

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)



Insta:@Heart.419

FB:@healthyrelationshipsforteens

- 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
-



Peers Educating Peers



- 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
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 **PROMEDICA**
TOLEDO CHILDREN'S HOSPITAL
The Cullen Center

A PARTNER IN
NCTSN 
The National Child
Traumatic Stress Network



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Building Resilience Through Partnerships: A Cross Systems Approach

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



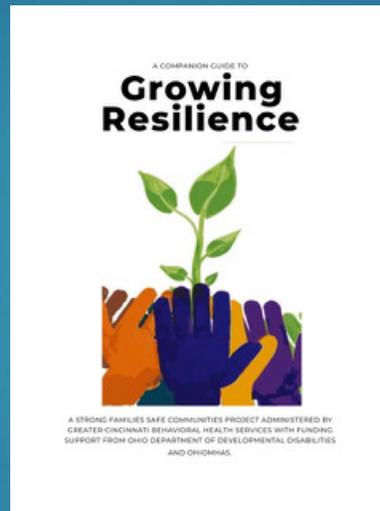
**PURPOSE: BUILD FIVE RESILIENCE
FACTORS TO MITIGATE THE IMPACT
OF TRAUMA**

- ▶ Positive Connections with Safe Adults
- ▶ Belonging
- ▶ Self-Esteem
- ▶ External Supports
- ▶ Voice, Choice, Control

ELEMENTS OF THE RESILIENCE APPROACH



Growing Resilience E-Book



<https://indd.adobe.com/view/d463ad70-6165-4628-9850-63b843c013bc>

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Practical Strategies and Tools for Promoting Resilience for Youth with Mental Health Challenges

**Richard Shepler, Ph.D., PCC-S
Director, Center for Innovative Practices
Begun Center for Violence Prevention, Research, and Education
Case Western Reserve University**

Contact Information: Richard.shepler@case.edu



JACK, JOSEPH AND MORTON MANDEL
SCHOOL OF APPLIED SOCIAL SCIENCES
CASE WESTERN RESERVE
UNIVERSITY

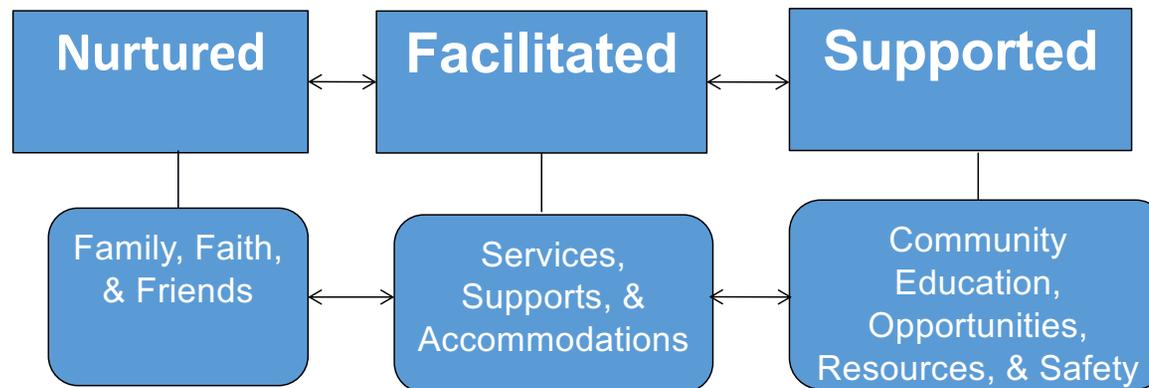


Inspiring Hope.
Shaping the Future.

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.



Resiliency Consensus Statement

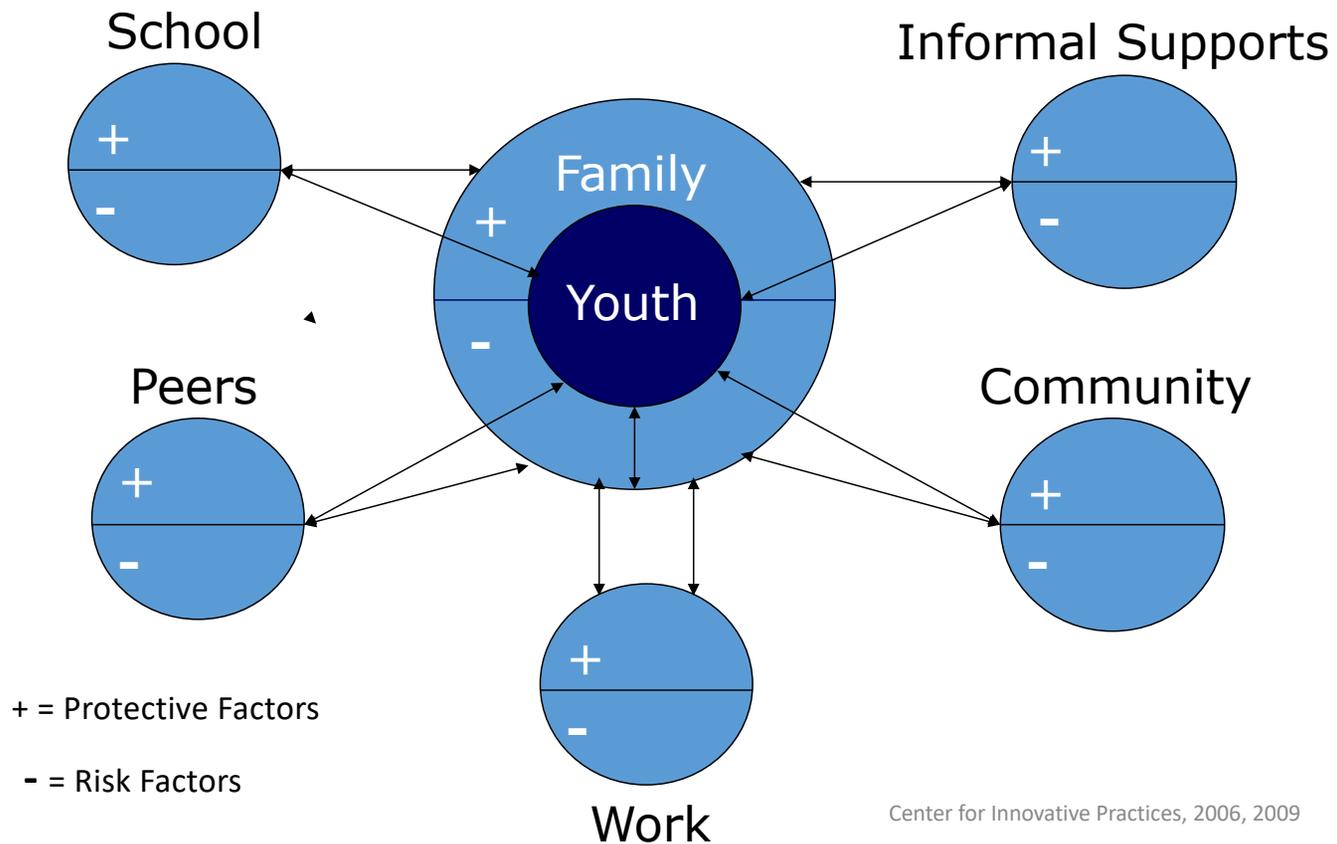
Basics Needs, Safety, & Supports	Courage & Confidence
Validation & Valuing	Positive Connections
Sanctuary	Competencies
Justice	Contributions & Participation
Expectations that maximize potential	Hope & Futures Orientation
Self-Wisdom	Sense of Meaning & Joy

Resiliency Plan: Blueprint for Success

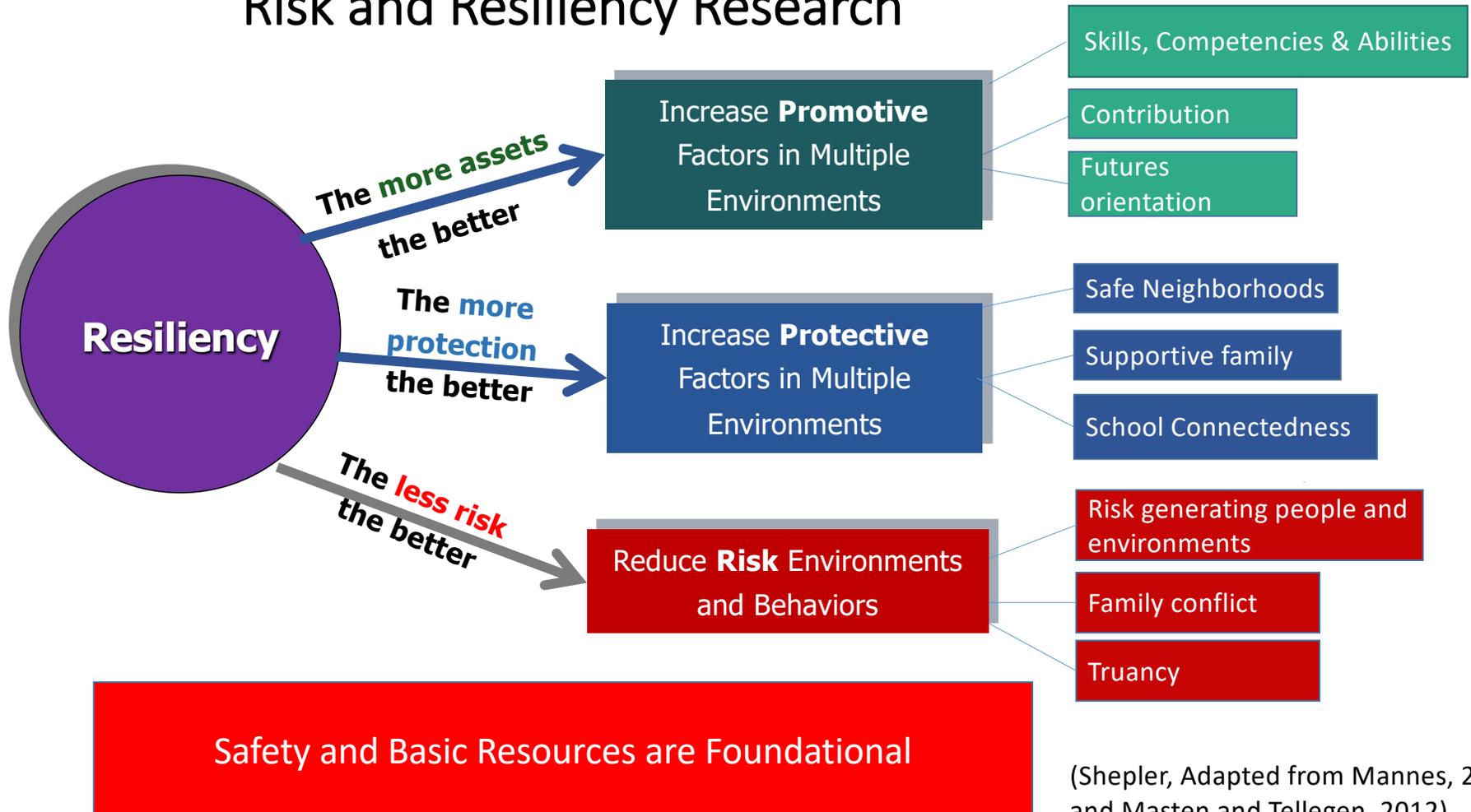
“Children do well if they can.” (Ross Greene)

- 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

Resilience Promotion in Context

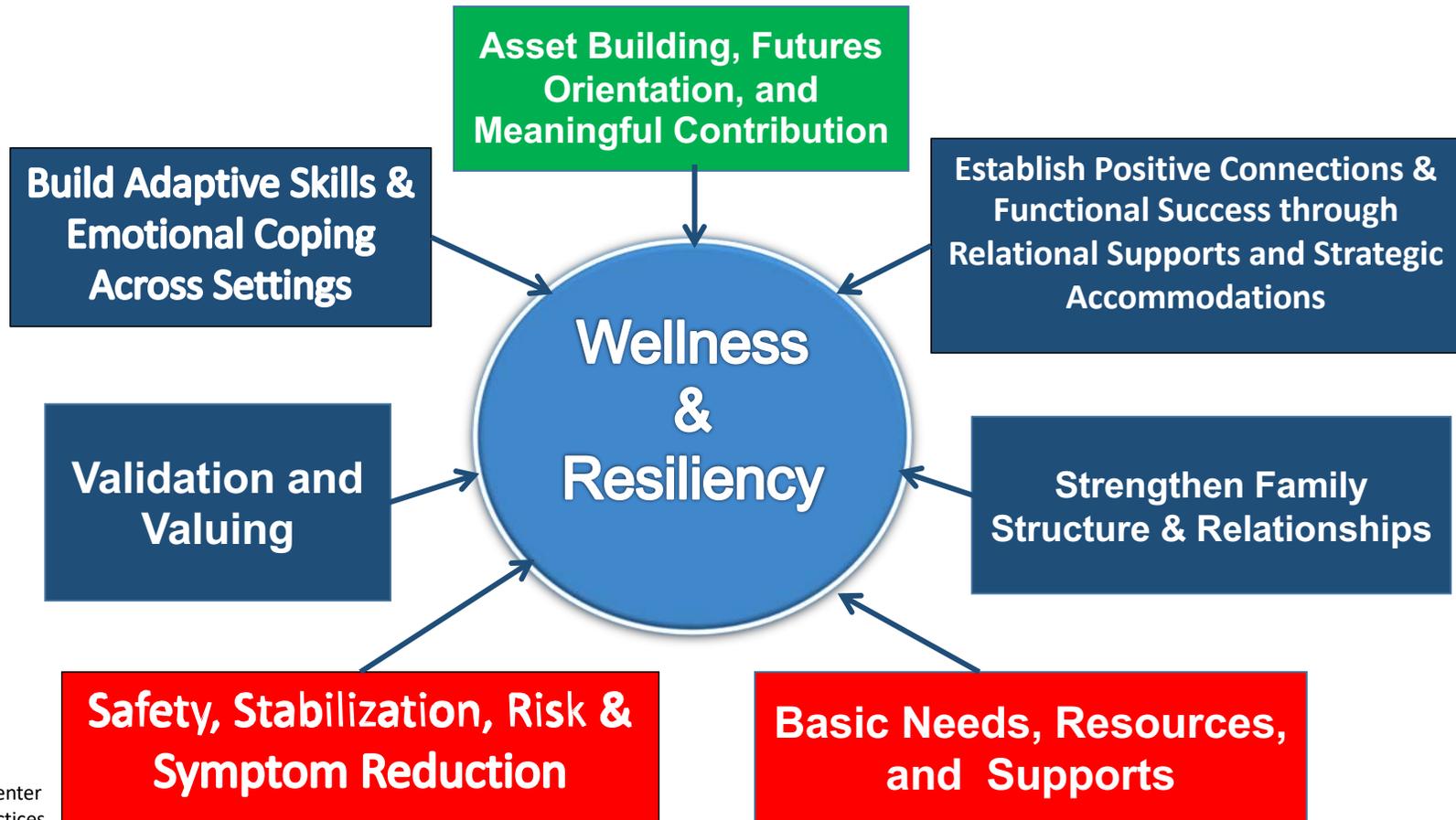


Risk and Resiliency Research



(Shepler, Adapted from Mannes, 2008 and Masten and Tellegen, 2012)

Translating Resiliency into Practice



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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

Access to Urban Green
Space and Behavior
Problems



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