




Families: Moving between Resilience and Recharge

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About Me...

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- Facilitator, VDOE Family Engagement Network
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What will be covered...



- ♥ Defining 'Resilience' and "Recharge"
- ♥ Moving between Resilience and Recharge
- ♥ Leaning into "Compassionate Engagement!" with Families
- ♥ Exploring Strategies for Families



Who is here today?

Why are you interested in this topic?


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Re • sil • ience
noun

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The capacity to recover quickly from difficulties; **toughness**.

The ability of a substance or object to **spring back** into shape; elasticity.



Definition from Oxford English

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Fam • i • ly
Re • sil • ience
noun

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The family as a **functional system** impacted by highly stressful events and **social contexts**, and in turn, facilitating the **positive adaption** of all members and **strengthening** the family unit.

Definition from Froma Walsh (2016)

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Within a person's family (as they uniquely define and experience it), family resiliency means applying family strengths and resources in a way consistent with their beliefs so that they think about life changes and transitions more positively, feel more hopeful and confident that they can manage it, and respond or adapt to challenges together.

What words stand out to you?

Definition from the Center for Family Involvement @ VCU (2021)

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How we can unload the negative side?

(Center on the Developing Child, 2021)

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How we can overload the positive side?

(Center on the Developing Child, 2021)

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Examples of Resilience Training...

F*O*C*U*S
Families Overcoming Under Stress

Exchange Family Center
Community Resilience Model

Devereux CENTER FOR RESILIENT CHILDREN
ADVANCED BEHAVIORAL HEALTH
Building Your Bounce

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Example of Families Building Resilience in Other Families...



PARENTtoPARENT
USA

Intentional matching of a parent with a newly diagnosed child with disabilities with a 'seasoned', trained parent for **emotional, informational, and systems navigational support**

P2PUSA.org

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Share an example of when you have recognized these important roles in a family.



<https://www.carnegie.org/topics/topic-articles/family-community->

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THINGS TO CONSIDER


NEW NORMAL

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The **NEW NORMAL** is not new to families of children with disabilities.

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**It's a Marathon,
not a Sprint**


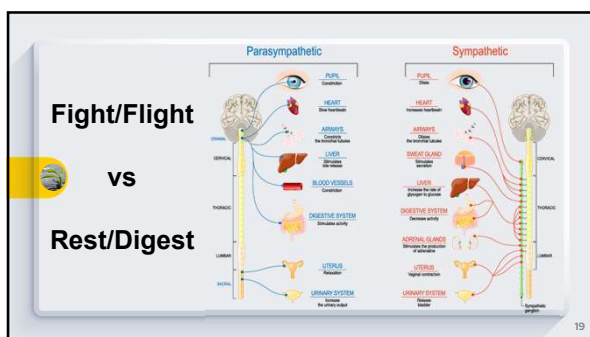


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**The
Supercap
Facade**


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How often do you think of these considerations?

Do you want to share a reflection about any of them?


Compassion
noun



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...Concern for the misfortune of others

... the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering.



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COMPASSION CONTINUUM

sympathy → empathy → compassion

thoughts → thoughts and feelings → thoughts, feelings and actions


COMPASSIONATE LEADERS CIRCLE

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- Compassionate Relationships
- Compassionate Communication
- Compassionate Empowerment
- Compassionate Reflection
- Compassionate Continuous Improvement

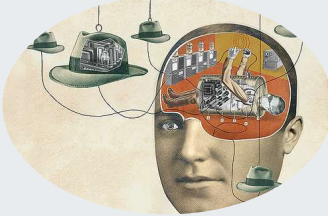


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The world is changing

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We cannot do personality transplants


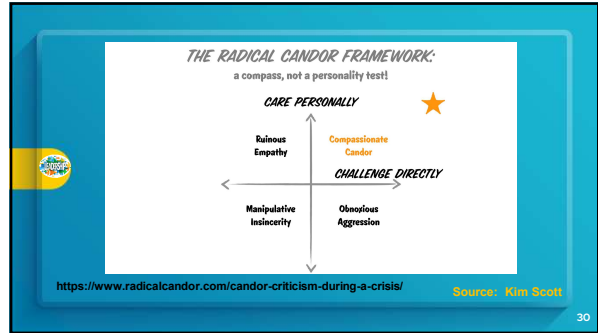
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Compassionate Communication

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When we pay attention to the words we use and the way we use them, we improve the odds of strengthening and deepening our most meaningful relationships



When you give other people the gift of your attention and compassion, it makes them feel understood and they become more open to hearing what's on your mind.



What is your Go To phrase that shows you practice compassionate candor?

What difficulties have you faced when being vulnerable?

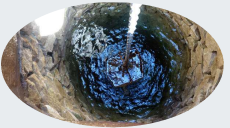
What skills are you interested in building?

Re • charge
verb

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Be refilled.

(of a person) return to a **normal state of mind** or strength after a period of physical or mental exertion.



Definition from Oxford English

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Resilience **Recharge**

being *doing*



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Examples of Strategies to Recharge...




Pause → Sense/Process → Respond → Adapt → REST

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Examples of Strategies to Recharge...



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How do you recharge?
What can you build into your routine to ask families about their recharge?

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