

# Youth & Family Insight into Resiliency

## Validation

- The youth and family are validated for their efforts and persistence, knowing that progress is sometimes very difficult, and that “hanging in there” is sometimes all that is possible
- Youth with mental health challenges and their families are doing the best they can, not only maintaining, but “surviving well”

## Basic Needs, Safety & Support

- Safe and supportive environments
- Affordable, available, and accessible mental health care

## Sanctuary

- Safe and calming people and places for refuge, respite, recovery, and rejuvenation
- Designated and predictable breaks (Respite and support)

## Justice

- Safe and non-traumatizing care (Do No Harm)
- Culturally mindful and respectful services
- Proactive advocacy and facilitation of meaningful accommodations
- Youth and families have a legitimate voice at all levels of policy, services, and supports

## Competencies: Skills, Abilities, Talents

- Unique strengths, skills, abilities, and talents
- Active facilitation, support, and encouragement
- Positive learning environments that enhance abilities, teach skills
- Opportunities for expression of each youth's unique talents

## Self Wisdom

- Youth and families are experts in their own experiences and develop practical knowledge about coping with, and managing, behavioral and emotional challenges
- Youth cultivate self acceptance, recognizing they are doing the best they can given their current abilities, life experiences, and circumstances, and appreciate who they are becoming
- Youth and families actively contribute to the direction of their lives and are supported in their journey toward self-determination

## Courage & Confidence

- The daily act of coping with mental health challenges requires great personal courage
- Youth and families have the courage to stand their ground and say “I can” regardless of what others tell them is possible
- Youth grow in confidence through each life experience, developing self-assurance and belief in their abilities, not only to cope, but to thrive

## Quality Connections

- Positive and supportive relationships and connections
- Expectations that maximize functioning and potential
- Positive connections to supportive family members, adults, peers, institutions, and community (schools, mentors, etc)
- Social support systems that are responsive and offer tangible, emotional, educational, and advocacy supports

## Maximize Expectations

- Reasonable and achievable expectations
- Flexible and accommodating environments with personal champions

## Contribution & Participation

- Opportunities for contribution, participation, and positive involvement are created
- Active involvement and meaningful belonging in community activities and schools
- Meaningful leadership roles are created

## Hope & Optimism

- Opportunities and possibilities are fostered
- Hope for a positive future with a self-determined and fulfilled life
- Little victories are significant, sustaining our hope, and giving us the courage to persevere

## Sense of Meaning & Joy

- Personal happiness, meaning, and joy that brings satisfaction and quality to our lives
- A sense of purpose and fun promotes wellness and gives us something to look forward to each day
- Creativity, playfulness, and humor, allow youth and families to experience lightheartedness and joy

# Resiliency-Oriented Mental Health Systems

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