

Washington County Public Health and Environment 2020 Beyond Resilience Strategy Examples

Lifespan Age Range	Key opportunities during this life stage*	Strategy Examples
Early Childhood (ages birth-5)	During this stage a child is heavily dependent on their family system in order to create a healthy start. <ul style="list-style-type: none"> • Our intent is to work with partners on programming to develop (Develop): trust, autonomy, and self-confidence through exploration • Some barriers to the development of resilience include (Barriers): unresponsive caregivers, denied opportunities to act on their environment 	<ul style="list-style-type: none"> • Early Literacy campaigns • Attachment education models for caregivers • Brain development education campaigns • Parent peer support groups and networks • Programming for young children with disabilities and their families • Culturally considerate learning and gathering opportunities for families of minority groups with young children
Children (ages 6-12)	This stage is when children usually begin involvement in school settings. <ul style="list-style-type: none"> • Develop: a sense of pride in their accomplishments and begin relationships with their peers. • Barriers: Negative experiences at home or with peers 	<ul style="list-style-type: none"> • Mindful Movement programming • Social skills programming • Social Emotional Learning benchmark consideration • Attachment, Regulation, Competency (ARC) model in school settings • Re-set rooms and policies in schools • Fostering Resilient Learners curriculum • Compassionate Schools model • Curriculum to address stigma about mental illness
Youth (ages 13-18)	This is a time where adolescents work to develop a sense of self through role exploration and goal setting. <ul style="list-style-type: none"> • Develop: a strong sense of identity and remaining true to ones beliefs and values in the face of opposition • Barriers: apathy toward future or pressure from family expectations 	<ul style="list-style-type: none"> • Strategy examples from above, modified for older youth in schools • Healthy Relationship programs • Self-Regulation skill building • Self-confidence programs • Opportunities for youth leadership in the community • Suicide prevention and post-vention curriculum • Opportunities for healthy social engagement
Young adults (ages 19-40)	This stages centers on love and companionship. This can be through intimate partnerships, friendships, and family relationships. <ul style="list-style-type: none"> • Develop: love and successful relationship skills • Barriers: isolation and loneliness 	<ul style="list-style-type: none"> • Stress reduction strategies and self-regulation skill building • Social Connectedness Programs • Programming intended to support caregivers (children and aging parents) • Mental illness stigma reduction training for community and workplace settings • Meaningful employment & housing opportunities for young adults with differing abilities

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<p style="text-align: center;">Families (pre-natal; birth and beyond)</p>	<p>This stage interweaves with multiple stages and influences multiple members within the family system</p> <ul style="list-style-type: none"> • Develop: strong supportive parent-child relationships and intimate partnerships • Barriers: ineffective communication and unhealthy boundaries 	<ul style="list-style-type: none"> • Interpersonal Communication supports • Sleep hygiene programs • Parent peer support programs and networks • Space designated for play, learning, and connection for families with young children
<p style="text-align: center;">Adults (ages 41-65)</p>	<p>This stage focuses on contributing to and guiding future generations. This is applicable to family, relationships, and society. This stage also often acts as a conduit for care to a variety of age groups across the lifespan.</p> <ul style="list-style-type: none"> • Develop: care and generativity • Barriers: feelings of stagnation or self-absorbency 	<ul style="list-style-type: none"> • Self-care strategies • Community initiatives to promote faith, hope, and cultural traditions • Programming intended to support caregivers (of children and of aging parents) • Financial guidance resources for retirement planning • Opportunities for mentorship and leadership in the community • Opportunities for volunteer engagement • Programs to support grand-families or kinship families
<p style="text-align: center;">Adults (ages 65+)</p>	<p>This is a time of reflection where a person can look at their life with a sense of satisfaction or of failure.</p> <ul style="list-style-type: none"> • Develop: integrity and wisdom • Barriers: depression, isolation and despair 	<ul style="list-style-type: none"> • Social supports for widowhood • Programs to support vitality after retirement • Social connectedness programs • Opportunities for mentorship and leadership in the community • Opportunities for volunteer engagement • Programs to support grand-families or kinship families • Programs to support connections between programs for older adults and childcare centers • Alcohol and Drug recovery programming or supports for older adults
<p style="text-align: center;">Planning Process</p>	<p>If organizations are not at a place to implement a resilience project but would like funding to support the planning process of a project, they are encouraged to apply. If selected, partners may apply for one additional year of funding to support implementation of the project. This is contingent on available funding and partnership experience.</p>	<ul style="list-style-type: none"> • Contractor/consulting fees • \$500 stipends for persons working on the project • Focus group/evaluation efforts on the project • Healthy food/rental space for planning meetings • Printing/materials

*Key opportunities during life stages are modeled after Erik Erikson's Stages of Psychosocial Development