

Our Kids Are Not Broken!! They Are Sacred Beings

Part II

The Importance of Resilience in Overcoming Adversity and Restoring Balance

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OJJDP



Behavioral Change 101

The Five Steps of Behavioral Change

1. Awareness
2. Motivation
3. Skills
4. Trial and error
5. Maintenance

Behavioral Change 101

(What they're missing)

What is “Success”?

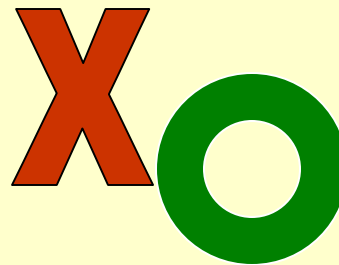
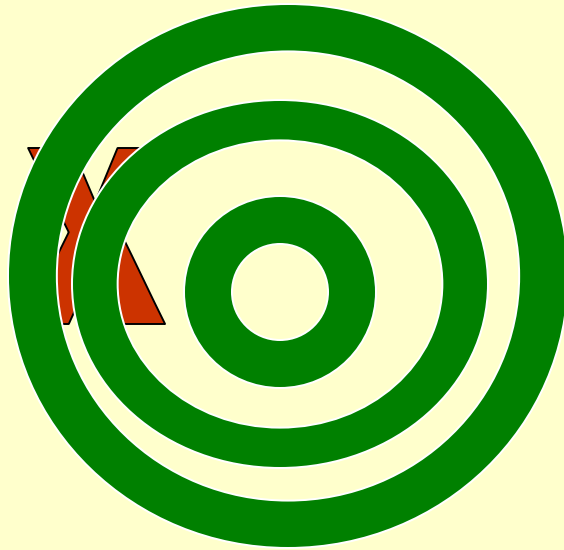
What about *Inter*Dependence?

Demoralization

Confidence gets it started . . .

**. . . and shame paralyzes all
efforts**

Finding Competence Building Confidence



Competence

Learning Not to Undermine Competence

- Allowing Mistakes
- Talking in a way ALL young people understand
- Recognizing the cognitive development of adolescence
- Recognizing how a traumatized person thinks
- No more lectures!!!!!!

Control

We are the borders

We are the picture on the box

The World Happens to Me

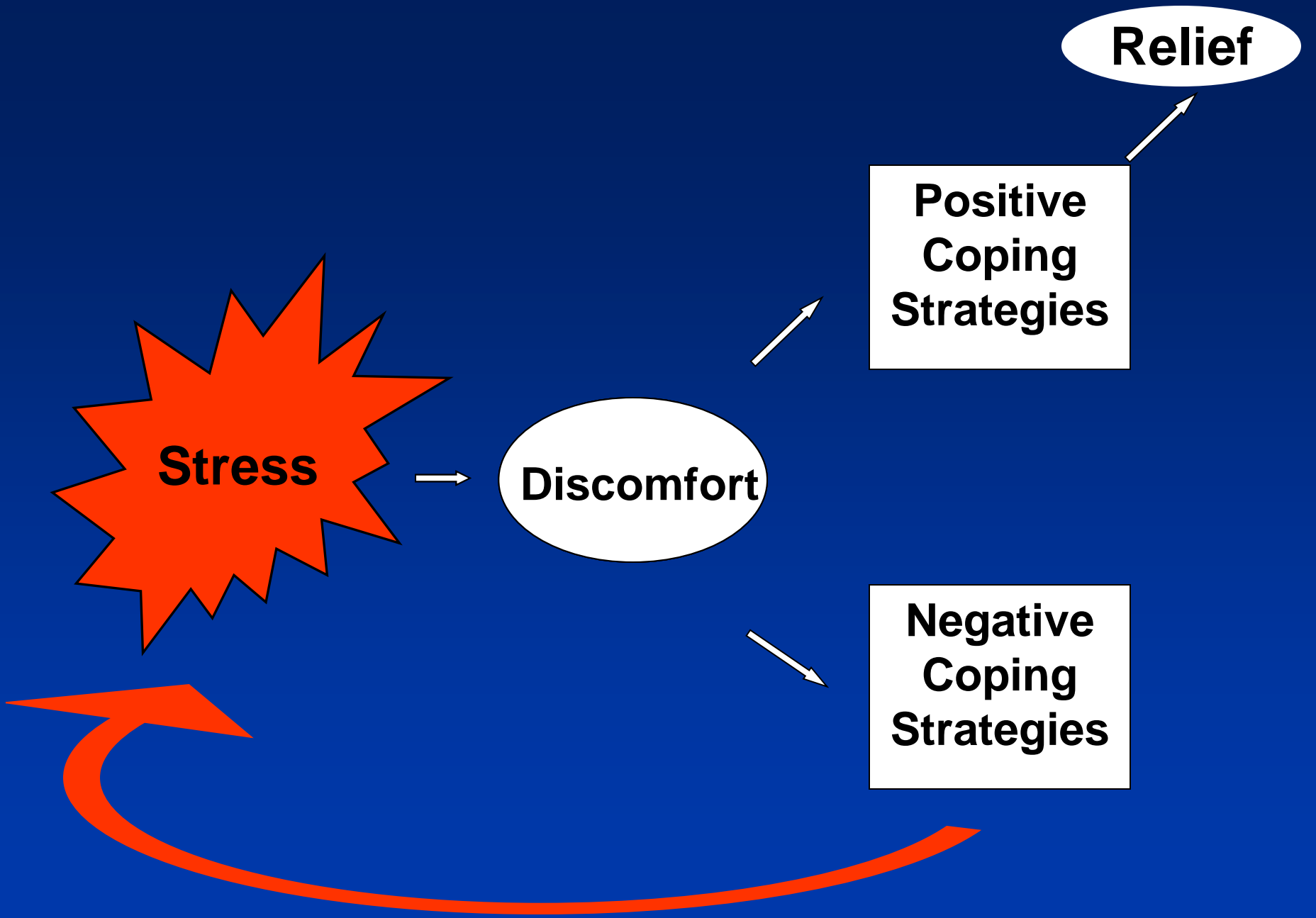
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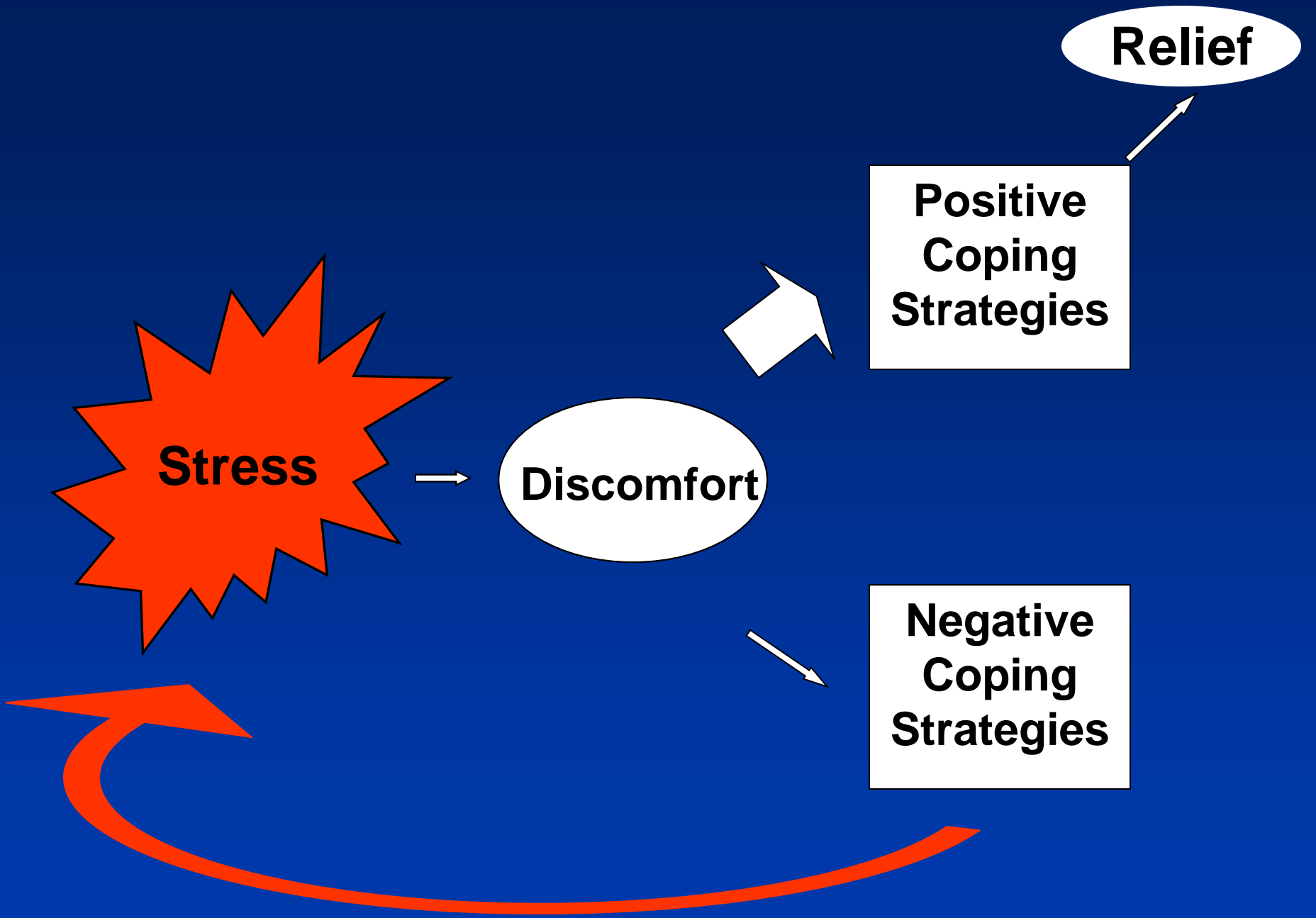
I Control My Destiny

Coping

Resilience

- Is about learning to cope, in a positive way with life's inevitable stressors
- We might do our greatest good by raising youth with a wide repertoire of positive coping strategies





**Distinguishing Paper Tigers from Real
tigers**

**Knowing When Bad Things are
Temporary**

**Knowing When Good Things are
Permanent**

Coping

Engagement vs. Disengagement

Emotion Focused vs. Problem Focused

Questions & Answers

**Webinar Part III:
Date, Time**

**Follow-up Conference Call
Date, Time**