

North Dakota Family Based Services Conference

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Keynote

Building Your Bounce:

23 Questions That Can Change The Way You Look At Life!

Breakout #1

*Don't FLIP OUT, Use FLIP IT!
Transforming Challenging Behavior*

Breakout #2

*Your Journey Together: Building Resilience
in Young Children and Families*

Presented By

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Devereux Center for Resilient Children (DCRC)

Our mission is to promote social and emotional development, foster resilience, and build skills for school and life success in all children from birth through school-age, as well as to promote the resilience of the adults who care for them.

We consistently strive to successfully...

- Provide strength-based assessments and strategy guidelines for families, teachers and other adults involved in the lives of children to promote their healthy social and emotional development and resilience
- Provide professional development to help families and professionals use our resources most effectively
- Conduct research and advocate on behalf of children, families and child-serving professionals



Resilient Children

Children's overall happiness and success in life depends on the social and emotional foundation that is built during the earliest years. The Devereux Early Childhood Assessment (DECA) Program promotes resilience and reduces challenging behaviors using nationally standardized, reliable and valid assessment tools to measure children's social and emotional strengths and needs. Assessment results are tied to research-based strategies that teachers and parents can use to promote protective factors.

Resilient Families

Your Journey Together (YJT) is DCRC's resource to promote resilient families. The goal of YJT is to provide parents and guardians with the knowledge and skills that help family members better cope with life's challenges to reach their full potential. YJT shows parents how to use ordinary, everyday routines, activities and interactions as resilience-building opportunities.

Resilient Adults

The critical connection between children's resilience and the health and wellness of the adults in children's lives cannot be underestimated. Adults need to stay focused on their own health in order to optimize the overall healthy development of young children. The Devereux Adult Resilience Survey (DARS) and accompanying book of strategies, *Building Your Bounce: Simple Strategies for a Resilient You*, support the well-being of ALL adults working with young children.

Resilient Programs

Resilient children need resilient caregivers and resilient caregivers need resilient supervisors. DCRC's newest resource to support resilient leaders is the Devereux Resilient Leadership Survey (DERLS). Organized around four key protective factors - Relationships, Internal Beliefs, Initiative, and Self-Control - this tool can provide wonderful insight for leaders around areas of strength and growth opportunities in their current role.

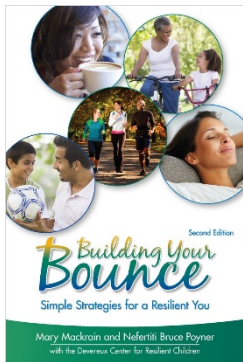
Devereux Adult Resilience Survey (DARS)

By Mary Mackrain, M.Ed.

Take time to reflect on and complete each item on the survey below. There are no right answers! Once you have finished, reflect on your strengths and then start small and plan for one or two things that you feel are important to improve. For fun and practical ideas on how to strengthen your protective factors, use the chapters of *Building Your Bounce: Simple Strategies for a Resilient You*.

Items	Almost Always	Sometimes	Not Yet
Relationships			
1. I have good friends who support me.			
2. I have a mentor or someone who shows me the way.			
3. I provide support to others.			
4. I am empathetic to others.			
5. I trust my close friends.			
Internal Beliefs			
1. My role as a caregiver is important.			
2. I have personal strengths.			
3. I am creative.			
4. I have strong beliefs.			
5. I am hopeful about the future.			
6. I am lovable.			
Initiative			
1. I communicate effectively with those around me.			
2. I try many different ways to solve a problem.			
3. I have a hobby that I engage in.			
4. I seek out new knowledge.			
5. I am open to new ideas.			
6. I laugh often.			
7. I am able to say no.			
8. I can ask for help.			
Self-Control			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down.			

Resources to help you build resilience in yourself and in the children in your care

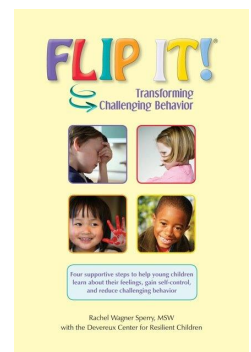


Building Your Bounce: Simple Strategies for a Resilient You Journal

This adult resilience journal is designed to meet adults where they are and take them to a place of greater strength and determination. Through reflective readings, activities, journaling, and written responses, this book will uncover strategies for strengthening four areas related to resilience, including: relationships, internal beliefs, initiative and self-control. **[\$12.95]**

FLIP IT! Transforming Challenging Behavior Book

This informative book by Rachel Wagner, in partnership with the Devereux Center for Resilient Children, is designed to support all adults who interact with young children. It explains *FLIP IT's* four simple steps for transforming challenging behavior in young children: F - Feelings, L - Limits, I - Inquiries, P - Prompts. Teachers and parents can help children learn about their feelings and gain self-control by using that mnemonic. Learn to *FLIP IT* with the book's practice pictures, reflection activities and real-life stories. **[\$14.95]**



Your Journey Together Resilience-Building Parenting Curriculum

The *Your Journey Together* Kit includes all of the resources that a coach needs to implement the resilience-building parenting curriculum: (1) Coach Guide with 29 Step-by-Step Lessons and Parent Handouts, (2) *Building Your Bounce: Simple Strategies for a Resilient You*, (3) *Promoting Resilience For Now and Forever* - for Infants/Toddlers & for Preschoolers, (4) Web Access to Videos, Handouts and Training Materials. **[\$149.95]**

Check out these resources, and many others, on our online store!

www.centerforresilientchildren.org/shopdcrc

