“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

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To see our video and learn more about Resiliency visit:
www.ResiliencyOhio.org

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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

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

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.

“Young 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