

**EVERYDAY
STRONG**



United Way of Utah County





What creates resilience?

“When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential? **A growing body of evidence points to one common answer:** Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult.”

- Harvard Graduate School of Education, March 2015



Objectives

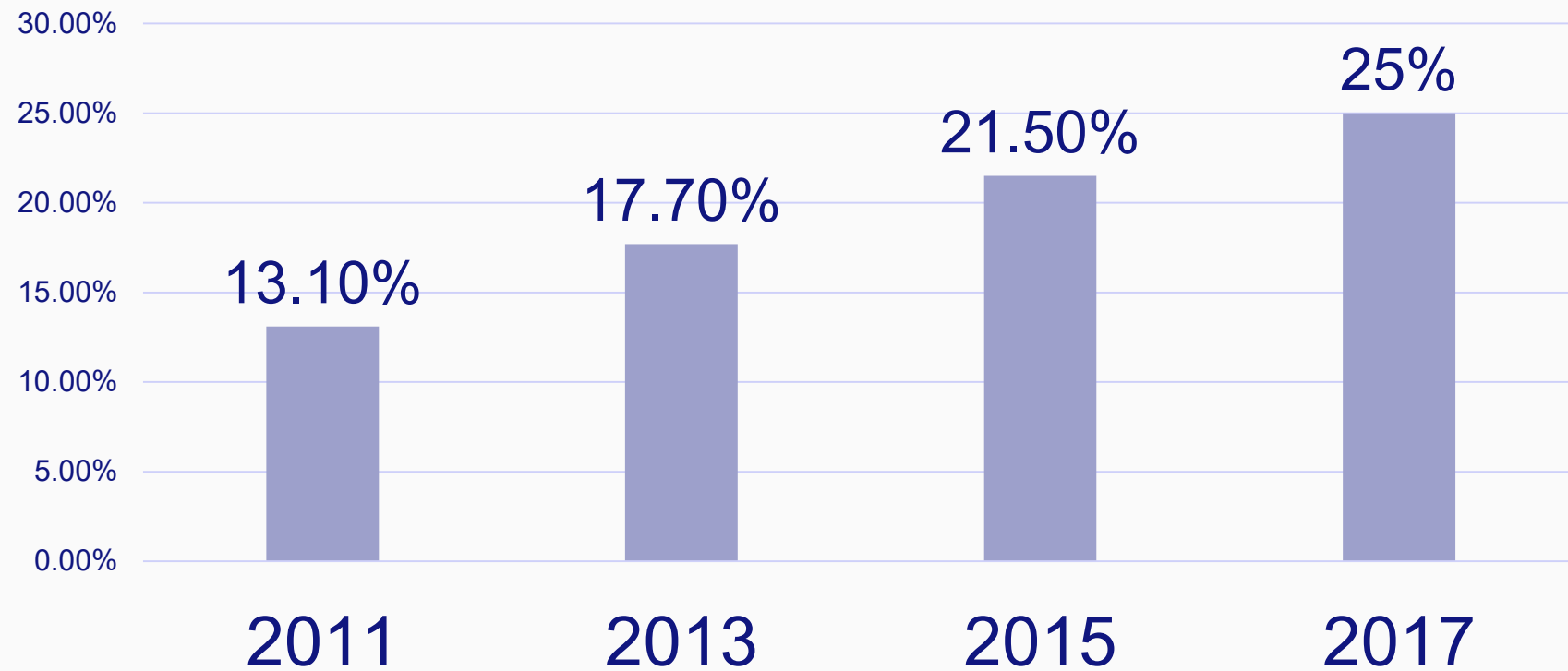
- Learn a new way of thinking about children's mental health and behavior
- Learn a simple and practical framework to clarify your concerns about a child
- Learn how to apply this framework to improve your relationship with children, teenagers, and other people in your life so that they can increase their resilience





Utah County Youth are Struggling

Youth: during the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?



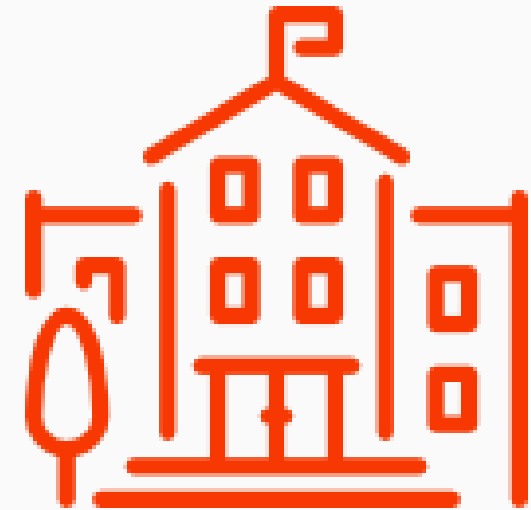
What's causing this?



Cell phones



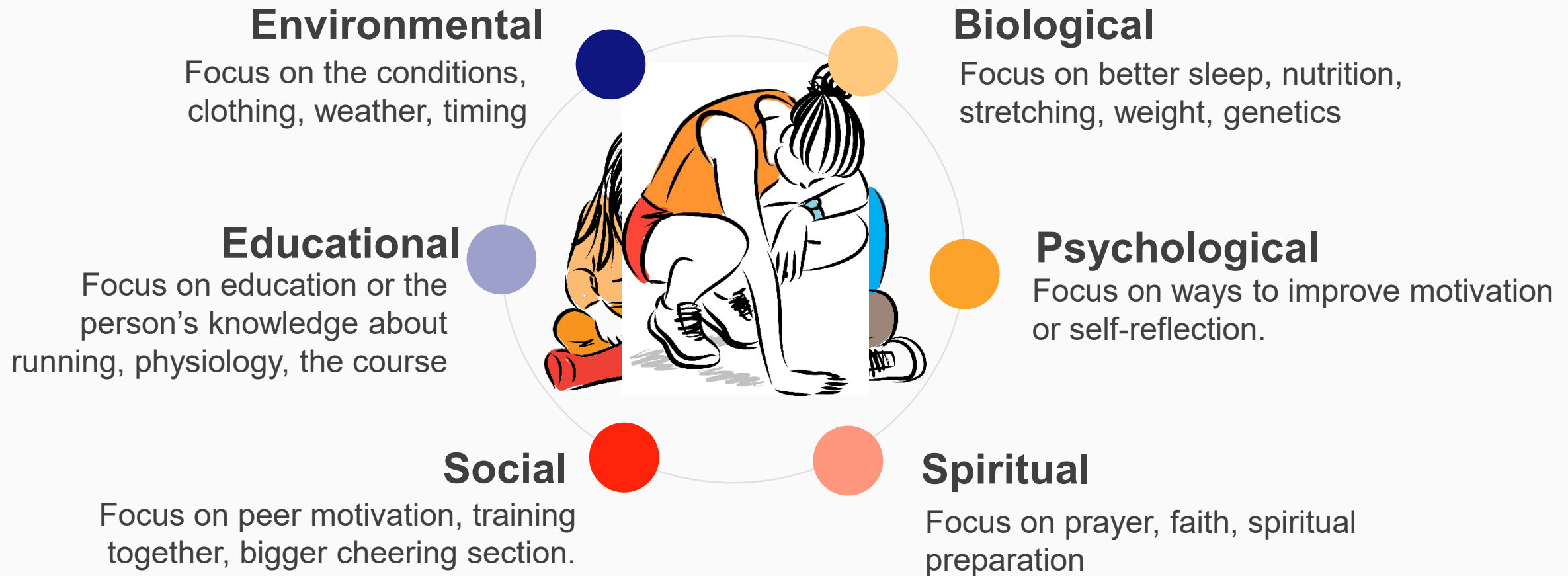
Altitude



School



A thought experiment: the marathon runner



Or put another way...



If someone has a cold, do you ask—"where did you get that cold?"

Or do you focus on caring for their needs?



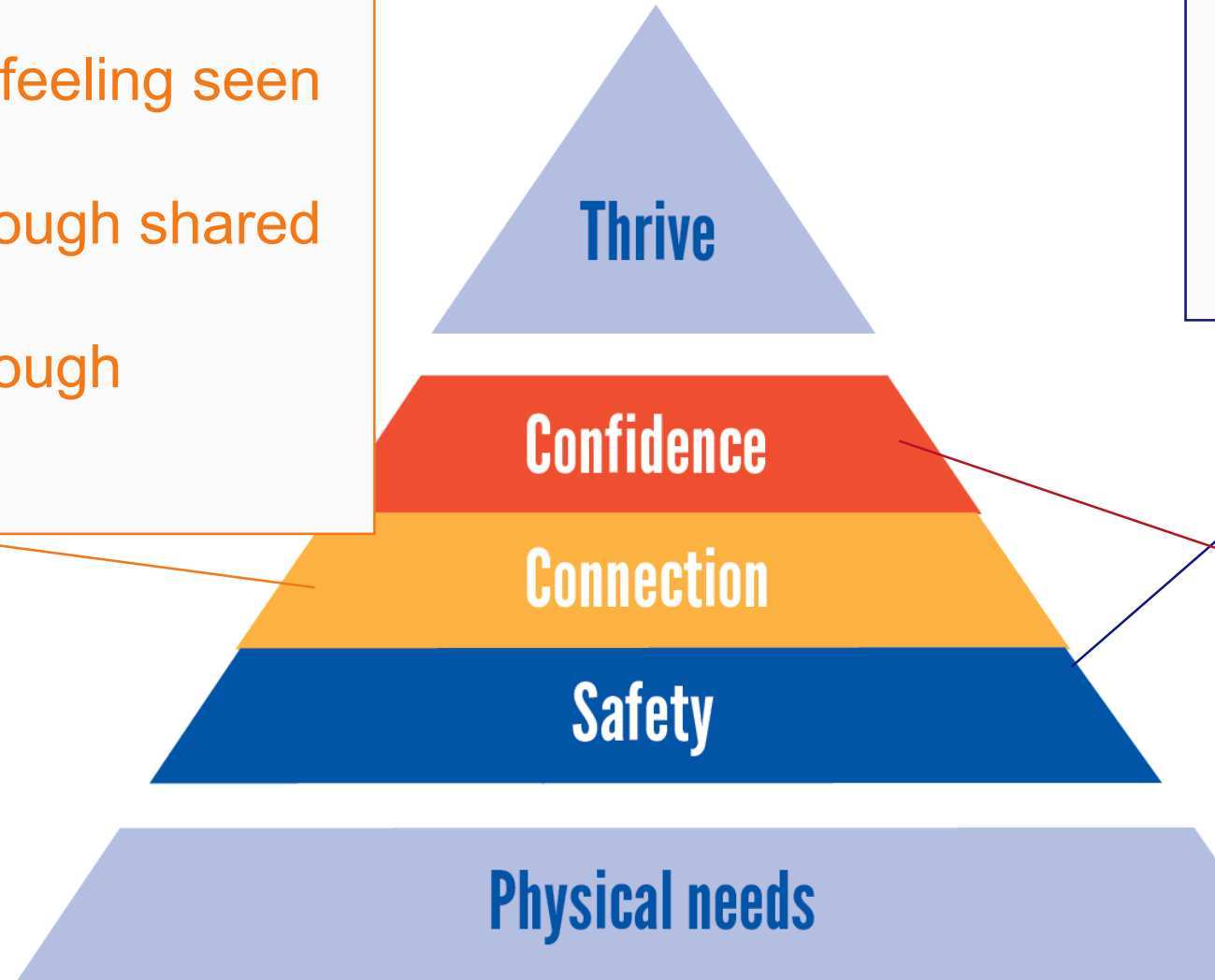
How can you help someone
if you don't know what's
causing the problem?

Focus on what they need.



How do you know what a person

- Connected by feeling seen and loved
- Connected through shared experiences
- Connected through persistence



- Safe to talk
- Safe to explore
- Safe to separate
- Safe to fail
- Safe to be you
- Safe to feel

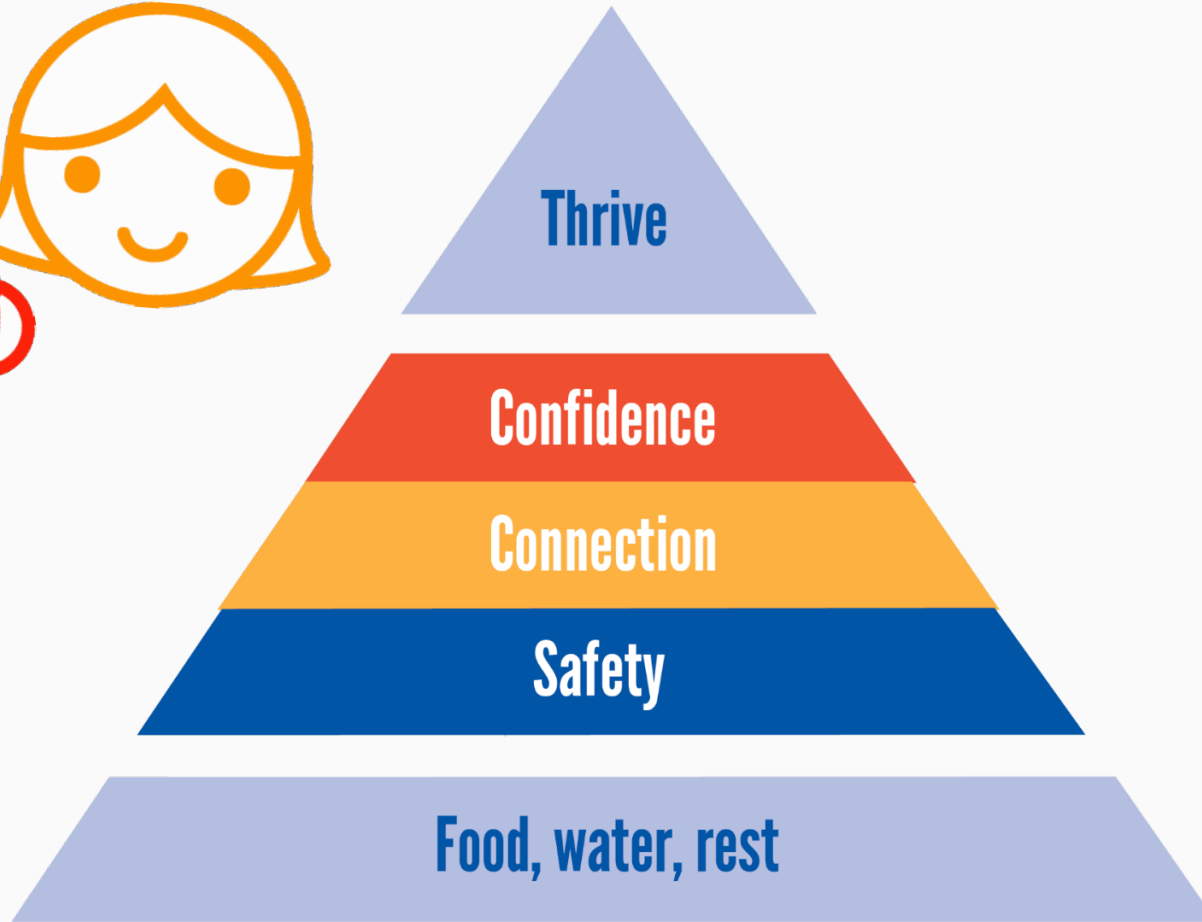
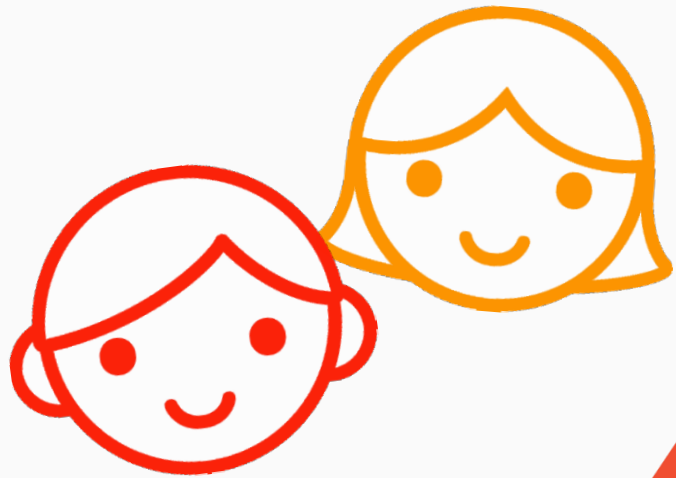
Confident:

- independence
- problem solving
- self-esteem
- learning & managing emotions

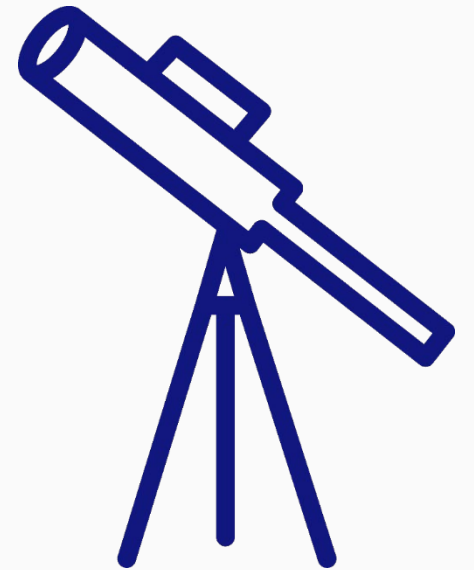




Trust



**Your
new
lens**



United Way of Utah County





Let's practice our new lens

Mae

Volleyball
aggression

Nathan

Wants to drop out

Koby

Porn addiction

Julia

Breaking family
rules

Carter

Steals and lies

Maria

Psychological
seizures





Mae

- Mae has been showing low frustration tolerance and even some aggression repeatedly over the past several weeks, including throwing a volleyball at a peer's face and a pen across the classroom at her teacher.

Is this a problem? If so, what can you do?

- Physical Needs: Could she be hungry or tired? Does she have sensory sensitivities?
- Safety: Does she feel threatened or unsafe? Are adults safe? Does she have a secure living situation?
- Connection: Are relationships strained? Is there a communication problem? Does she feel seen, valued and loved?
- Confidence: Is she frustrated with learning, task completion, problem-solving, or emotional regulation? Do I convey confidence in her?



Nathan

Nathan is a teen who recently announced his intention to drop out of school, in part because he doesn't see any path to graduation due to excessive school absences and failed classes. School administrators say he is often found with friends who skip class to smoke weed.

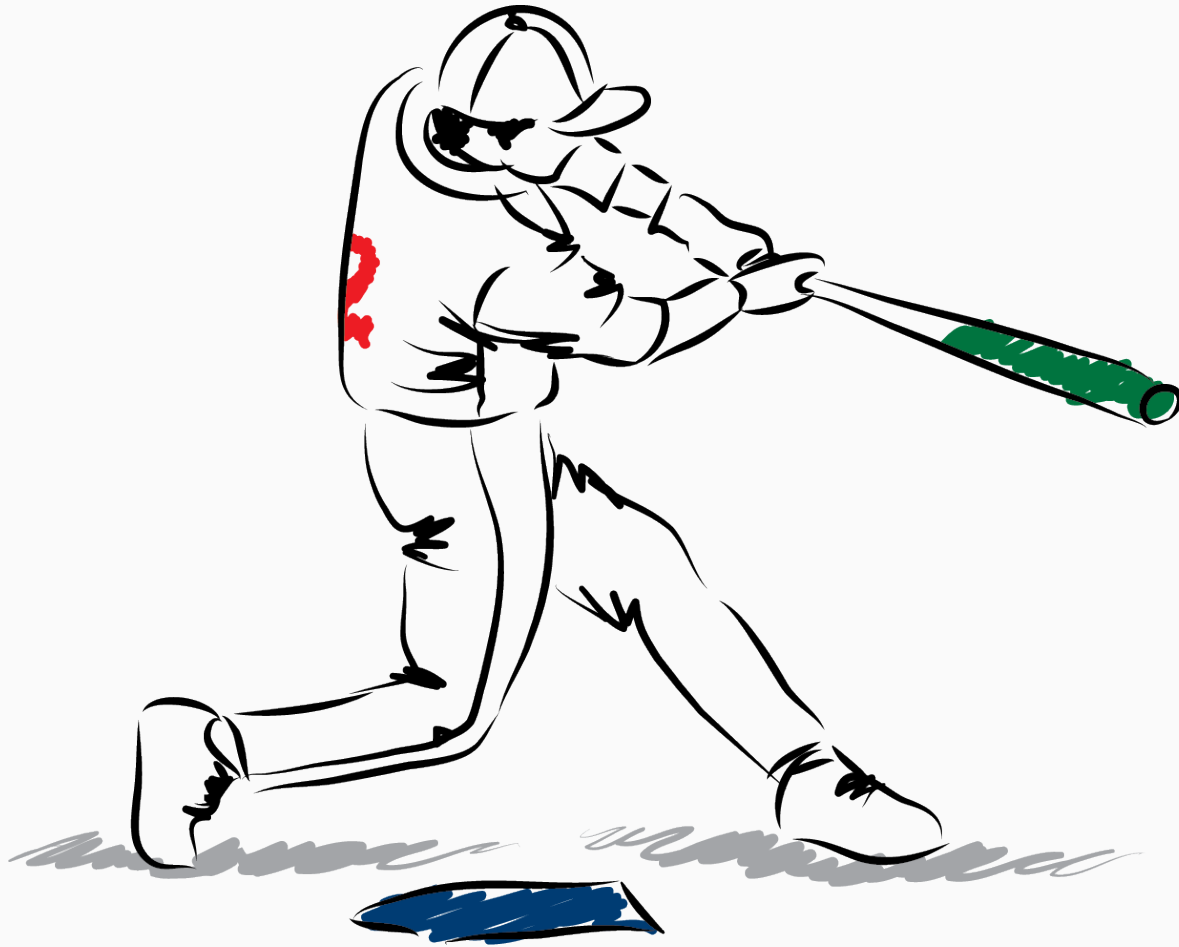
Is this a problem? If so, what can you do?

- Safety: to talk? To fail? To explore? To Be?
- Connection: How are relationships? With parents? Administrators? Peers? Do they feel seen and cared for – “unconditional positive regard”
- Confidence: Do we convey confidence? Can we assess skills, or lower the bar to promote a feeling of success?





Motivation vs. Ability



When is motivation not enough?

When a person isn't able to do the thing they want to do.



Julia

Julia is a 17 year old whose behavior is increasingly difficult for her parents to manage. She refuses to follow rules, is falling behind in her classes, and isn't attending church with the family. Her dress seems increasingly "inappropriate." Family relationships are tense.

What could you do?

- Take away her phone
- Restrict access to her friends
- Work on a communication style that feels "safe" for Julia to discuss family rules or religious expectations
- Offer bigger or better rewards to motivate her to get better grades or go to church with the family
- Other?





How does technology affect needs?



When does a cell phone
undermine basic human needs to
feel safe, connected, and
confident?



How does technology affect needs?



When does a cell phone help **meet** those needs?

If you take a device away from a child, how will you make sure her needs are still met?



Koby

Koby is an 18 year old who is somewhat estranged from his family though he does live at home. He tells you that he feels isolated, lacks meaning in his life and has been having suicidal thoughts. He adds that he is demoralized by a “porn addiction.”

**What could you do to
care for Koby’s
needs to feel safe,
connected, and
confident?**



Carter

Carter is 8 and has severe ADHD. His parents are exhausted by his behavior. They report he lies “about everything,” has stolen from other students at school, and recently scratched all the kitchen cabinets with a knife.

What could you do?

- Why does Carter lie and steal?
- What strategies do you imagine his parents or teachers have already tried to improve his behavior?
- What does Carter need?



Maria

Maria is having fainting spells, “seizures,” and limb weakness which several doctors have suggested are “psychological.” She is angry and tearful that people don’t believe her symptoms. Her parents decline a recommended mental health assessment and continue to look for additional tests or more specialized physicians.

Consider:

- How much time and effort should be spent determining whether the problem is “biological” or “psychological?”
- Whose needs need to be supported?
- Aren’t they appropriately focusing on physical needs?



www.everydaystrong.org

to get the Resilience
Handbook and learn more



The easiest, shortest to-do list



“I would love it if parents would ask themselves every day, ‘What can I do to help my children feel safe, connected, and confident? When we meet their needs, we’re building resilient kids.’”

- *Dr. Matt Swenson, Child Psychiatrist, Intermountain Healthcare; Chair, EveryDay Strong Professional Advisory Council*





Please take a minute to fill out a post training survey:



OR

uwayuc.org/survey

