Be the One: Building Resilient Children & Families

Presenters:
- Pam Leo (Book Fairy Pantry Project);
- Barrett Takesian (Portland Community Squash);
- Brittney Sampson (Westbrook Neighborhood Hub)

Moderator:
Barrett Wilkinson (Portland Public Schools)
Overview

• We want to hear from you! Share your questions or thoughts in the chat box which you can click on the top of your screen. We’ll check-in after each presenter.

• Trouble hearing the speaker? Please note this in the chat box and someone will troubleshoot with you individually.

• A recording of the webinar will be made available and emailed to you within 24 hours.
Understanding Trauma: Not all “stress” is the same!

- **Positive**: Mild, temporary response to normal challenges
- **Tolerable**: Serious but temporary, buffered by support
- **Toxic**: Constant, serious, insufficient or absent support

Positive stress helps us grow, but toxic stress = trauma
Resilience

...is the capacity to overcome adversity.

It doesn’t shield us, but is the way we bounce back (survive, thrive and heal).
Resilience Building In Context

• Reframe with resilience:
  ▪ What are their values?
  ▪ Where are their successes?
  ▪ What is working well?
  ▪ What are their core strengths?
  ▪ Are my interactions with them helping to promote their resilience?
  ▪ What can I improve on in my practice?
"We don’t always have the power to prevent childhood trauma, but we all always have the power to provide positive childhood experiences."

Pam Leo
Pam Leo
Founder
Book Fairy Pantry Project

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Questions?

Send questions in the chat box at the bottom or top of your screen.
Portland Community Squash
Building community, one inclusive space at a time.
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“Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult. The power of that one strong adult relationship is a key ingredient in resilience…”

Thank you for joining us!