

**Resiliency Workgroup**  
**Supported by ODMH through the PPD Office**

**Resiliency Definition**

Resiliency is an innate capacity that when facilitated and nurtured empowers children, youth, and families to successfully meet life's challenges with a sense of self-determination, mastery, and hope.

**Youth Workgroup Quote**

"Resiliency is knowing when you are falling, and knowing how to catch yourself."

**Mission Statement**

To empower youth and families to expect, define, and experience a lifetime of hope, well being, and achievement with full participation in their communities.

(ODMH) seeks to support local mental health systems that foster resiliency at all levels of mental health care and education, including mental health promotion, prevention, and intervention, with the ultimate outcome of resilient individuals, families, and communities

**Resiliency Concepts and Beliefs**

Resiliency is a natural platform for creating an overarching, strength-based framework for mental health promotion, education, and intervention with youth with significant emotional and/or behavioral challenges and their families

Resiliency is an ordinary process available to all youth. (Ann Masten)

Resiliency is an expectation and not an exception for youth with significant emotional and/or behavioral challenges

Youth who present with unique challenges may need additional assistance, in the form of education, services, and supports to facilitate the development of their resilience and well being.

**Facilitated Resilience:** Shaping the natural environment to enhance each youth's success, and augmenting that with targeted supports and services to maximize the youth's growth, functioning, and achievement.

**Nurtured Resilience:** Internal qualities and inner strengths that can be cultivated through relationships with those around us (core people: family, close friends, natural supports) to help develop our children's talents, skills and abilities.

**Service adaptations** may be necessary to achieve resilience for youth with unique challenges:

- Increased intensity and availability of services
- Multiple resources and supports may be needed
- Supported connections (mentors)
- Advocacy that builds positive system relationships
- Creating supportive functional adaptations and environments

Resiliency is a **complementary construct to evidenced-based** practices, and can be integrated into and inform best practice models, serving to enhance them

### **Examples of EBP's that incorporate resiliency concepts**

- Multisystemic Therapy
- Wraparound
- The DECA program
- The Incredible Years

### **Elements of resiliency common to these models**

- Strength-based
- Skill development and competency-enhancement
- Focus on parenting skills that are high in nurturance, supervision and monitoring
- Linkage to pro-social activities, peers, and mentors
- Development of positive connections in schools and in the community

### **Resiliency-Oriented Mental Health Systems**

- Build positive relationships with both youth and families
- Facilitate opportunities for positive contributions & involvement
- Foster hope
- Build functional competencies
- Develop expectations & standards that maximize functioning & potential

## **Principles and Values of a Resiliency-Oriented Mental Health**

- 1) Resiliency is a belief and faith that all children, youth, and families have strengths and are capable of overcoming challenges.
- 2) All children have the right to hope and success starting at birth and lasting a lifetime.
- 3) All communities and systems have a responsibility and make a commitment to nurture resiliency with all children.
- 4) Youth and families are experts in their experiences.
- 5) Youth and families have voice and choice in services & supports.
- 6) A resiliency-oriented mental health system is sensitive to culture, community, and the values of the individual youth and family.
- 7) Services and supports are individualized, flexibly delivered, and tailored to meet the unique needs of the youth and family.
- 8) A resiliency-oriented mental health system is affirming of youth and family where they are with unconditional acceptance.
- 9) In a resiliency-oriented mental health system, supports and services focus on promoting resiliency, while reducing risks and stabilizing symptoms.
- 10) A resiliency-oriented mental health system provides access to a complete continuum of care that addresses mental health promotion, education, and intervention across developmental ages and stages.
- 11) A resiliency-oriented mental health system invests in our youth as our most valuable resources.
- 12) Efforts to implement a resiliency-oriented mental health system need to be imbedded in a community structure that supports them and sustains their effects.