

## THE RESILIENCE APPROACH

### Reflect – Honor -- Connect



Purpose: A person who has experienced trauma can begin a healing journey when he/she knows that their words and feelings being heard. When we **reflect** words or feelings, the person feels heard. Healing can continue when we **honor** what the person did to survive and/or honor what the person is doing now to get their needs met and build a better life. The person who has experienced trauma has often lost a sense of connection and a sense of the future. We begin to restore what's been lost when we **connect** the person with a sense of felt safety, safe and positive adults, and/or a sense of the future.

#### REFLECT – HONOR -- CONNECT

1. **Reflect** back with compassion what you heard the person say or feel.
2. **Honor** their courage for surviving and sharing their words/feelings.
3. **Connect** to safety, positive adults, and a positive future orientation.

#### REFLECT – HONOR -- CONNECT

1. **Reflect:** “I hear the pain in your voice when you remember that.”
2. **Honor:** “It took a lot of courage to live through that situation. You’ve come a long way.”
3. **Connect:** “You are working hard to make your life better. You are looking for a place to live that is safe. Your grandmother and the people on your team want to support you with that.”

The Resilience Project is a Strong Families Safe Communities Project administered by Hamilton County DD Services with funding support from Ohio DODD and MHAS. Partner organization include Clermont County Board of DD, Lighthouse Youth Services, Greater Cincinnati Behavioral Health, and Finding Hope Consulting.