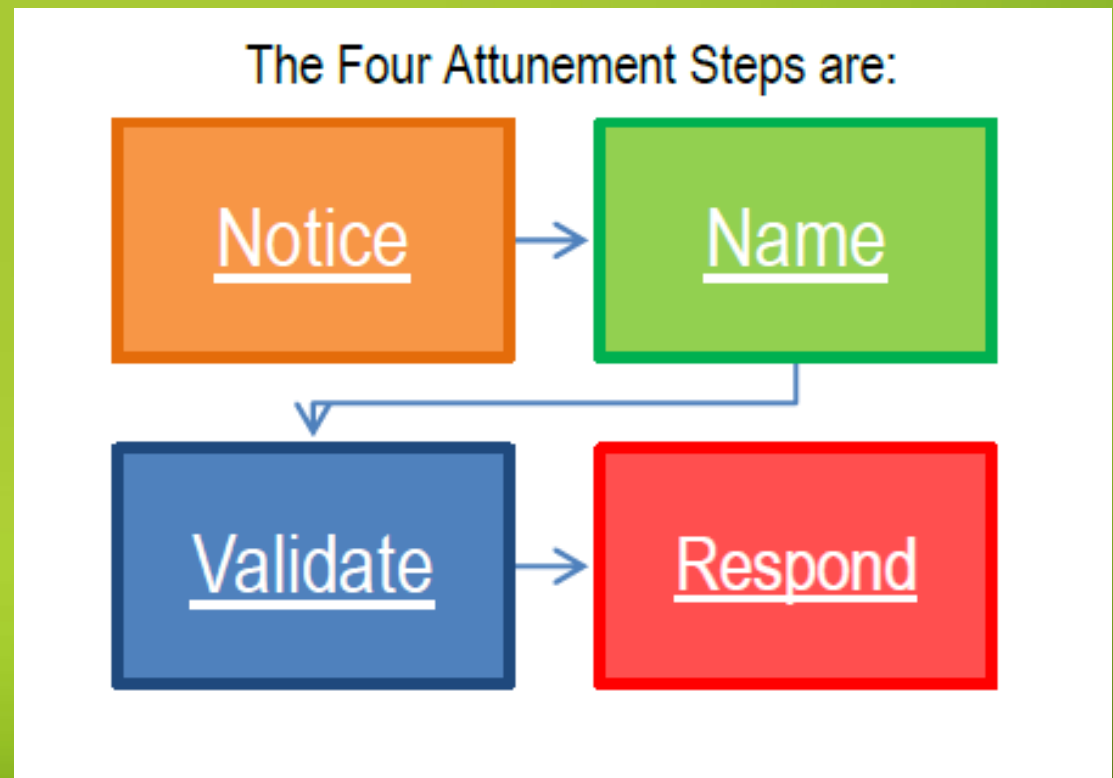
“It seems you are mad right now.”

**Validate-**


“It’s hard when...”

**Respond-**

“How can I help?”





A troll doll with a large, voluminous pink afro hairstyle is standing on a pink ring. The ring has the text "Notice, Name, Validate, Respond" written on it in white. The background is a blue, textured surface.

**Notice, Name, Validate, Respond**

# Safe Spot

To be safe

- physically
- emotionally
- mentally



## The Safe Pocket System

**No More Red Light, Green Light!**



*By Sally Naughey*

# Entry Task – How am I feeling this morning



☀️ Good Morning.  
How Are You Feeling  
Today?



# Classroom Safety Song/Mantra

We are Safe!

Who's safe at Edison?

I am safe.

All of the time or some of the time?

All of the time!

Who's in charge to keep you safe?

You, the teachers keep me safe.

All of the time or some of the time?

All of the time!

# Safe Pocket Strategy



# Safe Zone Strategy – Teaches Self-Regulation

Safe  
Zone



# Trauma Stewardship

Laura van Dernoot Lipsky



Feeling helpless & hopeless

Can never do enough

Hypervigilance

Loss of creativity Embracing complexity

Anger & cynicism

Deliberate avoidance

Addictions

Sense of persecution

Grandiosity

Numb

Minimizing

Dissociative moments

Fear

Exhaustion & ailments

Guilt

Interrupt cortisol with oxytocin & opiates

# Daily practice of centering



Professional

**Self-care**

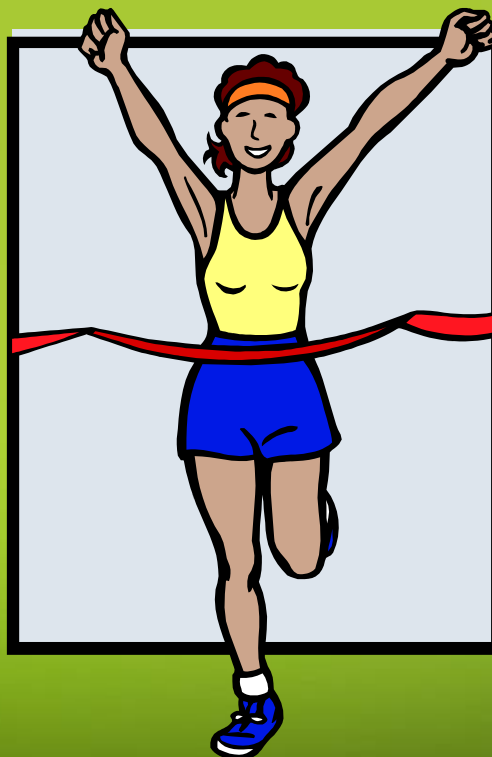
Personal

Know the warning signs

Get support



# Who will be your Champions?



# Community Partners

- Law Enforcement
- School Districts
- **Public Health**
- Medical Community
- DSHS
- **Mental Health**
- Social Service Providers
- Neighborhoods
- **Businesses**
- Municipalities
- Public Library
- **Alternative Programs**
- Employment
- Parents
- **Court Ordered Clients**



**Paradigm shift:** “Traditional” disciplinary protocol for students with trauma history was not effective.

**Accountability was maintained or even increased!**



**Lincoln Alternative High**



# The Health Center at Lincoln

<http://thehealthcenterww.org/>

**Mental health support = 80% of visits**

**Staff uses trauma-informed, empathic response**



# Marci's "Behavior" Classroom

- 1<sup>st</sup> semester : ACEs, the brain, brain development and resilience
- 2<sup>nd</sup> semester: Writing projects and social skills, including resilience games designed by students



# Lincoln High police office says farewell, notes decrease in police reports as other schools' reports increase.



# Children's Home Society

One of first partners to embed principles into:

- Parenting classes
- Counseling/relationship sessions
- Parent Aide Home Team Program
- Field tested CRI parent products
- Nominated CRI to national Exchange Club conference



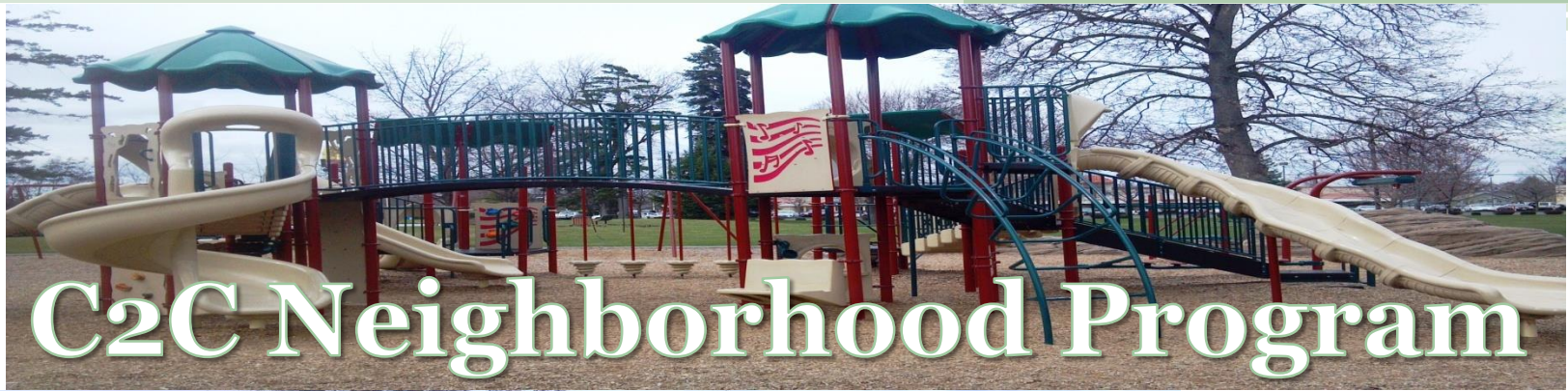


# Walla Walla Public Library

## Partnering in “Resilience Corner”

- Dedicated section for parents and children
- Features books promoting resilient mindset
- Resources and materials for further learning
- Annotated bibliography
- Hosted parent and child resilience events





# C2C Neighborhood Program

New play space



New park

Children's project



Outdoor stage



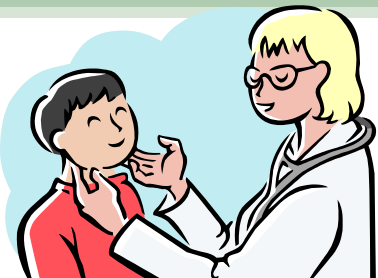
# Providence St. Mary Medical Center

- Health Fair
- Employee as internal champion
- Dr. Vincent Felitti staff visit
- All nursing staff (250) trained



Providence St. Mary Medical Center





# Portland Pediatric Pilot – Provider Comments:

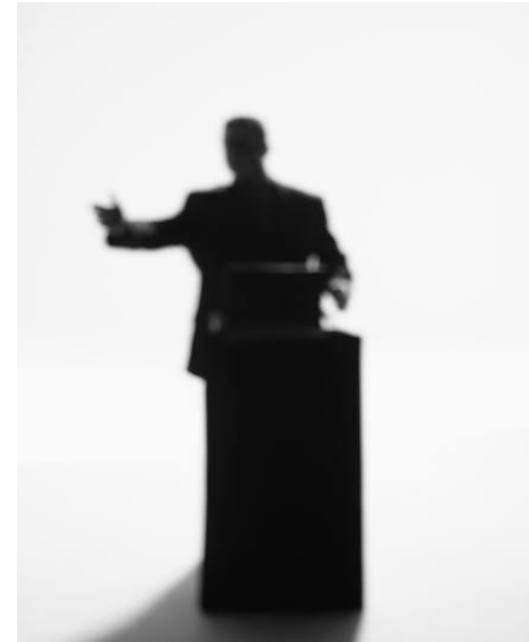
- **“I just had the most amazing conversation...”**
- **“This is the 3rd child in this family. I never knew what mom was working with until we finally asked these questions.”**
- **“This has really deepened the relationships I have with families. They are much more intimate, open and honest.”**
- **“I can’t imagine going back to the way I did things before.”**





# Speakers' Bureau

- Created to expand outreach and enhance effectiveness of presentations



# Community Action Toolbox

Welcome to our Toolbox!

- *Getting Started: A Fish Tale of Sorts*
- *Plow the Field*      • *Once is Not Enough*
- *Mid-Course Adjustments*      • *New Targets*
- *Taking It On the Road*      • *Vital Learnings*
- *Building the Framework*      • *Nuts & Bolts*
- *Integration & Sustainability*      • *The “End” Game*



**A community of practice- one in which representatives from each effort connect regularly to share what they are learning (John Kania)**





“What we cannot argue anymore is that there’s nothing we can do...”

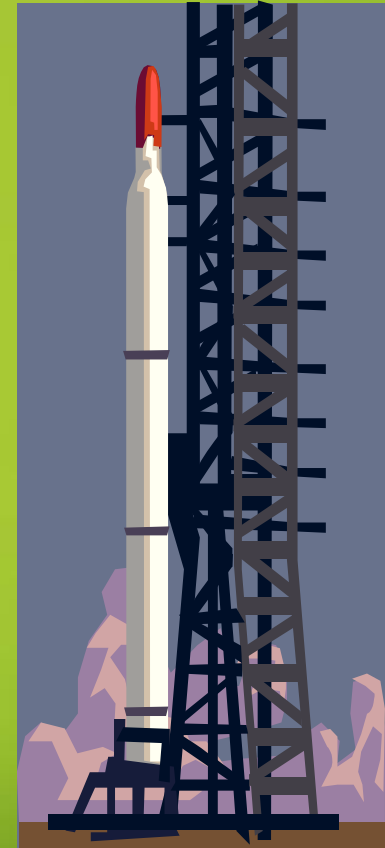
“We can change our approach.”

Paul Tough, *How Children Succeed*

# Sparking your community's shift and response



- Talk
  - Share
- Listen
  - Act
- Respond
  - Schedule





# Create the future



- What is your 90-day plan? 6-month? Year?
- Who will be your core team?
- How will you integrate?
- Celebrate!



At first, people refuse to believe a strange  
new thing can be done.

Then, they begin to hope it can be done.  
Then, when it is done, all the world wonders  
why it was not done sooner.

Frances Hodgson Burnett





# Children's Resilience Initiative



*Empowering community understanding of the forces that shape us and our children*

**Website: [www.resiliencetrumpsaces.org](http://www.resiliencetrumpsaces.org)**

