Our Kids Are Not Broken!! They Are Sacred Beings
Part III

The Importance of Resilience in Overcoming Adversity and Restoring Balance

Ken Ginsburg, MD, MS Ed
Stress Management: Tackling The Problem

1) Making the problem manageable

2) Active Avoidance

3) Let Some things go
Serenity Prayer

Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference
Stress Management: Taking Care of My Body

4) Exercise
   - Fear
   - Anger
Stress Management: Taking Care of My Body

5) Relaxation

6) Nutrition
Stress Management: Taking Care of My Body

7) Sleep
- Stimulation
- Cool Down
  - Exercise
  - Shower
- Release emotion
Stress Management: Managing Emotions

8) Instant Vacations
Stress Management: Managing Emotions

9) Emotional Releases
The Worst thing is not to be stressed . . . it is to be NUMB

The Tupperware Box
Life + its obstacles

- Car Accident
- Over $10,000 in medical bills
- Mad that I don't have my own place
- Upset that I don't have a good relationship with my mom
- Mad that my dad is a dead beat

- The passing of (name)
- Might have to file for bankruptcy
- Need to get EBD/ED to attend community college after I get my GED
- Try to stay in contact with family members
- Volunteer my free time to the Indian Center or organizations

- The passing of (name)
- Not having a job
- Need to get a good job to play with it until I find a better one
- I need to leave my job so I can make enough money to stay clean
- Keep finding meetings so I can stay clean
- Start writing again
- And keeping in touch with friends
- I need to leave my job so I can make enough money to stay clean

- Cousin serving 26 years to life
- Tired of being broke
- No more living bridges
Stress Management Plan: Making the World Better

10) Contributing to the world
US
Help Youth . . .

Know how much they matter
Give youth . . .

The opposite of what they are used to.

A radical calmness amidst a chaotic reality.

A safe place of compassion, love, and one that is free of judgment.
Recognize . . .

Youth as the experts in their own lives who have the capacity to heal and find the solutions within themselves.

Sensitized youth as our future healers.

The credentials they bring to the world.
Parents Need to Know:
The Greatest Gift You Can Give Your Child
We Need to Know:
The Greatest Gift We Can Give The Youth We Serve
Do The Work It Takes To Love

The Second Sentence
There is no “other”

There is only US
Planting the Seeds
A Note about Project Scope, Measurement, & Evaluation

As we proceed with the Native Resilience Project, the broader intent is to:

1. Create a resource that is meaningful and holds value in tribal communities.
2. Utilize processes that are meaningful to participants and communities.
3. Create meaningful measures of project impact and effectiveness, measures that will align the evaluation processes with the values of the participants.
Questions & Answers
Follow-up Conference Call
Date, Time