




Adult Resilience Curriculum (ARC)

Introduction

Flight safety instructions...






How do we
best support
our patients?

By supporting the
professionals that
work with them.





The Adult Resilience Curriculum (ARC)

MODULE 0: Introduction



Acknowledgements

This framework and its supporting research is the result of ongoing collaboration between the University of Washington, University of Minnesota, and community partnerships. The following individuals are co-developers of the ARC:

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Gail Joseph, PhD
Aria Fiat, PhD
Andrew Thayer, PhD



WHO WE ARE

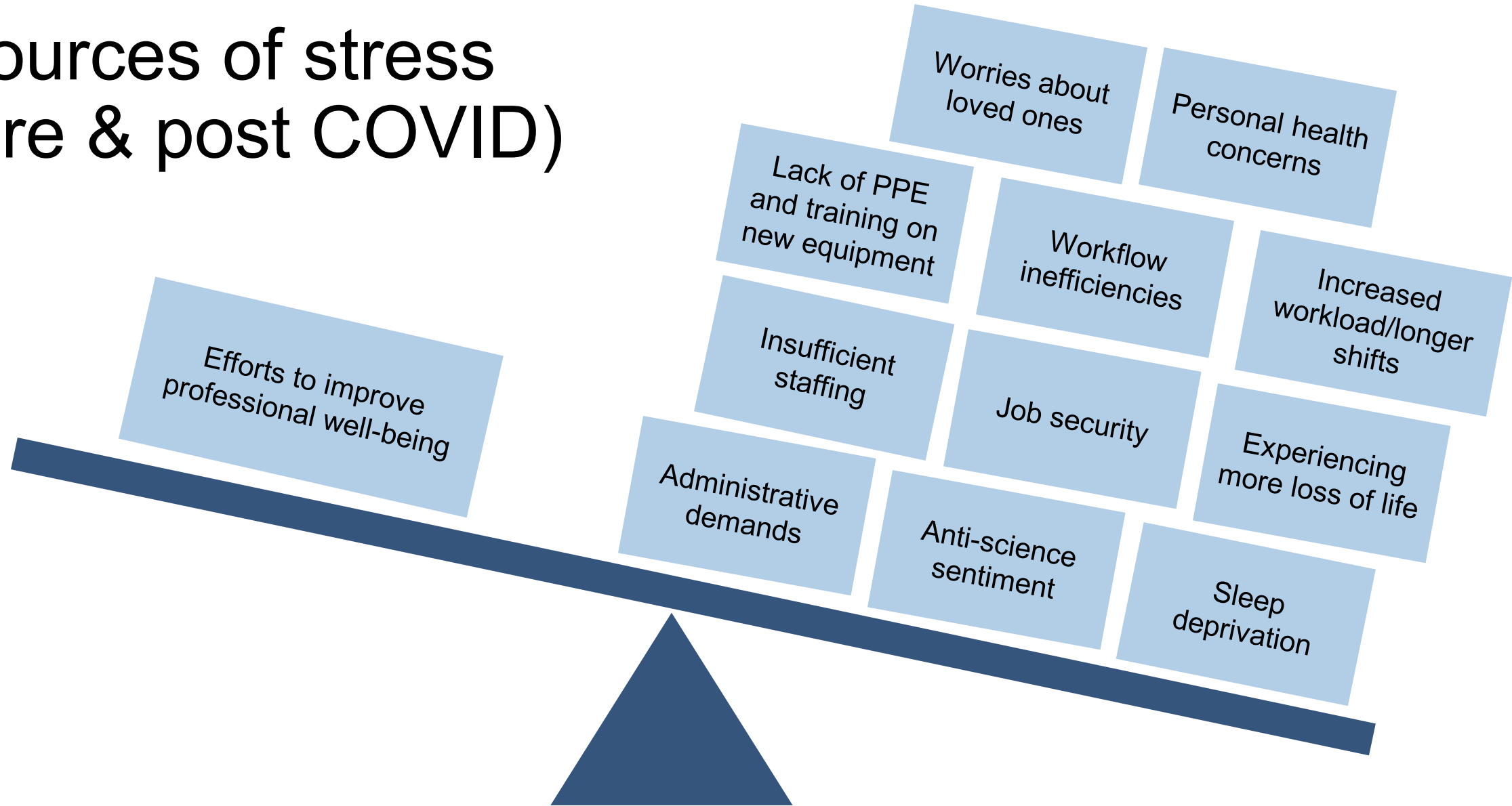
Christian Klepper,
PsyD, LP
Faculty Trainer

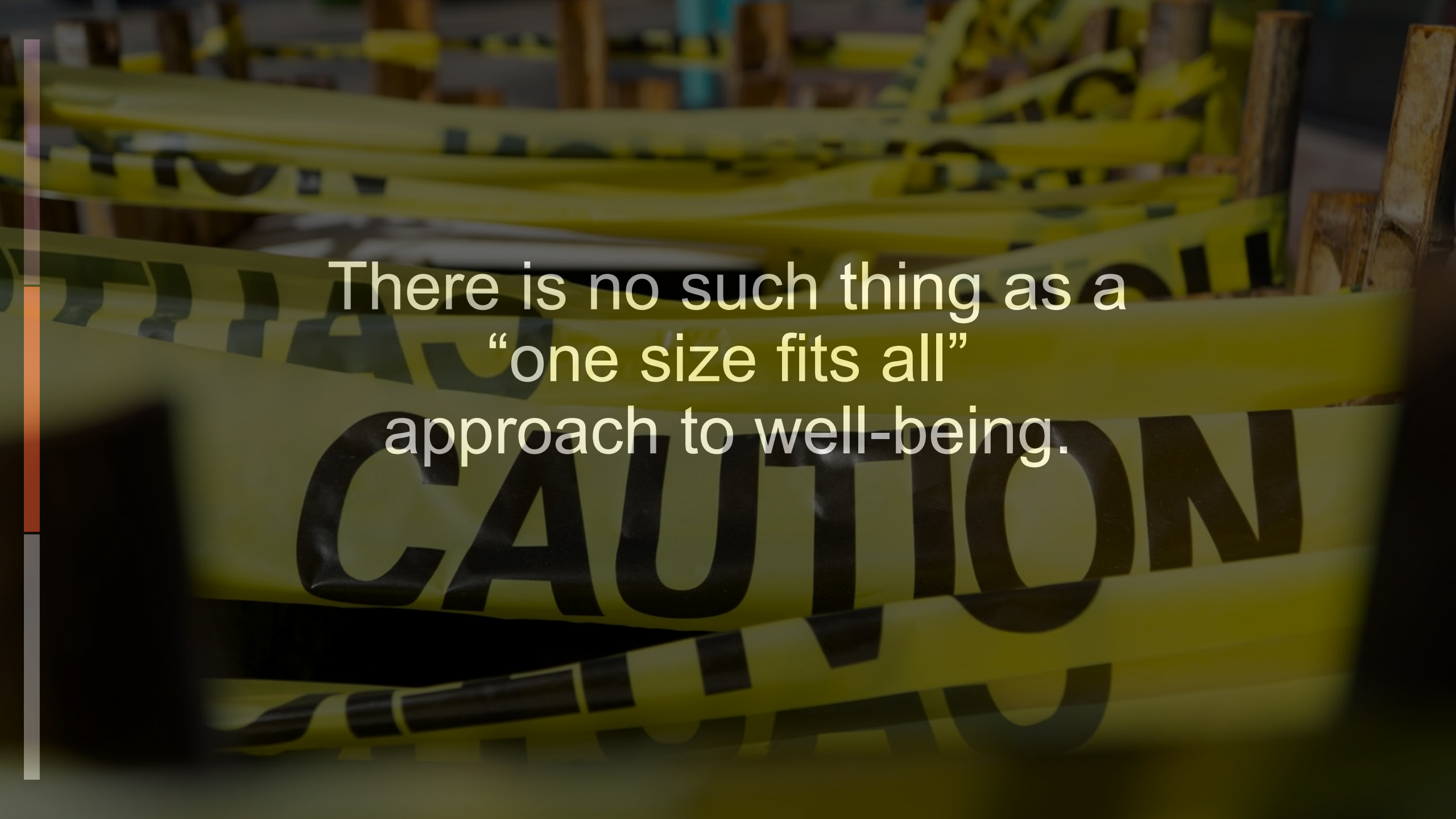
WHO WE ARE



Hannah West,
PhD, BCBA
Regional Trainer

Sources of stress (pre & post COVID)





There is no such thing as a
“one size fits all”
approach to well-being.



“ Self care is important,
yes, and so is
community care.

People cannot self care
themselves out of issues
that need community
support.

One without the other
can strain and create
imbalance.

”



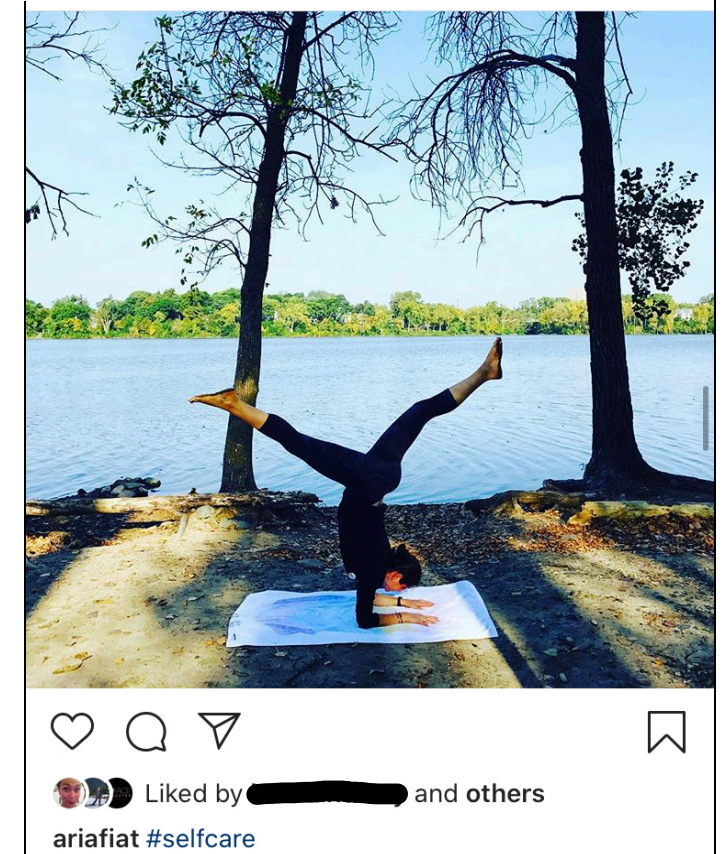
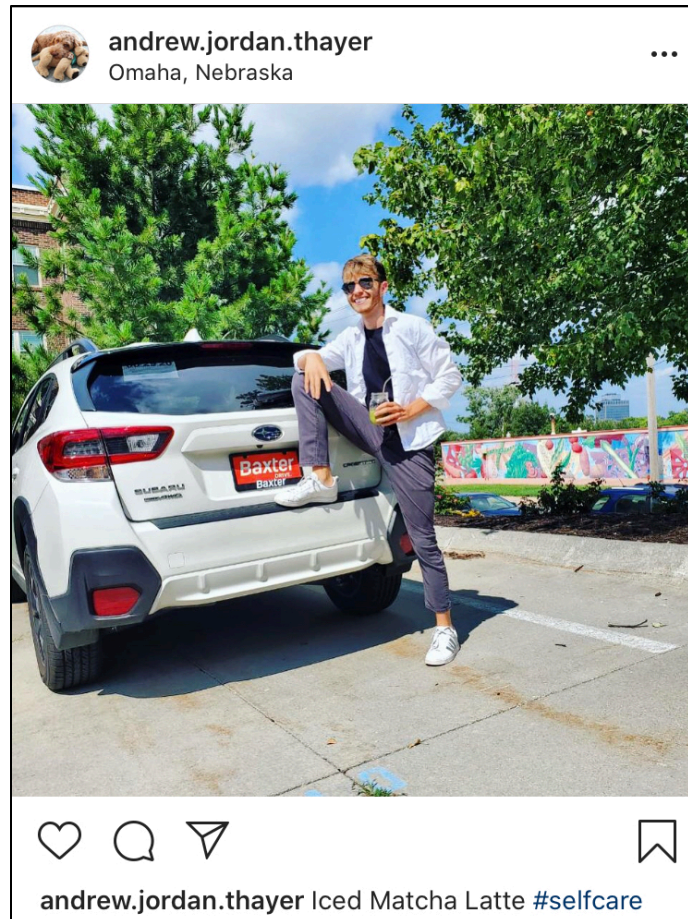
Reflections on the idea of *self care*

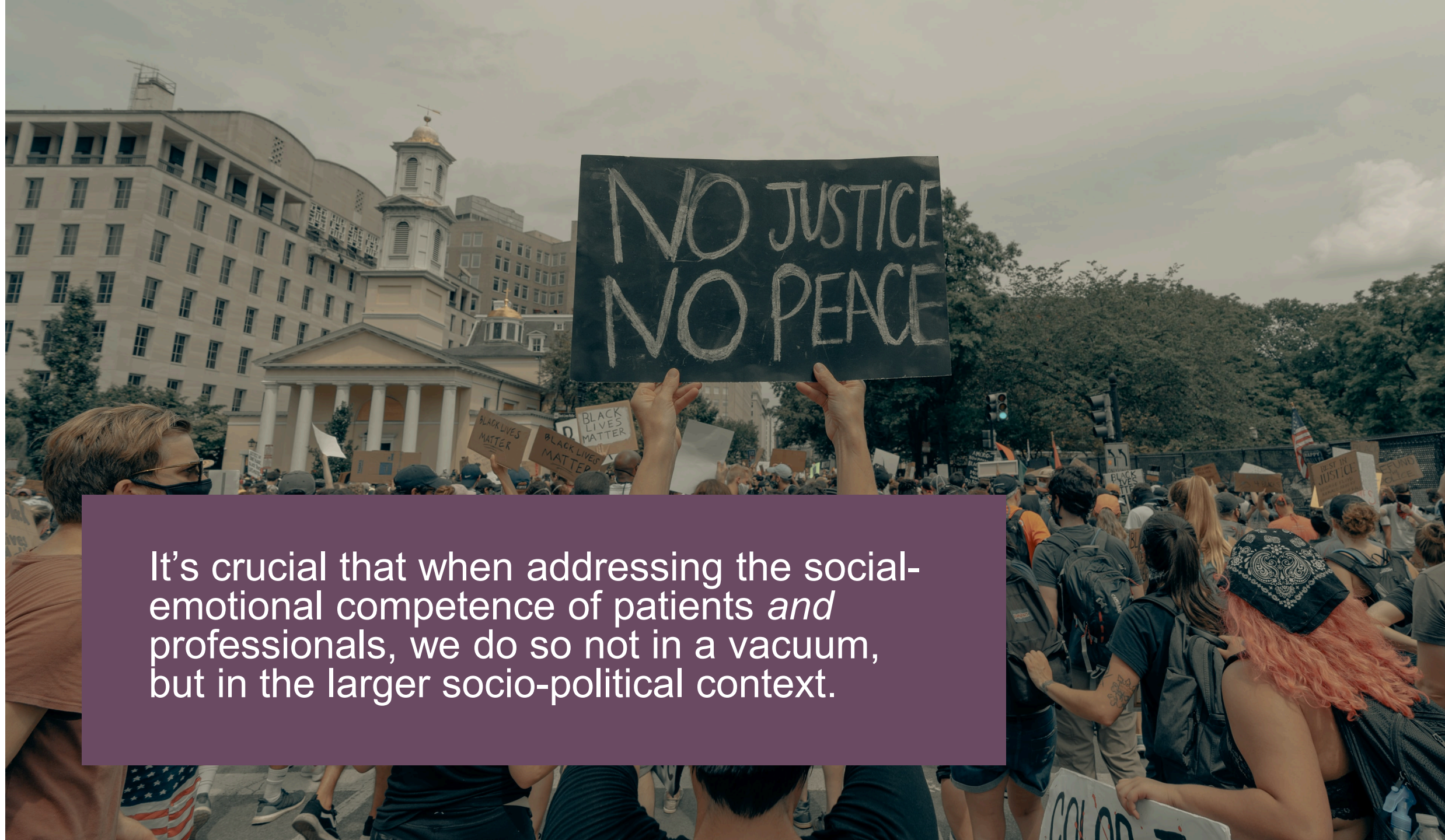
f t i l Monday, August 10, 2020

NEWS ▾ LIFE & ARTS ▾ SPORTS ▾ OPINIONS ▾ MULTIMEDIA ▾ BLM PROTESTS

Columns Opinions

Opinion: Self-care obsessed culture is scamming young adults





It's crucial that when addressing the social-emotional competence of patients *and* professionals, we do so not in a vacuum, but in the larger socio-political context.

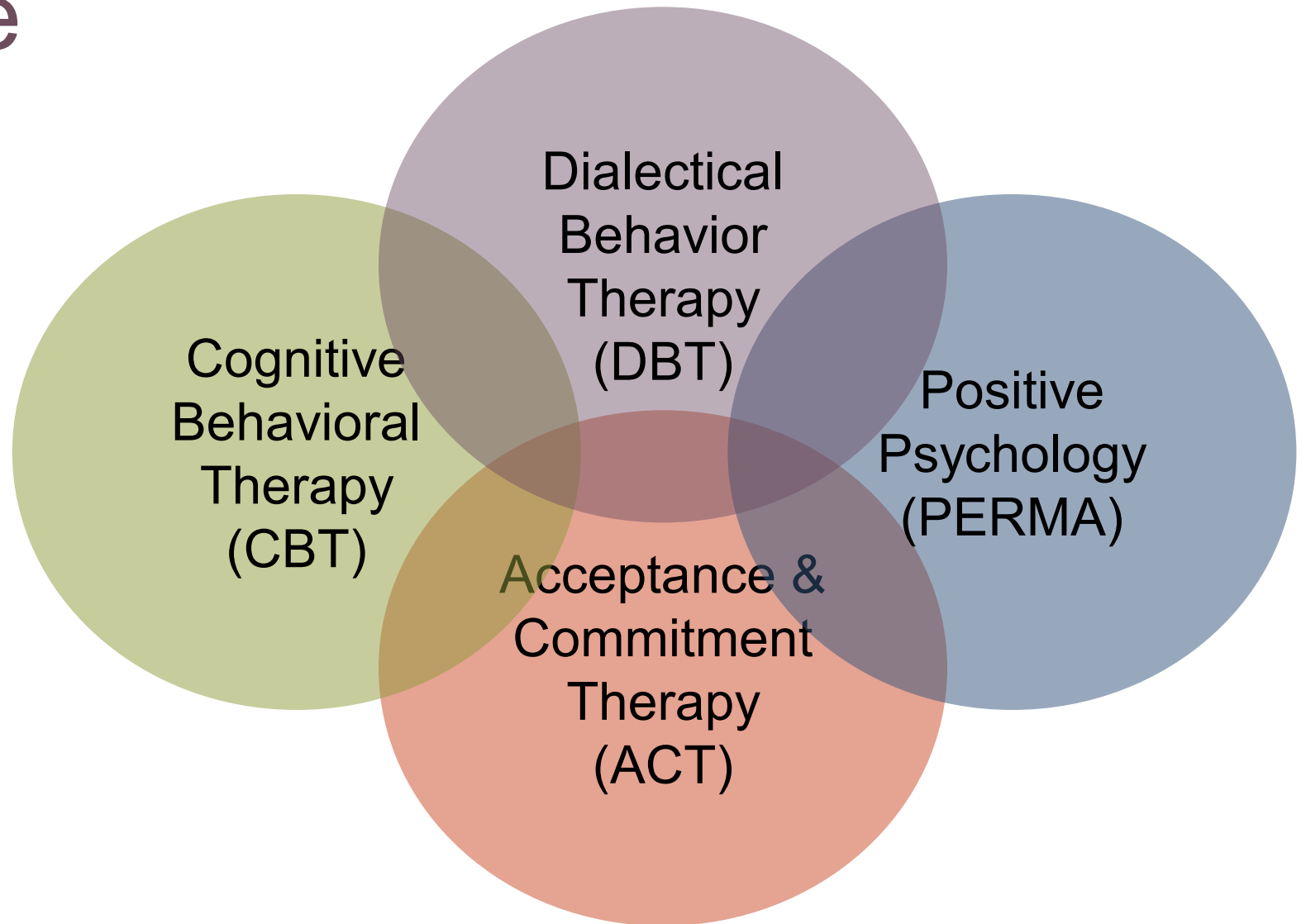
Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit.


(Stoewen, 2017)



An integrative approach

Integrative approaches involve distilling effective interventions into overlapping *active ingredients* and blending them in intentional ways to create additive, synergistic effects.





0: Introduction to
the Adult
Resilience
Curriculum (ARC)

1: Understanding the
psychobiology of
stress and well-being
(*psychoeducation*)

2: Creating safe and
supportive
environments
(*context*)

3: Clarifying, aligning
with, and committing
to one's values
(*values*)

4: Cultivating
awareness through
mindfulness-based
practices
(*mindfulness*)

5: Connecting
meaningfully with
others
(*connection*)

6: Fostering pleasant
emotions and
experiences
(*positivity*)

7: Coping with
difficult thoughts,
feelings, and
experiences
(*coping*)

8: Feeling good
physically through
nutrition, movement,
& sleep
(*health*)

9: Rejuvenating
through relaxation,
recreation, and
routines
(*three R's*)

10: Bringing it all
together: A wellness
plan for the future
(*wellness plan*)



The ARC Core Skills

1. Understanding the
psychobiology of
stress and wellbeing
(*psychoeducation*)

2: Creating safe
and supportive
environments
(*context*)

3: Clarifying,
aligning with, and
committing to
one's values
(*values*)

4: Cultivating
awareness
through
mindfulness-
based practices
(*mindfulness*)

5: Connecting
meaningfully with
others
(*connection*)



The ARC Wellness Plan

Module Review

Wellness is Action and Ongoing

Wellness Plan

The background of the image is a dark, weathered wooden surface with vertical planks. Three white, arrow-shaped cutouts are mounted on the wood. The top arrow is a simple upward-pointing arrow. Below it, there are two more arrows, each with a complex, multi-pointed base. All arrows are secured with small screws.

Basic Steps for Proceeding Through ARC

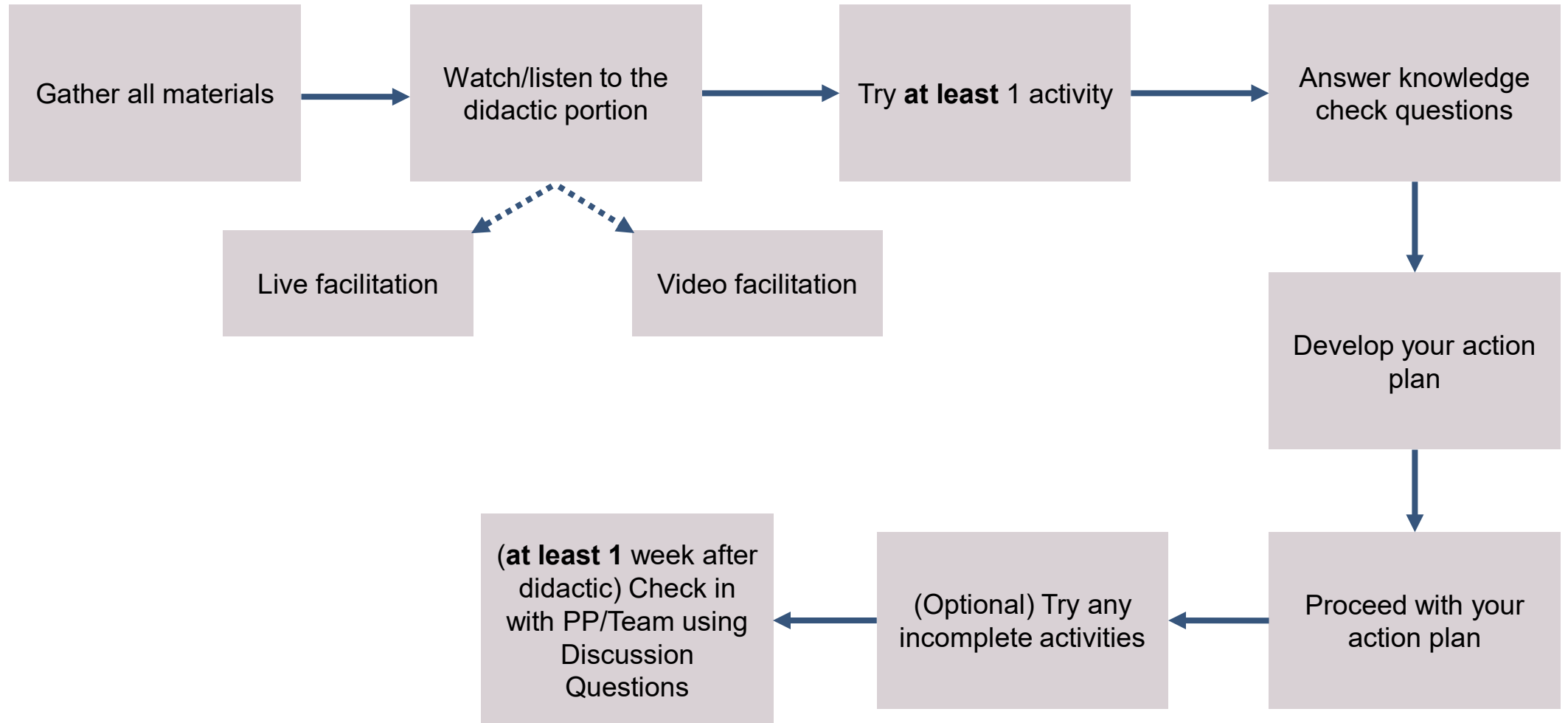
Step 1

- Get a Practice Partner (PP)/Team



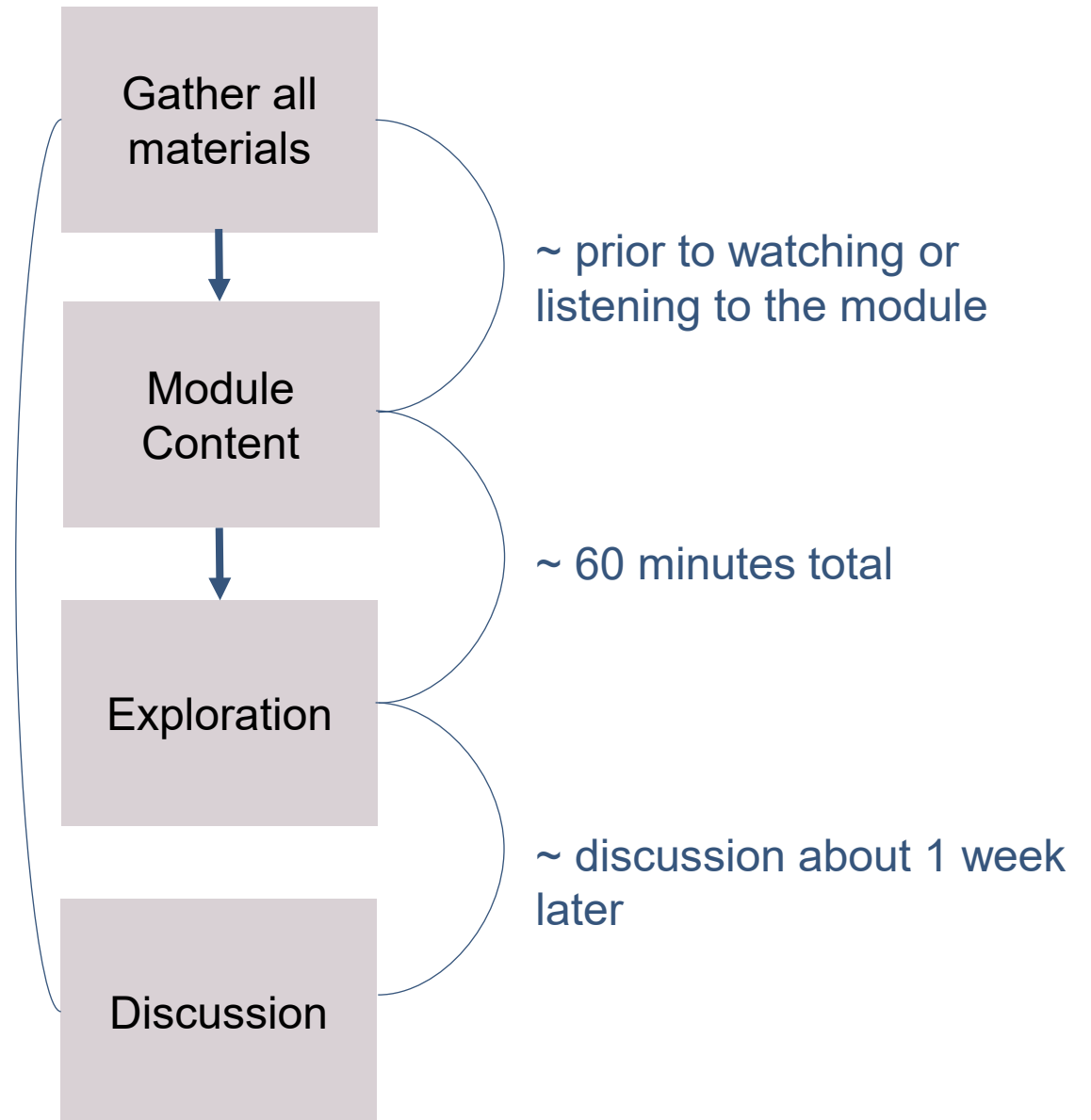
Step 2

• Engage in Experiential Learning



Step 3

- Set Aside Structured Time



Step 4

- Complete Evidence-Based Action Planning





Take Care