



Resiliency in the Face of ACE Events: Creating the “Happily Ever After”

Kristine Hobbs, MSW

Disclosure Statement

Kristine Hobbs, LMSW

- I have no relevant financial relationships with the manufacturers(s) of any commercial products(s) and/or provider of commercial services discussed in this CME activity.
- I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.

Sources:

- Dr. Bruce Perry - Born for Love: Why Empathy is Endangered — and Essential —
<https://www.youtube.com/watch?v=M6kDeBaJi0M>
- National Alliance of Children's Trust & Prevention Funds — online training - <http://www.ctfalliance.org/>
- Larry Bendtro – Children's Trust Conference September 2015
 - <https://www.starr.org/training/youth/aboutcircleofcourage>
- <http://www.whatmakesyourfamilystrong.org/index.html>
- https://www.aap.org/en-us/Documents/resilience_messaging-at-the-intersections.pdf



The way to get started is to
quit talking and start doing.

Walt Disney

Building on
our QTIP
initiatives:

TOXIC STRESS

- Extreme, frequent, extended activation of the stress response, without the buffering presence of a supportive adult.
- Neglect, abuse, extreme poverty, family violence, substance abuse, and parental health problems.

Dr. Ramkumar – Jan 2014

3 simple questions, 1 simple screen

- Question 1- Do you have any questions? (family concerns)
- Question 2- Do you have any concerns? (family concerns)
- Question 3- What do you think has gone really well for your child and your family recently? (family strengths)
- And the screen- SEEK (social and environmental determinants of health)

Dr. Greenhouse – January 2016

How can we elicit Family Strengths?

- Strengths can be elicited from general questions, conversation generated by the SEEK, PSC, PSC-Y or from the Healthy Habits Questionnaire (Obesity Toolkit)
- Are you reading with your child?
- Do you eat meals together as a family?
- Do you exercise together as a family?

Dr. Greenhouse – January 2016

Eliciting Strengths QTIP Style:

- “We’ve talked about what’s going on that’s not going well...how about what’s going right? “ Hope Health
- “Tell me your favorite activity to do as a family.” CPM
- “What is your favorite part about being your child's parent?” AnMed



Strengths -- from the Child's Viewpoint:

- Is child experiencing nurturing, comfort and love?
- Are child's needs being met?
- Is child getting guidance to grow and learn in a positive way?

<http://www.ctfalliance.org/onlinetraining.htm>



I ALWAYS LIKE TO LOOK ON THE
optimistic side of life,
but I am realistic enough
TO KNOW THAT LIFE IS
a complex matter.

~Walt Disney

How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

Social & Emotional Competence of Children

because a “thumbs up”
is one of the first ways
we learn to communicate
our emotions.



Your Pinky Finger signifies **Concrete Support in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Index Finger represents **Knowledge of Parenting and Child Development**

because you are your child's
1st teacher!

Your Ring Finger stands for **Parental Resilience**

because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember
Social Connections
because it should never
stand alone! We all need a
positive social network.

Strengthening Families can refer to EITHER:

How to remember the 5 PROTECTIVE FACTORS that make your family strong.

Use your Thumb to remember **Social & Emotional Competence of Children** because it is the thumb that is the strongest and is the first to learn to walk.

Your Pinky Finger signifies **Concrete Support in Times of Need** because it is the smallest finger and is the first to be hurt.

Your Index Finger represents **Knowledge of Parenting and Child Development** because you are the first teacher.

Your Ring Finger stands for **Family Resilience** because your first commitment is to yourself in order to be strong for others.

Your Middle Finger can help you remember **Social Connections** because it should never stand alone! We all need a positive social network.

Collaboration
Charlevoix, Emmet
Northern Antrim Counties

strengthening families

Framework or Concept

Over the course of 7 weekly 2-hour sessions that begin with a shared meal, parents and youth enjoy individual and shared activities.

Participant Bonding

Large Group Activities

Small Group Activities

Role Playing

Family Bonding

Positive Skill Building

Communication

Problem Solving Skill Building

Program For Families

Sandwiched
between their
once upon a time
and
happily ever after

They all
experienced
great adversity

Dieter F Uchtdorf

How to remember the 5 PROTECTIVE FACTORS that make your family strong.



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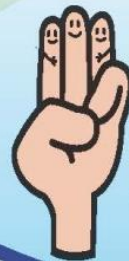


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Concrete Support in Times of Need



What is it:

- Support and services that address a family's need and help minimize stress caused by challenges

What does it look like?

- Steady income
- Health insurance
- Access to food
- Shelter
- Clothing

AnMed's
Family
Resource List

ANDERSON Family Resources		
Topic	Phone Number	Website
Poison Control	1-800-222-1222	
Need a Smoke Detector?	210 McGee Road (864) 260-4016	www.acfire.org
Ready to Quit Smoking?	1-800-QUIT-NOW	www.scdhhs.gov/health/chcdp/tobacco/quit-for-keeps/
Food Needs?	DSS- 1-800-616-1309 Salvation Army --(864) 225-7381 New Life Philadelphia Center -- (864) 224-4052 Good Neighbor Cupboard -- (864) 224-1701 Anderson Interfaith Ministries -- (864) 226-2273	https://dss.sc.gov/content/customers/food/foodstamp/index.aspx https://dss.sc.gov/Scmapp/default.aspx http://anderson_sc.suntopia.org/food_pamtr/ies.php

Supports for parenting?
Feeling Down, Depressed or Stressed?
Interpersonal Violence?
Ready to cut down substance use?

Little River's
Horry County
Pediatric
Resource List

Pediatric Resource List – Horry County		
Emergency	911	Local
Violence Prevention & Gun Safety	1-866-SPEAK-UP	National
Poison Control	1-800-222-1222	Palmetto Poison Center
Smoke Detectors	Horry County Fire Rescue 843-915-7061	Station 2 – LR 4371 Baker St. Station 32 – NMB 1002 6 th Ave. N.
Smoking Cessation	Quit line - 1-800-784-8669	SC
Food Assistance	Low Country Food Bank - 843-448-0341 Helping Hands - 843-399-0862	Myrtle Beach, SC Longs, SC
Child Abuse Reporting Hotline	843-915-4780 910-253-2185	Horry Co. Brunswick Co.
Suicide Hotline	1-800-922-2283	Tri-county
Teen Talk Line	1-800-852-8336	National
Counseling Services	Little River Medical Center 843-663-8035 Waccamaw Center for Mental Health 843-347-4888	Little River, SC Conway, SC
Family Support Services	The Center for Counseling and Wellness – Family - 843-663-0770 A Father's Place – Dads- 843-488-2923 Big Bro & Big Sis – Kids- 843-248-0164 Sea Haven – Teens- 843-213-1133	N. Myrtle Beach, SC Conway, SC Horry Co. N. Myrtle Beach, SC
Substance Abuse Treatment	Shoreline- 843-365-8884	Conway, SC
Alcoholics Anonymous	843-445-7119	Myrtle Beach, SC
Domestic Violence	Lifeline- 843-232-7055 National Hotline - 1-800-799-7233	Myrtle Beach, SC National
Court Order Protection	843-232-7055	Myrtle Beach, SC

SEEK
QTIP Monthly Call
November 2015

Parenting Programs

AGENCY/PROGRAM	DETAILS	LOCATION / CONTACT
FamilyCorps	Parent Support Groups Children and Youth Strengthening Family Program Child Abuse Awareness Prevention Training	Justice Works
Postpartum Support International (PSI) Warmline	Postpartum Support	
Parent Helpline	Family Support Services	
A Father's Place	Support Services for	
Parents Anonymous	Parent Support Center	
Pediatric and Parenting Websites	Discipline Articles and Activities Safe Media Parenting Tips Education and Advice Behavior Change	



List of Important Phone Numbers and Websites

CDC Poison Control	800-222-1222
Charleston Fire Department	843-720-1981
James Island Fire Department	843-762-5246
St. John's Fire Department	843-559-9194
Charleston County Food Stamps SNAP	843-953-9620
Charleston Medicaid 326 Calhoun St., Chas., SC	843-740-5900
Dept of Alcohol and other Drug Abuse Services	843-722-0100
Chas. County Domestic Violence My Sisters House	843-747-4069
Crisis Ministries Services	843-737-8357
Crisis Ministries Website	charlestonhomeless.org
Low Country Food Bank	843-747-8146
DSS for list of services and phone numbers-	843-953-9400
https://dss.sc.gov/content/about/contact.aspx	
Mental Health Center	
Charleston	843-852-4100
Dorchester	843-873-5063
Berkeley	843-761-8282
SC Tobacco QuitLine	800-784-8669
Dee Norton Children's Center	843-723-3600
Legal Aid (www.sclegal.org)	888-346-5592
Pro Parents	803-772-5688
Family Connections	800-578-8750
SC Protection and Advocacy	866-275-7273
Child Protective Services	843-953-9422
Suicide Hotline	800-273-8255
NAMI (National Alliance on Mental Illness)	800-788-5131
Mobile Crisis	843-414-2350 800-513-8379
Psych Urgent Care Center	843-414-2350
Open 7 days a week 8-6 pm, Walk-in ok during the week 2100 Charlie Hall Blvd. Charleston, SC 29412	

Upstate Food Pantries

Anderson:

Anderson Interfaith Ministries
1202 South Murray Ave
Anderson, SC 29624
(864) 226-2273

The Salvation Army

112 Tolly Street
Anderson, SC 29624
(864) 225-7381

New Life Philadelphia Center

700 E. Shockley Ferry Road
Anderson, SC 29624
(864) 224-4052

Good Neighbor Cupboard

313 South Towers St
Anderson, SC 29624
(864) 224-1701

Clemson:

Clemson Community Care

105 Anderson Hwy
Clemson, SC 296321
(864) 653-4460

Easley:

United Christian Ministries

303 Dacusville Hwy
Easley, SC 29640
(864) 855-0853

The Salvation Army- Pickens County

102 Stewart Dr
Easley, SC 29640
(864) 855-6408
5 Point Church Food Pantry
1600 East Main Street
Easley, SC 29640
(864) 442-6904

Please go to www.Suntopia.org to verify contact information, hours of operation, and any requirements.

Please contact United Way for other ideas: phone #211 or www.211.org

Pelzer:

Woodmont United Care Association
208 Washington Church Road
Pelzer, SC 29669
(864) 400-8077

God's Pantry- Pelzer

315 Davenport Road
Pelzer, SC 29669
(864) 963-4441

Pickens:

Pickens Presbyterian Church

311 W. Main Street
Pickens, SC 29671
(864) 878-9422

Greening House Ministries

319 LEC Road
Pickens, SC 29671
(864) 878-0102

Seneca:

Golden Corner Ministries Food Bank

365 Business Park Drive
Seneca, SC 29679
(864) 882-3610

Bethesda Ministries

13017 S Radio Station Road
Seneca, SC 29678
(864) 985-8771

Happily Ever
After is Not a
Fairy Tale.



It's a choice.

-Fawn Weaver

HappyWivesClub.com

Parental Resilience



What is it:

- Managing stress
- Functioning well

What does it look like?

- Faith
- Humor
- Supportive relationships
- Problem solving
- Flexibility

Social Connections



What is it?

- ...positive relationships that provide emotional, informational, instrumental and spiritual support

What does it look like?

- Having people you can call when you need an ear
- Having friends
- Having emergency contacts for your kids*

"I prefer to entertain people
in the hope that they learn,
rather than teach people
in the hope that they are
entertained."

Walt Disney

Walt Disney



Knowledge of Parent and Child Development



- Responding effectively to manage a child's behavior and
- Prevent frustration
- Notice when child's development is atypical

Positive Reframe

Negative Frame

Positive Frame

Bossy

Good director, Natural leader

Clingy

Affectionate

Fussy about food/clothes

Specific tastes, Strong sense of self

Naughty

Independent, Exploring boundaries

Nosey

Curious, Inquisitive

Not focusing

Processing Various Information

Spoiled

Needs clear boundaries, Loved

Tattletale

Seeks justice

Circle of Courage

GENEROSITY



INDEPENDENCE

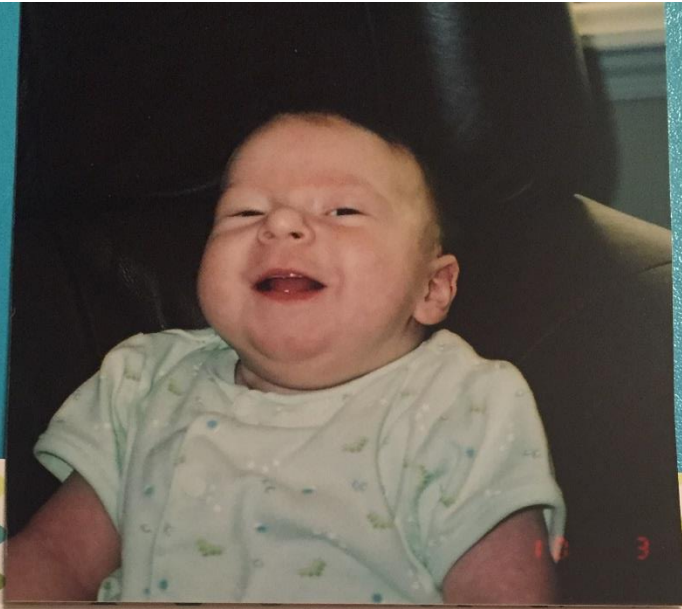


BELONGING



MASTERY

The Circle of Courage Philosophy: the Circle of Courage is a model of positive youth development described in the book *Reclaiming Youth at Risk*, co-authored by Larry Brendtro, Martin Brokenleg, and Steve Van Bockern. The model integrates Native American philosophies of child-rearing, the heritage of early pioneers in education and youth work, and contemporary resilience research. The Circle of Courage is based on four universal growth needs of all children: belonging, mastery, independence, and generosity.



When the
first baby laughed for
the first time, the laugh broke
into a thousand pieces and they all
went skipping about, and that was
the beginning of fairies.
— James M. Barrie



Social and Emotional Competence of Children

How to remember the 5 PROTECTIVE FACTORS that make your family strong.



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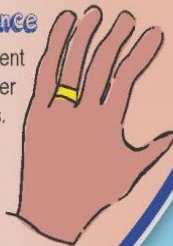
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stronger
strengthening families

- Nurturing and supporting interactions that help children handle feelings
- Secure attachment to caregiver
- Ability for children to communicate emotions



Charlevoix, Emmet
Northern-Antrim Counties



 Frustrated	 Embarrassed	 Sad
 Mad	This is how I feel today!	 Nervous
 Happy		 Proud
 Scared	 Loved	 Lonely

 EXHAUSTED	 CONFUSED	 ECSTATIC	 GUILTY	 SUSPICIOUS
 ANGRY	 HYSTERICAL	 FRUSTRATED	 SAD	 CONFIDENT
 EMBARRASSED	 HAPPY	 MISCHIEVOUS	 DISGUSTED	 FRIGHTENED
 ENRAGED	 ASHAMED	 CAUTIOUS	 SMUG	 DEPRESSED
 OVERWHELMED	 HOPEFUL	 LONELY	 LOVESTRUCK	 JEALOUS
 BORED	 SURPRISED	 ANXIOUS	 SHOCKED	 SHY

Children's Trust of SC:

Nurturing

Knowledge of Parent
and Child
Development

The magic is as wide as a smile
and as narrow as a wink, loud as
laughter and quiet as a tear, tall
as a tale and deep as emotion. So
strong, it can lift the spirit. So
gentle, it can touch the heart. It
is the magic that begins the
happily ever after.

Walt Disney

Walt Disney
happily ever after

ACCESS TO HEALTHCARE



Is always a strength.



H Hope

E Empathy

L2 Language

Loyalty

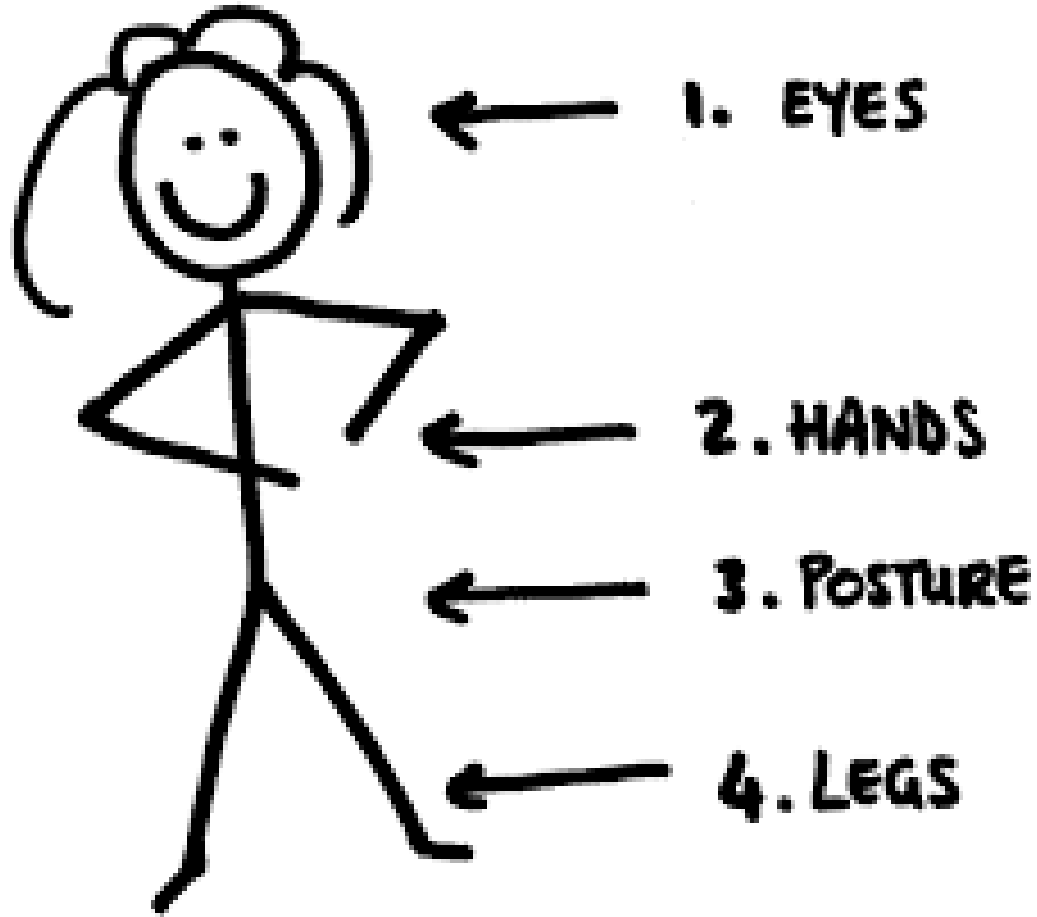
P3 Permission

Partnership

Plan



Body Language



Voice

"I didn't **SAY** you were stupid."
"I didn't say **YOU** were stupid."
"I didn't say you were **STUPID**."

