

# EVERYDAY STRONG



United Way of Utah County





# What creates resilience?

“When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential? **A growing body of evidence points to one common answer:** Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult.”

- Harvard Graduate School of Education, March 2015







# Objectives

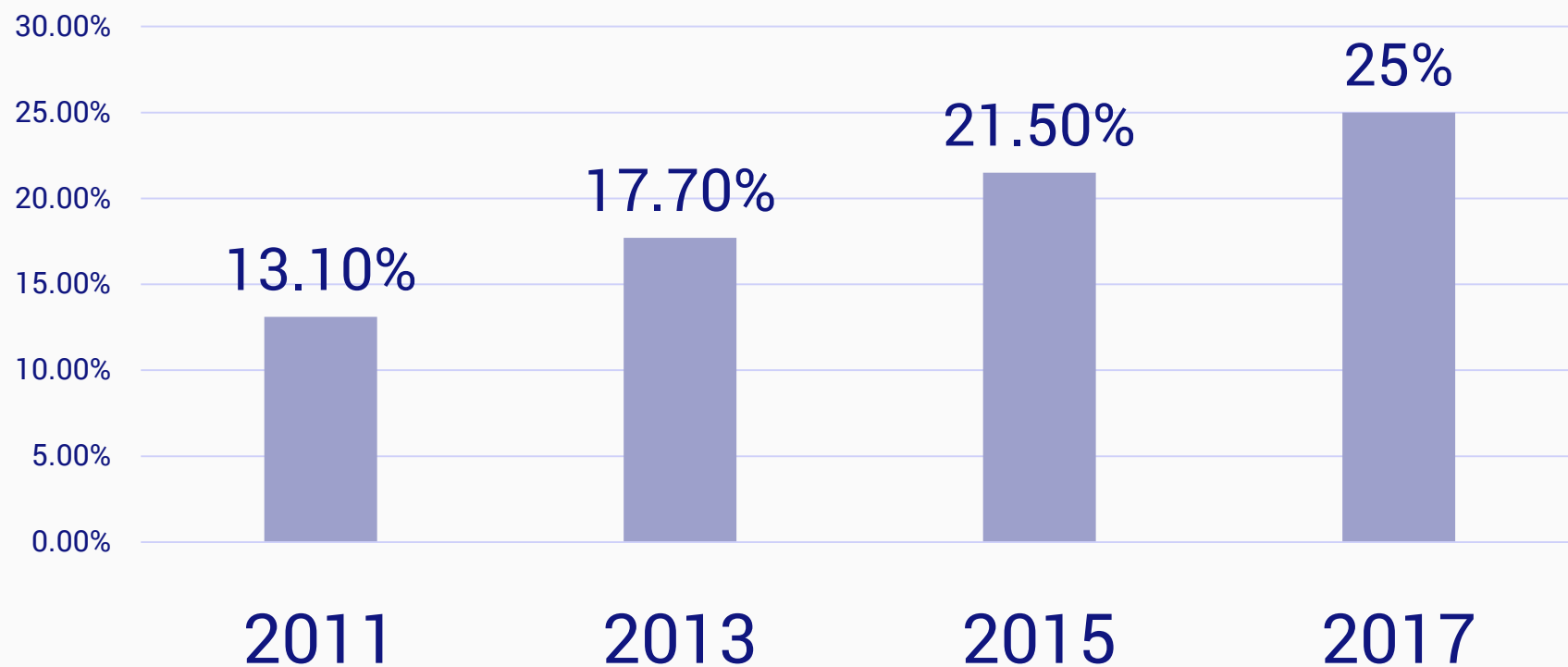
- Learn a new way of thinking about children's mental health and behavior
- Learn a simple and practical framework to clarify your concerns about a child
- Learn how to apply this framework to improve your relationship with children, teenagers, and other people in your life so that they can increase their resilience





# Utah County Youth are Struggling

Youth: during the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?





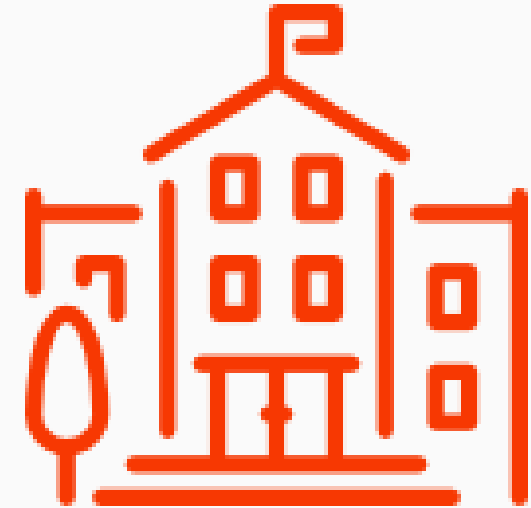
# What's causing this?



Cell phones



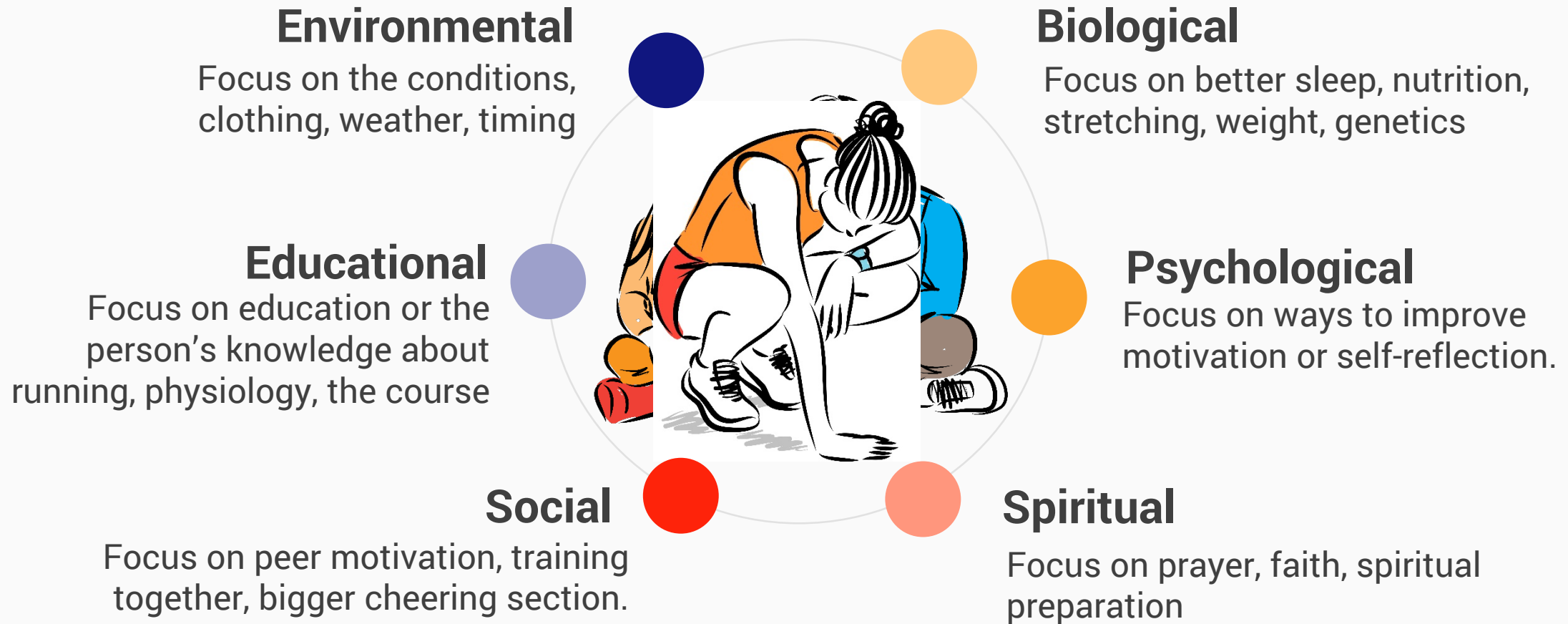
Altitude



School



# A thought experiment: the marathon runner





## Or put another way...



If someone has a cold, do you ask—"where did you get that cold?"

Or do you focus on caring for their needs?



You may get it wrong if you make assumptions  
about what's causing the problem...

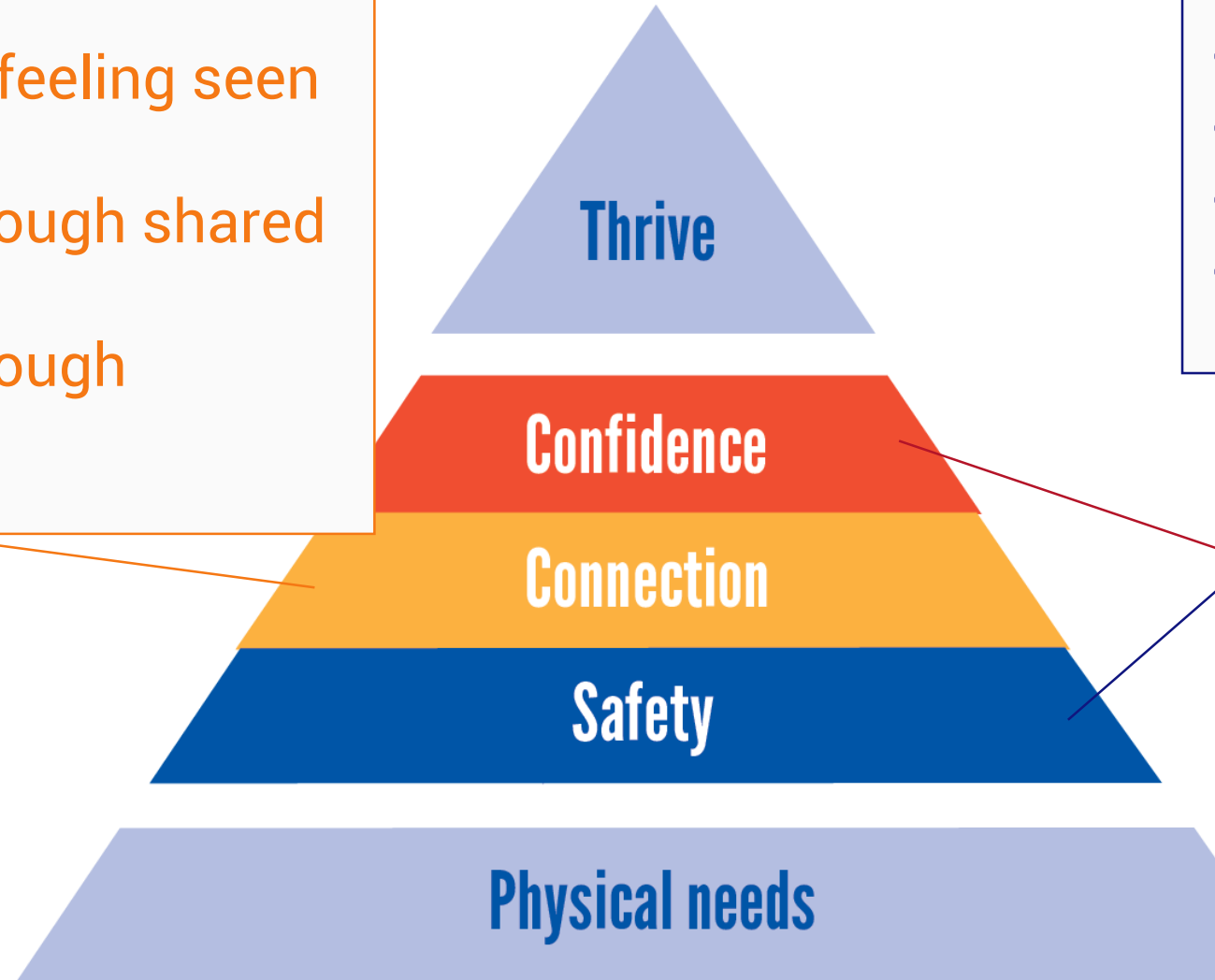
...but you will **always be right** if  
you focus on caring for the  
person's immediate needs.



# How do you know what a person needs?

- Connected by feeling seen and loved
- Connected through shared experiences
- Connected through persistence

- Safe to talk
- Safe to explore
- Safe to separate
- Safe to fail
- Safe to be you
- Safe to feel



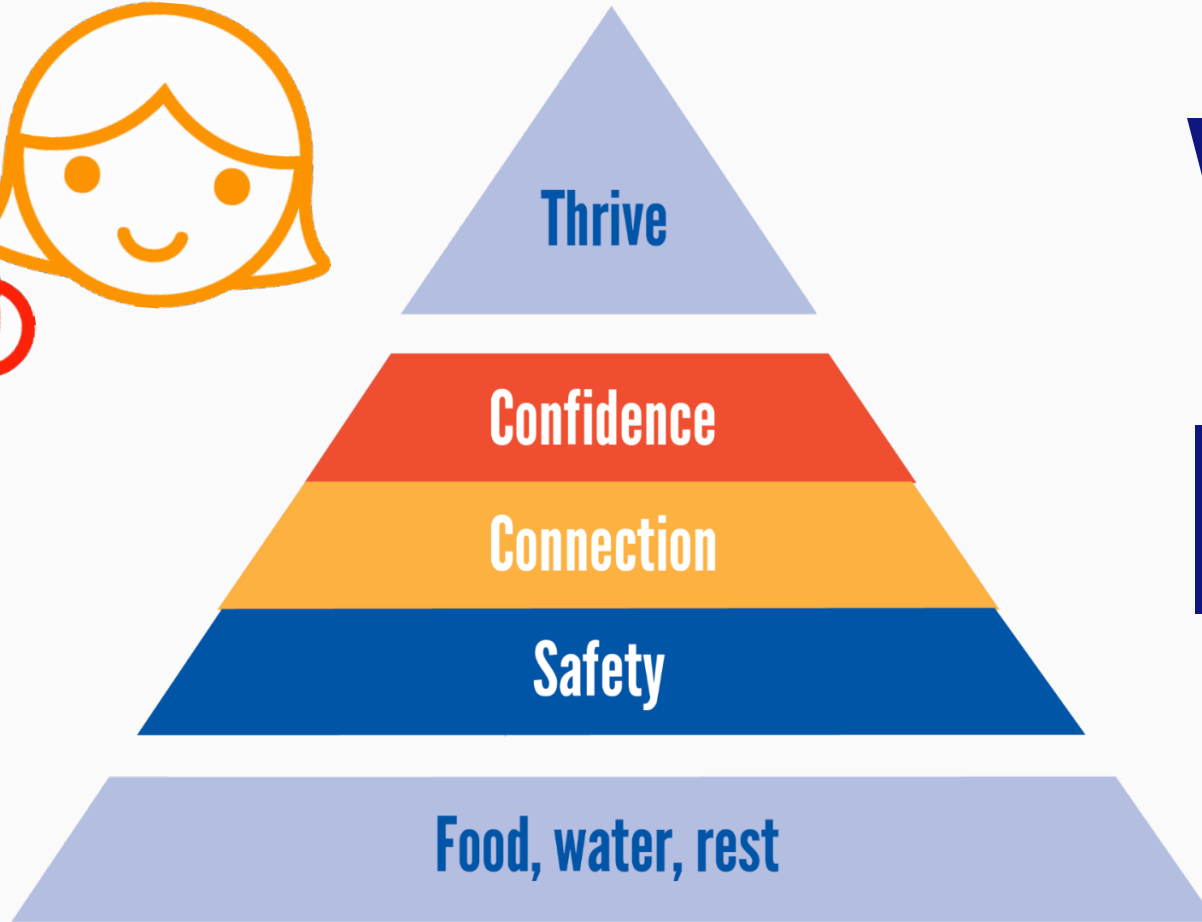
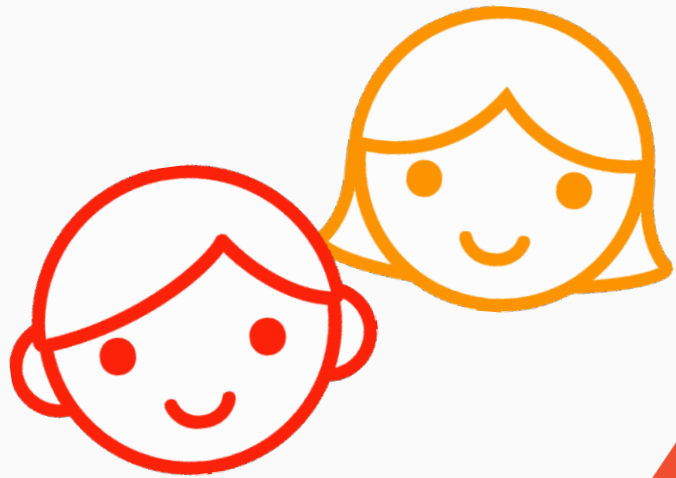
## Confident:

- independence
- problem solving
- self-esteem
- learning & managing emotions

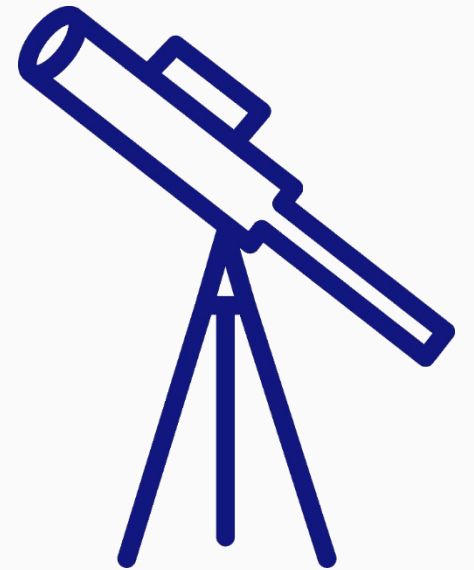




# Trust



## Your new lens



United Way of Utah County







# Let's practice our new lens

**Mae**

Volleyball  
aggression

**Nathan**

Wants to drop out

**Carter**

Steals and lies

**Julia**

Breaking the rules

**Koby**

Addiction

**Maria**

Psychological  
seizures





[www.everydaystrong.org](http://www.everydaystrong.org)

to get the Resilience  
Handbook and learn more



# The easiest, shortest to-do list



“I would love it if parents would ask themselves every day, ‘What can I do to help my children feel safe, connected, and confident? When we meet their needs, we’re building resilient kids.’”

- *Dr. Matt Swenson, Child Psychiatrist, Intermountain Healthcare; Chair, Everyday Strong Professional Advisory Council*





Please take a minute to fill out a post training survey:



OR

[uwayuc.org/survey](https://uwayuc.org/survey)

