Nurturing Resilience in Youth and Young Adults

Thursday, Jan. 16, 2020
Beyond Housing, ICPH
SchoolHouse Connection works to overcome homelessness through education. We provide strategic advocacy and technical assistance in partnership with schools, early childhood programs, institutions of higher education, service providers, families, and youth.

- Website
  http://www.schoolhouseconnection.org
- Facebook Group
  https://www.facebook.com/groups/SchoolHouseConnection/
- Newsletter
  https://www.schoolhouseconnection.org/sign-up/
- Federal and state policy advocacy
- Q&A from our inbox
- Webinars and implementation tools
- Youth leadership and scholarships
What gets your frog jumping?
Prefrontal cortex

Medial prefrontal cortex

Ventromedial prefrontal cortex

Amygdala

Brain Structures Involved in Dealing with Fear and Stress
What is Resilience?

Amygdala Frog

Prefrontal Cortex Frog
Observable Characteristics

Of Resilient People

1. Social Competence
2. Good Problem-Solving Skills
3. Self-Awareness
4. Sense of Purpose and a Belief in a Brighter Future
Four Resilience Rules

1. Resilience is the rule, not the exception.
2. It’s not in the genes.
3. Resilient people are not superhuman.
4. There are many specific, easy things each of us can do to nurture resilience!
How to Foster Resilience

Believe in their potential
Focus on listening
Provide opportunities for participation and contribution
Our Expert Panel

- Jordyn Roark, YLS Director, SchoolHouse Connection
- Kara Freise, SchoolHouse Connection Young Leader
- Julio Colon, Student, Lehman College
- Miguel Cruz-Parrish, SchoolHouse Connection Scholar
Our Expert Panel

“Wow, I sure wish I could bring these geniuses home to help inform people in my community!”

You can! (sort of)
https://vimeo.com/188922159
Thanks!

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