

Small Group Discussion

In your groups, discuss the Resiliency film and how this information impacts our work with children and families. Discuss what you see emerging in your programs and communities as it relates to this topic. Data from the Kindergarten Readiness Assessment and the Early Childhood Mental Health program have been provided for your group to review. Discuss how the information we received today is impacting these data. Use the following questions to guide your discussion.

Resilience Definition –

Resilience is the ability to thrive, adapt and cope despite tough and stressful times. Resilience is a natural counter-weight to Adverse Childhood Experiences (ACES). The more resilient a child is, the more likely they are to deal with negative situations in a healthy way that won't have prolonged and unfavorable outcomes. Resilience is not an innate characteristic, but rather is a skill that can be taught, learned and practiced. Everybody has the ability to become resilient when surrounded by the right environments and people.

1. What programs and policies do you have that are already supporting building resiliency in children and families?
2. What are some barriers to implementing strategies to build resiliency in children and families?
How can we work around these barriers?
3. What opportunities can you see in your programs and communities around this topic?
4. When reviewing the data:
 - What are the factors influencing the data?
 - To improve the data, what partners and additional information are needed?

5. What work will change the data:
 - “Bang for buck ideas”
 - Low cost and no cost ideas
 - “Off the wall idea”

6. What needs our immediate attention moving forward? What does the group propose as next steps?