


**Welcome!** 

We'll get started soon. If you'd like, type in the chat:

- From where are you joining the Zoom?
- What's your current EI role? How long have you worked in this role?
- What's one of the best gifts you've received recently?



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**Families: Moving from Resilience to Recharge**

Presented by:  
Dana Yarbrough, M.S., M.A.

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- Associate Director, Partnership for People with Disabilities, School of Education at VCU
- Director, Center for Family Involvement @ VCU
- Facilitator, VDOE Family Engagement Network
- Parent, young adult daughter with physical, intellectual and sensory disabilities

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**What will be Covered**

- ① Defining **Resilience**
- ② Moving from Resilience to **Recharge**
- ③ Exploring **Strategies** with and for Families

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**Re•sil•ience**  
*noun*

The capacity to recover quickly from difficulties; **toughness**.

The ability of a substance or object to **spring back** into shape; elasticity.



Definition from Oxford English

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**Fam•ily Re•sil•ience**  
*noun*

The family as a **functional system** impacted by highly stressful events and **social contexts**, and in turn, facilitating the **positive adaption** of all members and **strengthening the family unit**.

Definition from Froma Walsh (2016)

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# Family Resilience

**noun**

Within a person's family (as they uniquely define and experience it), family resiliency means applying family strengths and resources in a way consistent with their beliefs so that they think about life changes and transitions more positively, feel more hopeful and confident that they can manage it, and respond or adapt to challenges together.

What words stand out to you?

Definition from the Center for Family Involvement @ VCU (2021)

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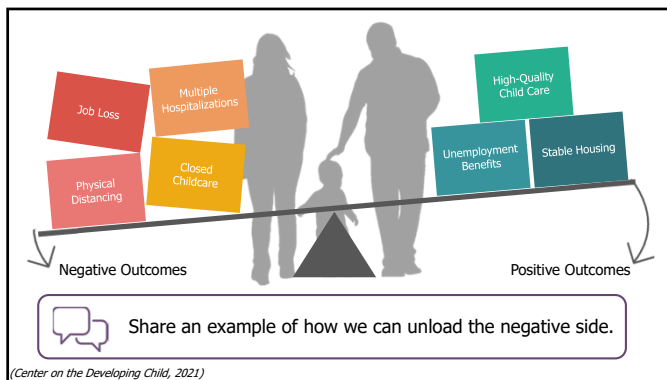
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## Examples of Resilience Training



Families Overcoming Under Stress



Community Resilience Model



Building Your Bounce

Links in Resource Handout

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### Example of Families Building Resilience in other Families



**Intentional matching** of a parent with a newly diagnosed child with disabilities with a 'seasoned', trained parent for **emotional, informational, and systems navigational support**

P2PUSA.org

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Share an example of when you have helped a family recognize the important roles they play.

<https://www.carnegie.org/topics/topic-articles/family-community->

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### Examples of Family-led Programs in Virginia

(Links in Resource Handout)

Where have you referred families?

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# Things to Consider



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The **NEW NORMAL** is not new to families of children with disabilities.

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It's a **Marathon,** not a **Sprint**



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# The Supercapade Facade



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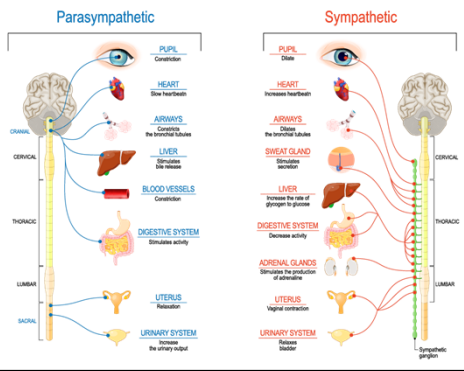
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## Fight/Flight vs Rest/Digest



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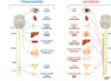
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NEW NORMAL



How often do you think about these considerations?



What other reflections do you have?

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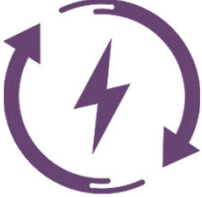
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**Re•charge**  
*verb*  
 Be **refilled**.

(of a person) return to a **normal state of mind or strength** after a period of **physical or mental exertion**.



Definition from Oxford English

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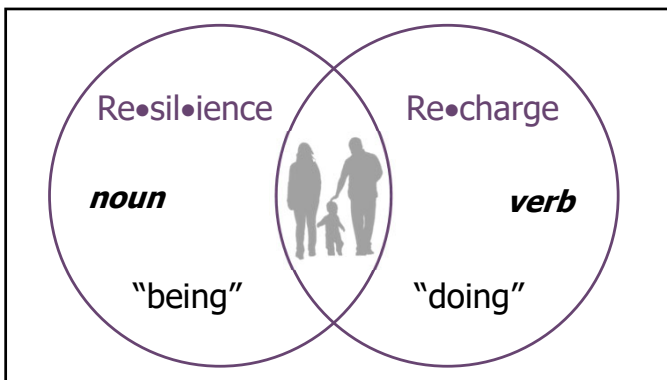
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**Strategy to Recharge**



Pause    Sense/Process    Respond    Adapt    Rest

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Use Jamboard to add  
**Strategies for Recharging**  
(Link in the chat)

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Thank you!



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Stay Tuned for:  
**Talks on Tuesdays**  
Returning February

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