

# Children's Resilience Initiative

Adverse Childhood Experiences (ACEs), along with recent community-wide adversities, have left children vulnerable to long-term mental and physical health challenges. The Children's Resilience Initiative video series is designed to help you understand the impact of trauma, how it affects children and youth, and what you can do to support them. It shares practical personal self-care and well-being tools so you are better equipped to make life changing differences for a child.

432

Users enrolled since 2020



5

8-10 Minute learning modules



60

Minutes average time engaged



58%

of participants work in the Education sector



[nvcf.org/thrivecri](https://nvcf.org/thrivecri)

**This free, five-part series includes the following modules:**

- Understanding trauma
- Knowing the signs
- Help yourself first
- Empowering children
- Developing community resilience



# Children's Resilience Initiative

## Retrospective Assessment

More than 230 individuals have completed the Children's Resilience Initiative training and assessment process on the effects of toxic stress on the developing brain. This assessment measures their understanding of key concepts prior to, and after, completing the course.

### Before

I was able to recognize signs of extreme stress in children

61%

Agree or strongly agree

### and



+36%

### After

I am able to recognize signs of extreme stress in children

97%

Agree or strongly agree

I used a range of effective self-care practices

Agree or strongly agree

43%



+50%

I will use a range of effective self-care practices

Agree or strongly agree

93%

I was knowledgeable about how trauma and chronic stress impacts children.

Agree or strongly agree

61%



+32%

I am knowledgeable about how trauma and chronic stress impacts children.

Agree or strongly agree

98%

I was aware of specific ways adults can help a child build resilience against enduring stress.

Agree or strongly agree

55%



+40%

I am aware of specific ways adults can help a child build resilience against enduring stress.

Agree or strongly agree

95%

I knew how to implement cost-effective, sustainable solutions to reducing the effects of enduring stress in my community.

Agree or strongly agree

→ 27%



+52%

I know how to implement cost-effective, sustainable solutions to reducing the effects of enduring stress in my community.

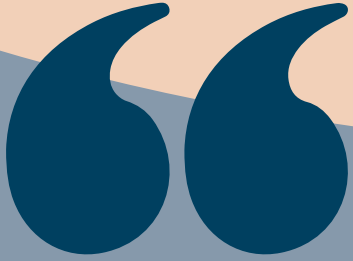
Agree or strongly agree

79%

# Children's Resilience Initiative

## Retrospective Assessment

Each assessment asked the participant how they might use the knowledge gained in each module with the children in their lives. These are some of their responses.



### Understanding Trauma

"It was inspiring to hear how positive experiences can be the "remedy" to adverse experiences. That is hopeful!"

"To continue trying to create positive experiences, even if I have to let even more expectations of behavior go"

### Help Yourself First

"Taking the time to pause more in the moment and get in tune with my emotions."

"Self Kindness and care before care of others. This will be new for me."

"Thinking about connectedness knowing that nobody is perfect, that I am not alone and that I am able to ask for support."

### Developing Community Resilience

"share this knowledge with other adults..."

"creating spaces that are safe for students to attempt (and possibly fail) but still feel good about it"

"By creating safe places where they can practice their unique skills and work on their strengths without judgement."



### Knowing the Signs

"Stepping back and not personalizing certain things... Being a good listener...The biggest thing that I can change in my environment is myself/my reactions."

"Changing my response of what is wrong with you, to what is happening with you. Taking the time to point out the things that kids do well ..."

### Empowering Children

"Maybe doing a daily check in with all the kids will help them be able to name it not just when they are having a bad day but on the good days also"

"I will start implementing the "yet" technique to help build confidence in my students so they operate from a growth mindset."

