

CIP's Individual Resilience Plan		
Resilience Area	Objectives	Strategies
<b>Safety &amp; Control</b>		
<i>Basic Needs and Resources; Validation; Sanctuary</i>	Increase physical & emotional safety	Reduce risk generating situations
	Monitor basic needs	Validate concerns; link to resources
	Create sanctuary or safe space	Define safe space with family; plan for access to safe/calming space; rehearse soothing self-care
<b>Social Connections</b>		
<i>Positive Connections &amp; Supports; Expectations that Maximize Potential; Participation</i>	Increase positive relationships outside of the home	Facilitate virtual connections with caring adults; identify virtual peer groups; identify family & youth peer supports
	Increase positive relationships within the family	Assign “secret” acts of kindness among family members; facilitate family story-telling; assign virtual Relative Interviews
	Increase parental attention to positive behaviors	Introduce the Do-Over for behavior management
<b>Skills &amp; Competencies</b>		
<i>Competencies; Self Wisdom; Courage and Confidence</i>	Increase sense of normalcy with schedule and routines	Create a daily schedule for weekdays; include sleep, exercise, meals, and mindfulness; teach mindfulness; link to free resources
	Identify achievable goals with parents, for both parents and youth.	Teach calm, non-reactionary communication skills; rehearse cueing; plan for reinforcement
	Improve problem solving skills	Teach and rehearse problem solving skills
<b>Service &amp; Contributions</b>		
<i>Hope and Optimism; Future Orientation; Sense of Meaning; Joy</i>	Increase compliance with household tasks	
	Increase sense of meaning with opportunities to contribute to the greater good	Assign family members to identify others who may need assistance; plan for safely supporting others
	Identify future goals	Brainstorm supports needed to reach goals; identify opportunities

~This is a **sample Individualized Resiliency Plan**

Use the resiliency hierarchy, the 12 resiliency components and the resiliency wheel for additional areas of focus and ideas for implementation.