

## Resiliency Components: What Youth and Families Report They Need

Resiliency Components	Child/Youth	Family
<b>Validation</b>	<ul style="list-style-type: none"> <li>• Feeling &amp; being valued and important</li> <li>• Belonging; “I’m OK”</li> </ul>	<ul style="list-style-type: none"> <li>• Validating adequacy;</li> <li>• Appreciation of family’s situation</li> </ul>
<b>Basic Needs, Safety, &amp; Services</b>	<ul style="list-style-type: none"> <li>• Emotional and physical safety</li> <li>• Written safety plan</li> <li>• Available and responsive support</li> <li>• Help with basic needs</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional and physical safety</li> <li>• Written safety plan</li> <li>• Available and responsive support</li> <li>• Help with basic needs</li> </ul>
<b>Sanctuary</b>	<ul style="list-style-type: none"> <li>• Internal &amp; external safe places &amp; people</li> <li>• Respite</li> <li>• Calming place</li> </ul>	<ul style="list-style-type: none"> <li>• Respite</li> <li>• Support</li> <li>• Rejuvenation</li> </ul>
<b>Supportive Connections</b>	<ul style="list-style-type: none"> <li>• Supportive &amp; nurturing family</li> <li>• Strong cultural identity &amp; ethnic pride</li> <li>• Faith connection</li> <li>• Positive peers</li> </ul>	<ul style="list-style-type: none"> <li>• Strong cultural identity &amp; ethnic pride; Faith connection</li> <li>• Supportive &amp; nurturing family/extended family</li> <li>• Advocate/public relations/ ambassador for youth</li> </ul>
<b>Hope &amp; Optimism</b>	<ul style="list-style-type: none"> <li>• Empowered &amp; self-determined life</li> <li>• Encouragement; self-esteem</li> <li>• Confidence; I believe in me &amp; that I can</li> <li>• “I have a future”</li> </ul>	<ul style="list-style-type: none"> <li>• Survival as hope</li> <li>• Little victories</li> <li>• Time as an ally</li> <li>• Knowing my child has a life and a future;</li> </ul>
<b>Contribution &amp; Participation</b>	<ul style="list-style-type: none"> <li>• Active &amp; meaningful involvement</li> <li>• Service orientation</li> <li>• Opportunities to lead &amp; give back</li> <li>• Participation in regular community activities, functions</li> <li>• Helping others (peer to peer)</li> </ul>	<ul style="list-style-type: none"> <li>• Tangible supports (transportation; child care)</li> <li>• Flexible rules and acceptance: parent as knowledgeable/expert</li> <li>• Helping others (family to family); voice and choice</li> </ul>
<b>Self Wisdom &amp; Self-Acceptance</b>	<ul style="list-style-type: none"> <li>• Emotional proficiency</li> <li>• Self-regulation &amp; control</li> <li>• Self-awareness</li> <li>• Good decision making</li> <li>• Emotional mastery</li> <li>• Self-efficacy</li> <li>• Self knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing when to “hold them” and “when to fold them”</li> <li>• Balance</li> <li>• Practical fitting</li> <li>• Expert on youth and family</li> </ul>

## Resiliency Components: What Youth and Families Report They Need (Con.)

Resiliency Components	Child/Youth	Family
Competencies	<ul style="list-style-type: none"> <li>• Training/education (social skills; skills)</li> <li>• Awareness, knowledge</li> <li>• Appreciation and awareness of talents, strengths; (feel good about self)</li> <li>• Opportunities for expression</li> </ul>	<ul style="list-style-type: none"> <li>• Social outlet/ social circle/ social network</li> <li>• Training/education (skills; awareness; knowledge)</li> <li>• Coping; managing</li> </ul>
Justice	<ul style="list-style-type: none"> <li>• Advocacy voice in the system</li> <li>• Youth &amp; family driven (equity in accessing services)</li> <li>• Knowing rights</li> <li>• Accommodations for our disabilities</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing our rights: ADA; IDEA</li> </ul>
Expectations and accommodations that maximize success	<ul style="list-style-type: none"> <li>• Individualized expectations</li> <li>• Uniqueness embraced</li> <li>• Individualized; reasonable</li> <li>• Voice/choice/ wants</li> </ul>	<ul style="list-style-type: none"> <li>• Voice/choice/wants</li> <li>• Quality supports that assist us in maximizing functioning</li> <li>• “Making it” versus “thriving”</li> <li>• Reasonable &amp; realistic expectations for parents/parenting youth with SED</li> </ul>
Courage & Confidence	<ul style="list-style-type: none"> <li>• Support when I voice my opinion</li> <li>• Self-Confidence: Strong will</li> <li>• Wisdom</li> <li>• Faith: believe in something &amp; belief in myself</li> <li>• Meditation, sanctuary</li> <li>• Family, friends, teachers’ support</li> </ul>	<ul style="list-style-type: none"> <li>• Supporting me in standing up for my child and my family</li> <li>• Having others stand with me</li> <li>• Standing up for others</li> <li>• Having confidence in what I already know</li> </ul>
Sense of Meaning and Joy	<ul style="list-style-type: none"> <li>• Having fun</li> <li>• Life purpose</li> <li>• Sense of humor</li> <li>• Time to play</li> <li>• Laugh and enjoy yourself</li> <li>• Special interests: music; videogames, friends, internet, family; pets/animals; food; cell phones</li> </ul>	<ul style="list-style-type: none"> <li>• My son will have a meaningful life - <i>not if but when</i></li> <li>• To find joy in simple things and little victories</li> <li>• Finding the lighter side of things</li> <li>• Appreciating the differences in my child</li> <li>• Opportunities to play with my child;</li> <li>• Schedule or plan activities to give us something to look forward to</li> <li>• Celebrating successes and milestones</li> <li>• Seeing them build on their strengths and recognizing their strengths and contributions</li> </ul>