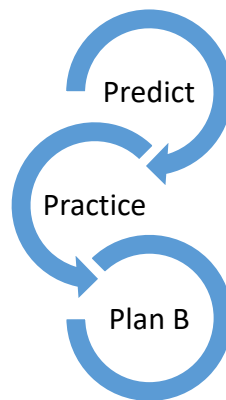


## THE RESILIENCE APPROACH

### Three Ps



Purpose: People who have experienced trauma need to heal the part of the brain that helps them plan and execute. Use the Three Ps to ‘walk through’ a situation that might cause anxiety or stress.



### THREE Ps

#### Predict

- What do you think is going to happen?

#### Practice

- Walk through it.
- Practice or help the person describe in as much detail as possible what they would like to have happen.

#### Plan B

- Have a back-up plan!
- If it does not go the way you planned, what would you like to do instead?

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.