

BUILDING RESILIENCY

Make yourself shine in a trying time!

Support Report Spring 2021

Resiliency is learning to dance in the rain. It is all about thriving instead of merely surviving in a difficult circumstance.

The shared trauma of the pandemic is having its toll on society. Everyone needs to practice resiliency building. The more we do it the more children will be able to model and we will know how to give them opportunities to build their resiliency. The effects of adverse childhood experiences can be lessened by increasing a child's positive childhood experiences. We need to ensure we are in a good place to do so and can fully help them.



Ways to build your resilience:

Connect to others: Make at least one friend phone call / text a day; have a family game night

Serve others: Volunteer at a local food bank; donate items; compliment strangers

Get outside: Visit a park; plant a garden

Fun exercise: Yoga, walk or hike; swim; ride a bike; dance; sports

Self esteem: List your strengths; post empowering quotes and read them daily

Self-care: Get plenty of sleep; eat your vegetables; start new beauty routines

Set goals: What do you want to happen tomorrow, in a week and next month?

Creativity: Write a story, make a fairy garden; draw or paint; play a musical instrument

Optimism: Plan a trip; create a vision board; say specific good things will happen

I learn from my mistakes and everyone makes mistakes That is how we learn and grow!

I will do my best today and get closer to my goals!

I am hopeful and positive the future is bright!

I am strong and can overcome anything!

I am a good person and I keep getting better!

Check out our PBS for Parents free self-paced module:
<https://sole.hsc.wvu.edu/Public/SelfEnroll/5430>



Resources:

Positive Psychology.com – 27 Resilience Activities

<https://positivepsychology.com/resilience-activities-worksheets/>

American Psychological Association - Building your Resilience: <https://www.apa.org/topics/resilience>

Fostering Resilience in Youth - <http://www.fosteringresilience.com/7cs.php>

What is Positive Behavior Support (PBS)?

Positive Behavior Support is a package of evidence-based strategies to improve quality of life and decrease challenging behaviors. It teaches people new skills and alternative responses to replace challenging behaviors. This approach is positive, proactive and focuses on preventing challenging behaviors before they occur.

Purpose of the PBS Program

The purpose of the PBS program is to support youth with serious emotional disturbances who are at risk of out of home placement to be successful in their community environments. We work with the individual's team to assess their individual needs and implement trauma informed positive behavior support. Through a person-centered approach, supportive, motivating and inclusive environments for individuals with complex needs are promoted.

Overview of Program Activities

The following program activities can help you prevent and improve challenging behaviors:

- **PBS Brainstorming**
 - Consulting on how to implement PBS and increase quality of life
- **Technical assistance and mentoring**
 - Guidance and feedback to professionals
 - Solutions for challenging behaviors
- **Person-centered planning**
 - Develop personal goals
 - Create an action plan for achieving goals
- **PBS Intensive Services**
 - Serve a very limited number of individuals and families statewide
 - Individuals must have dangerous behaviors and no services in place to address them and be at risk of out of home placement
 - Services typically last 3-5 months
- **Training and continuing education opportunities**
 - Limited number of trainings offered for professionals
 - Social work CEU's

To learn more about the PBS Program or subscribe to the quarterly Support Report newsletter, please visit

pbs.cedwvu.org

Questions? Topic suggestions?

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