

*Just Breathe*

*Resilience Strategies  
for Today's Youth &  
Youth Workers*

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Lunch & Learn

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***All Children/Youth/Family Experiences in the Past Seven Months - COVID & Other Impacts***

- School Closures
- Parents Unemployed
- Quarantines, Masks
- Evictions
- Long Food Distribution Lines
- Houses of Worship Closed
- Political Incivility, Civil Unrest
- Televised Shootings & Murder
- Domestic Violence increases
- Hacks during Educational Sessions on Zoom
- Disasters, Wildfires, Floods
- Death

An illustration showing four people sitting on a set of concrete steps. From left to right: a man in a dark jacket and blue pants, a woman in a yellow top and blue skirt, a woman in a red top and blue shorts, and a child in a brown jacket and blue pants. A black lamppost stands between the woman in red and the child. The background shows a building with windows and a door.

## *Impact of these Conditions on Children & Youth*

*Impacts reported by researchers include:*

- ▶ *Increase in Poverty*
- ▶ *Decreased Access to Health Services*
- ▶ *Increase in Depression*
- ▶ *More Suicide Attempts*
- ▶ *Increased Food Insecurity*
- ▶ *Increased Risk to Child Safety*

*... this pandemic will not be distributed equally.  
....expected to be most damaging for children in the poorest neighborhoods, and for those in already disadvantaged or vulnerable situations.”  
UNICEF Data Hub, COVID-19 and Children,  
October 2020*

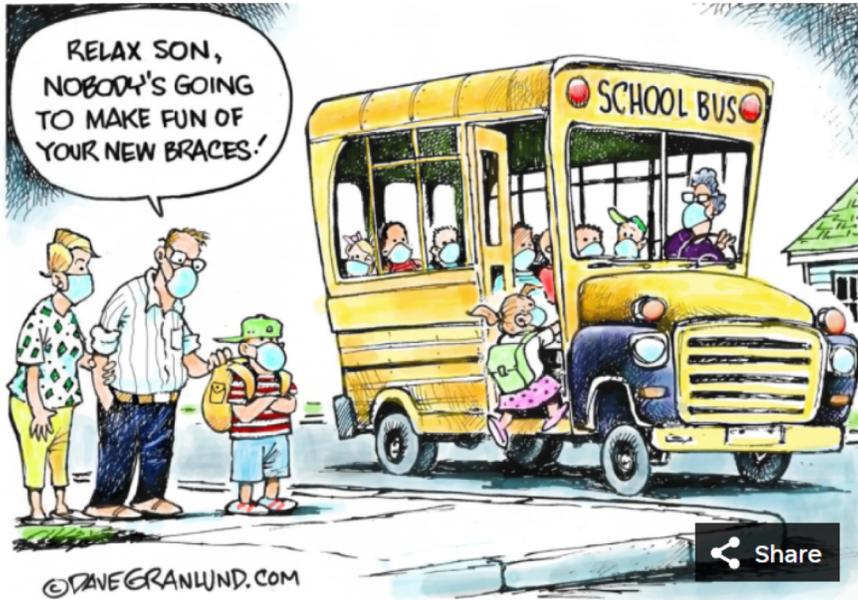
Dave Granlund USA TODAY Network  
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O'Mahoney cartoon USA TODAY Network  
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O'Mahoney cartoon USA TODAY Network  
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# PART 1:

## Resilience Theory & Practice

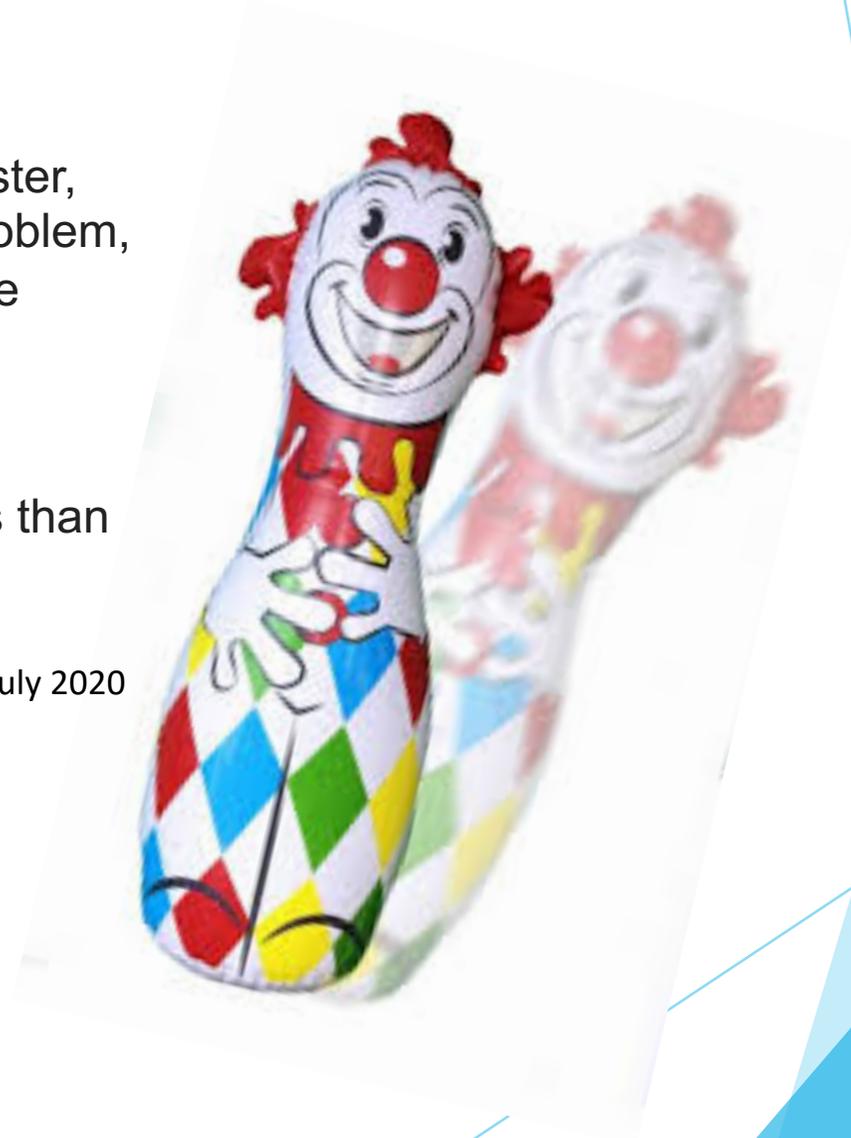
- ❑ *What Is Resilience?*
- ❑ *How Is Resilience Weakened in youth (adverse childhood experiences)?*
- ❑ *How Can Resilience be Strengthened?*
- ❑ *Promising Practices in Youth Resilience*
  - ❑ *CERT as an Instrument of Harm Reduction*
  - ❑ *Magellan Youth Empowerment*

# WHAT IS RESILIENCE?

“When faced with a tragedy, crisis, natural disaster, health concern, relationship, work, or school problem, **resilience** is how well a person can adapt to the events in their life.

A person with good resilience has the ability to **bounce back** more quickly and with less stress than someone whose resilience is less developed.

From What is Resilience, Harold Cohen, Ph.D., *PsychCentral.com*, July 2020



# Realms of Resilience



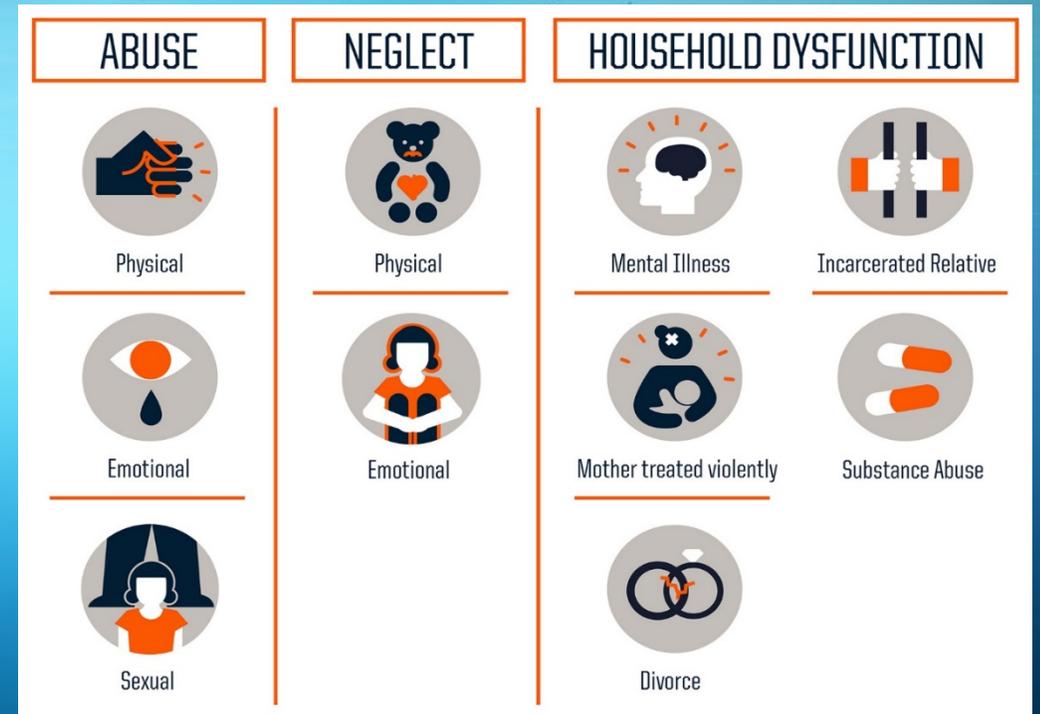
*From Comprehensive Airman Fitness Program USAF, 152<sup>nd</sup> Unit, 2020*

# What's wrong with you?

What weakens Resilience?  
Adverse Childhood Experiences (ACEs) are potentially traumatic events that can have negative, lasting effects on health and well-being.



# What happened to you?



# Out of 100 people...

33%  
Report No ACEs



## With 0 ACEs

1 in 16 smokes  
1 in 69 are alcoholic  
1 in 480 use IV drugs  
1 in 14 has heart disease  
1 in 96 attempts suicide

51%  
Report 1-3 ACEs



## With 3 ACEs

1 in 9 smokes  
1 in 9 are alcoholic  
1 in 43 use IV drugs  
1 in 7 has heart disease  
1 in 10 attempts suicide

16%  
Report 4-10 ACEs



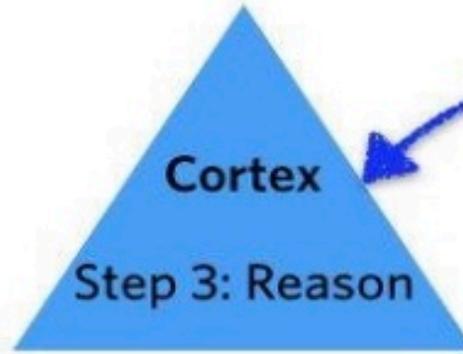
## With 7+ ACEs

1 in 6 smokes  
1 in 6 are alcoholic  
1 in 30 use IV drugs  
1 in 6 has heart disease  
1 in 5 attempts suicide

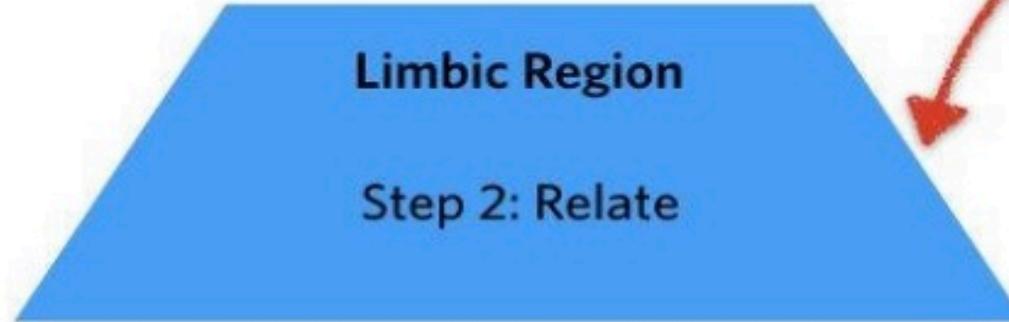
# What *Strengthens* Resilience?

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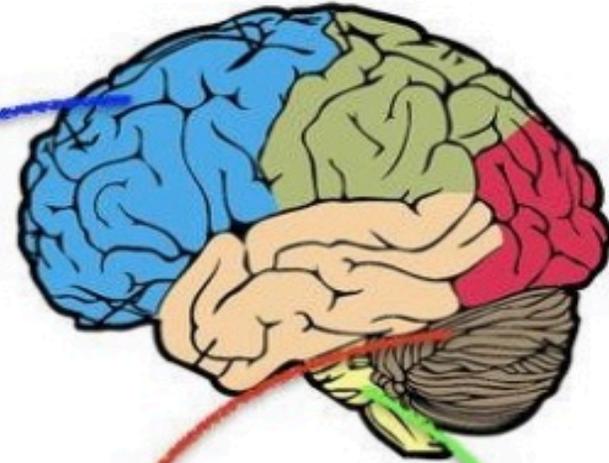
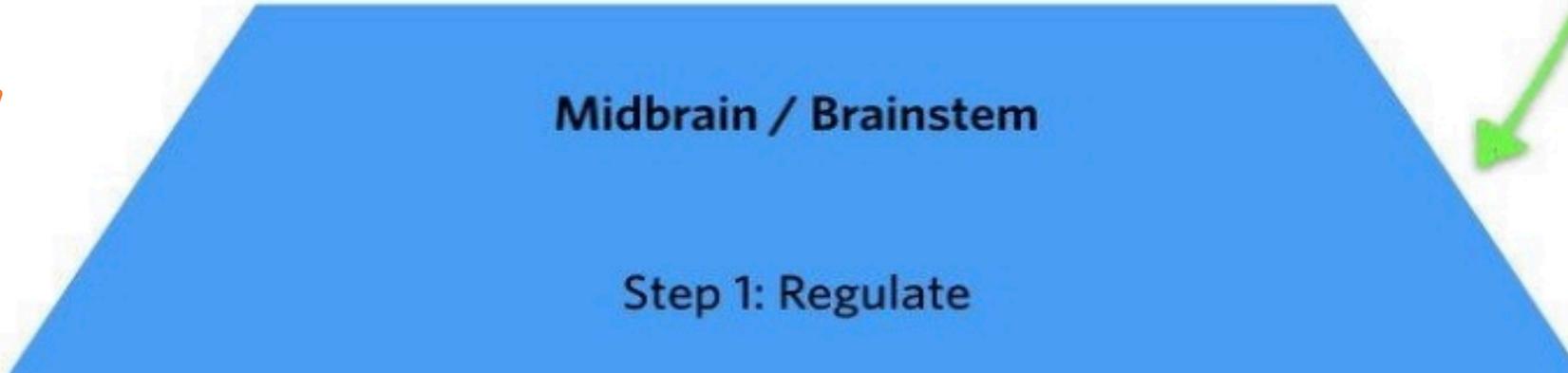
**Logical Dialogue**



**Feeling Loved**



**Safety**



© 2018 Socorro Consulting

## Self-Care & Resilience

<https://chronicleofsocialchange.org/news-2/nadine-burke-harris-spreads-message-impact-child-trauma>



- ▶ **Healthy Relationships**
- ▶ **Sleep**
- ▶ **Exercise**
- ▶ **Nutrition**
- ▶ **Mindfulness/ Spiritual Interventions**
- ▶ **Mental Health Interventions**



***Spiritual resilience*** is not about religion, it's about ***how you find meaning in life; what keeps you grounded and where you find purpose***. Through each life experience, we engage in soul seeking for identity and connection.

***Some Spiritual Resilience Practices***

- Meditation
- Prayer
- Simplicity
- Journaling
- Confession
- Gratitude
- Solitude
- Silence
- Celebration
- Reflection
- Music
- Movement/Dance



From *Spiritual Resilience*, Dr. Sa

# Promising Practices

- ▶ COMMUNITY EMERGENCY RESPONSE AS A VEHICLE FOR HARM REDUCTION
- ▶ MAGELLAN YOUTH LEADERS INSPIRING FUTURE EMPOWERMENT (MY LIFE)

# COMMUNITY EMERGENCY RESPONSE AS A VEHICLE FOR HARM REDUCTION

▶ CERT as a Vehicle for Harm Reduction:  
Leaders utilized this 40-year old program that had not reached African American and Latino youth to build tactical resilience in areas of gang violence and at risk of crisis.

▶ Youth participated in 10-week training sessions, including emotional, social and public health assessment.

▶ Upon graduation, many youth expressed a new sense of purpose and commitment to community.





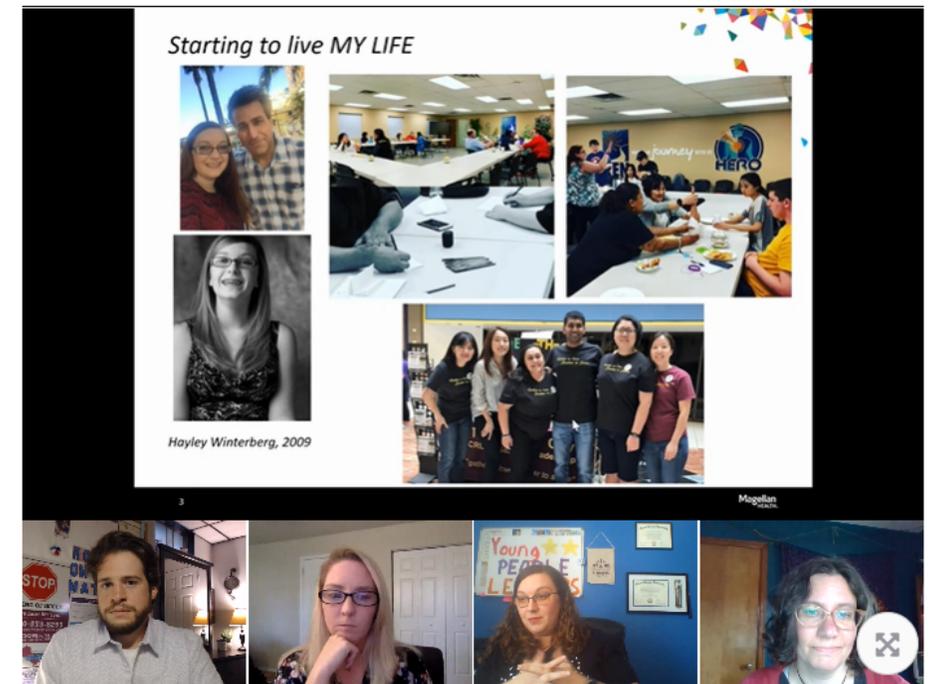
# Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

Magellan Health's MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) is leading the way nationally for youth involvement of those in behavioral health and foster care systems. MY LIFE is a program for youth, by youth. Members are between the ages of 13 and 23 and have experience with mental health, substance abuse, juvenile justice or foster care-related issues or have a friend or family member coping with these issues.

**The Faithful City:** “Founded as a Christian fellowship, The Faithful City is purposed for raising servant leaders with multi-cultural sensitivity and trauma-informed lifestyle to serve the global community with effective ministries.”

## MY LIFE Saved My Life: Youth Advocacy as Prevention

09/26/2020 17:00 - 18:00







**Part 2:**  
**MINDFULNESS**  
**EXERCISE**

# Circle of Concern

Factors I can't control

Actions of others

Supply of toilet paper

Connections with others  
Time spent on media

Natural disasters

Mindset Acts of kindness  
Finding purpose Exercise

What people think of you

# Circle of Influence

Factors I can control

Being grateful Humour  
Creating a 3rd space  
Using strengths

Predicting the future

Government restrictions

Economy

# THINGS OUTSIDE MY CONTROL

OTHER PEOPLE'S ACTIONS

OTHER PEOPLE'S OPINIONS

## THINGS I CAN CONTROL

MY ATTITUDE  
MY EFFORT  
MY BEHAVIOR  
MY ACTIONS  
to be a great team member

OTHER PEOPLE'S FEELINGS

OTHER PEOPLE'S MISTAKES

## ADVERSITY

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE  
HOW I FOLLOW CDC RECOMMENDATIONS

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

PREDICTING WHAT WILL HAPPEN

MY OWN SOCIAL DISTANCING

LIMITING MY SOCIAL MEDIA

MY KINDNESS & GRACE

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



*Breathe in*

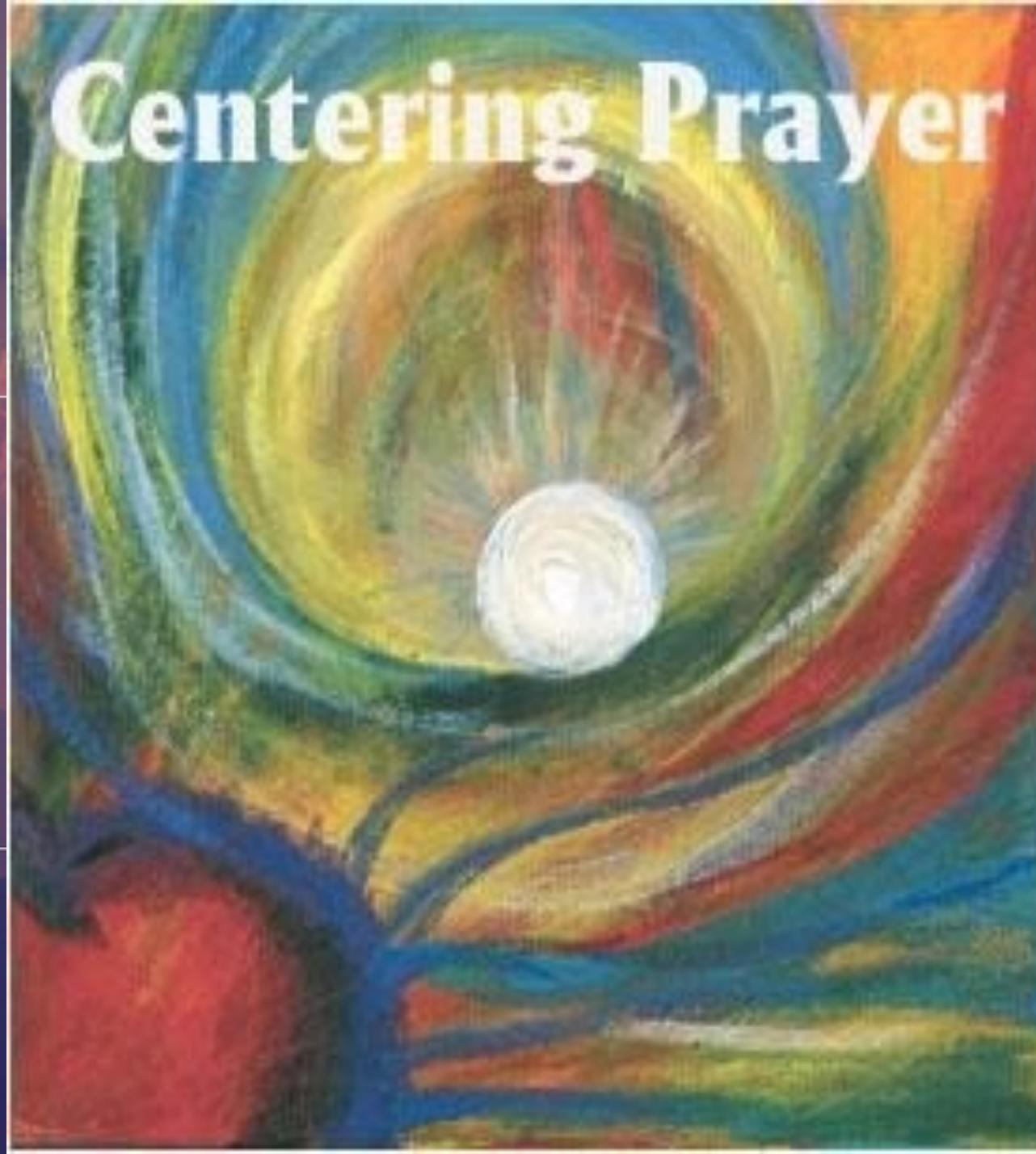
S L O W L Y

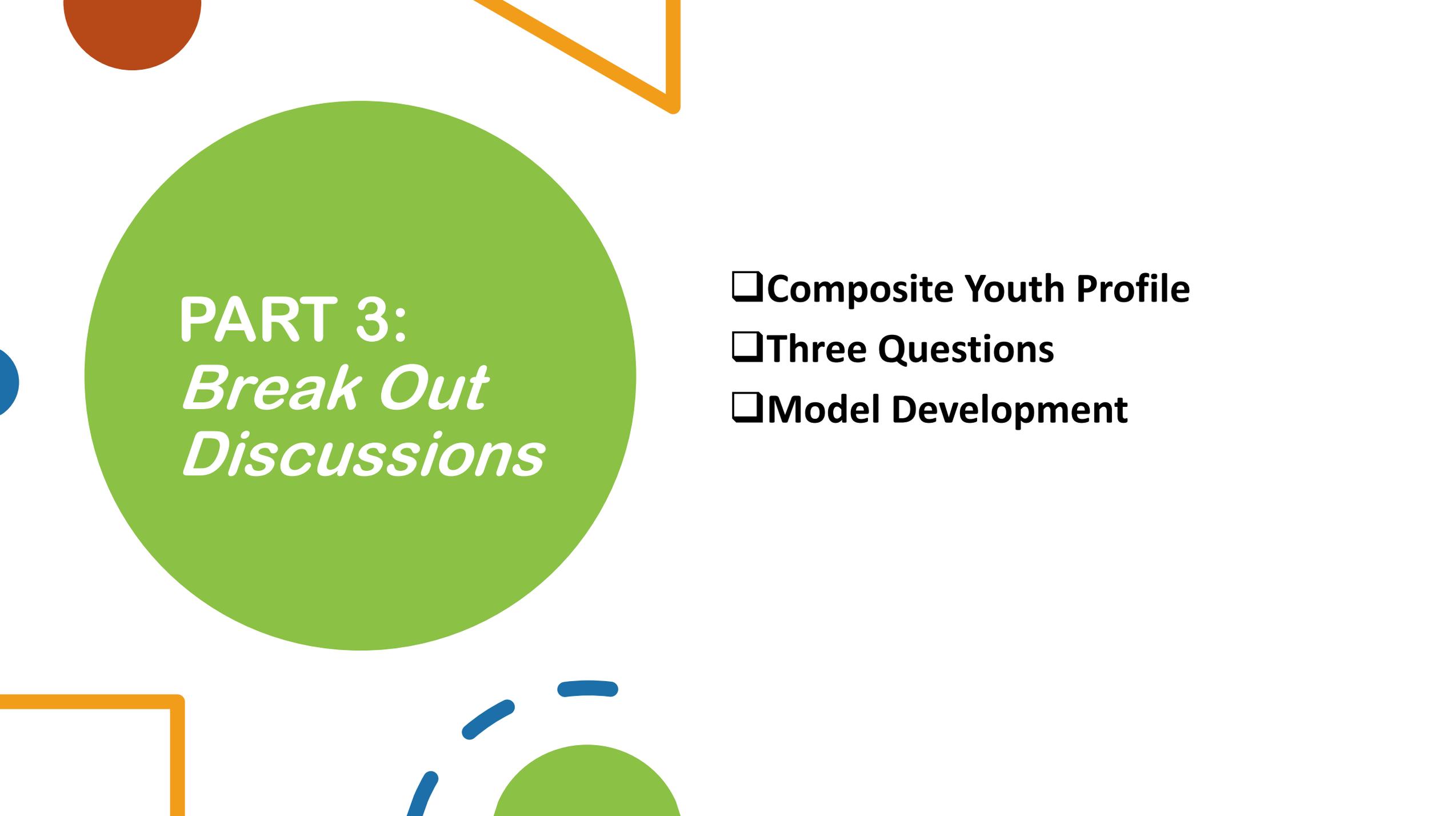
G E N T L Y

D E E P L Y

*Breathe out*

# Centering Prayer





**PART 3:**  
*Break Out  
Discussions*

- Composite Youth Profile**
- Three Questions**
- Model Development**

# Break-out Session

## **Composite Youth Profile: Dante**

- Is 12 years old
- Lives in a multigenerational household with 10 people, in a house made for 6
- Is the oldest of 6 children age 0 to 12
- Adults are Mom, boyfriend, grandma and uncle who recently got out of jail on drug trafficking conviction
- There were 11, but grandpa died suddenly from COVID
- Mom and boyfriend fight a lot
- Possible domestic abuse
- Money is tight, especially since both mom and boyfriend lost their jobs
- Everyone is home from school since COVID
- School started, but Dante's house has no internet
- Dante is going to his new middle school once school reopens

## **Questions**

What do I know about this child?

How does this child feel?

How can I identify those issues that have weakened his resilience?

How do I as a caregiver work to mitigate the impact of these issues?

What can I do to help strengthen his resilience?

Who is *Your* Dante?



# Break-out Session

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## ***Model Development:***

- Engage Dante through the realms of resilience
  - *What's wrong with you, vs what happened to you*
- Understand and accept those things I cannot control
- Examine those things I can control
- ***Develop framework for intervention***
  - How/when do I interact with them
  - Interventions based on what works for the youth?
  - Suggested intervention(s) based on what I can control
  - What does the framework look like?

# PART 4: *Reconvene*



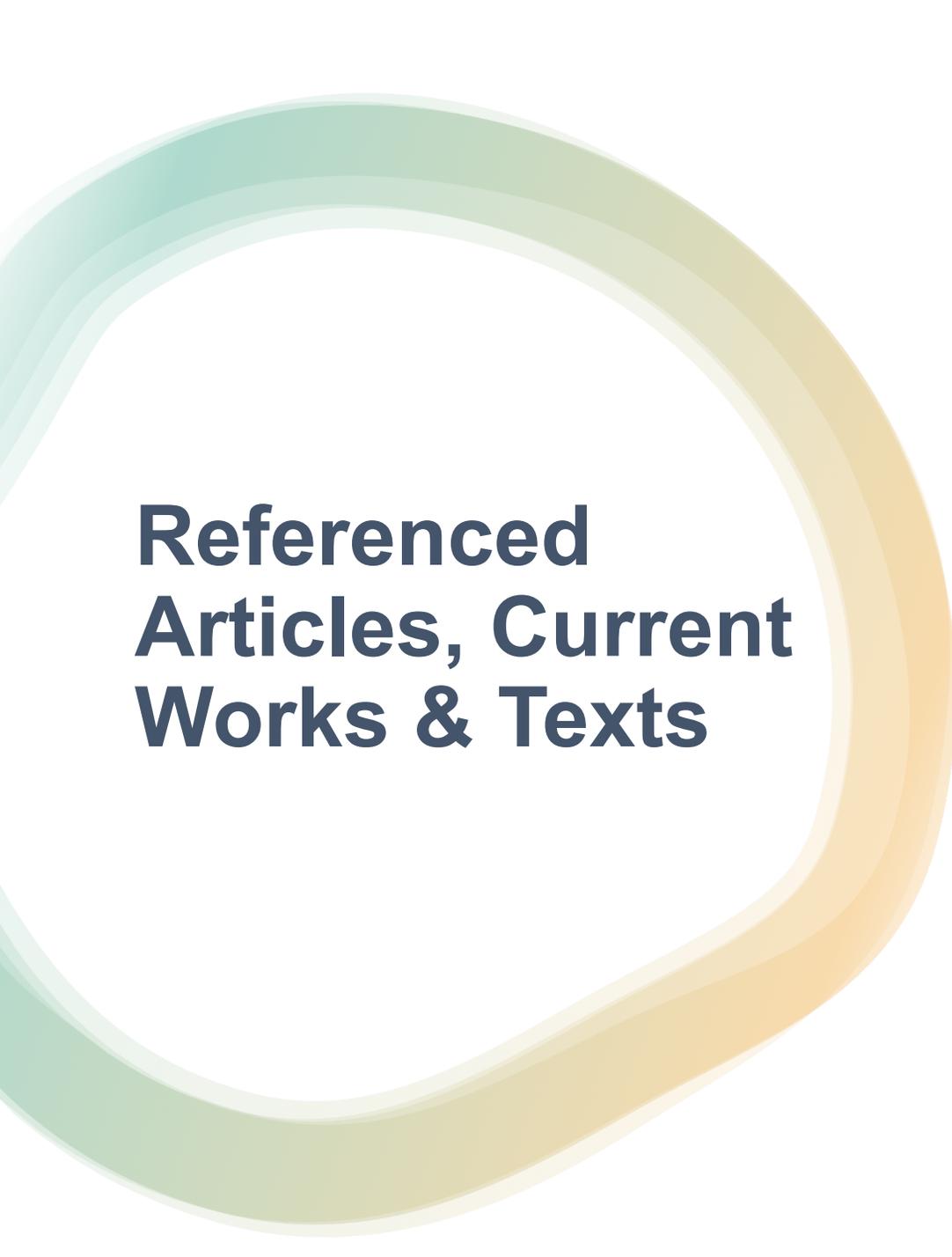
*Share Outs*



*Q & A*



*Closing*



# Referenced Articles, Current Works & Texts

***COVID-19 and Children***, UNICEF Data Hub, COVID-19 and Children, October 2020. <https://data.unicef.org/covid-19-and-children/>

***USA Today Editorial Cartoons***, September - October 2020

***“ACES Defined”***: *American Journal of Preventive Medicine* 14(4), 1998

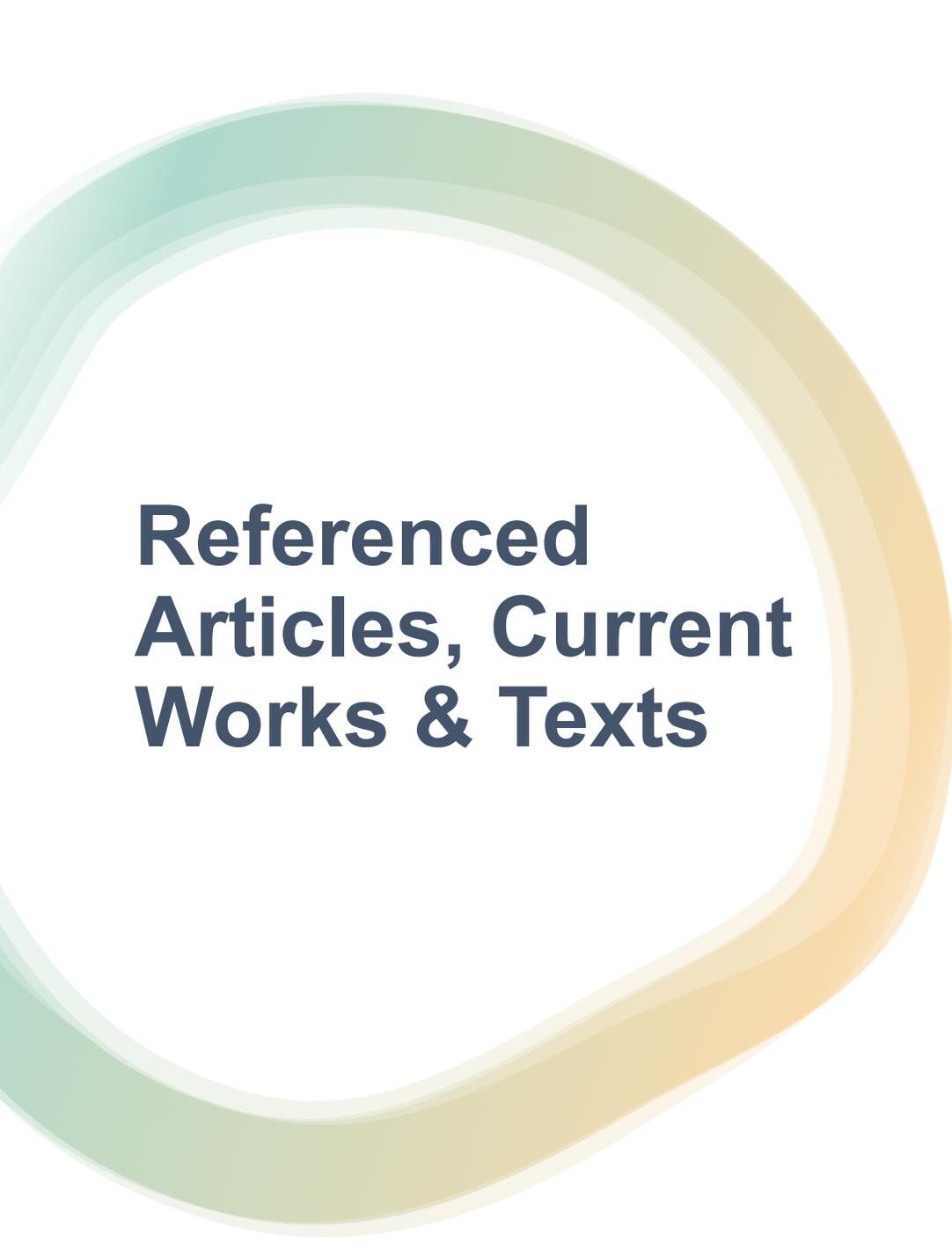
***What is Resilience***, Harold W. Cohen, Psychcentral.com , July 30, 2020

***The Neurosequential Model***, Dr. Bruce Perry, Houston, TX, Oct 2020  
<https://www.neurosequential.com/nme>

***Spiritual Resilience***, Dr. Sarita Wilson-Griffin, Director, Spiritual Care, Le Bonheur Children’s Hospital, Memphis, TN, April 2020

**Adverse Childhood Experiences (ACEs) Strong Communities Raise Strong Families**, Marcia Stanton, MSW. 2020 [www.acesconnection.com](http://www.acesconnection.com)

***Regulate, Relate and Reason: Bringing Our Kids Back From the Brink***, Edward Morales, MPP, MSW, LICSW. Socorro Consulting Brain Chart, February 2018 <https://www.socorro.care/hey-mister-ed/regulate-relate-reason>



# Referenced Articles, Current Works & Texts

**Self-Care & Resilience**, Dr. Nadine Burke-Harris, M.D., MPH, Surgeon General of California, Director, Center for Youth Wellness, San Francisco, CA, *The Imprint: Youth and Family News*, November 2016  
<https://chronicleofsocialchange.org/news-2/nadine-burke-harris-spreads-message-impact-child-trauma>

*Reaching the unreached: Building Resilience through engagement with diverse communities.* Jannah Scott, Marcus Coleman. *Journal of Business Continuity and Emergency Planning*, Summer 2016;9(4):359-74.

## **Mindfulness Slides:**

*Circle of concern:* [www.annaglynn.com.au](http://www.annaglynn.com.au)

*The things outside my control:* [www.jongordon.com](http://www.jongordon.com)

*I cannot control (with fox):* [www.thecounselingteacher.com](http://www.thecounselingteacher.com)

*Breathe in slowly gently deeply:* [www.savvymom.ca](http://www.savvymom.ca)

*Centering Prayer:* [www.stmaryanne.org](http://www.stmaryanne.org)