



Growing Resilience in Washtenaw County

Welcome Edition

IN THIS ISSUE

This week: Welcome and Resilience Rally Wrap Up!

Welcome!

Thank you all for attending our first Resilience Rally on March 1st, 2019. It was an exciting day filled with fun, food, and lots of information! It was inspiring to see our community connect around our shared commitment to support young children and their families. Our goal is to use this quarterly newsletter to share more resilience-building tips and exercises, and updates on what is going on with our Strong Roots Programs. If you have any tips or exercises that you think would be beneficial to all, please feel free to send along to yrebecca@med.umich.edu. We'd love to include your thoughts and ideas on our next newsletter. This quarter's newsletter will include an overview of the Resilience Rally, some resilience-building exercises, and a few Mom Power updates. We look forward to continued learning and sharing as we all continue our work to strengthen resilience in Washtenaw County! THANK YOU!



Kate Rosenblum, PhD welcomes Resilience Rally participants



Libby Sheldon pulls yarn out of the roll in Web of Connections activity



Melisa Schuster, LMSW leads connection activity

What's New with Strong Roots?

Find out more about Mom Power, and what the intervention entails. Also, new group starting SOON! Here you'll find a link to register participants for our May Mom Power group. Page 2



Resilience Rally Feedback

You all had a lot to say on the Resilience Rally evaluations. Rena Menke discusses the results. Page 3



Marshmallow Madness

If there is one thing we learned at the Resilience Rally it is that marshmallows are extremely sticky! See pictures of some of the marshmallow trees you created. Page 4



Activities to Build Resilience

This quarter, our topic is exercise. Exercise is a part of self-care that many of us find hard to fit into our day. Here are some easy ways to incorporate exercise into every day. Page 5



What's New with Strong Roots?

Many of you commented that you wanted to learn more about Mom Power and what it is about. So for this quarter, we are starting out "What's New with Strong Roots?" with a thorough overview of the multifamily group approach to Mom Power.

So what is it?

Mom Power was named by mothers who participated in the program to reflect their strengths and how they grew over the course of this empowering, resiliency-focused group. The multifamily group delivery of Mom Power (MP) is a 13-session parenting and self-care skills group for at-risk mothers and their young children (ages 0-6). MP aims to engage, support, and empower mothers, and connect families with more intensive services if needed. The group is typically led by two trained facilitators.

The model includes a 10-week parenting and self-care skills group, a pre- and post-group home visit and one individual session during the duration of group. The group is delivered in 10 weekly 3-hour sessions, and the curriculum follows an evidence-based parenting and self-care skill model in a friendly, interactive, non-judgmental and accessible format. The curriculum is highly personalized, building a framework for understanding children's behaviors paired with tailored feedback addressing the unique experiences and challenges of each mother-child dyad, using a variety of techniques.

- Attachment-based parenting curriculum
- Skill building to enhance self-care and stress-reduction skills
- Support for parent-child interactions
- Connection to resources (e.g. case management, mental health and developmental referrals).

Many families face barriers in seeking and receiving treatment, and Mom Power aims to address these barriers, including:

- Transportation
- Childcare issues
- Poor social support
- Financial problems
- History of past or ongoing trauma
- Experiences of racism, discrimination, and implicit bias
- Mistrust in providers and feelings of stigma

Did you know?

Mom Power is just one program out of several Strong Roots programs. Strong Roots includes several individual programs, including:

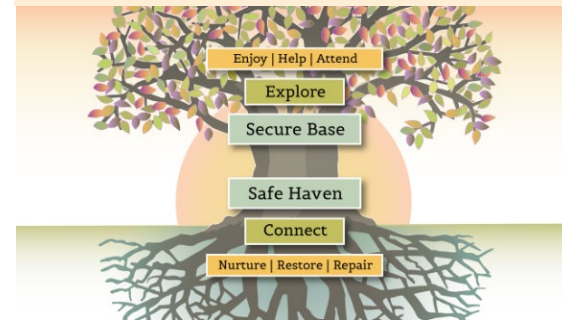
- Fraternity of Fathers
- Strong Military Families
- Hearts and Minds on Babies
- Partnering for the Future
- Strong Beginnings
-and more!

Still have questions? Contact Rebecca Yarbrough at yrebecca@med.umich for any additional questions.

Mom Power Tools

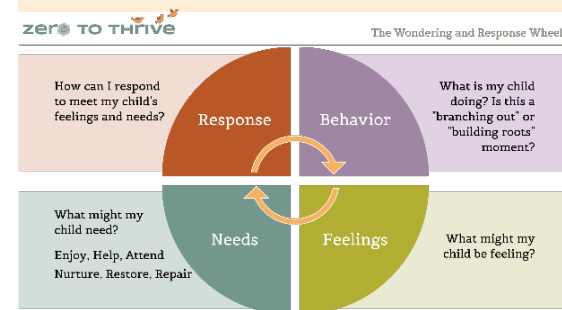
The Mom Power curriculum includes several tools to help facilitate the material. Here are some of them:

The Tree



Mom Power uses The Tree as metaphor to discuss the child's needs for growing and branching out and for connecting and building roots as prerequisite for healthy and safe child development.

Wondering and Response Wheel



The Wondering and Response Wheel can help parents to identify their children's behavior, feelings, needs, and how the parent may respond to support the child's needs.

Know of a family that would benefit from Mom Power? Refer them!

We are now accepting participants for the next Mom Power group. Here are the details:

**Meal and
Childcare
Provided!**



Who: Anyone identifying as female who is pregnant or has a child aged 6 or under. Must be 18 or older. ALL Washtenaw County residents welcome, regardless of citizenship status!

When: Tuesdays, 1:30-3:45 pm

Location: Ypsilanti, MI

Dates: May-July (May 21st start)

TRANSPORTATION ASSISTANCE IS AVAILABLE

Register here!

Please feel free to
distribute:

[Family Registration Link](#)

Resilience Rally Feedback

We were pleased to host the first Resilience Rally on March 1, 2019. There was a strong community presence, and we look forward to continuing to collaborate around building a community that supports the most vulnerable children and families in our community.

We are grateful to all who completed the pre- and post-Rally evaluations and would like to share some of the results with you here. More than 140 individuals attended this event! Attendees were teachers, social workers, case workers, health professionals, and more! You will see below, most reported finding the Rally to be a very positive experience.

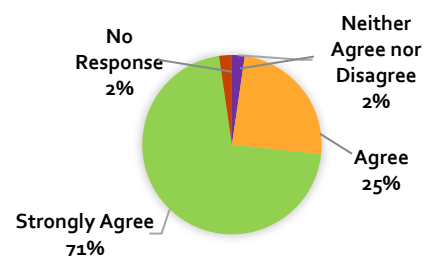


Table 1. I found the Resilience Rally to be a helpful experience.

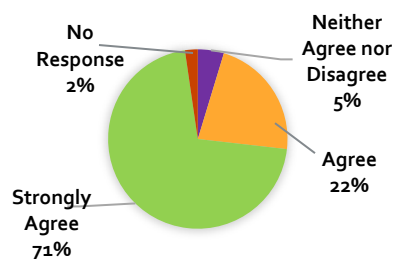


Table 2. I was satisfied with my experience with the Resilience Rally.

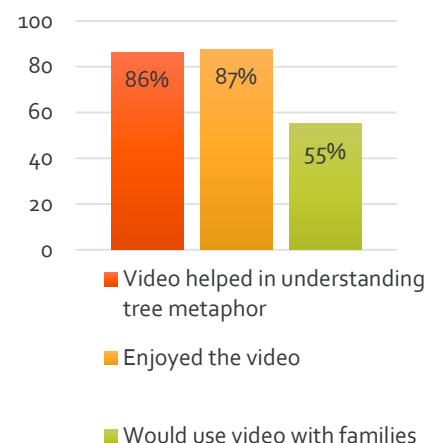
We asked attendees to rate their knowledge of issues related to Adverse Childhood Experiences (ACEs) before and after the Rally and found that individuals reported increased awareness and understanding of ACEs. Attendees also indicated that presentations and activities increased their awareness of the importance of connection (relationships!) in supporting resilience. Many individuals indicated that they liked being able to connect with other professionals in the community, and valued the content, hopefulness, and interactive nature of the Rally. We also appreciated the suggestions for improvement, including more breakout sessions and less lecture in the morning.

You likely noticed we asked quite a few questions about multi-media use. More recent models in delivery of care have moved to using multi-media methods to deliver content. Some programs deliver treatments to individuals using multi-media. When asked about willingness to use multi-media resources with families:

90% are willing to use
34% use to strengthen and support parenting with families they serve
31% use to promote parents' understanding of children's needs.

Many attendees noted barriers to using multi-media, such as not having access to computers or internet, and unreliable internet.

At the Rally, you were amongst the first to view our new animated Tree video. Here are your thoughts:



We appreciated learning more about attendees' experiences with multi-media so that we can continue to provide materials that are effective and feasible in community settings.

Finally, we would like to thank the University of Michigan Community Health Services and the Michigan Department of Health and Human Services for their generous funding to cover the costs of this training. Next steps include continuing to connect with community sites, and providing Lunch and Learns at various organizations. We look forward to continue to work with each of you, and to support our Washtenaw County Community in building resilience.

Thank You for Leaf-ing Your Resilience-Building Ideas!

Many of you wrote what your team is doing to build resilience in the community on little paper leaves. Thank you! Here is what some of you had to say:

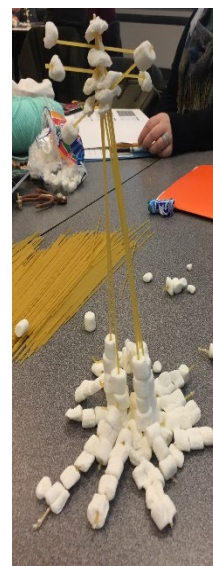
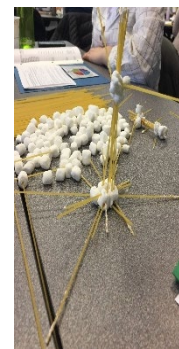
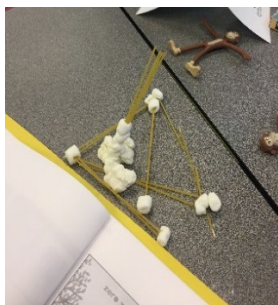
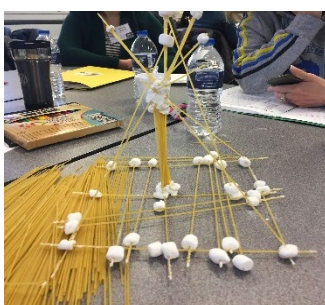
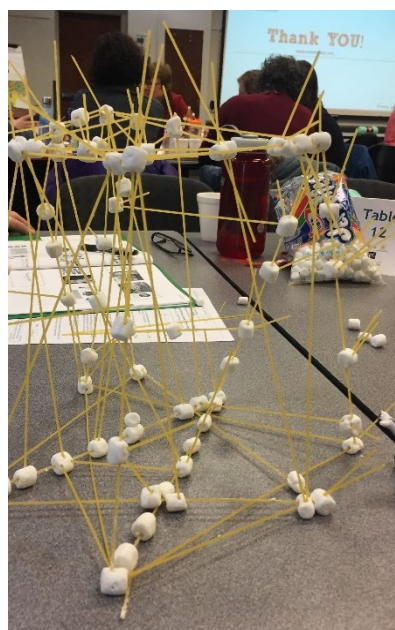
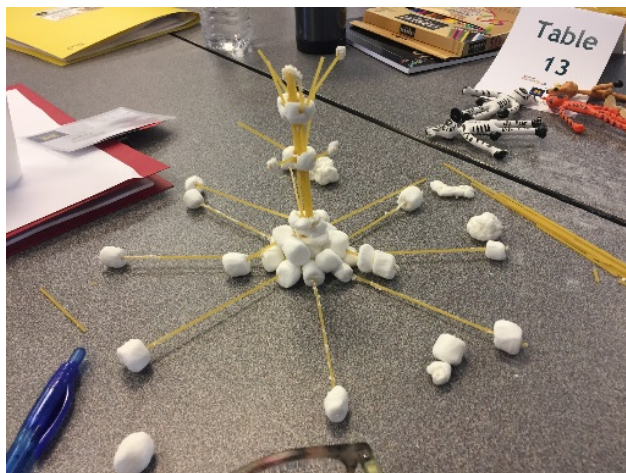
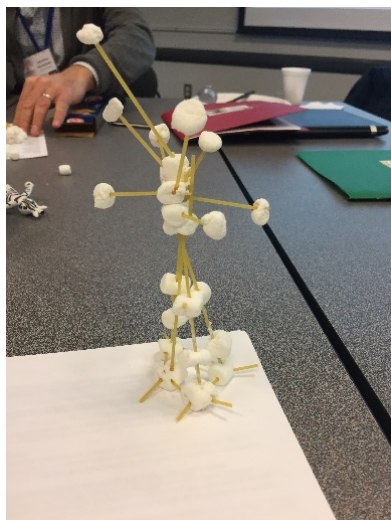
We help kids work through their big emotions in a safe place 😊

Our school is doing additional training to support resilience

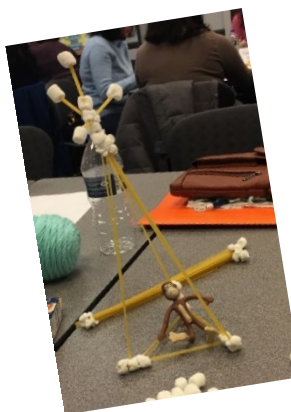
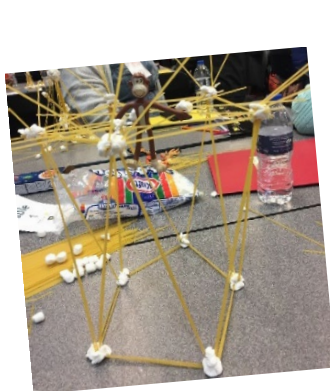
We run a parenting series

Marshmallow Madness!

While building your marshmallow trees, you might have noticed that the more “roots” (spaghetti) you added, the easier it was to keep your tree from falling. Just like our “trees,” our families need us to help build their roots to make sure they can withstand all that life throws at them.

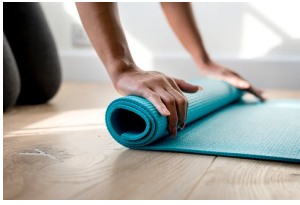


Of course, there is always time to monkey around...



Office Yoga

Need a good stretch to break out of your normal desk routine? You don't need a yoga mat to try these!



1. Neck Stretch

Take your left hand, place on head and pull your head towards your left shoulder. Take three deep breaths. Switch sides and stretch out the right side.

2. Seated Crescent Moon Pose

Lift your arms over your head and hold hands together in a "prayer" hold. Lean as far to the right as possible and take three deep breaths. Switch sides and lean as far to the left as possible. Take three deep breaths.



3. Seated Forward Bend

Sitting at your desk chair, put both feet flat on the floor. Put your arms behind your back and interlace fingers. Stretch your arms while pulling your interlaced fingers down. Bend at the waist to bring your interlaced hands over your back. Rest your chest on your thighs and let your head hang while you continue to stretch.

4. Ankle to Knee

Place your right foot on your left knee. Keeping your back straight, lean forward to stretch. Take 5 deep breaths before switching to the opposite side.

Let's Get Moving!

Our busy lives can make it difficult to care for ourselves and our bodies. Here we explore ways to incorporate exercise into your everyday routine. You can even teach some of these moves to the families you serve!

5. Wrist stretch

Extend your right arm, keeping at shoulder height. Grasp your right hand with your left hand and pull your right hand back. Repeat with opposite arm.



6. Standing Thigh Stretch

Standing in front of your desk, take your right hand and grab your right leg and pull it towards your back. Take your left hand and hold it up while you stretch your leg. Switch sides.



Blood-pumping Exercises You Can do at Your Desk

Sometimes you need more than a stretch to get you alert and moving. The below moves will be sure to wake you up!

1. Desk push-ups

Stand directly in front of your desk and take 2-3 steps back. Keep your feet planted and place your palms on your desk. Bend at your elbows to bring your face forward, almost touching your desk. Then, push up! Repeat as many times as necessary.

2. Leg Planks/Tricep Dips

Sit at the edge of your chair, placing your palms on the chair also in line with the edge of the chair. Bend your knees while keeping your feet firmly planted on the floor. Extend your right leg, keeping it parallel to the floor. Bend your elbows to do a "push up." Continue 10 times before switching to the opposite leg.

3. Walk/Run in Place

There is no easier exercise to do at your desk than to stand up and start walking or running in place—all while reading your emails for the day!



4. Wall Sit

Put your back to any wall. Slide down the wall, bending your knees until your thighs are parallel with the floor. See how long you can keep this position. This move will give you an intense core workout.

5. Shoulder Press

Have an old phone book laying around the office or a couple of full water bottles? Use them to do shoulder presses while sitting at your desk. All you have to do is hold the object(s) above your head and pump your elbows up and down to an easy arm and shoulder workout!

