

Creating a common understanding of the term “**Resiliency**” and a common language to talk about building resiliency.

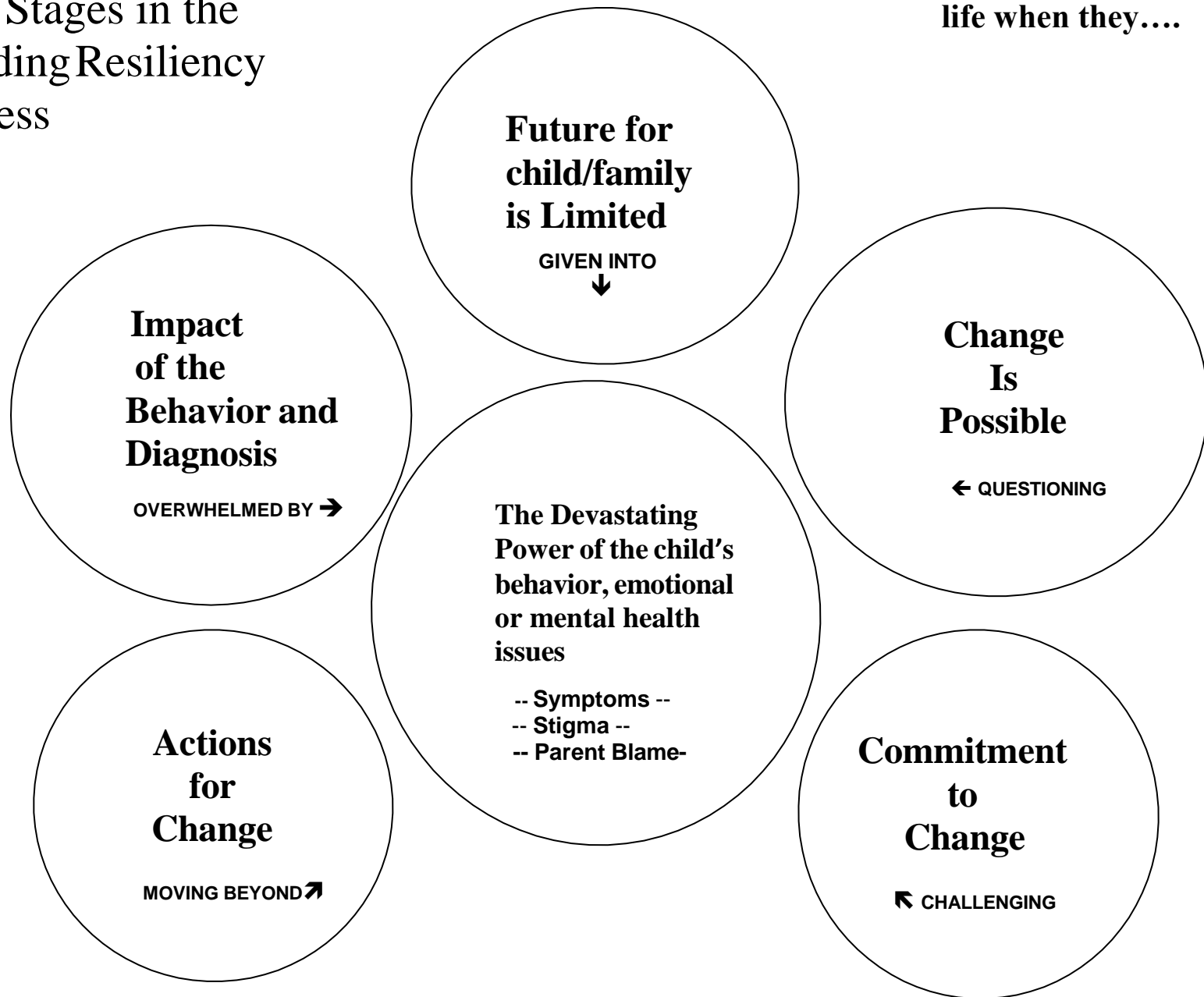
# **Session 2**

## **Five Stages of the Building Resiliency Process: Overview**

This session presents some common images and language for our discussion about building and fostering resiliency. It also introduces the five basic stages parents and caregivers can go through when a child or youth is experiencing behavioral or emotional issues or is diagnosed with a mental health disorder, SUD, or DD.

# Five Stages in the Building Resiliency Process

There are times in a family's life when they....



**Five Stages in the Building Resiliency Process**



**Impact of Behavior and/or Diagnosis**

The parent is **overwhelmed** by the devastating power of the child’s behavior, emotional or mental health issues.

The behavior and symptoms are consuming the parent’s time/energy and their family is no longer able to function.

The **danger** is that the parent may see their child/youth as being limited by the diagnosis and will automatically limit their potential future.

The **role of services** is to decrease the emotional stress through engagement and communicating that there can be a future for the parent as well as the child/youth after diagnosis.



**Future for the child/family is Limited**

The parent has **given into** the devastating power of the child’s behavior, emotional or mental health issues.

The parent doesn’t like what is happening to their child/family, but can’t see that it can be different, so they are not able to make a commitment to change.

The **danger** is the parent will accept that this is the way it’s going to be and refuse to accept that there is anything they can do that will make a difference in their child/families life.

The **role of services** is to instill hope, a sense of possibility and to help create a vision of a positive future.



**Change is Possible**

The parent is **questioning** the devastating power of the child’s behavior, emotional or mental health issues.

The parent believes that there should be a better way for their child/family to function than they currently are and is starting to believe their life can be different.

The **danger** is that the parent will be afraid to or discouraged from taking the necessary risks and continue to think their Child/family’s remain in the ‘future is limited’ stage.

The **role of services** is to help the parent see that child/family future is not so limited and for things to get better they will need to take some risks.



**Commitment to Change**

The parent is **challenging** the devastating power of the child’s behavior, emotional or mental health issues.

The parent believes there are possibilities, but isn’t sure what they are or what to do. They are willing to explore what it will take to make some changes.

The **danger** is that the Parent will not get the necessary skills, resources and supports they need to do what they want to do and will not succeed in moving forward

The **role of services** is to help the parent identify theirs and their family’s strengths/needs/available resources/supports and the skills to advocate for their family.



**Actions for Change**

The parent is **moving beyond** the devastating power of the child’s behavior, emotional or mental health issues.

The parent has decided the direction they want their child/family’s life to go and is willing to take more responsibility for making decisions and taking action.

The **danger** is the parent may begin to doubt their ability to move forward and trust their decisions and revert back to a life driven by the system

The **role of services** is to help the person trust in their own decision-making ability and take more and more responsibility for their life.

**Review Questions – Five stages in the Building Resiliency Process: Overview**

1. What are five ways parents often relate to the devastating power of their child/youths emotional, behavioral and mental health issues called five stages in the building resiliency process?
  - a) Impact of Behavior and/or Diagnosis: There are times in a family's life when they are \_\_\_\_\_ by the devastating power of the child's behavior, emotional or mental health issues.
  - b) Future for child/family is Limited: There are times in a family's life when they have \_\_\_\_\_ the devastating power of the child's behavior, emotional or mental health issues.
  - c) Change Is Possible: There are times in a family's life when they are \_\_\_\_\_ the devastating power of the child's behavior, emotional or mental health issues.
  - d) Commitment to Change: There are times in a family's life when they are \_\_\_\_\_ the devastating power of the child's behavior, emotional or mental health issues.
  - e) Actions for Change: There are times in a family's life when they are \_\_\_\_\_ the devastating power of the child's behavior, emotional or mental health issues.