

One of the major *resiliency tools* that parents bring to a mental health service is their own lived experiences as a family member and resiliency story.

Session 5

Using Your Resiliency Story as a Resiliency Tool

This Session explores the difference in an *illness story* and a *resiliency story* and helps you experience the power and potential of your family's story as a resiliency tool to be used to educate and inspire parents and staff.

Illness Story: focuses on the negative impact and times of illness in a family's life.

Resiliency Story: focuses on the positive things a family is doing to move forward with their life and how they overcame the challenges they faced.

There are four components you need to include when you tell your resiliency story.

1. What you overcame
2. What you learned
3. What strengths your family developed
4. What are you doing now to maintain

A family support provider's resiliency story is the most powerful tool they have when working with a family. It can be used to instill hope, to let the family you are working with know they aren't alone, and to provide options through what the FSP learned and the strengths your family gained.

Telling Your Resiliency Story

1. What have you had to overcome to get to where your child/youth are today?
2. What have you learned about yourself and what we call resiliency?
3. What are some of the strengths your family has developed?
4. What are some of the things that you do to keep your child/youth on the right path?

Session 5 - Review Questions – Using Your Resiliency Story as a Resilience Tool

1. What is the difference in a resilience story and an illness story?
2. What are the four components you need to include in your resiliency story?
3. Give two examples of how you can use your own lived experience to help another person.

Five Stages Tool Sheet

**Future for
child/family is
Limited**

**Impact of
the
Behavior/
Diagnosis**

**Change
Is Possible**

**Actions
for
Change**

**Commitment
to Change**
