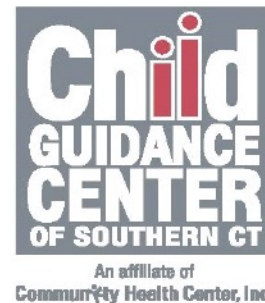


DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS

An informational event for parents of children in grades K-12.
How to foster resilience in your child.



Community Event Sponsored by: Mental Health Task Force of Darien, Darien Public Schools, Child Guidance Center, Family Centers and Kids In Crisis





DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS

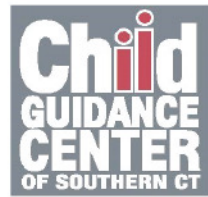


- **Ali Ramsteck, LCSW**

Director, Darien Human Services, Town of Darien

- **Wendy Chum, LMSW**

TeenTalk Counselor, Newtown High School, Kids In Crisis



An affiliate of
Community Health Center, Inc.

- **Julianne Green, LCSW, she/her/hers**

Director of Grief and Trauma Services, Family Centers



- **Georgette Q. Harrison, LPC, CCMHC, she/her/hers**

Director of Clinical and Community Partnerships, Child Guidance Center of Southern CT

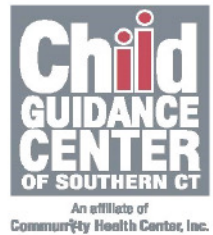


- **Scott R. McCarthy, Ph.D.**

Program Director, Special Education and Student Services, Darien Public Schools



DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS



Defining Resilience:

- the capacity to recover quickly from difficulties; toughness:
- the ability of a substance or object to spring back into shape; elasticity
- **Synonyms:** strength, persistence, tenacity, perseverance, power, fortitude, grit, flexibility, adaptability



DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS



The Four Types of Resilience:

- Physical Resilience
- Mental Resilience
- Emotional Resilience
- Social Resilience



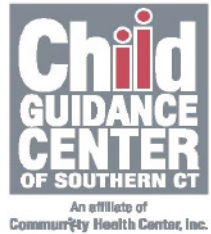
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DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS

TED Talks – Julie Lythcott Haims: How to Raise Successful Kids... Without Over-parenting



<https://youtu.be/CyElHdaqkjo>



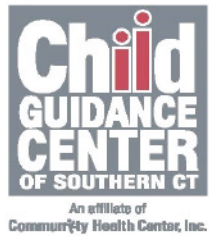
DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS



Attributes of a Resilient Child:

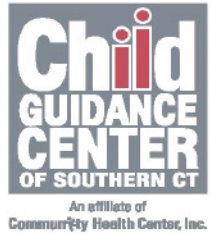
- **Individual-level attributes**

- Autonomy/self-efficacy, social orientation, frustration tolerance
- Ability to elicit support from others
- Flexible coping strategies
- Flexibility in gender role expectations





DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS



Attributes of a Resilient Child:

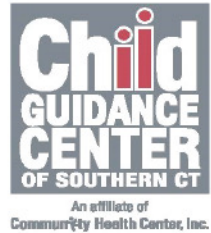
- **Family attributes**
 - Age-appropriate "required helpfulness"
 - Socialization practices
- **Environmental and Community attributes**
 - Strong peer group and ability to maintain relationships
 - Positive sense of school and closeness to a favorite teacher
 - Promotion of the child's abilities





DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS

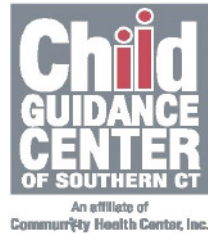
How Do Parents Help Children Develop Resilience?



- **General Strategies**
 - Encourage connection and helping others
 - Maintain routines and learn to take breaks and practice self-care
- **How to Set Goals**
 - Model setting goals that are appropriately ambitious
 - Celebrate progress, not just success
 - Encourage responsible risks
- **How to Handle Setbacks**
 - Model learning from mistakes
 - Maintain a positive outlook without being dismissive
 - Label difficult emotions and label the appropriate responses to them
 - Talk about times we needed to be resilient and times we have had setbacks



DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS



Challenges where resiliency skills are helpful:

- change of school
- transitioning from grades
- change in family makeup
- change in a friendship group
- conflict with peers
- conflict with family
- changes in their environment (ex., COVID-19)



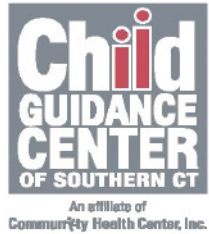
DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS



Resources:

- **Kids In Crisis Helpline 203-661-1911**

Kids In Crisis trained counselors are available 24/7/365. Helpline calls are free and confidential. You are not alone – we're here to help. kidsin crisis.org



- **9-8-8**

This three-digit number, formerly known as the National Suicide Prevention Lifeline, is a 24/7 call, text, and chat line which will connect you to trained crisis counselors should you or someone you know be experiencing suicidal thoughts, mental health concerns, substance use, or other emotional crises. 988lifeline.org



- **What is 211?**

2-1-1 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week, online and over the phone. uwc.211ct.org

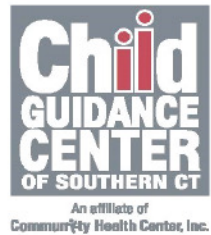




DEMYSTIFYING RESILIENCE IN CHILDREN AND ADOLESCENTS



Resources:



- How to raise resilient children in a fear-based world
www.ted.com/talks/lukas_ritson_how_to_raise_resilient_children_in_a_fear_based_world
- Bringing out the good in kids—and parents—with Becky Kennedy
www.youtube.com
- [Resilience: Meaning, Types, Causes, and How to Develop It \(verywellmind.com\)](https://www.verywellmind.com)
- How to encourage resilience in a classroom?
schools.au.reachout.com/articles/what-is-resilience
- Tangible ways of building resilience in children
www.edutopia.org/article/5-ways-build-resilience-students/
- Resilience in children and teens
www.apa.org/topics/resilience/guide-parents-teachers
- Building Resilience in Our Children for the Aftereffects of COVID-19
psychnews.psychiatryonline.org
- Building resilience in children after a pandemic
ct.counseling.org/2022/10/building-resilience-in-children-after-a-pandemic/



Contact information:



Ali Ramsteck, LCSW

Director, Darien Human Services

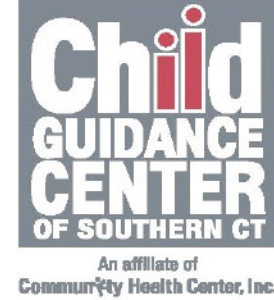
darienct.gov 203-656-7328



Scott R. McCarthy, Ph.D.

Program Director, Special Education
and Student Services

darienps.org 203-656-7458



Georgette Q. Harrison, LPC, CCMHC, she/her/hers

Director of Clinical and
Community Partnerships

childguidancect.org 203-324-6127



Julianne Green, LCSW, she/her/hers

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familycenters.org 203-655-4693



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