




**Center for
Childhood
Resilience**

Resilient Kids. Stronger Communities. Brighter Futures.

 Ann & Robert H. Lurie
Children's Hospital of Chicago

Resilience and Relationships: A Recipe for Success and Well-Being

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Resilience and Relationships



Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial stressors. It means “bouncing back” from difficult experiences.



American Psychological Association

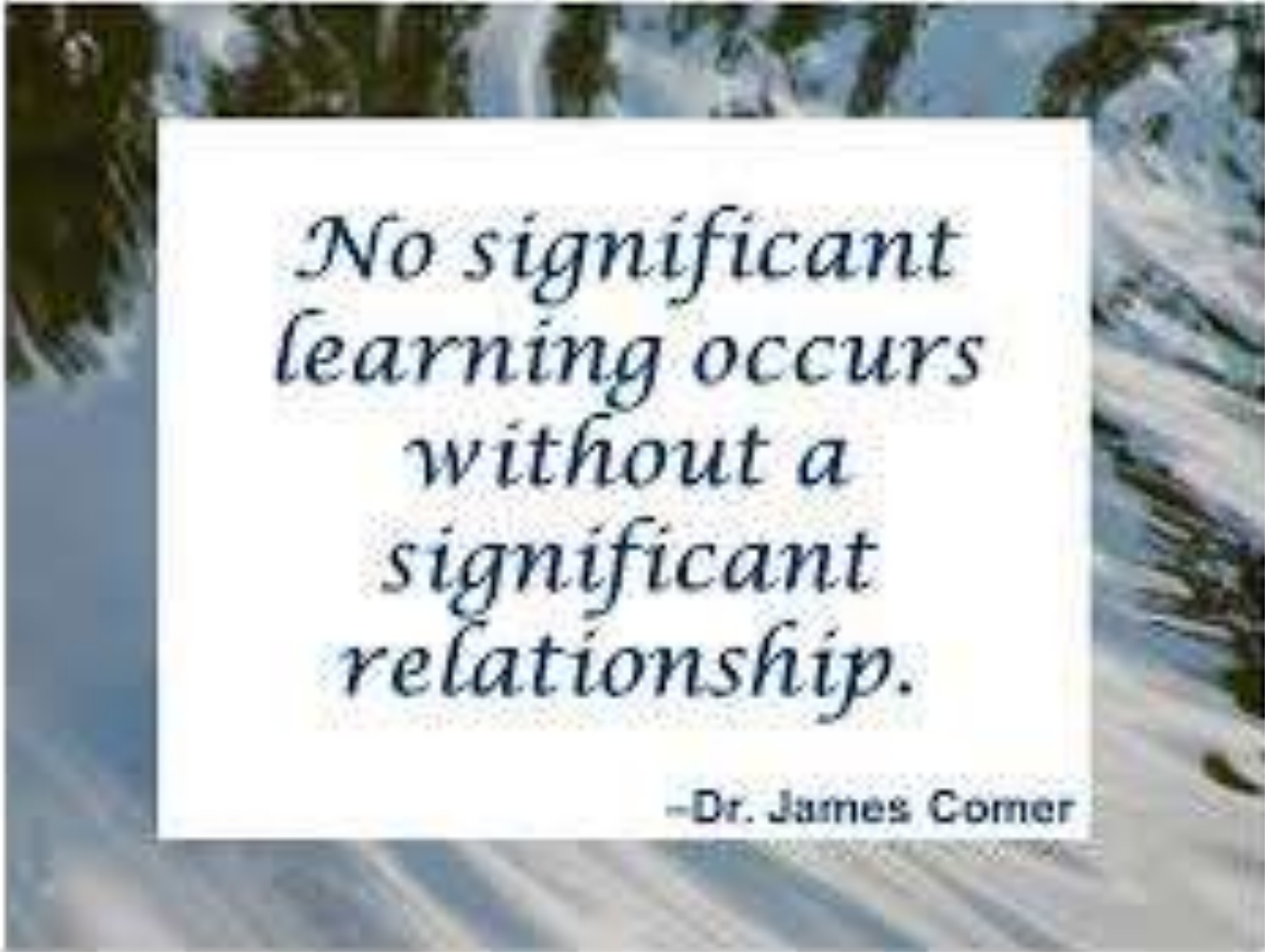
SSNRs - safe, stable, nurturing relationships

Critical to mitigating the effects of child maltreatment and promoting healthy habits and lifestyles

- Number, quality, & stability of relationships is a strong predictor of resilience

Center for Disease Control and Prevention

Featured films are the results of years of scientific study combined with the experience of years.



*No significant
learning occurs
without a
significant
relationship.*

-Dr. James Comer

Healthy Relationships

- Less Stress
- Better Healing
- Healthier Behaviors
- Greater Sense of Purpose
- Longer Life

Northwestern University Hospital





**What interferes with our
capacity to build healthy
relationships?**

What is Trauma?

The 3 Es

An emotionally painful or distressing
event

The **experience** of the event induces
an abnormally intense and prolonged
stress response

The event and experience of the event
result in lasting physical & mental
effects

Types of Trauma

- **Extreme Acute Event**
Examples: car accident, assault, natural disaster
- **Chronic Stressful Events**
Examples: abuse, violence, poverty, historical, systemic

Childhood Traumatic Grief

- Typical grieving process is complicated if the death was traumatic

Child Trauma Prevalence

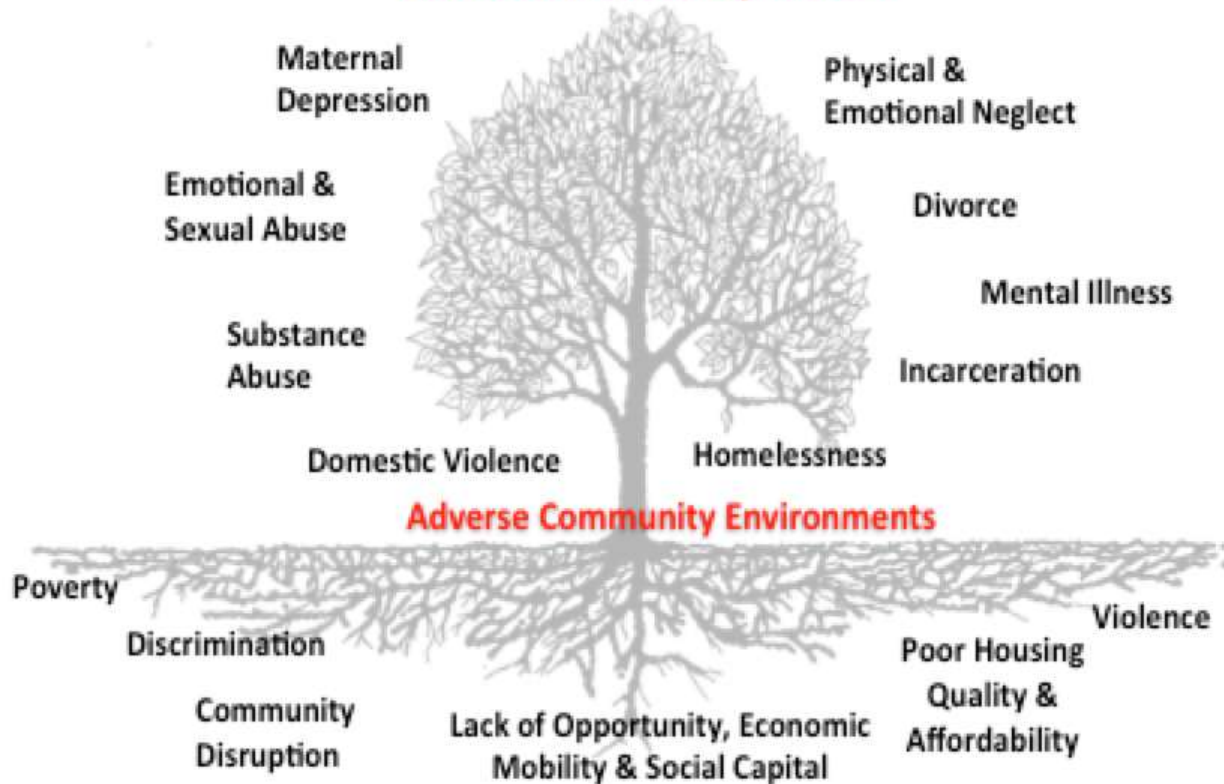
50% of the nation's children have experienced **at least one or more** types of serious childhood traumas.

National Survey of Children's Health, 2013

Adverse Childhood Experiences

The Pair of ACEs

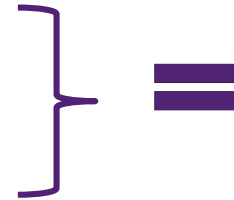
Adverse Childhood Experiences



Results of the ACEs Study

1. ACEs are common

- 26% experienced 1 ACEs
- 15.9% experienced 2 ACEs
- 9.5% experienced 3 ACEs
- 12.5% experienced 4 or more



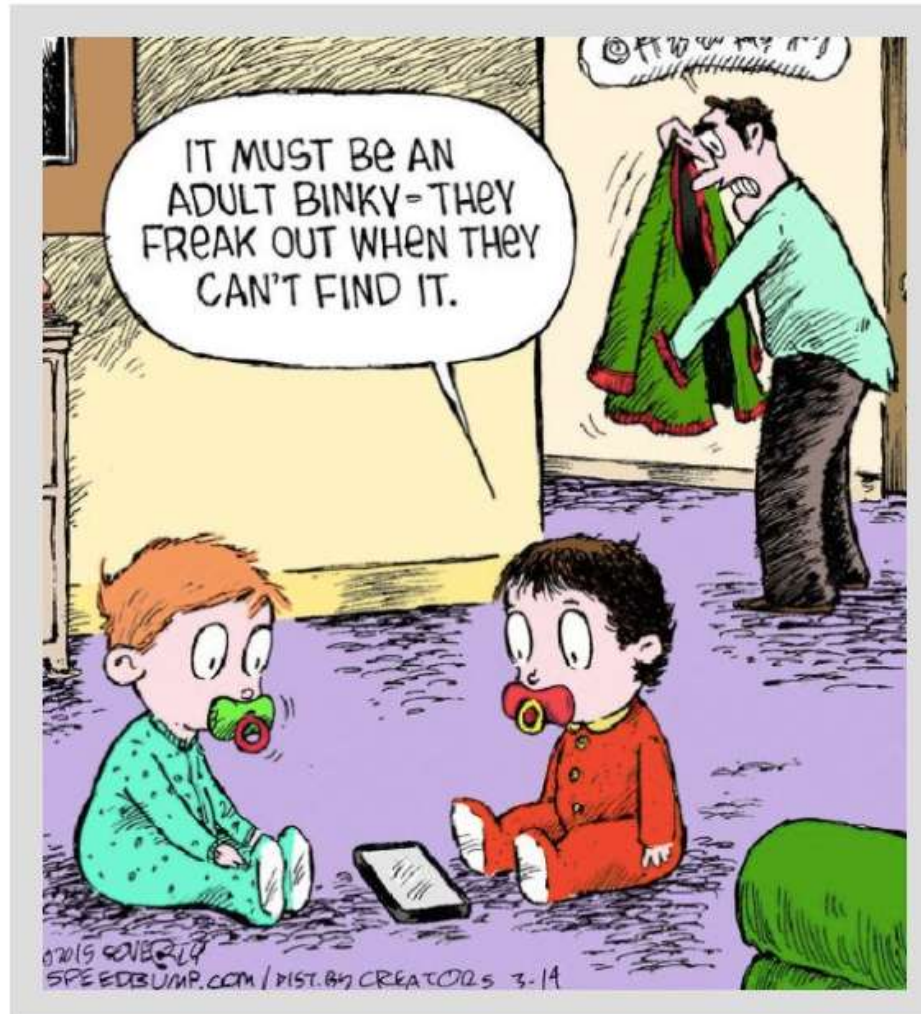
63.9% had
at least
one

2. ACEs occur together

3. ACEs are powerfully predictive of adult outcomes

Same pattern of results found when study has been replicated with people of diverse backgrounds

Impacts of Trauma



Fight, Flight or Freeze Response

FIGHT



FLIGHT oohlala!



FREEZE





What can we do?

Components of Trauma-Informed Care



Self-Awareness



kazzah69 • 10h

Had a gossiping coworker who would constantly go on lengthy tirades and run people down behind their backs

After doing so she would always finish with

“Well,... whatever. It’s got nothing to do with me. I mind my own business and keep my mouth shut!”

Self-Management



Social Awareness



"I want, I want, I want"! Do you know how many people are starving in this world?"

Relationship Skills



Building Healthy Relationships That Work



Responsible Decision Making

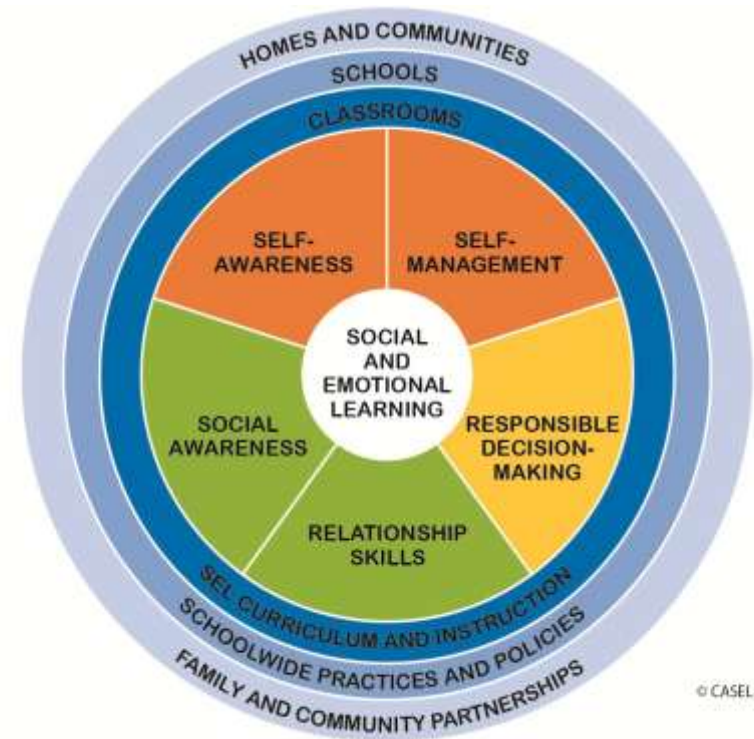


“What was the decision making process that led to hiring a cat?”

Social and Emotional Learning

A **process** through which children and adults learn to:

- understand and manage emotions,
- set and achieve positive goals,
- feel and show empathy for others, establish and maintain positive relationships, and
- make responsible decisions.



Taking care
of your mind &
thoughts

Taking care of
your physical
health & body

Self-Care

Increasing your
own well-being through self-
care behaviors

Taking care
of your spiritual
health

Taking care of
your emotions

ABCs: Refresh, Renew, Refocus



The Center for Childhood Resilience

For more information...

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