

Together We RISE:

Building Pathways of
Resilience, Hope &
Well-being

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RISE
WELLNESS & RESILIENCE
FRAMEWORK

Developed by Tonya Hotchkin

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Objectives

- Identify the impact of life experiences and its implications on daily functioning.
- Describe key indicators influencing resilience and wellbeing.
- Identify techniques aimed to foster experiences and connection centered on resilience, hope and well-being.



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Introductions



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Mission

To provide children and families with services that inspire, empower and heal.



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Values

Optimism | Excellence | Inclusion | Collaboration | Altruism



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A Philosophy of Care

Tanager Place & Meraki Institute of Learning are rooted in a philosophy of care that is

- Trauma Informed
- Resilient Oriented
- Restorative Practices

Centered on the services that cultivate & improve youth/family health needs

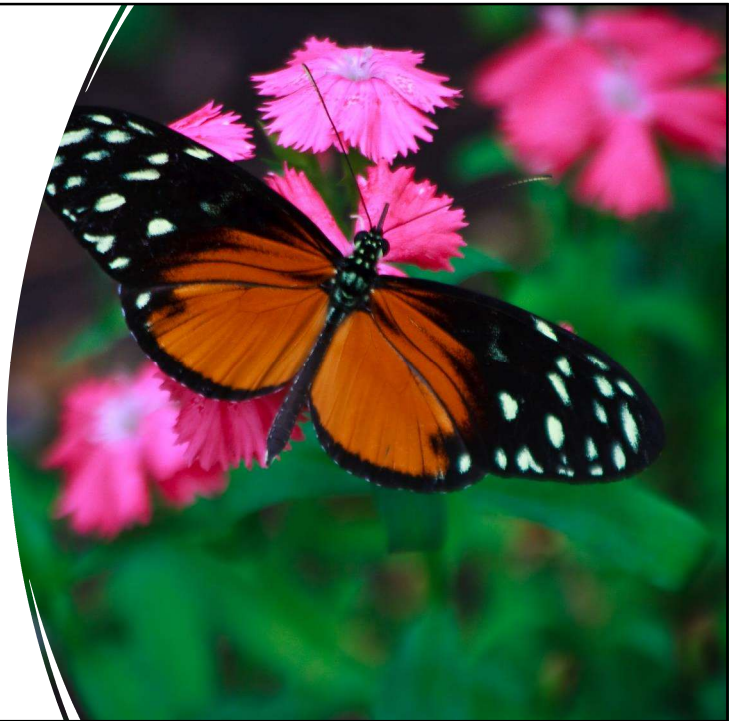
- Emotional
- Behavioral
- Social
- Mental



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Our Why...

- There is no such thing as a bad kid.
- Kids/family's do well if they can.
- All kids/family's have greatness inside of them.
- Services are to be centered on brain science.
- We want to cultivate a child/family's resilience and wellness in every opportunity given to us.



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RISE

Wellness & Resilience Framework



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Relationships
Indicators of Well-Being
Social & Emotional Development
Enhancements



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Relationships

Experiences | The YOU Intervention | Characteristics



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Foundation

Healthy relationships that we have with ourselves, and others is the foundation required to actualize well-being and resilience.



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Experience Shapes Us

Life experiences influence the developing brain and overall emotional, social, mental and behavioral growth of humans. Research indicates that adaptive experiences and relationships can create and cultivate neuropathways centered on well-being and resilience.



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Building Healthy Brains



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Resilience is Cultivated!

While we can't take away what has happened and we might not be able to change what is happening, we **CAN** help foster resilience in every interaction and through each relationship!



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YOU are the Intervention



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The YOU Intervention

Self-awareness and our ability to reflect on our own personality traits, characteristics, values, and preferences help elevate our ability to have healthy relationships with others. Knowing yourself is essential in increasing adaptive interactions and rhythms with others.



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You can't
lead others
past the
point of your
own healing...



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Relationships

- People heal people.
- The tools and interventions are first in your heart.
- Focus on the strengths because what you pay attention to grows
- We can see what we decide to look for
- We can't fix people who are hurt by hurting, we can't fix people who've been controlled by controlling.



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Characteristics

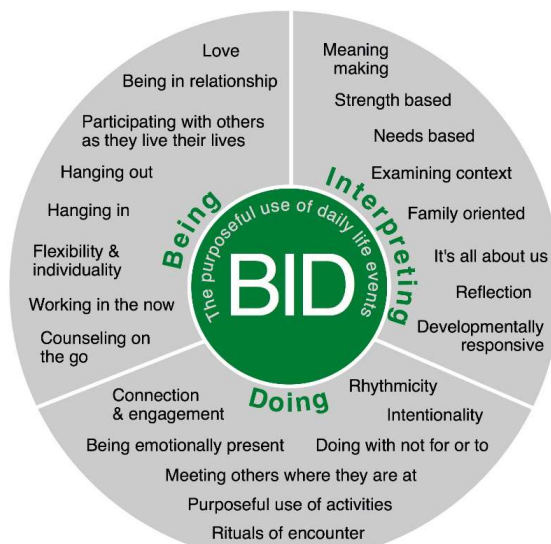
Fostering personal characteristics found in a relational approach allows for optimal healing to occur through the context of interactions and environments created through those characteristics.



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Characteristics for Daily Life Events



Characteristics of a Relational Child and Youth Care Approach

Freeman, J. & Garfat, T. (2014). Being, interpreting, doing: A framework for organizing the characteristics of a relational child and youth care approach. *Child & Youth Care Online*, 179, 23-27. Retrieved from <http://www.cyc-net.org/cyc-online/jan2014.pdf>



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Relationships Takeaway



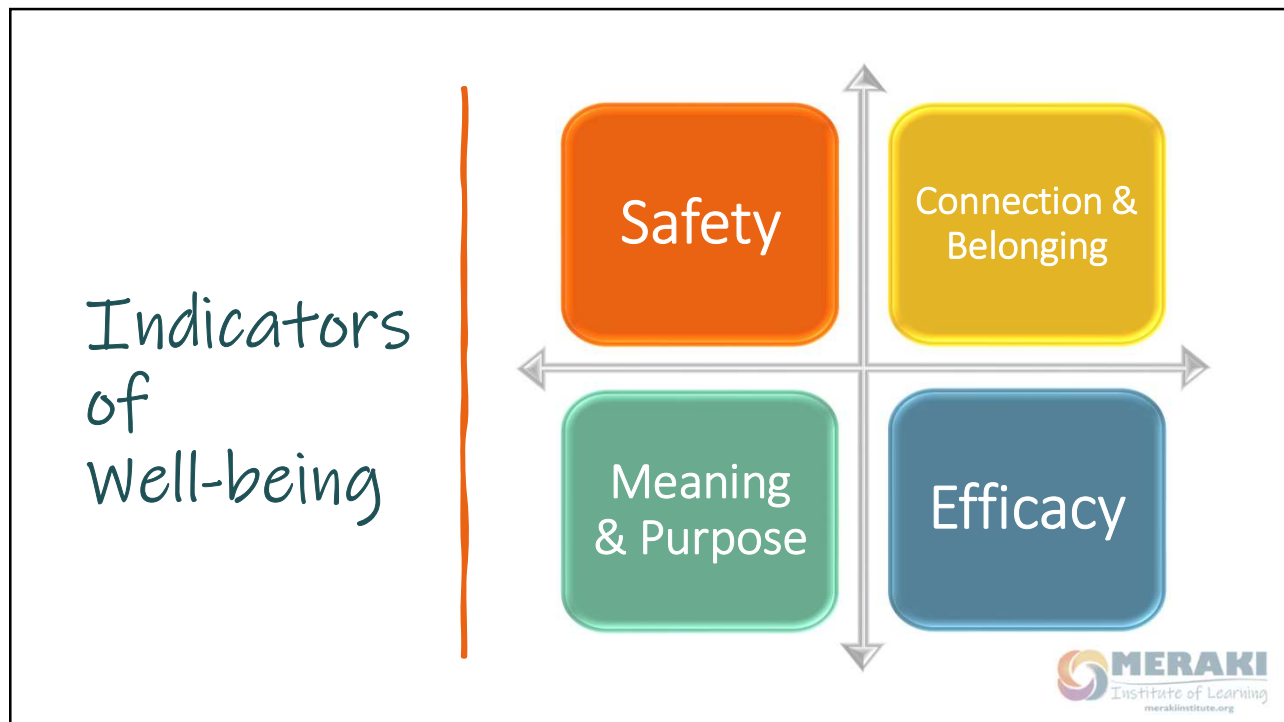
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Indicators of Well-being

Safety | Connection & Belonging | Meaning & Purpose | Efficacy



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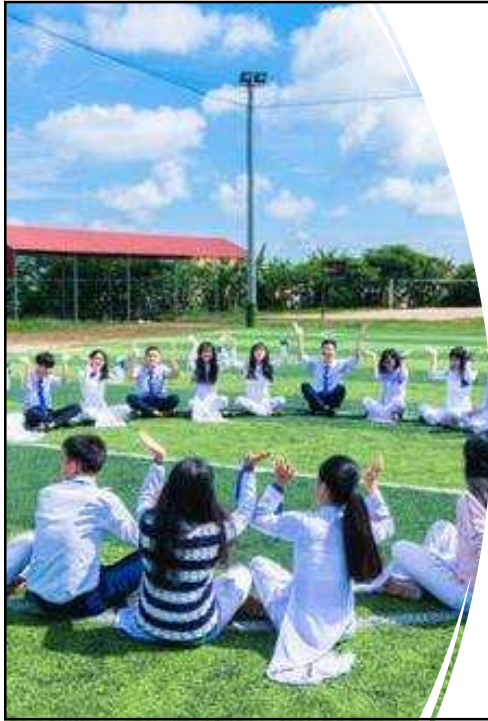
SAFETY FIRST

Safety

A felt sense of predictability, security and consistency on a physical, physiological and psychological level. Common understanding of expectations, support and accountability to safeguard trust and respect.

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Restorative Practices— A Way of Being

- Restorative approach to resolving conflict and preventing harm
- Allows those who have been harmed to convey the impact of harm to those responsible
- Allows opportunity for those responsible to acknowledge impact and take steps for repair



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Relationships

- Central to building an inclusive community
- Build systems that develop & strengthen healthy relationships



Respect

- Provide a voice for the victim
- Improve social behavior of staff & students



Responsibility

- Emphasis placed on the harm rather than the offense
- Understand the impact of the harm



Restoration

- Collaborative problem solving
- Empowers change & growth



Reintegration

- Offender is welcomed back into the environment

Guiding Principles of Restorative Practices

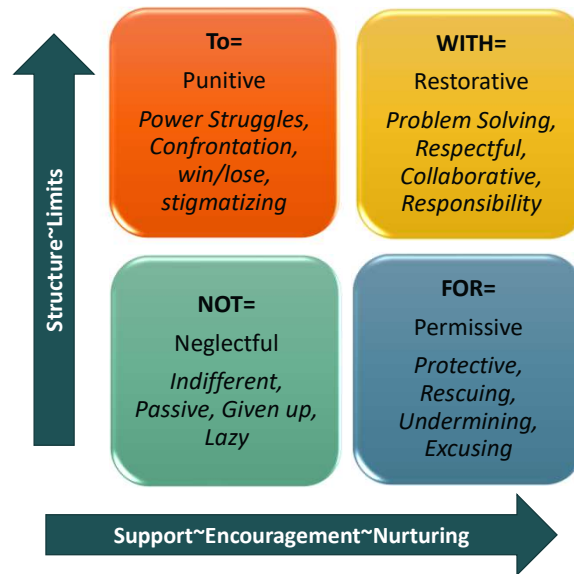
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Eber, 2015; SFUSD; Gonsoulin, Schiff, and Hatheway 2013; IIRP, 2012; Restorative Practices Workgroup, 2014



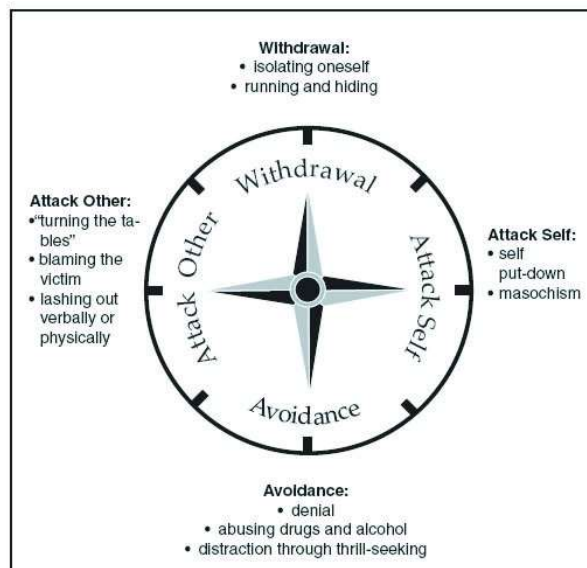
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Social Discipline Window



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The Compass of Shame



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Connection & Belonging

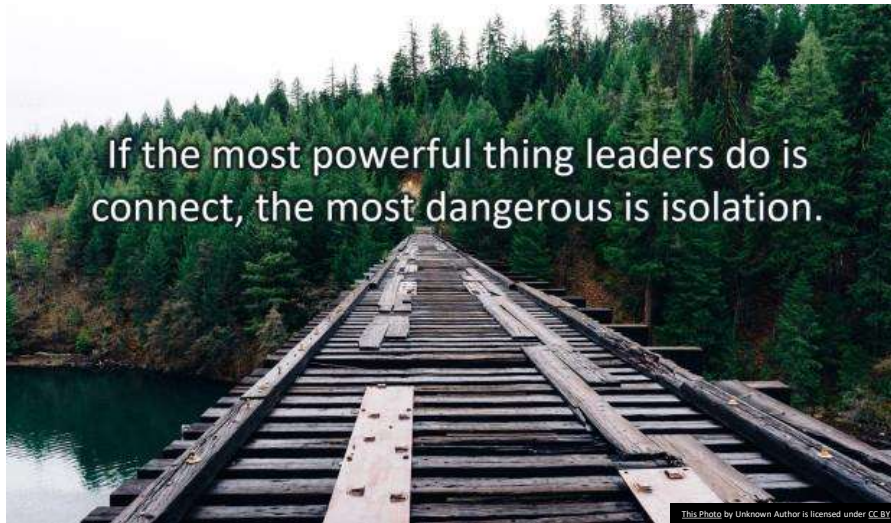


A felt sense of connection and engagement in community. The environment ensures practices aligned with the concepts of inclusion, collaboration and restorative practices.



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If the most powerful thing leaders do is
connect, the most dangerous is isolation.



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Meaning & Purpose

A felt sense of mattering and living a purpose driven life. The ability to identify contribution, fulfillment and a sense of altruism within one's life.



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Finding Meaning

- Gives humans direction
- Personal fulfillment
- Desire for curiosity
- A felt sense of value
- Living a purpose driven life



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Living with Purpose

- Give off an infectious passion
- A love for life
- An unyielding connection to daily living



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Efficacy

A felt sense of capability and reaching expectations within daily living. An ability to identify, grow and feeling empowered to use strengths and assets in day to day activities



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Efficacy

- Efficacy refers to the ability to act, be effective, accomplish, and assume responsibility.
- It refers to the feeling of control and a sense of agency.
- One of the important components of efficacy is that of self-actualization; the fulfillment of our talents and potential.
- It is a felt sense of capability and reaching expectations within daily living.



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Takeaways | Indicators of Well-Being



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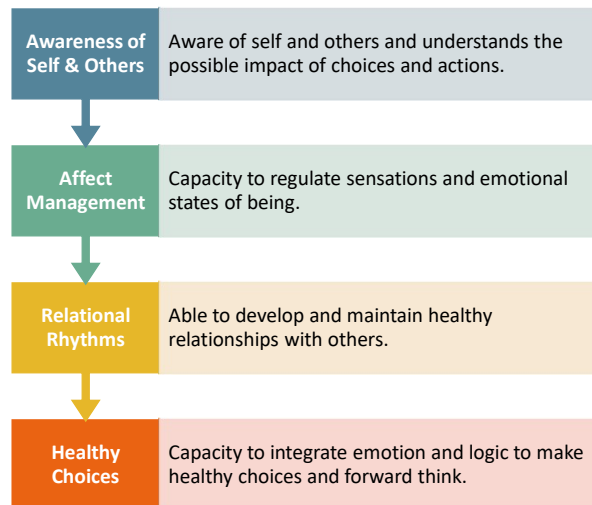
Social & Emotional Development

Awareness of Self & Others | Affect Management | Relational Rhythms | Healthy Choices



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Social & Emotional Development



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Fostering Social & Emotional Development through everyday interactions



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Awareness of Self & Others

- Aware of my experience
- Aware of other's experience
- Understanding of impact my choices and actions may have



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Affect Management

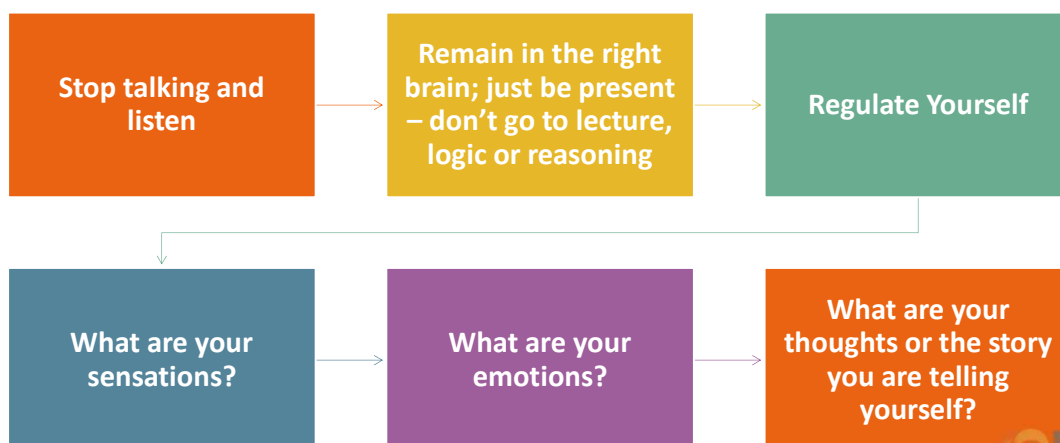
Capacity to regulate sensations and emotional states of being.

- Regulation of sensations
- Regulation of emotional states
- Integration of the upstairs and downstairs



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Attunement



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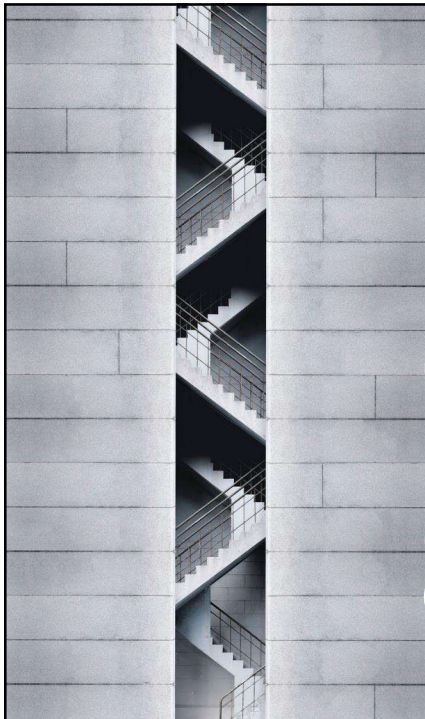
Reflective Listening & Clarifying Statements



- How so?
- Help me understand?
- Can you tell me more?
- Can you say more?
- What do you mean?
- What's up?



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Integrating the Brain

- Reflecting back
- Paraphrasing
- Validation
- Metacommunication
- Offer problem solving
- Perspective taking



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Affective Statements

They are often described as personal expressions of feelings in response to others' positive or negative behaviors. The idea is for adults to connect youth with how their behavior is "affecting" or impacting self or others.



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Affective Questions & Relational rhythms



RESTORATIVE QUESTIONS I

When things go wrong...

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you need to do to make things right?

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RESTORATIVE QUESTIONS II

When someone has been harmed...

- What did you think when you realized what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?



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Relational Rhythms

Able to develop and maintain healthy relationships with others.

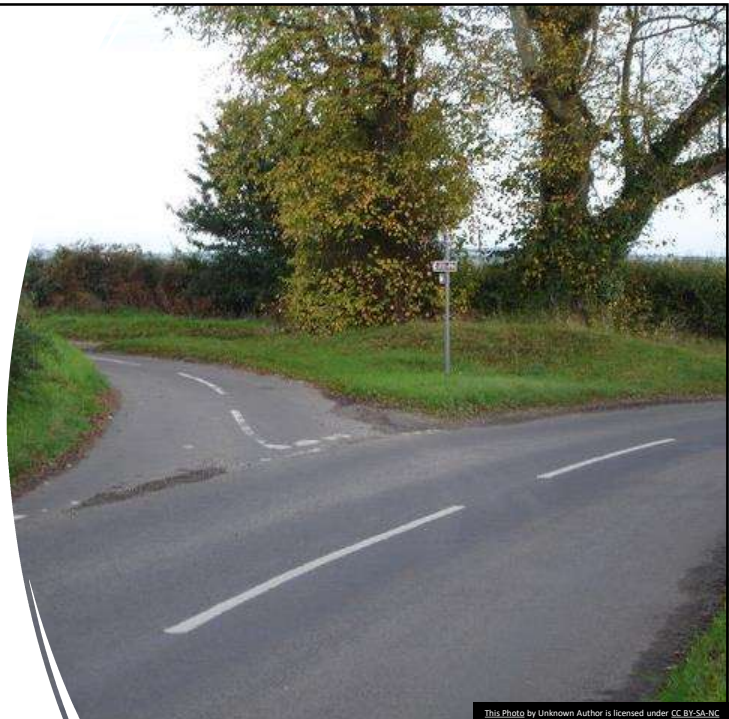
- Ability to experience closeness and conflict while maintain security
- Restorative Practices
- Affective Language
- Community Practices



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Healthy Choices

Capacity to integrate emotion and logic to make healthy choices and forward think.



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Healthy Choices

- What can you do the next time something like this happens?
- What options would you have if this happens again?
- What are healthy choices you can make in instances like this?
- What do you need to help you make healthy choices when things are difficult?



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Relational Rhythms Create Healing

Through this process you give:

- Insight
 - Help kids understand their own feelings and the responses to difficult emotions
- Empathy
 - Give kids practice reflecting on how their actions impact others
- Repair
 - Give gives ability to make things right and ability to problem solve.




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An aerial photograph of a group of approximately 20 people of various ages and ethnicities standing in a large circle on a green lawn. They are all holding hands, creating a human ring. Some people are wearing colorful clothing, and a few are wearing hats. A coiled rope and a small blue and yellow object are visible on the grass to the right.


Takeaways | Social & Emotional Development

The logo for MERAKI Institute of Learning, featuring a stylized 'M' made of colorful swirls and the text 'MERAKI Institute of Learning merakiinstitute.org'.

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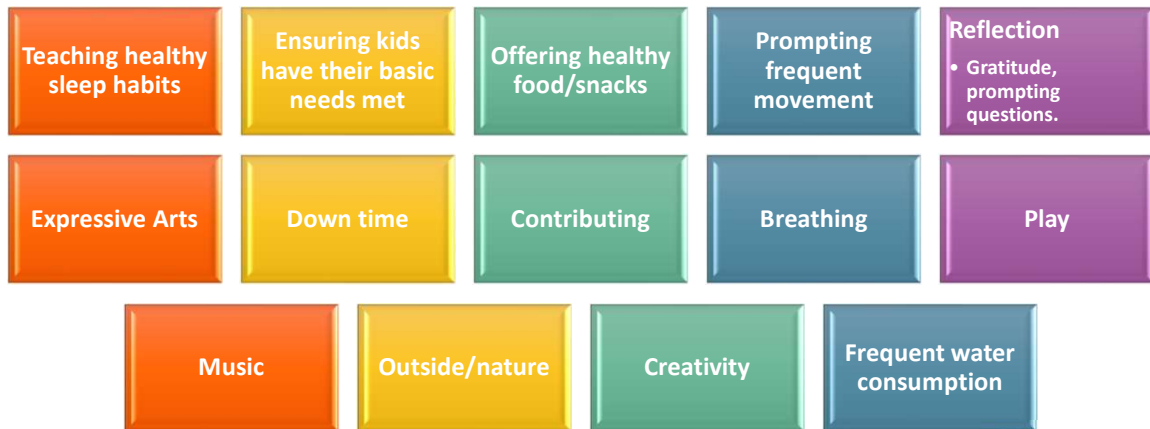
A white rectangular slide with a large, faint, light-gray circle in the background. The word 'Enhancement' is written in a large, dark teal, handwritten-style font in the center. Below the text is a short orange horizontal line. In the bottom-left corner is the MERAKI Institute of Learning logo.

Enhancement

The logo for MERAKI Institute of Learning, featuring a stylized 'M' made of colorful swirls and the text 'MERAKI Institute of Learning merakiinstitute.org'.

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Enhancing the interconnections of the whole person.



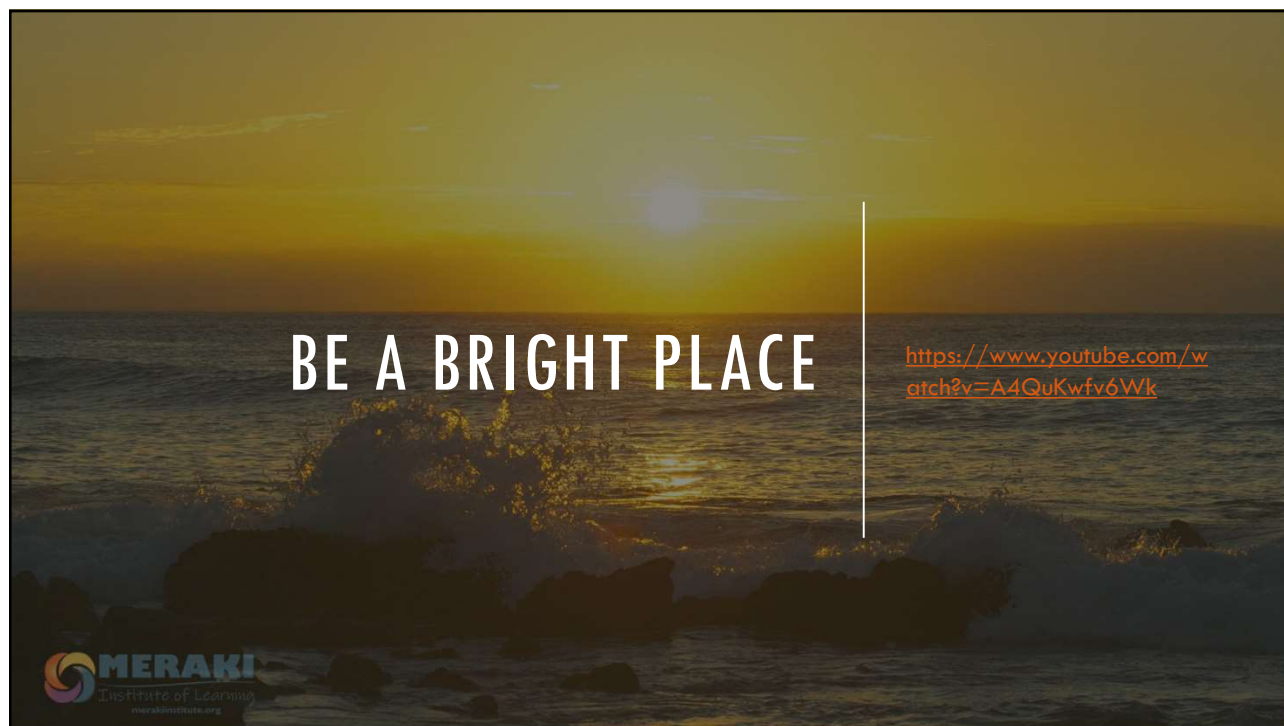
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Taking Care of you

- Spend time in self discovery
- Practice Mindfulness
- Practice compassion and Empathy
- Practice Gratitude
- Use your own relationships in healthy ways
- Build your resilience



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References & Resources

- EMDR and Beyond
- TLC – Trauma Loss in Children & Starr Global Network
- Heather Forbes – Help for Billy
- ACES 360
- Adlerian Play Therapy; Dr. Terry Kottman
- Daniel Goleman
- Dr. Dan Siegel
 - Parenting From the Inside Out
 - The Whole Brain Child
 - Mindsight
 - No Drama Discipline

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