

Alternative Training Packet for Session 6: Resiliency and Self Care

Note to Resource Coordinator please provide these items to participant for this session:

- Copy of Self Care Wheel's below (if no internet)

- 1. Read the Resiliency and Self Care** chapter in *Foundations Part 2 Classroom and Resource Guide*; read both the class content and resource section.

- 2. Write/Do both of these activities:**
 - a. Take "The Resiliency Quiz" in the Foundations chapter

 - b. Please fill out the "Resiliency Wheel In Action" for a child in your care (located in resource section of chapter)

- 3. Make your own self care plan** – you can use this handout or create your own - Self Care Wheel
 - Sample Form: <http://www.olgaphoenix.com/wp-content/uploads/2015/05/SelfCare-Wheel-Final.pdf>

 - Blank Form: http://www.olgaphoenix.com/wp-content/uploads/2015/05/ACGD_SelfCareWheel_templatejan2016_A3-1.pdf

Additional Resources for Session 6: Resiliency and Self Care: The rest of these videos, websites and/or articles are not required, but they will compliment your learning about resiliency and self-care.

- **Read** this article “Promoting Development of Resilience among Young People in Foster Care” <http://www.aecf.org/m/resourcedoc/JCYOI-PromotingDevelopmentofResilience-2012.pdf>
- **Review** (and bookmark) the following websites.
 - VKAP (Vermont Kin as Parents) <http://vermontkinasparents.org/>
 - Voices at the Table <http://www.vtadoption.org/voices-at-the-table.html>
 - VT Adoption Consortium <http://www.vtadoption.org/>
 - CWTP (Child Welfare Training Partnership) <http://vermontcwtp.org/>
 - VFAPA (Vermont Foster and Adoptive Families Association)
 - Lund Family Center <https://lundvt.org/>
 - DCF Family Services <http://dcf.vermont.gov/resources/adopt-foster>
- **Watch** this video (20 min) [Beyond the Cliff | Laura van Dernoot Lipsky](#)
- **Watch** this video (20 min): [Every Child Is One Caring Adult Away from Being a Success Story](#)