



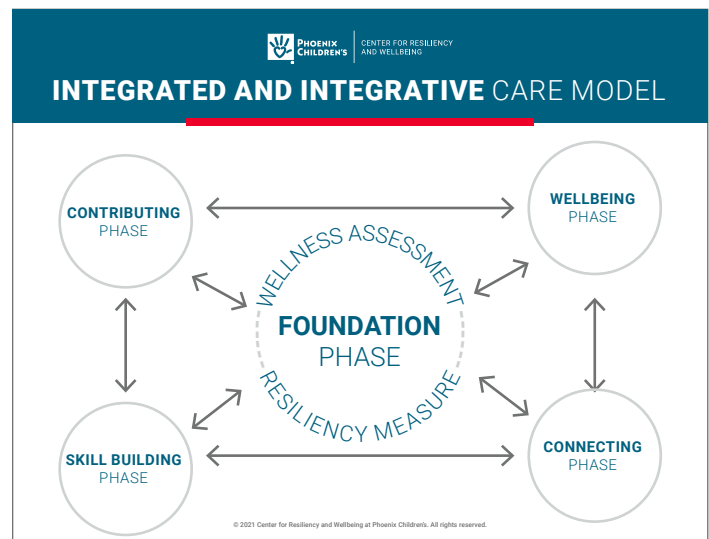
PROGRAM OVERVIEW

PROGRAM AND OUR TEAM

- › A program to positively transform the lives of Arizona children who have experienced adversity or trauma
- › Research shows that early recognition and treatment of trauma, building resiliency and building a support network of positive, nurturing relationships can promote wellbeing and combat long term risks
- › The goal is to understand how the child-family dynamics and their environment affect development, stress, health, and wellbeing.
- › Work together with the whole team of providers to improve resiliency and wellbeing
- › Assist patients, and their families, in building on their strengths

CENTER FOR RESILIENCY AND WELLBEING PHASES

- › **Foundation Phase** – identify and build on the patient and family strengths. Identify any needs in the following areas: Community, Education, Emotional/Behavioral Health and Family.
- › **Wellbeing Phase** – support, protect and heal by decreasing chemicals and hormones in the body and body that are released with chronic stress. This includes breathing exercises, learning about how the body and mind feels (awareness) exercise, sleep, nutrition, routines, and self-compassion.
- › **Connecting Phase** – connect to the whole team of mental, behavioral and health care providers as needed.
- › **Skill Building Phase** – work on individual and family empowerment by using their strengths and tools they have learned to connect to resources in the community.
- › **Contributing Phase** – build confidence, purpose and meaning through human and community connection. Introduction of the *Give Back* concept.



© 2021 Center for Resiliency and Wellbeing at Phoenix Children's. All rights reserved.

CENTER FOR RESILIENCY AND WELLBEING

Phone: 602-933-2237 (ACES) | Email: CenterforResiliencyandWellbeing@phoenixchildrens.com

For General Resources/Information dial 211 or 211.org

For Emergencies, please call 911 or the Maricopa Crisis Line 602-222-9444.

WHAT YOU CAN GAIN FROM PARTICIPATING IN THE CRW:

- › **Wellness Assessment** – A visit with one of the CRW team members to learn more about the patient and family strengths, needs, and factors that help handle and respond in a positive way to adversities (resilience)
- › The CRW Team members include pediatricians, resiliency counselors, wellness nurses, case management and a pediatric psychiatrist
- › The CRW team works to understand the child/teen and their family system - mind, body, environmental and experiences
- › **Integrative Care Model** – Decrease the effects of inflammation due to chemicals and hormones that are released with chronic stress and adversity. This includes learning about how the body and mind feels (awareness), breathing exercises, sleep techniques, healthy eating habits and movement. The goal is 7 sessions with a Wellness Nurse
 - ◆ Stress/ threat and the nervous system
 - ◆ Emotion-Body Connection
 - ◆ Breathing Exercises
 - ◆ Routines
 - ◆ Sleep and Sleep Routine
 - ◆ Physical Activity and Nutrition
 - ◆ Self-Compassion, Self-Efficacy and Giveback
- › **Resiliency Counselors**
 - ◆ Together with the patient and parent(s)/ caregiver(s), develop a plan to handle and respond in a positive way to adversities
 - ◆ Partner together to find and connect to community resources and referrals for support, positive growth and development
 - ◆ Help to understand emotions and develop communication skills
 - ◆ Build skills to deal with difficult situations and help to build resiliency
 - ◆ Address barriers by connecting to community resources for ongoing care
- › **Connection to Community** – Helping to connect to partners through resources and referrals
- › **Help recognize and strengthen relationships that are safe, supportive, stable, and nurturing**
 - ◆ Educate about regulation and co-regulation skills
 - ◆ Parenting support and education
 - ◆ Build on parent/ caregiver strengths
 - ◆ Connect with community resources



**PHOENIX
CHILDREN'S**

CENTER FOR RESILIENCY
AND WELLBEING