**Resilience: The Path to Hope and Healing**



**Resilience**is the ability to overcome challenges of all kinds and to bounce back stronger, wiser, and more personally powerful.

Source: Henderson, N. & Milstein, M. (2003). *Resilience in Schools: Making it Happen for Students and Educators*. Thousand Oaks, CA: Corwin Press.

**Caring Relationships/Building Community.** Conveyed through compassion, understanding, respect, and curiosity, caring relationships are grounded in listening, safety, and trust. Positive peer relationships are based on similar values. A sense of belonging to the larger community is intentionally cultivated.

**Meaningful Participation.** Young people are involved in decisions that directly impact their lives. Recognized as valuable contributors, young people are guided to develop the belief that they have what they need to reach their goals and can seek out and advocate for the resources they need.

**Positive and High Expectations…with Support.** Positive and high expectation messages communicate clear guidance, structure, and challenge and—most importantly—convey a belief in young peoples’ innate resilience. Look for strengths versus deficits.

**Mastery.** Young people require experiences that allow them to develop skills and mastery with something (anything) in order to develop self-efficacy and self-confidence.

**Real Talk.** In survey research, young people consistently report wanting honest and open conversations with adults about issues they care about, including discussions about race and equity.

**Creative Expression.** This is about having the opportunity to express one's imagination, to tell one's story, and to connect one's inner experiences to the outer world.

**Service to Others.** Young people benefit from opportunities to help others and to contribute to the community.

**Families as Partners in Building Resilience.** Families provide the strongest influence for resilience and promoting protective factors. Actively include family members to bring out the full potential of their child in the school and community settings.

**Cultural Identity.** How a young person both identifies with and is shaped by their culture can be a source of resilience.

**Professional Resilience.** Human Services professionals promote their own resilience through staying connected to their sense of purpose, being life-long learners, cultivating collegial support, and modeling resilience for youth.

**Resiliency Breakout Discussion/Action**

1. What will you do this year to promote resilience in young people? What can you commit to on a personal and organizational level?
2. How will you build your own personal and professional resilience as a professional?
3. How does building your own resilience impact your ability to build resilience in young people?