

Resiliency Through the Community



What is resiliency?

Resiliency is the ability to manage challenges, quickly recovering from them, and even growing and improving as a result of these challenges.

Resiliency is the capacity to bounce back.

BUILDING Resiliency

CHARACTERISTICS OF **RESILIENCE ALIGNED WITH** RULE 6A-1.094124 , F. A .C.



Grit and Gratitude





Problem Solving

Responsible Decision-Making

Self-Awareness and Self-Management



Mentorship and Citizenship

Honesty

SCHOOL STAFF TRAINING

80% or more of school staff receive youth mental health awareness training.

RESILIENCY TOOLKIT

Dynamic resources for students, parents/caregivers, educators and community partners.

FLORIDA SPECIFIC YOUTH SURVEY

Results on students' resiliency and behaviors will inform student instruction, resources, supports, and staff training.

MENTAL HEALTH ASSISTANCE ALLOCATION AND FLORIDA SAFE SCHOOLS ASSESSMENT TOOL

District funding and planning tools to strengthen school safety and support school staff training, services and resources.

RESILIENCY EDUCATION, CIVIC AND CHARACTER EDUCATION AND LIFE SKILLS EDUCATION

School districts provide 5 hours of data-driven instruction annually to students in grades 6-12 related to resiliency, character development, and mental health.

Resiliency Resources

- Florida Department of Education Resiliency and Mental Health Resources
 - https://www.fldoe.org/mental-health/
- Resilience guide for parents and teachers
 - <u>https://www.apa.org/topics/resilience/guide-parents-teachers</u>
- Building Resilience in Troubled Times: A Guide for Parents
 - <u>https://cssp.org/building-resilience-in-troubled-times-a-guide-for-parents/</u>
- Personal and Community Resilience: Building It and Sustaining It
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