

Personal relationships are the bedrock that support building resiliency

Session 6

Creating Relationships that Build Resiliency

This Session explores the key elements in establishing personal relationships that help a parent or family member become more resilient.

As a Family Support Provider, we have the opportunity to be a key support to another family. Therefore, we need to understand how to develop relationships that support and promote resiliency.

Creating Relationships that Build Resiliency

The Initial Family Support Provider Meeting

- 1- **Explain your Role.** This is when you can tell the parent what it means to work with a Family Support Provider and what types of things you can work on together. This is where you can set up the boundaries of the relationship. (Do for, Do with, Cheer on).
- 2- **Give your Background.** This is where you can share a little of your story and tell how you became a Family Support Provider.
- 3- **Confidentiality.** Let the parent know that you will keep their confidentiality, you are part of a team and may share some information, but if they are a danger to themselves or others, you will have to tell someone.

The Initial FSP Meeting (cont.)

- 4- **Availability.** Let the parent know when you work and when you are available to meet with them. If possible, set up a regular meeting time.
- 5- **Anything on your mind?** See if there is anything the parent would like to talk about in future meetings. (If the answer is no that is fine.)
- 6- **End on a Positive note.** End this first meeting with both the FSP and the parent looking forward to the next meeting.

Establishing a Trust-Based Relationship

1. **Find Interest.** A relationship of trust is built around the other family's interests, not their problems. Find out what the family is interested in.
2. **Role Model.** You role-model resiliency. Share your story as it is appropriate.
3. **Count on YOU.** The other person has to be able to count on you. Do what you say you are going to do.
4. **Listen.** You need to listen to the person. You don't need to have answers. Together you will be able to come up with answers.
5. **Affirmation.** Affirmation is key. Accept the other person where they are and how they are.

Encouraging a Commitment to Change

“Igniting the spark of hope”

- 1-Identify an area of interest.
- 2-Create excitement around this as a possibility
- 3-Find actions the person can take to work on the possibility.
- 4-Look for something in the doing that will require new skills.
- 5- Use your experience of becoming more resilient to strengthen the relationship.

Supporting Change Actions

- 1-Once they decide what they want to change; they will need a plan to get there. Help them think through everything that will be involved in reaching their goal.
- 2-Be sure to clarify the roles, responsibilities and expectations of all parties involved.
- 3- Since benefits motivate, find ways to rehearse the potential benefits.
- 4- There needs to be a way to measure and evaluate the progress.
- 5-Be sure to acknowledge and reward the small accomplishments.

