

# Resilient Bladen

July 25, 2022



# Welcome/Icebreaker

**Welcome Resilient Bladen Coalition members!**

**Please put your name and agency in the chat!**

**Icebreaker: Where is one place you'd love to travel to?**



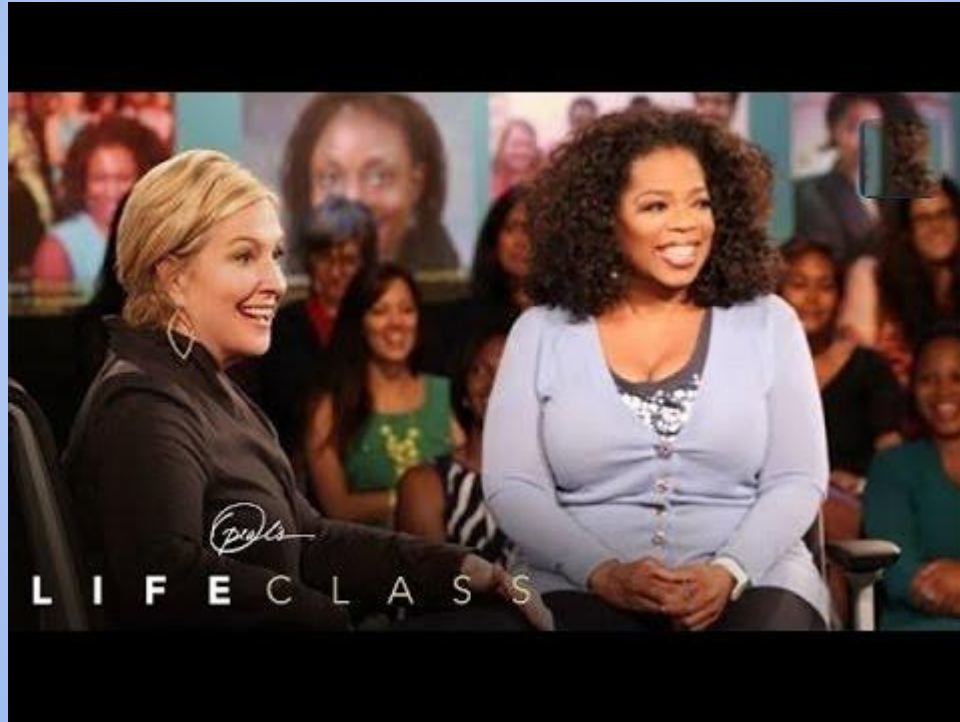
# Celebration - Our Wins!

- Bladen County Commissioners signed the “Resilient & Thriving Communities Week” Declaration on June 6th 2022.
- 25 agencies participated in the Bladen Resource Fair on June 23rd.
- We have 1 member getting CRM trained through Healthy Blue Initiative



# Our Focus - Concrete Supports in Times of Need

What are your supports in times of need?





## What is Concrete Support in Times of Need?

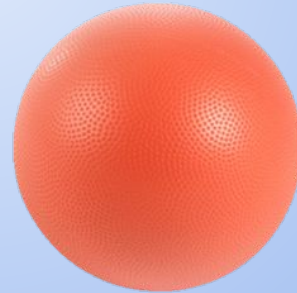
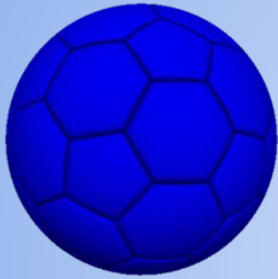
Families have access to whatever they need to handle the challenges they face and to be successful.



### Why is it important?

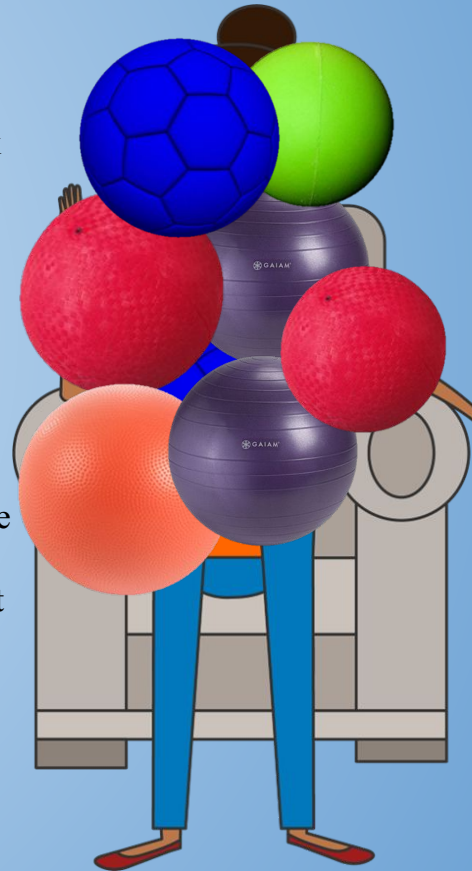
Helping families find and access the essential sources of help will lessen parental stress and – in turn – against possible maltreatment.

# Balls in the Air Activity





- She wakes up at 3 am, feeling sick. When she finally starts feeling better, lays down, and closes her eyes; the baby wakes up and her day begins.
- Leaving the house, she realizes she doesn't have lunch money for the day for her 6 and 8-year-old children. She writes a note to their teachers asking if she can charge lunch, saying she is out of checks.
- Dropping off the older two children at Fun Company, there is a note in her box saying that her check for the previous week "bounced." She needs to pay for previous week, this week and pay the returned check fee by Friday
- As she drops off the baby off at child care, the baby throws up on himself and all over mom's blouse.
- She calls her boss to inform her that she will be a few minutes late. She has to go home and change blouses. Her boss says she can't be late and she needs to come to work now. She goes to work with throw-up on her blouse.
- Today is payday and her check for a 30-hour week is \$270. Her bill for Fun Company and child care is \$135
- After work, she stops at school to pick up her 6-year-old and 8-year-old children. When she comes out of the building, her car (the one she got from her brother's friend) won't start. She tries to find someone to jump-start her car. Finally a man stops to help. He tells her not to turn the engine off until she gets a new battery.
- She looks at her watch and realizes it is after 6 p.m. which means she is late arriving at child care center to pick up baby. She has to pay \$1 for every minute she is late. By this time, she knows she will have to pay at least \$15.





- When she gets home she looks in the mailbox: still no child support check. Seven weeks without a check is difficult. She called Juvenile Court earlier today. They said they would check into the matter.
- She looks through the cabinets for something to prepare for dinner. There is no meat or bread. She opens a can of soup and makes Kool-Aid. She has only \$15 left on her EBT card for the rest of the month
- She puts a load of clothes in the washer. A half hour later, she notices that the washer has stopped. She opens the lid and sees that the clothes are still floating in the water. She tries everything she can, but the washer just won't spin.
- Her asthma has been bothering her all day. Without insurance, she has no money for an inhaler. She tried the over-the-counter medication, but breathing just gets more difficult.
- The children are finally in bed. She opens the 8-year-old's backpack and finds a note from the teacher. The school has scheduled an M-Team meeting for Thursday at 1 p.m. That is the only time the psychologist can be there. She knows she can't take leave from work anymore this month, especially on Thursday.



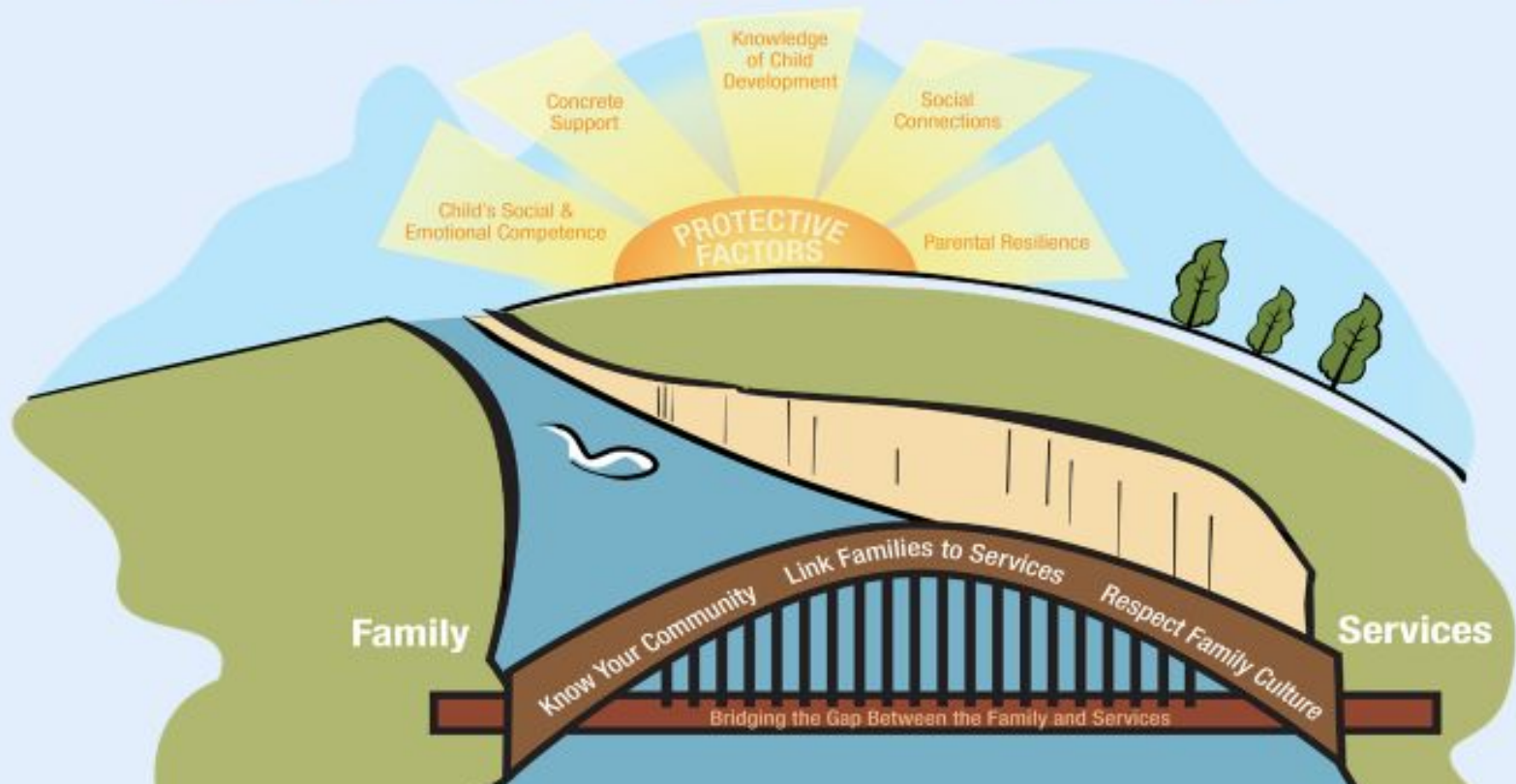


## Link Families to Services and Opportunities

Make and follow through on referrals, maintain relationships with service providers and share community information with families.



# Bridging the Gap Between the Family and Services



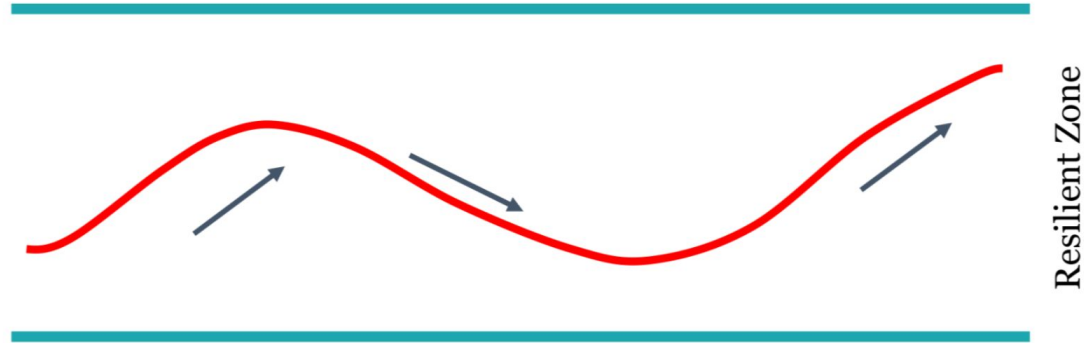
# Discussion Questions

- How can we create bridges with families and agencies for support during times of need?
- How can we fill in that gap when help is needed?
- How can we be proactive to give and receive?
- How can we support/teach our co-workers and community the example of the ball activity?



TRAUMA RESOURCE  
INSTITUTE

# *The Resilient Zone- “OK” Zone*



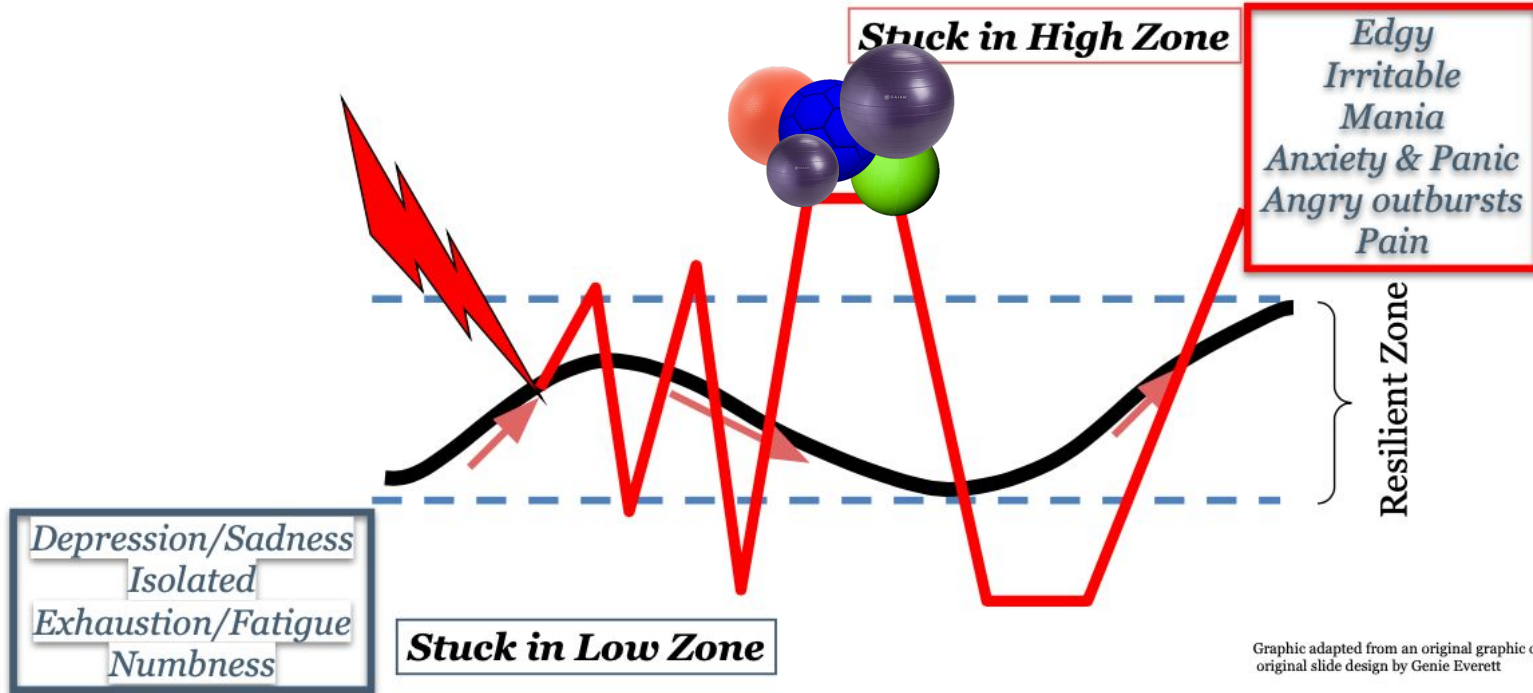
*GOAL: TO WIDEN YOUR RESILIENCY ZONE*

(c) Trauma Resource Institute



# Bumped out of the Resilient Zone

Stressful Event/Stressful Reminder



Graphic adapted from an original graphic of Peter Levine/Heller,  
original slide design by Genie Everett

# Resourcing

A resource can be a positive character trait, a good memory, a person, place, animal, spiritual belief, spiritual guide, or anything that provides comfort, joy, peace, or happiness.

## Conversational Resourcing Ideas

Is there anything helping you get through right now or has helped you in the past?

Is there someone or something that uplifts you or gives your strengths?

If you could be anywhere else or be doing anything else right now, where would it be?

I invite you to find your favorite PHOTO on cell phone and tell me about it or simply think about it.

# Tracking while Conversational Resourcing

Tracking- Noticing what's happening on the inside. Reading the nervous system.

You could invite and help the person track/notice their sensations of well-being.

Perhaps you notice and bring awareness to:

- A smile
- Sitting back in their chair
- Shoulders/muscle relaxation
- IF they take a deeper breath

We can invite them to notice any changes that they consider to be pleasant or neutral.

\*Remember this is always invitational and if tracking or resourcing becomes too much for someone they can stop.

Do you want more free resources to  
share with your community?

Access tons of free resources and information to help your organization  
become trauma-informed and healing centered.

[pacesconnection.com](https://pacesconnection.com)

[Resilient Bladen PACEs Connection Website](https://pacesconnection.com)





# Round Robin Updates

**Time to share News and Events  
around Bladen County!**



# Next Steps

- **When interacting with others, remember the balloons and your CRM Skill to help you show up as your best self. That way you can be a protective factor for a family in need, for yourself, and for your community.**
- **Next Meeting: August 29, 2022 at 11 am**
- **Contact Us if you are interested in a Protective Factors training, CRM training, or a Resilience film screening.**