BUILDING RESILIENCY
A PEDIATRIC MENTAL HEALTH SUMMIT

#BuildingResiliency19

MIKE DEWINE
GOVERNOR OF OHIO
MULTI-LEVEL APPROACH FOR PREVENTION TO INCREASE RESILIENCE

Adrienne Elhai, Ph.D.
Director, The Cullen Center
ProMedica Toledo Children’s Hospital
ProMedica Toledo Children’s Hospital

- **Community**
  - HEART community coalition

- **Schools**
  - Teen PEP

- **Outpatient Trauma Therapy Center**
  - Trauma Informed Parenting Groups for foster/adoptive/kinship parents
• Community coalition
• Youth voice & choice
• Raise awareness of teen dating abuse & sexual assault and increase knowledge about healthy relationships
• Focus on youth and adult awareness
• Activities:
  – Awareness activities in the schools
  – Providing resources
  – Social media
  – Escalation movie (to youth & adults)
• Serves about 15 junior & senior high schools
• Highly adaptive/culturally specific to the school
• Core topics: bullying, teen dating violence, healthy relationships, sexual assault prevention.
  – Additional topics: suicide risk & protective factors
• Adults provide the initial training to prepare student leaders, and teen leaders provide the education to younger peers
• Goal: create culture of kindness, respect, and inclusion where all students feel safe and valued
• Evidence informed therapy to infants to young adults who have experienced abuse, loss, and other traumas.

• Invested in helping youth heal and thrive by working with families

• Current SAMHSA grant focused on helping youth/families involved in child welfare system overcome barriers to treatment.
  – One strategy is providing Trauma Informed Parenting groups to foster, adopt, and kinship parents.
  – Groups co-facilitated therapist and a foster parent/adoptive parent.
  – Group includes specific strategies, as well as self-care

CINDI CREW, LISW-S
GREATER CINCINNATI BEHAVIORAL HEALTH SERVICES
RESILIENCE PROJECT TIMELINE

7 PROJECTS: EACH LED BY PARTNER AGENCY

RESILIENCE PROJECT GAINS SUPPORT

INVESTMENT IN CULTURE SHIFT

RESILIENCE MODEL REFINED

2 COUNTY BOARDS 2 MH AGENCIES

INVESTMENT IN TRAINING

2 MH AGENCIES, 2 FCFs, 2 CBs & PSPs

BEGIN SERVING YOUNG CHILDREN

FOCUS ON SUSTAINABILITY

IMPACT REGION AND STATE VIA TRAINING AND PRODUCTS

FOCUS ON REDUCING PLACEMENTS

SERVE MORE YOUNG CHILDREN & FAMILIES IMPACTED BY OPIOIDS

2013-2015
BUILD CULTURE CHANGE & COLLABORATION

2015-2017
NEW MODEL-NEW PARTNERS

2017-2019
PLAN FOR SUSTAINABILITY

2019-2020
STRENGTHEN COMPONENTS AND EXPAND
RESILIENCE PROJECT

FISCAL AGENT: GREATER CINCINNATI BEHAVIORAL HEALTH
IN PARTNERSHIP WITH:

- HAMILTON & CLERMONT BOARDS OF DD
- CLERMONT AND BUTLER FAMILY & CHILDREN FIRST
- CHILD FOCUS, INC.
- FAMILIES CONNECTED OF CLERMONT COUNTY
WHO WE SERVE

- CHILDREN AND YOUNG ADULTS (8-24)
- SIGNIFICANT TRAUMA HISTORY
- ELIGIBLE FOR SERVICES FROM COUNTY BOARD OF DD AND MENTAL HEALTH AGENCY
- AT RISK FOR OUT-OF-HOME PLACEMENT
PURPOSE: BUILD FIVE RESILIENCE FACTORS TO MITIGATE THE IMPACT OF TRAUMA

- Positive Connections with Safe Adults
- Belonging
- Self-Esteem
- External Supports
- Voice, Choice, Control
ELEMENTS OF THE RESILIENCE APPROACH

- Trauma-informed Biographical Timeline
- Trauma Training
- Resilience Worker
- Peer Support Partner
- Monthly Team Meetings
- Individual Therapy
- Trauma Supervision
Growing Resilience E-Book

https://indd.adobe.com/view/d463ad70-6165-4628-9850-63b843c013bc
#BuildingResiliency19
Practical Strategies and Tools for Promoting Resilience for Youth with Mental Health Challenges

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Begun Center for Violence Prevention, Research, and Education
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Youth and Family Definition of Resiliency

“Kids can walk around trouble if there is some place to walk to and someone to walk with.” Ex-Gang Member, Tito

- Resiliency is an inner capacity that when nurtured, facilitated, and supported by others—empowers children, youth, and families to successfully meet life’s challenges with a sense of self-determination, mastery, hope, and well-being.
<table>
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<tr>
<th>Resiliency Consensus Statement</th>
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<td>Basics Needs, Safety, &amp; Supports</td>
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<td>Validation &amp; Valuing</td>
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<td>Sanctuary</td>
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<td>Expectations that maximize potential</td>
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2006, 2009 Resiliency Leadership Ohio
Resiliency Plan: Blueprint for Success
“Children do well if they can.” (Ross Greene)

• Like a mental wellness “IEP” that follows the child. What does each person, who touches the life of that child, need to know about him/her to facilitate their success?

• Guided by youth and family expertise: main informants

• Identify challenges that need supported: Behaviors; emotions; skill-deficits and delays; vulnerabilities; trauma reactivity, etc.

• Identify facilitative responses and supports that promote successful functioning across life domains (emotional support; accommodations; realistic & achievable expectations, collaborative problem solving etc.).

• Resiliency Plan: Positive connections, relational supports, skill sets, competency promotion, opportunities for contribution, and strategic accommodations that facilitate success

Shepler, 2010; Center for Innovative Practices
Resilience Promotion in Context

- School
- Peers
- Community
- Informal Supports

+ = Protective Factors
- = Risk Factors

Family
Youth
Work
Resiliency

Risk and Resiliency Research

Increase **Promotive** Factors in Multiple Environments

Increase **Protective** Factors in Multiple Environments

Reduce **Risk** Environments and Behaviors

Skills, Competencies & Abilities
- Contribution
- Futures orientation

Safe Neighborhoods
- Supportive family
- School Connectedness

Risk generating people and environments
- Family conflict
- Truancy

Safety and Basic Resources are Foundational

(Shepler, Adapted from Mannes, 2008 and Masten and Tellegen, 2012)
Establish Positive Connections & Functional Success through Relational Supports and Strategic Accommodations

Shepler (2014), Center for Innovative Practices

Asset Building, Futures Orientation, and Meaningful Contribution

Strengthen Family Structure & Relationships

Build Adaptive Skills & Emotional Coping Across Settings

Validation and Valuing

Safety, Stabilization, Risk & Symptom Reduction

Basic Needs, Resources, and Supports

Wellness & Resiliency
Promoting Resiliency Through Outdoor Play

John C. Duby, MD, FAAP, CPE
Professor and Chair, Department of Pediatrics
Wright State University Boonshoft School of Medicine
Vice President of Academic Affairs and Community Health
Dayton Children’s Hospital
Value of Play

• Play: the work of childhood
• Protects against the harmful effects of stress
• Unlimited opportunities to discover their own interests and competencies
• Fosters creativity, imagination, dexterity, physical and emotional strength
• Conquer fears while practicing adult roles
• Builds confidence and resilience needed to face future challenges
• Learn to share, negotiate, and learn to advocate for themselves
• Allows children to experience the joys of movement, creativity, and friendship.
• The brain will naturally reinforce behaviors that make it healthy.
Circle of Courage
Reclaiming Youth at Risk
Brendtro, Brokenleg et al
Buffering Stress

- Meditation
- Access to Green Space
Meditation

- Improves self control, focus and memory
- Decreases stress hormones
- Better sleep
- More stable emotions
- More compassion
- Reduces game play stress
How To Teach Your Kids Meditation

• Model for your kids
  • Quiet pose and direct yourself inward

• Silent moments
  • No noise and close eyes
  • See who can do it the longest
  • Keep it short and simple at first
  • One minute per year of age

• Breathing exercises

• Visualization while motionless at bedtime

• Focus on a single object for a few minutes while remaining still
Children’s Mental Health & Access to Green Space
J. Pediatric Nursing, 2017

• Improves:
  • Mental well-being
  • Overall health
  • Cognitive development
  • Behaviors and symptoms of ADHD
  • Standardized test scores

• Promotes:
  • Attention restoration
  • Memory
  • Competence
  • Supportive social groups
  • Self discipline

• Moderates stress
• Access to urban green spaces associated with lower rates of inattention and hyperactivity in 10 year old children in Munich.
• Not associated with distance to forests or with residential surrounding greenness.
• Within 500 m.
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