**RESILIENCE PROJECT**



**BASIC INFORMATION FOR FAMILIES**

**WHAT IS THE RESILIENCE PROJECT?**

The purpose of the Resilience Project is to bring together a team of people who can help children and young adults (under age 24) who have experienced some sort of stress or trauma . The Resilience Project partners with the family, foster family or other caregivers so that everyone can work together to help the young person heal and grow – and the caregivers can get the support they need to get strong and stay strong.

**WHAT IS RESILIENCE? WHAT DOES IT MEAN?**

Resilience means the ability to adapt – to bounce back – after something difficult has happened. All project activities are focused on building up five resilience factors that make a positive difference along a healing journey. Focusing on these five things helps heal the past and build a good future. The project helps youth and families:

1.) Build positive connections with safe adults

2.) Grow a sense of belonging in the family, school, and neighborhood

3.) Develop external supports –for example: friends, faith, a spiritual practice

4.) Build self-esteem and a sense of feeling good about myself

5.) Grow voice and choice about big and small things in life

**HOW DID THE RESILIENCE PROJECT GET STARTED?**

The Resilience Project began in 2013 with a grant award to Hamilton CountyDD Services from Ohio Mental Health and Addiction Services and the Ohio Department of Developmental Disabilities.  In 2017, the project expanded and Greater Cincinnati Behavioral Health (GCBH), a long-time grant partner, became the project administrator. Other partner agencies include Child Focus, Inc., Clermont and Hamilton County Boards of Developmental Disabilities, Clermont and Butler Family and Children First Councils, and HOPE Community Center.

**WHAT BENEFITS DOES THIS PROJECT BRING TO FAMILIES?**

* **Get everyone on the same page:** Staff from all the agencies that support the young person get training and support to understand the person’s past and plan ways to help the person heal and grow. The project helps all staff and caregivers learn and use the same set of positive approaches.
* **A Peer Support Partner (PSP):** This person helps the caregivers build resilience and lessen the impact of the stress that the caregiver and family have experienced. The PSP meets regularly with the caregiver at a time and place that works for both. The PSP helps the caregiver bring his/her voice to the team table.
* **A Resilience Worker**: This person connects the person with people and places that build resilience factors.
* **A trauma-trained therapist**: This person supports trauma recovery in individual therapy sessions.
* **A whole team**: including the person and family, gather monthly to learn from one another about what’s working and what needs further attention so that they young person can heal and grow.

**WHAT IS EXPECTED OF FAMILIES?**

Families are central to the young person’s healing and growth.  As a key partner in the project, families can:

* Bring ideas and experiences to the tabble
* Help the young person use the ideas and approaches created by the whole team.
* Meet regularly with the Peer Support Partner (PSP).
* Attend monthly team meetings, or work with the PSP who can bring the family ideas to the table.