Head Up, Bounce Back

Resilience in **YOUth**

Presented By:

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Youth M.O.V.E. Philadelphia
We are Youth MOVE Philadelphia. We work under the City of Philadelphia’s Department of Behavioral Health & Intellectual disAbility Services (DBHIDS) – *Community Based Services Development Unit*. We are Youth Advocates for Children’s Behavioral Health.
Youth *M.O.V.E.* Philadelphia

Chapter of Youth *MOVE* National since October 2009

*M.O.V.E.* = *Motivating Others through Voices of Experience*
1. **To promote and support youth resilience** – promoting and supporting the social, emotional, and physical well-being of all children and young people.

2. **To end mental health stigma** – especially amongst our peers, by promoting mental hygiene. That means taking good care of your mental health the same way that you would take care of your personal hygiene issues like cleanliness.

3. **To serve as youth advocates**, “peer educators”, role models, and leaders in our communities.
LET'S GET STARTED!

• Our 1st Major Goal:

RESILIENCE
Resilience

• Definition: bouncing back from adversity, hardship, trauma, or illness stronger and smarter than before.

• “What doesn’t kill you, makes you stronger”

• Lasts throughout our life span

• It’s for individuals, families, communities, even a nation!
RESILIENCE - bouncing back

• **Life can be tough!**
  
  • Sometimes, it’s a real struggle to stay balanced or focused.
  
  • That’s when we need the strength, ability, and resources to overcome the hard times.
  
  • Turn crisis or trauma into a *challenge*, one that you can win with the right tools.
RESILIENCE TIPS  MAYOCLINIC 2008

TIPS FOR RESILIENCE & BOUNCING BACK FROM HARD TIMES.
THINK OF THESE TO HELP YOU HANDLE BAD SITUATIONS.

• **GET CONNECTED** – build strong, positive relationships; people who listen and support you

• **USE HUMOR & LAUGHTER** – humor helps you cope and stay positive; it’s not about denying that the situation is serious

• **LEARN FROM EXPERIENCES** – remember the past, both the bad and the good; what can you do differently?
• **REMAIN HOPEFUL & OPTIMISTIC** – if you can’t change it, don’t worry about it; focus on what you can change and what you have changed; expect good results

• **TAKE CARE OF YOURSELF** – be good to yourself; focus on your own physical and emotional needs

• **ACCEPT & ANTICIPATE CHANGE** – be flexible; when you expect change, it’s easier to deal with when it happens

• **WORK TOWARD GOALS** – when we accomplish things, we feel good about ourselves. That’s positive self esteem. Try to keep it simple

• **TAKE ACTION** – don’t just sit there, do something!
• **LEARN NEW THINGS ABOUT YOURSELF** – focus on the past only if you’re willing to be constructive, not destructive. Instead of being the victim or beating yourself up, focus on what you’ve learned about yourself and turn it into something positive.

• **THINK BETTER ABOUT YOURSELF** – give yourself credit for hanging in there; be proud and believe that you will not only survive, but grow stronger from your experiences (because you will).

• **MAINTAIN PERSPECTIVE** – don’t get carried away thinking about how bad things are; think of the future and know that things can and will improve if you work at it.
THE 7 RESILIENCIES

Drs. Steve & Sybil Wolin

• **Insight** — *ASK TOUGH QUESTIONS*
• **Independence** — *BEING YOUR OWN PERSON*
• **Relationships** — *TRUST & CONNECT WITH PEOPLE WHO MATTER*
• **Initiative** — *TAKING CHARGE*
• **Creativity** — *USING YOUR IMAGINATION*
• **Humor** — *FINDING WHAT’S FUNNY*
• **Morality** — *DOING THE RIGHT THING*
INSIGHT

ASKING TOUGH QUESTIONS
INDEPENDENCE

BEING YOUR OWN PERSON
RELATIONSHIPS

TRUST & CONNECT WITH PEOPLE WHO MATTER TO YOU
INITIATIVE

TAKing CHARGE!
USE YOUR IMAGINATION
MORALITY

DOING THE RIGHT THING!
Using the 7 Resiliencies

• This is where the *determination* & *endurance* play an important role.

• Resilience is our attempt to get as close as we can to social and emotional well-being during tragedy, trauma, or difficult times.

• Make the decision to fight through those tough times, using the *7 Resiliencies* & the *Resilience Tips*.
Resilience

Resilience IS:
• About taking *action* – *taking on life’s challenges*
• About getting support from others
• About learning from life’s challenges
• About believing you can cope
• About getting up when you fall down
• About maintaining healthy social, emotional, and physical well-being

• It’s about recognizing your *strengths*
What are some of **YOUR** strengths??
OUR 2\textsuperscript{ND} MAJOR GOAL!

FIGHTING

MENTAL HEALTH

STIGMA
STIGMA MEANS ...

- A MARK OF SHAME
- DISGRACE
- OR, SOCIOLOGICALLY UNACCEPTABLE
Fighting Stigma

HOT TOPIC:
• Fighting mental health stigma is a very important part of Youth M.O.V.E.'s Mission. The “fight” includes educating our peers with the facts about mental health and encouraging them to get help when they need it. It also includes awareness of using “stigma words” like “emo”, “nuts”, or “retard”. Most of us are guilty of using these words, which can be quite hurtful. These words also foster an attitude that mental health and mental illness issues are something to laugh at or be ashamed of.
Stigma can discourage people from getting the treatment needed to address some serious problems. More importantly, stigma can also keep us from focusing on our daily mental health, as it’s something we generally do not talk about until there is a problem. Because of Mental health stigma, people with mental illness are often treated differently, with NO respect.
The history of stigma can be traced back to when there was very little known about the mind and how it works. Unfortunately, some stigma remains today, even with a great deal of information about the physical and psychological workings of the brain.
Speak Up! Stand Up!

- Resist Mental Health Stigma
- Be a part of the solution, not the problem
- Avoid STIGMA WORDS
- Treat EVERYONE with RESPECT!
- Talk to your friends and family about the problems with STIGMA – how words can HURT!
- **YOUTH ADVOCACY** - support youth issues
THE 3rd GOAL IN OUR MISSION

YOUTH ADVOCACY
YOUTH ADVOCACY

• Join youth advocacy / support groups, like Youth M.O.V.E. Philly

• An *advocate* is someone who supports, promotes, represents, or speaks for someone else or a specific issue. In this case, the *someone* is any child, youth, or young adult. The issue, of course, is mental health. Therefore, our youth members speak for, support, and promote the mental health of youth. That’s our version of youth advocacy.
How do we do it?

- Our Youth Advocates (also known as Youth Leaders) not only do behavioral/mental health presentations and workshops, but we also participate in planning meetings and advisory board meetings – usually attended by adults only. That’s how our members *truly* add a “youth voice” to Philadelphia’s system of children’s behavioral health.

*Our voices are heard!*
By the Way ...

• Do you know the difference between mental health and mental illness?
Many adults don’t know

- Mental illness refers to the disruption of thoughts, mood, or behavior. It often includes abnormal behavior and indicates difficulty in successfully adjusting to life’s challenges. In other words, we need help.
- This is very common, BUT, the good news is... there’s lots of help available!
Mental Health

• **Mental health** refers to our state of mind. How “healthy” is it? It means focusing on our psychological well-being (that’s how we are functioning, mentally) and how well do we adjust to or handle ordinary/typical life issues.

• How well do we **cope**?
Talking about mental health does not mean that we have NO problems to talk about; but, we can talk about how well we are handling or coping with those problems.

**BEING RESILIENT is GOOD MENTAL HEALTH!**

*That's why it's important to learn how to ...*
Keep your Head Up & Bounce Back from trauma, adversity, and hard times
AGREE VS. DISAGREE

- Question & Answers Review Game
Agree vs Disagree

Tell us what you think!
Agree or Disagree

- After reading each statement carefully, show your opinion by letting us know if you agree or disagree with that statement.
- Choose a side!
- NO IN-THE-MIDDLE CHOICE
- For some statements, there is no right or wrong answer. BUT, for others, there is a clear correct answer.
Sample Statement:

AGREE OR DISAGREE
Winter time is the best season of the year.

Make your choice.
Agree or Disagree

In the name Youth M.O.V.E. Philadelphia, MOVE stands for:

Motivating Others with Loud Voices and Energy!
Agree or Disagree

Youth M.O.V.E. Philly’s 3 Major Goals are:
1. Promote youth resilience
2. Fight against mental health stigma
3. Make as much money as possible and give it to our Youth Coordinator
Agree or Disagree

*Resilience* means bouncing back from trauma or adversity, stronger and smarter than before.
Agree or Disagree

Resilience is for individuals only!
Agree or Disagree

Today’s presentation covered the “8 Resiliencies”.

Agree or Disagree

I can list ALL 6 of the “7 Resiliencies”.

We just wanted to see if you’re still paying attention!
Agree or Disagree

Mental health stigma means showing respect for people with a mental illness.
Agree or Disagree

There is **NO** difference between *mental health* & *mental illness*. They mean the same thing.
Agree or Disagree

Okay, so we know mental health stigma is a bad thing. But, it **doesn’t** really harm anyone. *What’s the problem?*
Agree or Disagree

Being resilient is good mental health!
Agree or Disagree

I can briefly describe how I’m currently being resilient.
THE END

• QUESTIONS?
• COMMENTS

THANKS FOR YOUR PARTICIPATION!
CONTACT INFORMATION

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