



Strong families. Strong communities.

Raising Resilience supports the Bainbridge Island community and beyond with parenting **EDUCATION**, **RESOURCES** and **CONNECTIONS** to help families thrive.

April Avey Trabucco, Executive Director





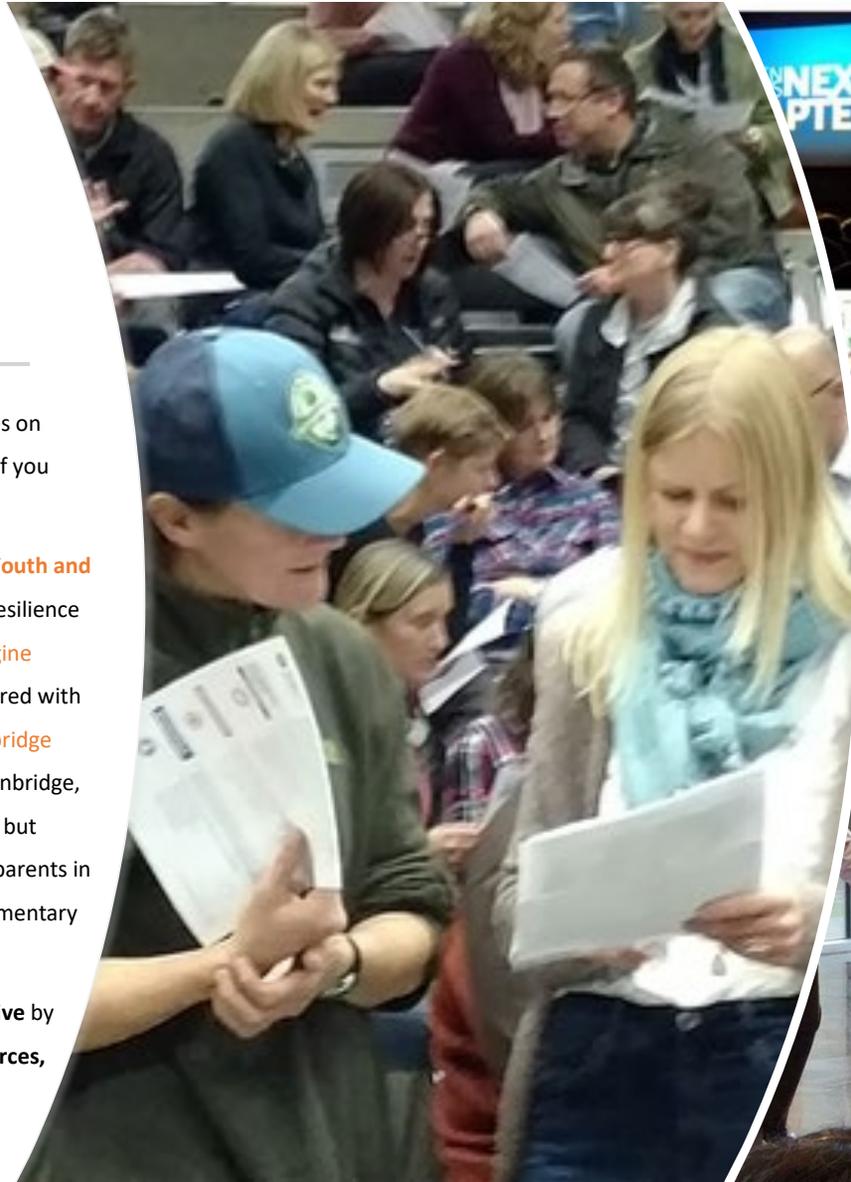
WHO WE ARE:

Bainbridge Island's parent support organization.

We've been committed to helping youth and families on Bainbridge Island thrive for the past **17 years**. Even if you don't know our name, you know our programs.

We started as **Just Know: Bainbridge Coalition for Youth and Parents** in 2003 and changed our name to Raising Resilience in 2012. In the early days we collaborated with **Imagine Bainbridge** and **Mama Llamas** and eventually partnered with the **Healthy Youth Alliance** in partnership with **Bainbridge Youth Services**, our community partner. Imagine Bainbridge, Mama Llamas, and the Alliance eventually dissolved but Raising Resilience remained to focus on supporting parents in tandem with **BYS'** support of youth. We play complimentary roles.

Raising Resilience is focused on **helping families thrive** by delivering parent support **through education, resources, and connections**.



My Road to Resilience



WHAT RESILIENCE LOOKS LIKE IN MY LIFE

The definition for RESILIENCE is the capacity to recover quickly from difficulties; toughness.

EVERYONE HAS A STORY TO TELL

The best part of the story is how individuals find the strength to overcome and move forward.

HOW WE BUILD RESILIENCE

“Alongside all the terribleness happening right now is an opportunity to build up our capacity to weather other disruptions in the future.” – Jon Mooallem, *This is Chance!: The Shaking of an All-American City, a Voice That Held It Together*

BUILDING RESILIENCE IS A PROCESS

The American Psychological Association (APA) suggests that connections, acceptance, hope, positivity, perspective, self-discovery, and self-care all play a part.

WHY BAINBRIDGE ISLAND NEEDS RAISING RESILIENCE:

➤ The top issues Bainbridge Island parents want to focus on are:

- Youth and Family Mental Health
- Student Motivation
- Technology and social media habits
- Substance abuse prevention

➤ The Healthy Youth Survey concluded:

- Growing rates of depression and suicidal ideation
- Bainbridge Island culture feels like an achievement pressure cooker that threatens student's physical, social, emotional, and civic well-being
- Quality of life indicators are decreasing
- Parents lack support. Many do not have extended family in the area and feel isolated in their efforts.

➤ *City data shows that:

- Teen anxiety is more prevalent here than in the County or State.
- So are rates of teen drinking, marijuana use, and binge drinking.
- The report also notes that some working parents are emotionally disconnected from their teens and leave them unsupervised or turn a blind eye to their children's substance use.

*COBI's 2016 Needs Assessment Report

HOW WE CURRENTLY SERVE PARENTS, GRANDPARENTS, EDUCATORS, MENTORS, AND GUARDIANS.....

In response to the data and to parents' requests, Raising Resilience brings acclaimed speakers. Past speakers have included the authors of *The Self-Driven Child* - Dr. Bill Stixrud and Ned Johnson; *SCREENAGERS* filmmaker, Dr. Delaney Ruston; Dean of freshman at Stanford University, Julie Lythcott-Haims; author of *Wise Minded Parent* and *Getting to Calm*, Dr. Laura Kastner, and island resident and internationally renowned educator, Clay Roberts. We also screen documentaries including "Beyond the Report Card," "LIKE," "SCREENAGERS," and "ANGST." Our website is an extension of our programs and hosts a Parent Corner blog series with articles and interviews with local doctors, therapists, teachers, coaches, and mentors and a video library with access to our recent events.

CURRENT & UPCOMING:

In March we launched **CONNECTIONS CAFÉ**, A FREE virtual Cafe to help our parenting community come together (while keeping their distance) to process and implement the shift in our daily lives. Guest speakers moderate discussions on a variety of topics from mindful parenting through crisis to boosting your immune system and your mood to positive parenting and behavioral strategies.

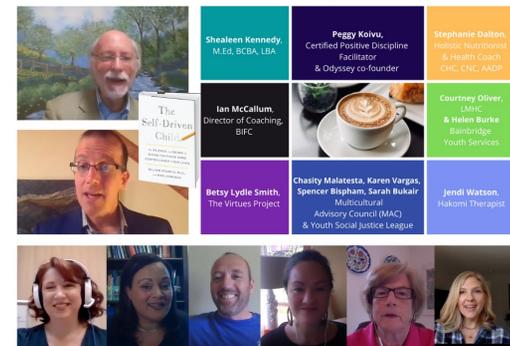


THESE PROGRAMS AND MORE BROUGHT TO YOU BY

RAISING Resilience

Parenting **EDUCATION, RESOURCES,** and **CONNECTIONS** to help families thrive!

www.raisingresilience.org



Parent Support Survey Results

- 75% of participants reported their family's **mental health and wellbeing worsened** due to COVID-19.
- The top three pressing concerns are **Supporting student's academic motivation; Balancing work schedules with distance learning; and Staying connected.**
- **70% reported not needing childcare** and of those who said yes or maybe, the top two obstacles to childcare were Health concerns and Finances
- The top priority topics they would like Raising Resilience to address are **Youth mental health; Supporting student academic motivation; Parent self-care; Screen time**
 - Note: this is a departure from prior year's results in which screen time came first followed by mental health, then substance abuse.
- The type of event participants are most likely to attend are **featured speaker events and documentaries.**
- Obstacles to attending events, even online, are **overwhelming schedules/other issues and lack of awareness regarding events.**
- **49%** of participants reported they were **likely to attend a small support group.**

CONNECTIONS CAFÉ Sessions

- **August: Back to School / Remote Style**
- **September: Family Mental Health Checkup**
- **October: Substance Abuse Prevention**
- **November: Mindful Parenting** (parent self-care)
- **December: Screen Time** (how did the first semester go and what's your plan for the holidays?)
- **January: Sexual Assault Prevention**

RAISING Resilience

Next Up On Connections Cafe

Family Mental Health Checkup



LEARN HOW TO

.....
Identify when it's time to **seek help**

Start the **counseling process**

Harness **the power of movement, mindfulness & breath** in a virtual world

Carol Pendleton,
MA, LMFT, LMHC, CMHS -

Here to Help Therapy, PLLC

Cristina Carnie,
BA, CD (DONA), in practicum,
Helpline House

Alexa & Michael Rosenthal
Owners,
Island Fitness

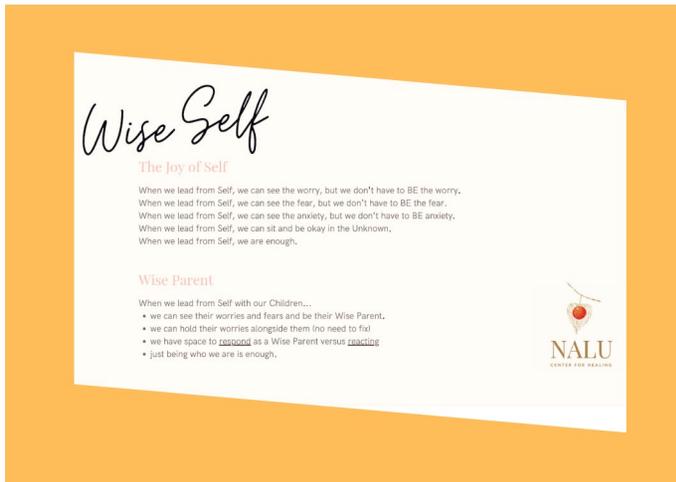
Top Takeaways for coping through difficult times

Mindful Parenting Through Crisis w/ Jendi Watson, CHT

Jendi shared with us that mindfulness is a calm place of observing what is happening in the present moment. A coping superpower is being able to SEE but not BE so that we can create space and increase our ability to sit in the unknown.

She taught us how to be ok in the uncertainty and live well during Covid-19 through these 5 pillars to cope:

- ***Structure**- Simple and predictable schedule your family can count on
- ***Connection**- Connect with your children in a way they will feel loved
- ***Movement**- Be active and move with others, walk group lessons etc.
- ***Do What You Love**- What do you love to do? Do it!
- ***Boundaries**- Bring in what feels good, leave the rest behind such as social media etc.



Parenting with Compassion w/ Betsy Lydle-Smith (The Virtues Project)

Betsy shared with us that language has the power to inspire or to discourage. She reviewed three virtues that we can use with ourselves and our families.

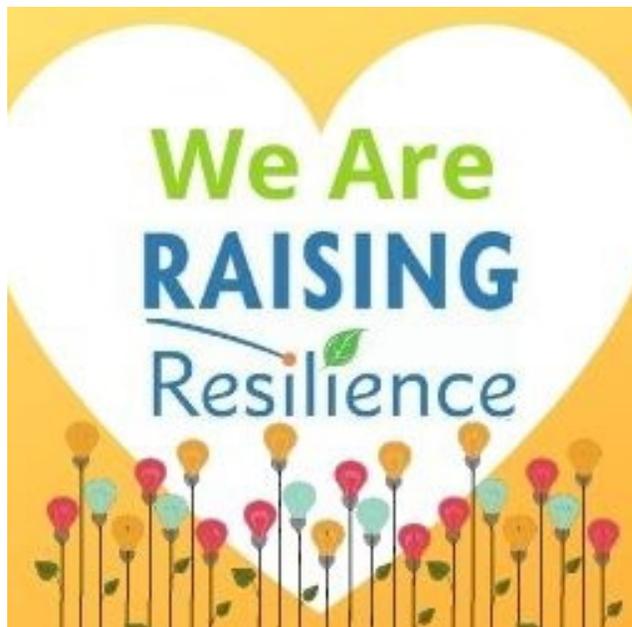
- ***Compassion**- Spend more time listening not talking. Sometimes our children and partners don't need us to fix anything, they just need to be heard with compassion and led to their inner wisdom.
- ***Moderation**- Create healthy balance between work, rest, reflection and play. You don't need to be all things to all people. Practicing healthy boundaries adds value to our time and energy.
- ***Appreciation**- Recognize gifts that come our way and show gratitude. Perceive positive intentions and honor them. Love thrives on appreciation.



"Sometimes you have to let go of the picture of what you thought it would be like and learn to **find joy in the story you are actually living.**"

-Rachel Marie Martin





The American Psychological Association (APA) suggests that **connections, acceptance, hope, positivity, perspective, self-discovery, and self-care** all play a part in building resilience.

Raising Resilience exists to help our parenting community walk this journey together for the benefit of all youth and families on Bainbridge Island.

The parent education programs, resources, and **connections** we offer are extended to grandparents, educators, coaches, mentors, and guardians as well because it truly takes an island. When we raise resilience in ourselves, we model that to others.

Our programs offer **hope, positivity, and self-discovery** while encouraging **self-care and acceptance**.

To all who are entrusted with the care of children, from cradle to college and beyond – we hope you'll join us.

Together, We Are Raising Resilience.

raisingresilience.org