

Childhood Restored: Our Role in Guiding Youth to Overcome Adversity and Recognize Their Strengths

The National Summit on Adverse Childhood Experiences

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**How do we define
success?**

Resilience

- **The Ability To Overcome Adversity**
- **The Capacity to Bounce Back**

Resilience is a Mindset

Resilience

is

NOT

Invulnerability

The Bottom Line

- Young People will be more resilient if the important adults in their lives believe in them unconditionally and hold them to high expectations
- Young People live up or down to the expectations we set for them

The 7 C's of Resilience

Confidence

Competence

Connection

Character

Contribution

Coping

Control



(Little, 1993; Pittman et al., 2003; Eccles and Gootman , 2002; Roth and Brooks-Gunn 2003; Lerner, 2004; Ginsburg, 2006; Frankowski, Leader & Duncan, 2009)

Behavioral Change 101

(What they're missing)

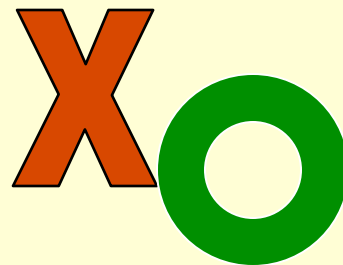
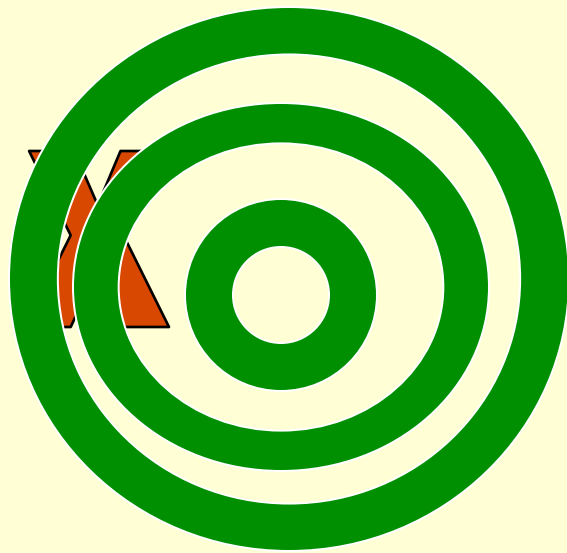
The Five Steps of Behavioral Change

1. Awareness
2. Motivation
3. Skills
4. Trial and error
5. Maintenance

Confidence gets it started . . .

**. . . and shame paralyzes all
efforts**

Finding Competence Building Confidence



Competence

Learning Not to Undermine Competence

- Allowing Mistakes
- Talking in a way ALL young people understand
- Recognizing the cognitive development of adolescence
- Recognizing how a traumatized person thinks
- No more lectures!!!!!!

Control

We are the borders

We are the picture on the box

The World Happens to Me

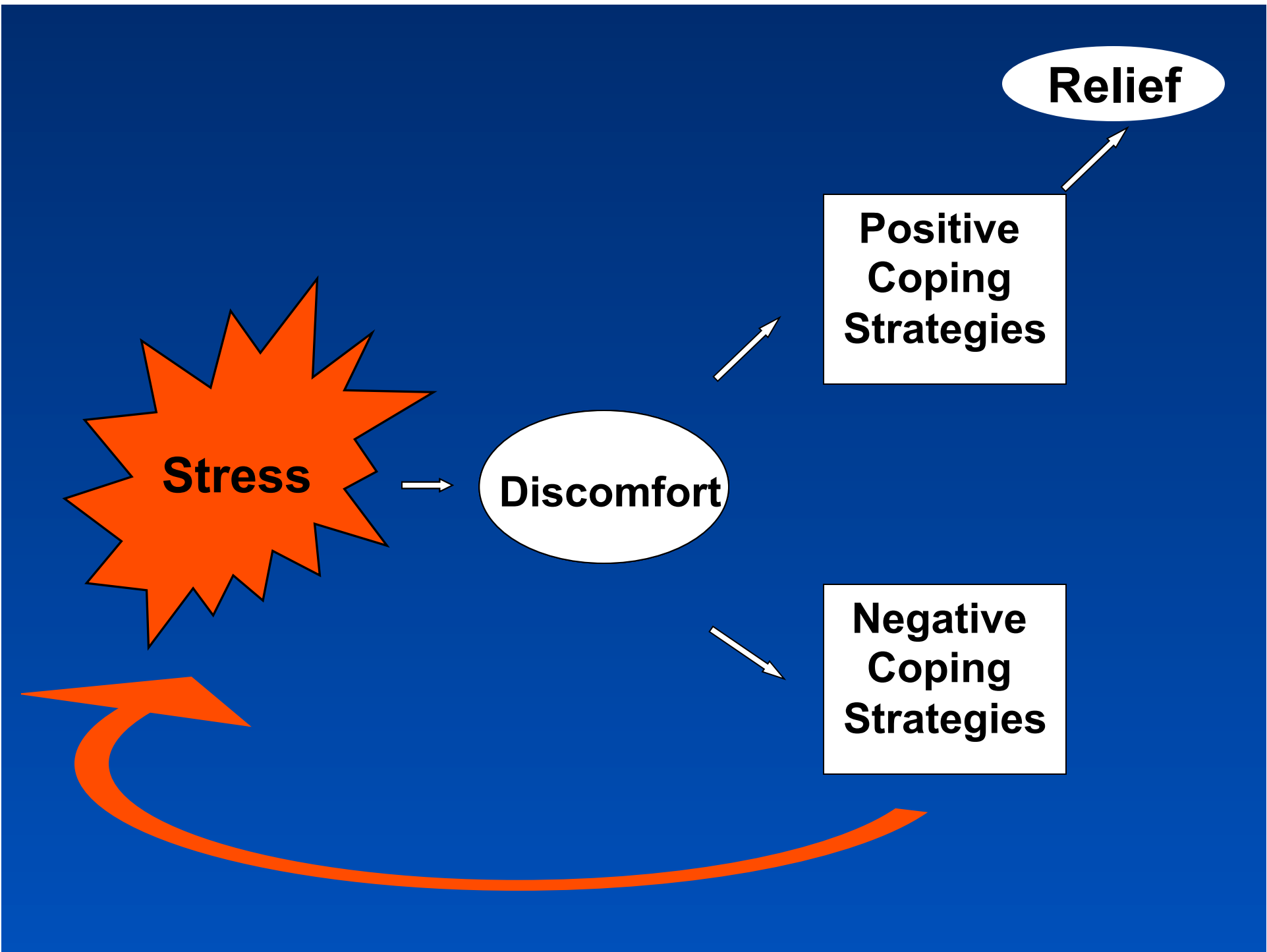
or

I Control My Destiny

Coping

Resilience

- Is about learning to cope, in a positive way with life's inevitable stressors
- We might do our greatest good by raising youth with a wide repertoire of positive coping strategies



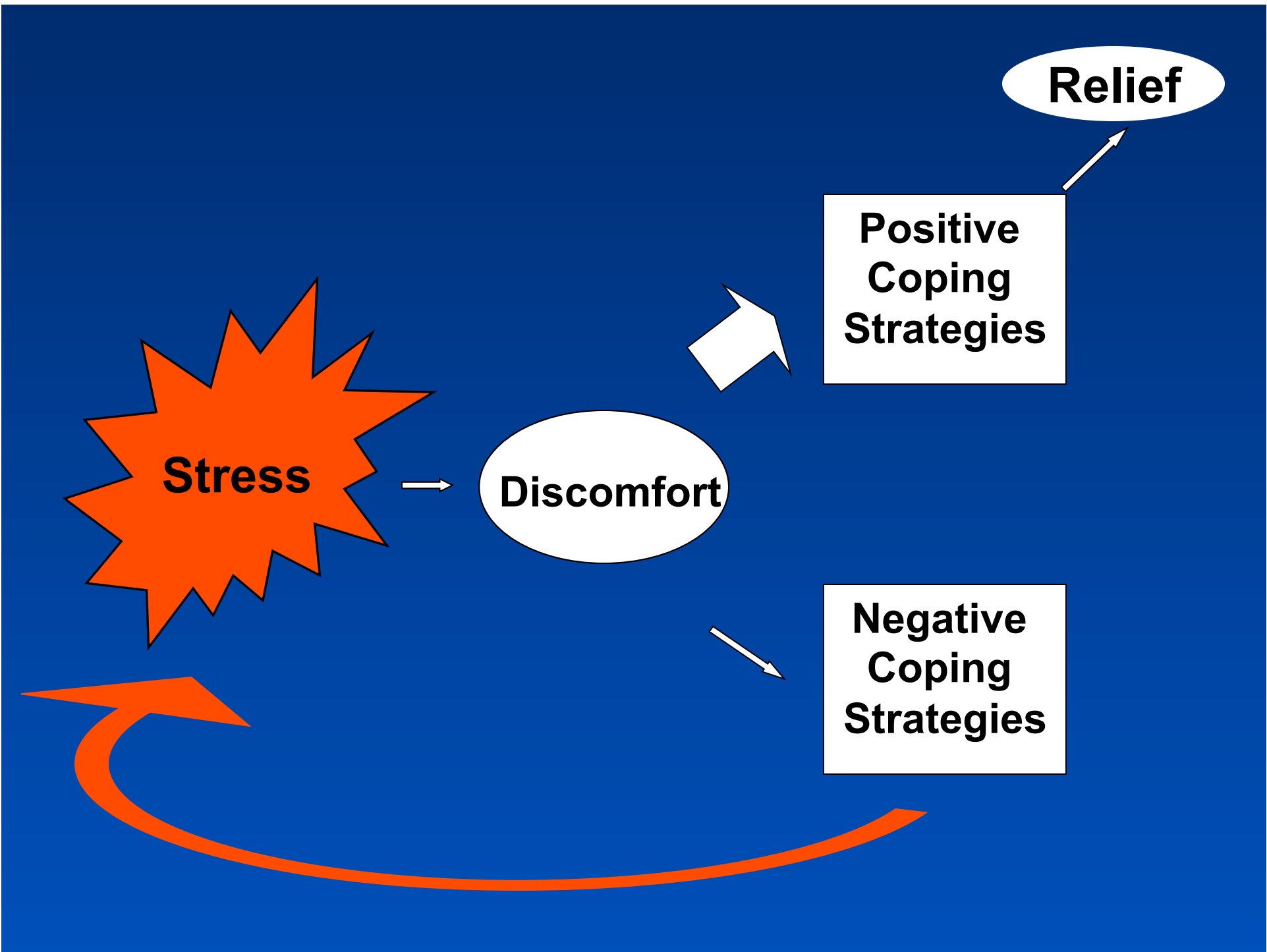
Stress

Discomfort

**Positive
Coping
Strategies**

**Negative
Coping
Strategies**

Relief



Stress

Discomfort

**Positive
Coping
Strategies**

**Negative
Coping
Strategies**

Relief

**Distinguishing Paper Tigers from Real
tigers**

**Knowing When Bad Things are
Temporary**

**Knowing When Good Things are
Permanent**

Coping

Engagement vs. Disengagement

Emotion Focused vs. Problem Focused

Stress Management : Tackling The Problem

- 1) Making the problem manageable
- 2) Active Avoidance
- 3) Let Some things go

Serenity Prayer

Grant me the serenity to accept
the things I cannot change;
courage to change the things I
can; and wisdom to know the
difference

Stress Management : Taking Care of My Body

4) Exercise

- o Fear

- o Anger

Stress Management : Taking Care of My Body

5)Relaxation

6)Nutrition

Stress Management :

Taking Care of My Body

7) Sleep

- o Stimulation
- o Cool Down
 - Exercise
 - Shower
- o Release emotion

Stress Management : Managing Emotions

8) Instant Vacations

Stress Management : Managing Emotions

9) Emotional Releases

Stress Management Plan : Making the World Better

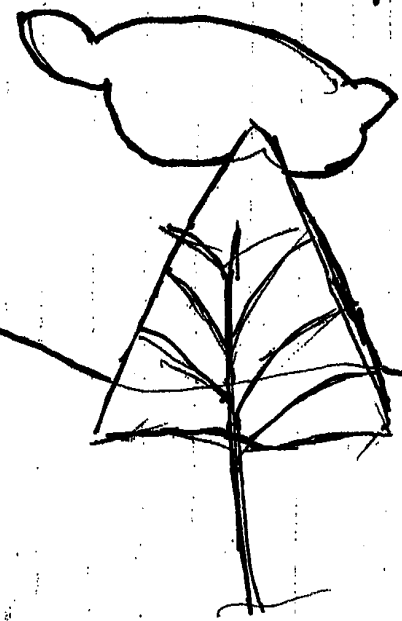
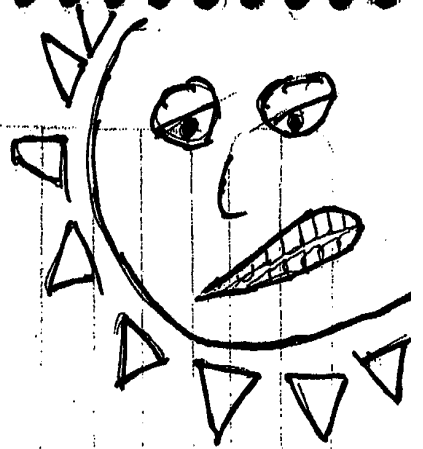
10) Contributing to the world

The Worst thing is not to be
stressed . . . it is to be **NUMB**

The Tupperware Box

x life & its obstacles

Car Accident	The passing of (name)	The passing of (name)	Cousin serving 25 to life
over \$100,000 in medical bills	might have to file for bankruptcy	not having a job	Tired of being broke
Mad that I don't have my own place	need to get GED need to attend community after I get my GED	keep attending meetings so I can stay clean	No more burning bridges
Upset that I don't have a good relationship with my mom	Try to stay in contact with family members	Start writing & drawing again	Turn relationships with god to great
Mad that my dad is a dead beat	Volunteer my free time to the Indian center & or organizations	get a good job & stay with it until I find a better one	Learn to love myself so I can help others



US

Give youth . . .

The opposite of what they are used to.

A radical calmness amidst a chaotic reality.

A safe place of compassion, love, and one that is free of judgment.

Recognize . . .

Youth as the experts in their own lives who have the capacity to heal and find the solutions within themselves.

Sensitized youth as our future healers.