

Resource Round Up Discussion

- What stood out?
- How realistic is this in your everyday work?
- Do we have unrealistic expectations of our youth?
- Are we trauma informed in our approach?
- How does this all connect?





Brevard

YOUTH RIVE[™]

PROTECTIVE & PROMOTIVE FACTORS FOR HEALTHY DEVELOPMENT AND WELL-BEING

History of Brevard Youth Thrive

- Began in Oct. 2012 with the establishment of a cross sector steering committee inclusive of young adults to explore and begin dialogue around the concept that, *“positive youth development is the outcome of a trauma informed system.”*

History of Brevard Youth Thrive

- It was determined that the system needed to shift its emphasis from focus on the negative statistics about youth who age out of care to explore the ingredients of resilient, successful young adults.
- BFP convened a Trauma Informed-Positive Youth Development Summit with 3 successful former foster youth as keynote speakers to launch the initiative.

<http://www.youtube.com/watch?v=4qn6vUbcSag>

History Brevard Youth Thrive

- The summit was preceded by a youth café where youth shared what they wanted adults to know.
- The responses of the youth were shared with the Summit attendees to begin the dialogue of system transformation.
- Following the Summit, BFP Partnered with the Center for the Study of Social Policy to become a Youth Thrive Framework pilot site.

YOUTH THRIVE™

PROTECTIVE & PROMOTIVE FACTORS FOR HEALTHY DEVELOPMENT AND WELL-BEING

INCREASE PROTECTIVE & PROMOTIVE FACTORS

- Youth resilience
- Social connections
- Knowledge of adolescent development
- Concrete support in times of need
- Cognitive and social-emotional competence

REDUCE RISK FACTORS

- Psychological stressors
- Inadequate or negative relationships with family members, adults outside youth's family and peers
- Insufficient or inadequate opportunities for positive growth and development
- Unsafe, unstable, inequitable environments

DYNAMIC OUTCOMES HEALTHY DEVELOPMENT & WELL-BEING FOR YOUTH

- Physically and emotionally healthy
- Hopeful, optimistic, compassionate, curious, resilient identity
- Supportive family and social networks
- Ability to form and sustain caring, committed relationships
- Success in school and workplace
- Service to community or society

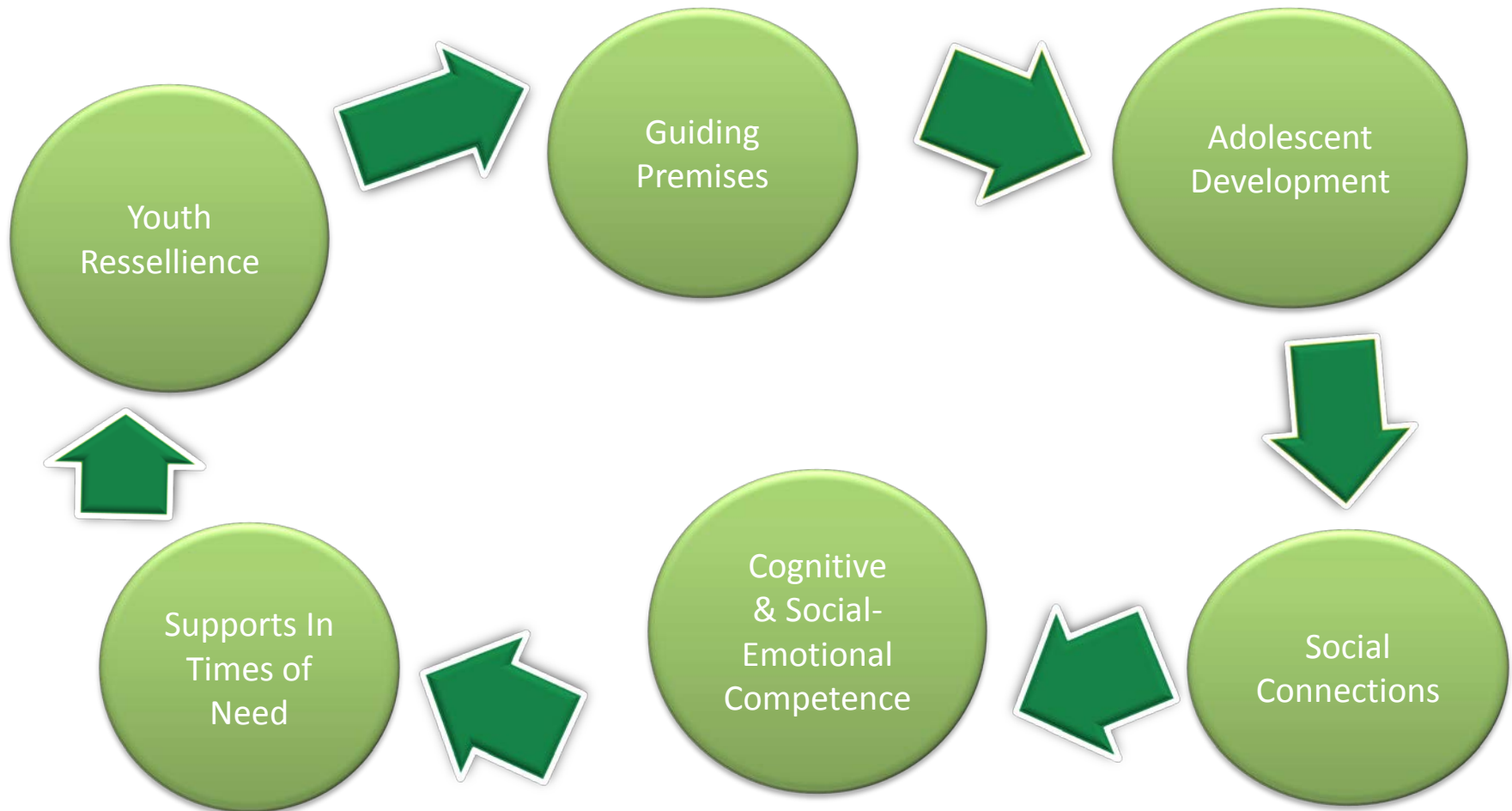
Center
for the
Study
of
Social
Policy

YOUTH THRIVE

PROTECTIVE & PROMOTIVE FACTORS FOR HEALTHY DEVELOPMENT AND WELL-BEING

- Multi-year initiative of the Center for the Study of Social Policy (CSSP)
- Examined the research from:
 - resiliency
 - positive youth development
 - neuroscience
 - impact of trauma on brain development

Youth Thrive Framework



Guiding Premises

Young people are best supported by child and youth care practitioners who understand and recognize the importance of self-awareness and self-care in their own professional practice.



Guiding Premises

Young people are best supported by child and youth care practitioners who are aware of the impact of traumatic stress and understand the need to use trauma informed methods. Trauma informed practice is a paradigm shift that focuses on trauma resolution through building resiliency. It is most concerned with what has *happened* to the youth and the subsequent impact to development rather than the youth's behavior (Bloom, 1997, Bloom, Farragher, 2013).

Guiding Premises

Young people are best served by child and youth care practitioners who focus on assets and use strengths-based approaches with an awareness of current research regarding neuroscience and adolescent development.



Guiding Premises

Young people are best supported by child and youth care practitioners who understand that attachments, connections, and relationships are a primary source of growth and learning. It is in relationships and through the use of relationships that we experience ourselves, learn, practice new skills, and grow as humans.



Guiding Premises

Young people are best supported by child and youth practitioners who understand and provide culturally responsive services. Being culturally responsive means we take into account our culture, the culture of those individuals we serve, of the larger community, and the culture that is created within our programs and organizations.

Your Commitment

- One thing you can commit to immediately
- One thing you can implement within a month
- Something you can do within the year

