



A Common Voice

Resiliency...

The key is to Survive & Thrive!

Parenting children/youth with significant mental health and or extreme behaviors requires specific skills that differ from the average Parenting experience. Skills that focus more on ourselves and how we react or respond to the behaviors that our children present and/or to the challenges they bring into our daily living. Resiliency is a inward characteristic that is directly linked to how a person thinks about a situation, or a challenge, and how they problem solve and move towards a solution or adapt to a difficult life experience. Resiliency is the ability to overcome adversity, bounce back from setbacks and to thrive under extreme ongoing pressure without acting in dysfunctional or harmful ways. Resiliency allows each of us to recover from traumatic life experiences and become stronger, better, and wiser people! You might wonder how does a person learn to become resilient and how do we find ways to have things work out better in our lives? First of all, appreciating that you are a survivor rather than a victim, and that you can find new ways to have things work out well, rather than blame another person or view your circumstances as hopeless. Resiliency starts by building your own self-reliance (confidence in yourself and your abilities). Developing a strengths profile to capture all the positives traits about yourself, is a way to SEE you in a new way! (and can shape the way we view our children and family). Secondly, learn new skills that teach and model ways to communicate more effectively with others; how we talk to ourselves directly affects how we talk with and to others. This will help in all of our interactions with our kids, family, schools, and any other child serving system. Thirdly, practice problem solving any situation with a win-win attitude. You may need extra help in this area. Most people either avoid conflict or are not aware how to resolve conflict peacefully. This is most difficult when emotions and behaviors are elevated or out of control. Finally, in working with parents, many people aren't even aware of how resilient they actually are!!! And our kids; they are resilient too!

PLANTING SEEDS OF HOPE FOR SCENARIOS OF HOPE

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CONTACT US

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ASK FOR A PARENT SUPPORT PROVIDER

A Common Voice offers

- Resiliency support:
 - Strengths profile
 - Healthy Boundaries
 - Self Care Wellness
 - School Advocacy
 - Lived Experience
 - Build supports
 - Parenting Strategies
 - Tool Box
 - Organize it All



Conflict:
For lack of wood
A fire goes out!

OPTUM Health
Pierce RSN
1.800.576.7764
24/7 response

Qualities of Resiliency:

- Be curious; ask questions
- Allow yourself to make a mistake
- Have a sense of humor
- Constantly learn from your experiences
- Ponder what you will do next time
- Learn to adapt quickly
- Be mentally and emotionally flexible
- Think good about yourself and gain confidence
- Recall past successes!
- Develop healthy relationships and friendships
- Build your own network of supports & allies
- Expect things to work out; look for the good
- Practice empathy; be open to another point of view
- Acknowledge and listen to your own intuition
- Adopt a win--win attitude in conflict
- Express feelings calmly and honestly
- Gain wisdom as you age
- Share positive lessons with others
- These are some of the characteristics of **resiliency!**

Components of Recovery & Resiliency:

- Strengths
- Self Directed
- Individualized--
- Person Center
- Peer Support
- Non--Linear
- Respect
- Holistic
- Responsibility
- Empowerment
- HOPE

Ombudsman 253.798.6123 or toll free 1.800.531-0508

Mental Health Ombudsman is a free and confidential service to help you when you have a concern about your mental health services or feel your rights have been violated. The Ombudsman service will help you resolve your problem at the lowest possible level. The Ombudsman service can also help you when your complaint is not resolved and you need to file a grievance, appeal, or an administrative hearing.

Do Kids recover?

Children can and do recover. Recovery looks as unique as the person who is recovering! What does recovery really mean? Recovery means that people can live productive, positive, and purposeful lives even if they have a mental health diagnosis. People need support, empowerment, and education about themselves and the services they may need. Parent Support Providers offers Parents emotional support as they travel down the road of acceptance. Empowerment along the journey to know what and how to ask for what may meet their child and/or family needs.

A Common Voice offers to Parents specific education about daily coping skills, parenting tips and strategies, advocacy and navigation of systems and services. Parents may need to be linked to a community that understands and appreciates the uniqueness of their child and how to best work with that child. Parents that learn to say less in chaos, who have learned to identify what is a true crisis situation, who have a family safety plan, and who have learned to shift their focus towards seeing their child's strengths and abilities; do better! Children/youth can experience recovery!

Our KIDS are living proof!!!

PARENT EDUCATION WORKSHOPS	JANUARY	FEBRUARY	MARCH	APRIL
Workshops locations and times vary visit www.acommonvoice.org for event calendar ! Free Admission No Childcare	POWER PACKET Creating a Strengths Profile	BUILD A TEAM Introduction to Wrap Around	BOUNDARIES What's Yours?	" T E X T " Tools for Extreme Teens!