

## Resilient Beginnings Network: Virtual Learning Session

Science of Resilience and Strengths-Based Approaches

Thursday, May 13, 2021: 12:00 pm – 2:00 pm

### Pre-work

Please bring a draft of your [Roadmap](#)'s Opportunity and Aim Statement to the session. If your team has not yet started, you will have the chance to draft the Opportunity and Aim Statement as a team during the session.

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### Session Overview

In this session, participants will build upon the connections between dignity and equity from our March session. We will review the science of resilience and strengths-based approaches to enhance modifiable resilience factors.

Participants will also begin to deepen their understanding of how asset-based framing can be incorporated in trauma-informed and healing centered practices to impact the patient experience. Through individual reflection, small group conversations, and large group discussion, participants will walk away with knowledge, tools, and strategies to apply to their implementation of trauma-informed models and practices with children and families. Through a guided reflection, small group discussion, and interactive activities, participants will gain an understanding of the Dignity Framework and strategies to integrate dignity practices into their own work with children and families.

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### RBN Learning Session Faculty

- Renée Boynton-Jarrett, MD, Vital Village Networks
- Ronda Alexander, Vital Village Networks

### RBN Staff

- Tammy Fisher, *CCI Vice President*
- Nikki Navarrete, *CCI Senior Program Coordinator*
- Jacqueline Nuila, *CCI Program Manager*
- Megan O'Brien, *CCI Program Director*
- Alexis Wielunski, *CCI Program Manager*

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**Logistical instructions:** [Register](#) and use custom link to join the meeting. At the start of the session:

- **Audio/visual connection:** make sure you are logged in on both audio and visual. If you are calling in by phone, enter your participant ID (your ID is displayed at the top of your zoom screen). Do this by pressing #number# on your phone (ex: #24#)
  - **Re-name yourself:** please rename yourself so we know what organization you're from (ex: Nikki (CCI)). Hover over your name in the participant list and click "Rename."
  - **Turn on your video!:** if you have video capability, we'd love to see you.
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## RBN Virtual Learning Session Agenda: Thursday, May 13, 2021

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<b>12:00 pm – 12:15 pm</b>	<b>Welcome &amp; Connect</b> Review program announcements & reminders.
<b>12:15 pm – 12:20 pm</b>	<b>Overview and Agenda</b> Outline session agenda and frame expectations for the session.
<b>12:20 pm – 12:45 pm</b>	<b>Understanding Our Own Resilience</b> Define the concept of resilience; allow participants to connect with one another by reflecting on their own resilience.
<b>12:45 pm – 1:10 pm</b>	<b>Reframing Assets</b> Introduce participants to key concepts of asset-based framing, including the importance of language.
<b>1:10 pm – 1:20 pm</b>	<b>Break</b>
<b>1:20 pm – 1:45 pm</b>	<b>Team Activity</b> RBN teams practice resilience and asset-based framing by applying it to their opportunity and aim statements in their RBN Roadmap.
<b>1:45 pm - 2:00 pm</b>	<b>Closing Conversation</b> Recap and share potential next steps to move from theory into daily practice.

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