

Presenter: Zina Cartwell MS, ICPS,CPM

Building Resilience Through Adversities

Words of affirmations

What made you did not break you

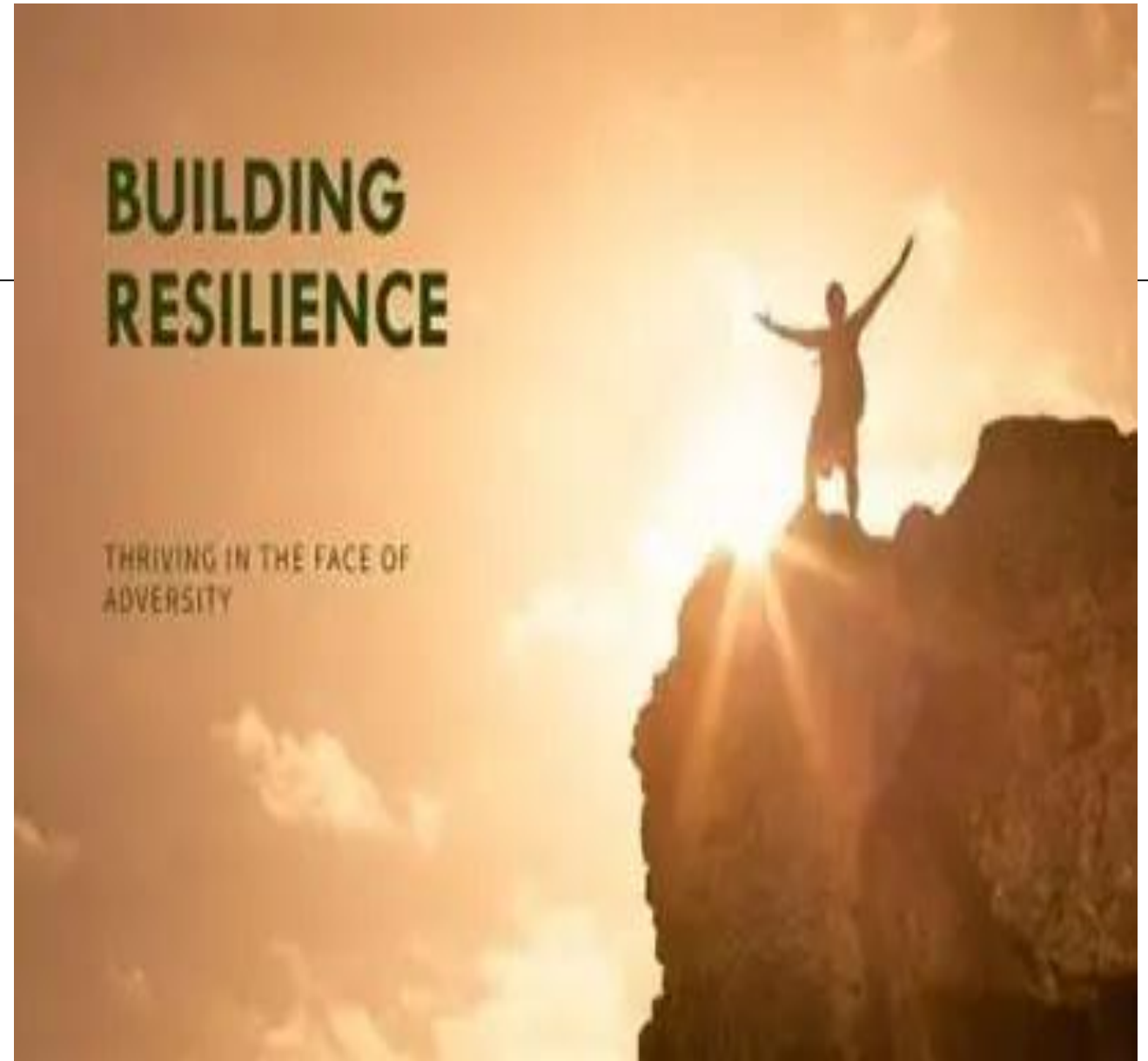
You are greater than your struggle

Your struggle is your platform

Never be afraid to ask for help

One yes, can change your life

I can do all things through Christ



WHY AM I SO SAD?

Complete the assessment
for discussion.

ADVERSITY AND RESILIENCE

- ad·ver·si·ty

adversities (plural noun)

- difficulties; misfortune:

ADVERSITIES (RISK FACTORS)

- Youth at risk face various factors that can lead to negative outcomes, including suicidal thoughts, poverty, family dysfunction, substance misuse, and academic struggles.

SAMHSA

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

Multiple factors influence suicidal behaviors or thoughts, substance use-especially alcohol use-is a significant factor that is linked to substantial number of suicides and suicide attempts.

Alcohol: psychotropic depressant

- Worsen depression and anxiety
- Increase aggression
- Amplify feeling of hopelessness and impulsivity
- Reduce fear responses
- Intensify feelings of loneliness and social isolation
- Reduce fear responses

POVERTY

- Poverty: Economic hardship is a significant risk factor that can lead to various negative outcomes, including academic failure and mental health issues. Youth from low-income families often experience stressors that can impact their development and opportunities.

FAMILY DYSFUNCTION

- Family Dysfunction: Family-related issues, such as parental conflict, single-parent households, or lack of parental supervision, can increase vulnerability. Youth in unstable family environments may struggle with emotional and behavioral problems.

SUBSTANCE MISUSE

- Substance Misuse: Exposure to substance abuse, either personally or within the family, can lead to increased risk of addiction, delinquency, and other negative behaviors.

ACADEMIC STRUGGLES

- Academic Struggles: Poor academic performance and disengagement from school are strong indicators of youth at risk. Factors such as low educational attainment of parents and lack of support can contribute to these struggles.

SOCIAL DISCONNECTION

- Youth who lack positive social connections or support systems are at higher risk of engaging in delinquent behaviors or experiencing mental health issues.

MOMENT OF REFLECTION

- What was the hardest time in your life?
- Who helped you through it?
- What were your resources?
- How long did it last?
- How was you affected financially, mentally, physically or emotionally?
- What was the lasting effects of the trauma?

RESILIENCE (PROTECTIVE FACTORS)

the capacity to withstand or to recover quickly from difficulties; toughness

the ability of a substance or object to spring back into shape; elasticity



INDIVIDUAL

- High Individual Expectations
- Perception of social support from adults and peers
- Positive resilient temperament
- Positive expectations, optimism for the future
- Social competencies and problem-solving

FAMILY

- Effective Parenting
- Bonding or attachment to family
- Presence and involvement
- Rewards for prosocial family involvement



Opportunities for prosocial school involvement

Presence and involvement of caring supportive adults

Rewards for prosocial involvement

Strong school motivation, positive attitude toward school



GOOD RELATIONSHIP WITH
PEERS



INVOLVEMENT WITH POSITIVE
PEER GROUP ACTIVITIES



PREVENTION INVOLVEMENT

- Coalitions
- After-school program
- Youth group
- School activities and programs
- Mentoring programs
- Community collaboration
- Evidence-based curriculum



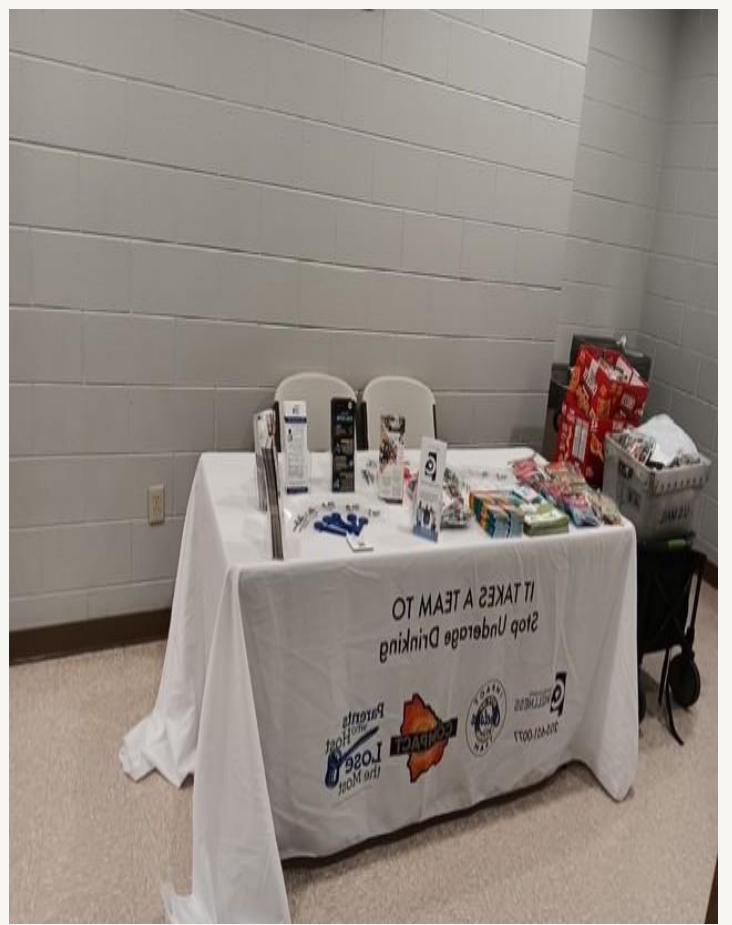
UNIVERSAL APPROACH

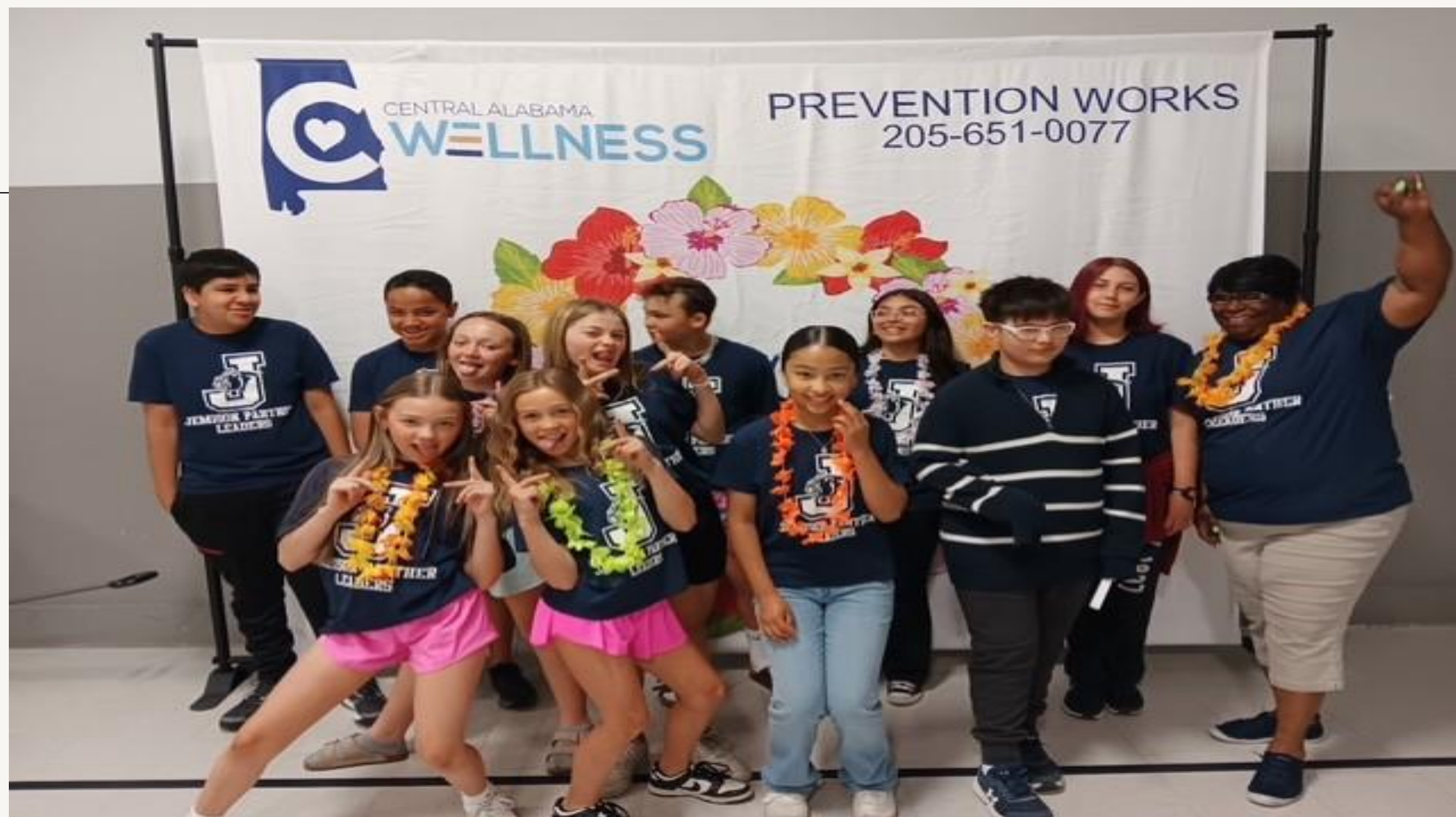
"Too Good for Drugs" is a comprehensive K-12 prevention education program designed to empower students to make healthy choices and resist substance use.

Program Goals

- The "Too Good for Drugs" (TGFD) program aims to mitigate the risks associated with alcohol, tobacco, and other drug use by fostering essential social and emotional skills among students. It is designed to help children and adolescents develop resilience against peer pressure and make informed decisions regarding their health and well-being.







CONTACT INFORMATION

Zina Cartwell

- Office: 205-651-0077
- Office Cell: 205-910-2772

Email zcartwell@centralalabamawellness.org