

# THRIVE Resilience Model™

## Cultivate lives of meaningful connection, hope, purpose and wellness

### TRUSTED ADULTS.

In trusting relationship with responsible adults who provide care, positive role modeling and encouragement.

- Safe – Perceives safety, including strong boundaries and physical and mental health supports.
- Accepted – Strong sense of belonging and being affirmed as unique individual.
- Valued – Feels appreciated and respected with open, honest communication.
- Supported – Provided encouragement and resources.

### HIGH EXPECTATIONS.

In an environment that expects best efforts and supports meaningful learning and growth.

- Readiness – Monitored for and met at level of physical and psychological readiness for challenge and growth.
- Challenge – High expectations for agency, best efforts and achievement, and held accountable without shame.
- Support – Close others support authentic living, give and receive support, and resolve conflicts in healthy ways.
- Positive Norms – Provided opportunities to grow self-efficacy and leadership in environment of growing through adversity.

### RESILIENCE SKILLS.

Taught skills to grow strengths, cope with adversity, regulate emotions, and refuel positive energy.

- Awareness – Aware of self and others and understands consequences of actions.
- Self-Regulation – Capacity to delay gratification, manage impulses and show respect for self, others and environment.
- Perseverance – Motivated to set goals and sustain effort, even in the face of setbacks.
- Rejuvenation – Uses daily practices to regenerate positive emotions and actions.

### INVOLVEMENT.

Provided meaningful opportunities to connect with and contribute to community.

- Engaged – Participates weekly in meaningful peer-based activities and community-based gatherings.
- Connected – Feels cared about and allows others to invest in physical and emotional well-being.
- Resourceful – Feels regularly relied on to solve problems or improve community.
- Contributing – Perceives ability to make a difference and volunteers in community.

### VISION.

Strengthened with messages of hope and engaged in co-creating a positive future.

- Self-Confident – Positive self-perception and confidence in strengths and abilities.
- Hopeful – Holds a positive vision for life one year or more into future.
- Optimistic – Believes in ability to make a difference and contribute to a more positive future.
- Collaborative – Supported to develop strong social skills, communication skills, and collaborative problem solving.

### ENRICHMENT.

Supported as whole person with regular opportunities to grow and express strengths.

- Mental Health – Mental health needs met, regularly disconnects from technology, curious and reads for pleasure.
- Physical Health – Engages in sufficient sleep, healthy nutrition, daily physical activity and rest and time in nature.
- Emotional Health – Sense of gratitude, joy, self-compassion and regular creative expression.
- Spiritual Health – Open-hearted, sense of purpose, optimism for personal future and engages in community or activities.

*Mollie Marti*