



Reimagining Our Blueprints for Connection: A Resilience Based Approach with Young People

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Our Goals Today:

- ***Neurobiological Impact of ACEs and Trauma***
 - How does trauma impact our brains and bodies?
 - What does that impact look like when we are seeking to build connection with others?
- ***5 steps to Building Resiliency***
 - Top 5 resilience factors
 - What does it mean to feel safe?
 - Trauma responsive communication tools



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Learning Together

- ✓ Be brave
- ✓ Be authentic
- ✓ Have “ears to hear”
- ✓ Ask questions

Everyone here is important and unique!



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What are our hopes for youth?



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Connection

The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

Brené Brown



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“If we aren’t intersectional, some of us, the most vulnerable, are going to fall through the cracks.”

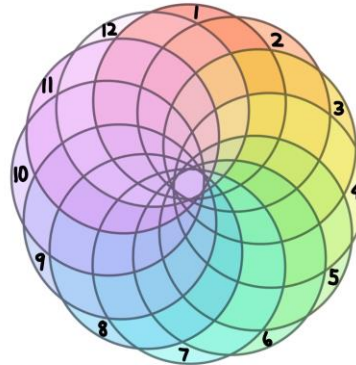
-Kimberlè Williams Crenshaw

Founder of Columbia Law School Center for Intersectionality and Social Policy Studies- who coined the term intersectionality in 1989.

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Tell us in the chat, who are some of the most vulnerable in our communities?

INTERSECTIONALITY



- 1 Race
 - 2 Ethnicity
 - 3 Gender identity
 - 4 Class
 - 5 Language
 - 6 Religion
 - 7 Ability
 - 8 Sexuality
 - 9 Mental health
 - 10 Age
 - 11 Education
 - 12 Body size
- (...and many more...)

Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

- Kimberlé Crenshaw -

@sylviaaducsouth

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Many People Report ACEs

According to data collected from more than 144,000 adults across 25 states between 2015 and 2017:

- 61% reported experiencing at least one type of ACE
- 16% reported experiencing 4 or more types of ACEs

Types of ACEs

<p>Abuse</p> <ul style="list-style-type: none"> Emotional Physical Sexual <p>Household Challenges*</p> <ul style="list-style-type: none"> Substance misuse Mental illness, including attempted suicide Divorce or separation Incarceration Intimate Partner Violence or Domestic Violence 	<p>Neglect</p> <ul style="list-style-type: none"> Emotional Physical <p>Other Adversity</p> <ul style="list-style-type: none"> Bullying Community violence Natural disasters Refugee or wartime experiences Witnessing or experiencing acts of terrorism <p><small>* The child lives with a parent, caregiver or other adult who experiences one or more of these challenges.</small></p>
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Source: CDC, <https://vetoviolence.cdc.gov/apps/aces-infographic/>



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Some Groups Are More Likely to Have Experienced ACEs

Multiple studies show that people who identified as members of these groups as adults reported experiencing significantly more ACEs:



Black, Hispanic/Latino, or multiracial people



People with less than a high school education



People making less than \$15,000 per year



People who are unemployed or unable to work



Lesbian, gay, bisexual, or transgender people

Source: CDC, <https://vetoviolence.cdc.gov/apps/aces-infographic/>



Three Levels of Stress Response

Positive


Brief increases in heart rate, mild elevations in stress hormone levels.

Tolerable

Serious, temporary stress responses, buffered by supportive relationships.

Toxic

Prolonged activation of stress response systems in the absence of protective relationships.

Center on the Developing Child  HARVARD UNIVERSITY

Source: <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>



FLIPPING your lid

Hand brain model – Dr. Dan Siegel
<https://www.asset-edu.org/recognizing-stress>



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What does it look like, when a youth flips their lid?



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Anger Onion

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- In the brain, **irritation = threat** (Forbes & Post, 2007)
- When you see or feel anger, aggression, risk taking, think **sadness or fear**



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What other cues?

How do you know you're going to flip your lid?

I get quiet

- Irritable
- Blank Mind
- Foggy Mind
- Sweaty Hands
- Feel like you're losing control
- Clenched jaw
- Racing
- Empty
- Heart rate increases
- Tightness in the chest
- Slamming things
- Feel shaky
- Wanting to fight
- Heavy breathing
- Wanting to hurt someone
- Clench fists
- Clench teeth
- Feeling hot
- Not caring
- Raising your voice
- Feels like your stomach is on a rollercoaster

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

Angry

embarrassed, scared, grief, shame, tricked, overwhelmed, frustrated, depressed, disgusted, distrustful, grumpy, stressed, attacked, rejected, helpless, guilt, trapped, nervous, anxious, trauma, annoyed, exhausted, envious, disrespected, unsure, disappointed, lonely, offended, uncomfortable, worried, insecure, regret, hurt

The Gottman Institute

What does pent-up anger look/feel like?

What does your anger look like on the surface?

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“Kids are Resilient”

- What do you think of that statement?
- What resilience is NOT:
 - “Pull yourself up by your bootstraps & get over it.”
 - Extreme independence / perfectionism
 - “You’re so strong, nothing keeps you down.”
 - “Positive vibes only”
 - “I made it through worse – it builds character”



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What *is* Resilience?

- When hardships, traumas, stresses happen, we honor our survival and the tools we develop along the way
- We can add new tools to create a buffer / shield to build greater tolerance for stress.
 - Leads to less frequent, less significant dysregulation
 - More felt safety / attachment / regulation in the limbic areas
 - More cortical growth / activity (healing)



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Five Steps to Building Connection with Young People: *Top 5 Resilience Factors*



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The Most Important Resilience Factor?

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#1 Safe, Healthy Relationships

Safe, healthy adults are the most important factor in healthy development for individuals who have experienced trauma.

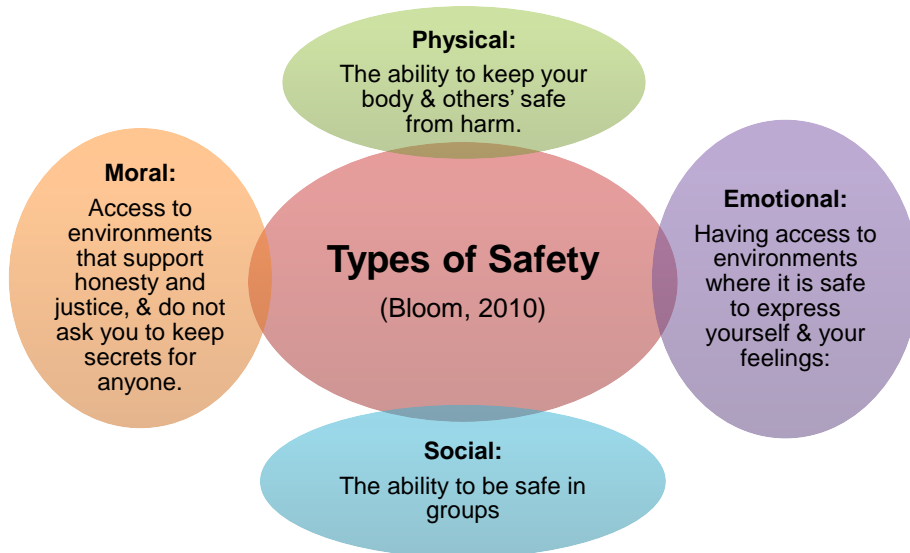
People who have experienced trauma need experiences with healthy people outside of their abusive environment, especially people in positions of authority.



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Strong Families Safe Communities: Resilience Approach

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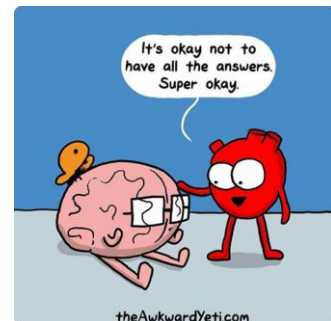


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“Name it to Tame it”

Dr. Dan Siegel

- When left hemisphere names what’s going on to the right hemisphere
- Calms the entire brain



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Boundaries for Adults: “AND”

- “I yelled today. It felt awful. AND it was 3 interactions out of 100. I am learning.”
 - “I criticized a youth today AND I am human and can repair, regulate and practice.”
 - “I didn’t have all the facts earlier AND I did the best I could with the resources I had.”
 - “This didn’t work out the way I planned. I feel sadness AND I can see the good in what exists.”
-



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Boundaries for Youth: “AND”

- “Screen time is over AND I understand that ending your show is hard.”
 - “Our family is not getting a dog right now AND I get how disappointing that is. You’re allowed to be upset.”
 - “I need a quiet weekend with no plans AND I hear that you wish tomorrow worked for an activity. We can make a plan another weekend. Let’s find a date!”
-



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Emotional Deposits

- Building a strong healthy relationship with a young person that will support emotional growth and connection.
- Adding more positive interactions and healthy connections that will cover any negative withdrawals



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Emotional Deposits


You are wonderful

I am listening to you

I'm here with you/
I'll sit with you

Spending
time together


I care about you



You really helped me today thank you!

Hugs!

Did you get physically hurt or emotionally hurt?

 **Rachel Elizabeth Cargle**
December 27, 2017 · 🗨

Other ways to say I love you:

- 🌱 "I see you"
- 🌱 "I hear you"
- 🌱 "You should rest"
- 🌱 "I remember what you said"
- 🌱 "You are my comfort zone"
- 🌱 "I feel whole around you"
- 🌱 "Who you are fills me up"
- 🌱 "What does your body need?"
- 🌱 "How can I make you feel at 100% right now?"
- 🌱 "You are so easy to love"



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Empathy

VS

Sympathy



Dr. Brené Brown, Empathy vs Sympathy;

Animations by Katy Davis;

Production & Editing: Al Francis-Searrs and Abi Stephenson.

RSA Video <https://www.youtube.com/watch?v=KZBTViDPIQ>

Picture Retrieved from: <https://uxdesign.cc/exploring-empathy-in-web-designs-dd14cafe68b6>

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Top 5 Resilience Factors

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#2 Autonomy (Agency)

When do you feel in control?

- What decisions can I make for my life?
- How do you define power and control?
- Is it **power over** or **power with** to have power to make things happen?

How do you create power with others, so together you have the power to contribute to the greater good?

Boundaries sound like:

mellow doodles

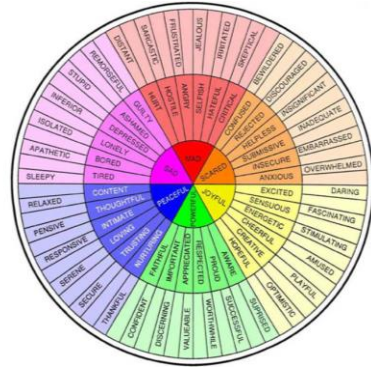
I will end this phone call if you continue to shout at me.	I need time to think about it. I'll come back to you.
I can stay for half an hour.	I don't respond to work emails at the weekend.
Thank you for your offer, unfortunately I can't make it.	I'm not comfortable with that. If you do it again I will have to leave.
I'm not comfortable discussing that. Please do not discuss it with me.	I respect your opinion but this is my life and my decision.



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Helping Youth Express Themselves

- Feelings Wheel
- Music connected to feelings
 - Playlists for big emotions
- Connections to other safe, healthy adults in your lives



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PAX Breaks are used to stop growing tension, to teach children and adults to recognize when they are becoming upset, and to provide emotional and physical space to calm down.

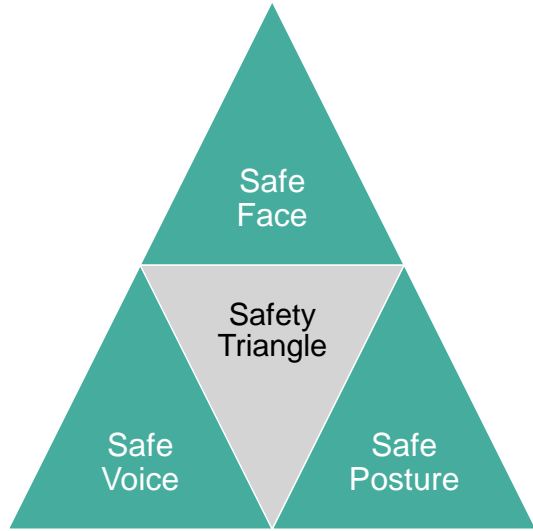
(think flipped lid situations)



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Safety Triangle

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Shared Vision

Shared Vision unites relational frames of language and thought – putting everyone on the same page and eliminating misunderstandings.



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Shared Vision



1. Predict the positive steps and outcomes of the upcoming activity.

2. Establish what we would like to see, hear, do and feel more.

3. Establish what we would like to see, hear, do and feel less.

4. Allow young people to drive the conversation but offer guidance

5. Ensure the more **outnumbers** the less.

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Top 5 Resilience Factors

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#3 Self Esteem

Sense of Self

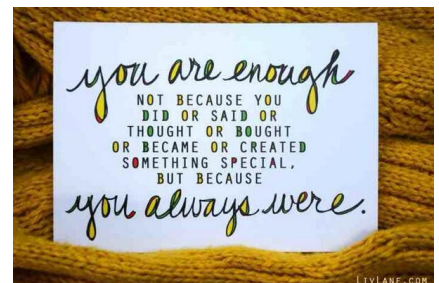
- Personal Preferences (likes & dislikes)
- How do you express your creativity?

Sense of Self-Worth

- [What gives you a sense of accomplishment?](#)
- When do you feel loved and valued?
- "Five Good Things" by Jean Baker Miller

Sense of Self-Efficacy

- How do you effect change?
- How do I make things happen?
- How do I use and how do I want to use my power of influence?



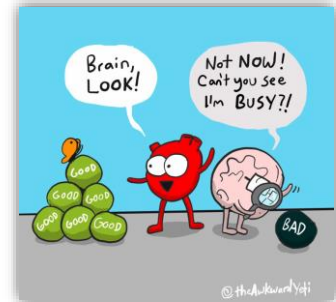
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Compassion Breaks

Preventative strategies before the “Pax Break”

- Think about what is difficult right now.
- Place your hand on your heart.
- **Say**, “I care about this struggle.”
 - **Pause and notice.**
- **Add**: “Even with this struggle, I am enough.”

“It is really hard to be an adult right now. I am doing the best I can. I am doing enough. I am enough.”



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Descriptive VS. Evaluative Praise

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Descriptive

- Describes qualities and allows the listener to identify the value.
- Is specific
- Highlights the area in between; the “shades of grey”
- Promotes an internal locus of control

Evaluative

- Describes the value as seen by another.
- Is general
- Promotes binary “either or” thinking
- Promotes an external locus of control



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paxtools

Kudos Notes

- Typically a written or typed note/ message.
- Be You! **And** be specific with your positive statements.



*Remember, this a gift freely given,
with no return expectations!*



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Top 5 Resilience Factors

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#4 External Support Systems

Can be a person, pet, fantasy, or spiritual/ other belief system.

- What is my system of meaning?
- How do I make sense of my world?



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Self-Care & Mental Health

Tips for Kids

- Share your own feelings to **encourage** self-awareness.
- Recognize **toxic** stress events.
- Practice self-care for yourself to set the **standard**.
- Cultivate **interests** and hobbies.
- Set aside time for **low stress** or solo activities.
- Encourage **journaling** and writing.
- Encourage them to focus on the **moment**.
- Blessing/Manifesting
- Find social groups that help them feel like they **belong**.
- Focus on articulating **feelings**.
"I am angry."
"I am sad."
- Establish a **self-care** routine.



Mindfulness

"Mindful individuals are **less likely to view negative feelings and/or events as unpleasant or scary** (Thompson & Waltz, 2008) and are **more likely to redirect their attention** from past experiences, particularly bad or painful experiences, to the present moment (Baer, 2003), **promoting effective emotional regulation** (Davis & Hayes, 2011)"



KORU
mindfulness



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Top 5 Resilience Factors

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#5 Affiliation

Affiliation with a cohesive, supportive group that works together toward a positive goal

- What groups do I belong to?
 - Family, socially, school, faith, extra curricular activities, sports, creative expression, community associations
- Circles of connection?
 - How am I connected to those in my environment?
 - Are they safe, healthy individuals?



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Approach with Curiosity

- Tell me about how this person/ group/ app is important to you?
- How do you feel when you are with this person/ group/ app?
- If you had to go on a road trip, would you take this person/ group with you? What would they bring to benefit the trip?



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“Rupture and Repair”



We have an opportunity to choose a pathway.

You are not a bad person because of a mistake.



This is an act of compassion and courage, to let you know the rupture has happened.



Breathe out.

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Authentic Apologies Include:

Addressing what was harmful (*reflect*), acknowledging the impact, taking responsibility (*honor*) and committing to doing better (*connect*).

Honestly accepting responsibility. Someone cared enough to let you know the impact of your words or actions.

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"We have the capacity for neuroplasticity throughout our lives, and our **environments** shape the way that our brains respond to our experiences.

Safe, stable, and nurturing relationships are healing for kids, and for all of us."

Nadine Burke Harris, M.D.



Source: <https://www.rickhanson.net/resilience-summit/#1596690789286-d352d426-7afe>

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Ideas for next steps

- Advocating for systems change:
 - What policies, procedures, practices need to change so you can support youth? to be buffer to the trauma and violence
 - How do we become areas of thriving, hope, healing, safety
 - Where's your empathy tank!
 - Different isn't bad, different is different. How do you create the picture that hasn't been seen yet.
-



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Future reading / listening!

- “Session 144: Ten Tips for Taking Up Space” podcast by Dr. Joy Harden Bradford, Therapy for Black Girls
 - “My Grandmother’s Hands,” Resmaa Menakem
 - “The Body Keeps the Score,” Bessel van der Kolk
 - Brene Brown: Unlocking Us podcast
 - Dan Harris: Ten Percent Happier podcast
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Thank you!

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 - **Resource-** “What’s Your Resilience Score?” PDF prepared by [online] acestoohigh.com. Available at: <https://www.tjtd.texas.gov/regionaltraining/webinars/resilience-score.pdf>
- Trauma Informed Principles
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 - **Resource-** SAMHSA Trauma Informed Approaches. Available at: <https://www.samhsa.gov/topics/trauma-violence/samhsas-trauma-informed-approach>

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