

Memorial Hospital of South Bend Presents:

5 WAYS TO BUILD YOUTH RESILIENCE^{1,2}



Encourage supportive adult-child relationships. The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult. These relationships provide the personalized responsiveness, scaffolding, and protection that buffer children from developmental disruption.



Teach emotional regulation. Programs such as yoga, mindfulness, and meditation can improve the abilities of children and adults to cope with, adapt to, and even prevent adversity in their lives.



Mobilize sources of faith, hope, and cultural traditions. Encourage spending time in nature as well as identification with positive groups, and spiritual practices.



Build a sense of self-efficacy and perceived control - a growth mindset. Praise effort, offer choices, and create success experiences to promote positivity.



Provide opportunities to strengthen adaptive skills. Teach and model things like optimism, gratitude, altruism, stress management, and empathy.

& A QUICK GUIDE TO A TRAUMA-INFORMED³ APPROACH

Realize

the widespread impact of Adverse Childhood Experiences (ACEs) and understand the potential for recovery.

Recognize

the signs and symptoms of ACEs: fear, anxiety, depression, anger, shame, and more.

Respond

by using knowledge about ACEs to avoid blame and shame; seek to understand behavior rather than punish.

Resist

situations that may cause re-traumatization.

1. Center on the Developing Child (2016). Key Concepts: Resilience. Retrieved from: <http://developingchild.harvard.edu/science/key-concepts/resilience/>

2. The Hawk Foundation (2016). MindUP. Retrieved from: <https://mindup.org>

3. The Substance Abuse and Mental Health Services Administration (SAMHSA) (8/14/2015). Trauma-Informed Approach and Trauma-Specific Interventions. Retrieved from: www.samhsa.gov/nctic/trauma-interventions

RESOURCES

RESILIENCE ONLINE

mindsetonline.com

mindful.org

happify.com

ST JOSEPH COUNTY REFERRALS

Dolly's House

574-674-9462

Women's Shelter

Family Justice Center

574-234-6900

Domestic Violence Center

HealthLinc

574-307-7673

Community Health Center

Hope Ministries

574-235-4150

Homeless Shelter

Hope Rescue Mission

Center for Men

574-288-4842 or

812-926-4890

Indiana Health Center

574-234-9033

Sliding Fee Healthcare

Lincoln Therapeutic

574-255-4976

Counseling Adults & Children

The LGBTQ Center

574-234-1411

Support for Lesbian, Gay,
Bisexual, Trans*, & Questioning

Memorial Epworth

574-647-8400

Psychiatric Services

Meridian Health Services

574-254-0229

Counseling Adults & Children

Michiana Sober - Alcoholics

Anonymous

574-234-7007

National Alliance for Mental Illness St Joseph County (NAMI)

574-259-3564

Free Support & Education

National Suicide Hotline

800-273-8255

Oaklawn

574-283-1234

Counseling Adults & Children

Project Homecoming

574-235-7990

Healthcare for the Homeless

Real Services

574-283-8205

Services for Older Adults &
People With Disabilities

Samaritan Counseling Center

574-277-0274

Counseling Adults & Children;
Sliding fee

St. Margaret's House

574-234-7795

Women's Shelter

Wellness Associates

574-287-3223

EMDR, Women's Services

YWCA

574-233-9491

Women's Shelter/Domestic
Violence Services



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