

"Resiliency is an ordinary process available to all youth."

- **Ann Masten, Ph.D.**

"Kids can walk around trouble if there is some place to walk to and someone to walk with."

- **Ex-Gang Member, Tito**

"We all share the responsibility to ensure the success of our children, regardless of their ability or disability."

- **Family Member**

"Resiliency is never-ending."

- **Youth**

RESILIENCY

- **NURTURED**
- **FACILITATED**
- **SUPPORTED**

by families, professionals
and communities

The ideas and insights presented in this brochure were created and developed by Resiliency Leadership Ohio.

Special thanks to all the youth and families whose pioneering work highlights the power and impact of resiliency. Their shared life stories and personal journeys demonstrate the fundamental role of resiliency in supporting mental wellness.

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To see our video and learn more about Resiliency visit:

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RESILIENCY
OHIO

**Supporting Mental Health
in Ohio's Youth**



RESILIENCY

An inner capacity that when nurtured, facilitated, and supported by others empowers children, youth, and families to successfully meet life's challenges with a sense of self-determination, mastery, hope, and well-being.

Youth & Family Insights On Resiliency



1) Validation & Valuing

A resiliency-oriented mental health system honors and respects each youth's and family's life experiences, wisdom, and culture.

"My child is the best resource about what does and doesn't work for him." - **Family Member**

2) Basic Needs, Safety, Supports & Services

The services, supports, and resources necessary to safely maintain youth in their homes, schools, and communities are available and accessible.

"Having children with special needs costs more all around...money, time, and energy...forcing our own resources to be fewer." - **Family Member**

3) Sanctuary

Youth and families need safe people and protected space for refuge and rejuvenation.

4) Justice

Youth and family rights are advocated for and protected.

"Justice is a right, not an expectation."
- **Family Member**

5) Competencies

Each youth's skills, abilities, and talents are fostered and promoted.

"Look for my child's strengths, abilities and interests and nurture those things." - **Family Member**

6) Self-Wisdom

Youth and families are experts in their own experiences.

"Resiliency is knowing when your are falling and knowing how to catch yourself." - **Youth**

7) Courage & Confidence

Youth and families grow in courage and confidence through each life experience, developing self-assurance and belief in their abilities not only to cope, but to thrive.

8) Supportive Connections

Youth need positive people in their lives that facilitate their success at home, school, and in the community.

9) Expectations & Accommodations that Maximize Success

Supportive and flexible environments with realistic and achievable goals are created.

"Set goals so that I can reach them, and once I reach them, then you can raise them." - **Youth**

10) Contribution & Participation

Youth thrive when given opportunities for contribution, participation, and positive involvement.

"When any one's gifts and contributions are rejected or not accepted, we are all poorer." - **Family Member**

11) Hope & Optimism

Communities foster opportunities and promote the expectation for a positive future for all youth.

"Don't say 'if' I graduate or 'if' I get a job, say 'when' I graduate and 'when' I get a job." - **Youth**

12) Sense of Meaning & Joy

Communities promote wellness by supporting the well-being and quality of life of youth and families with mental health challenges.

Building Blocks of Resiliency



Well-Being

"Quality of Life"
Hope & Optimism (Future's Orientation);
Sense of Meaning & Joy

Connections

"How I Am Connected"
Supportive Connections; Expectations & Accommodations
that Maximize Success; Contribution & Participation

Mastery

"What I Know & What I Can Do"
Competencies; Self Wisdom & Acceptance
& Self-Determination; Courage & Confidence

Basic Needs & Supports

"What I Need"
Validation; Basic Needs & Supports; Sanctuary; Justice