



# Adult Resilience Curriculum (ARC)

Connecting meaningfully with others



MUNROE-MEYER  
INSTITUTE

***SAMHSA***

Substance Abuse and Mental Health  
Services Administration







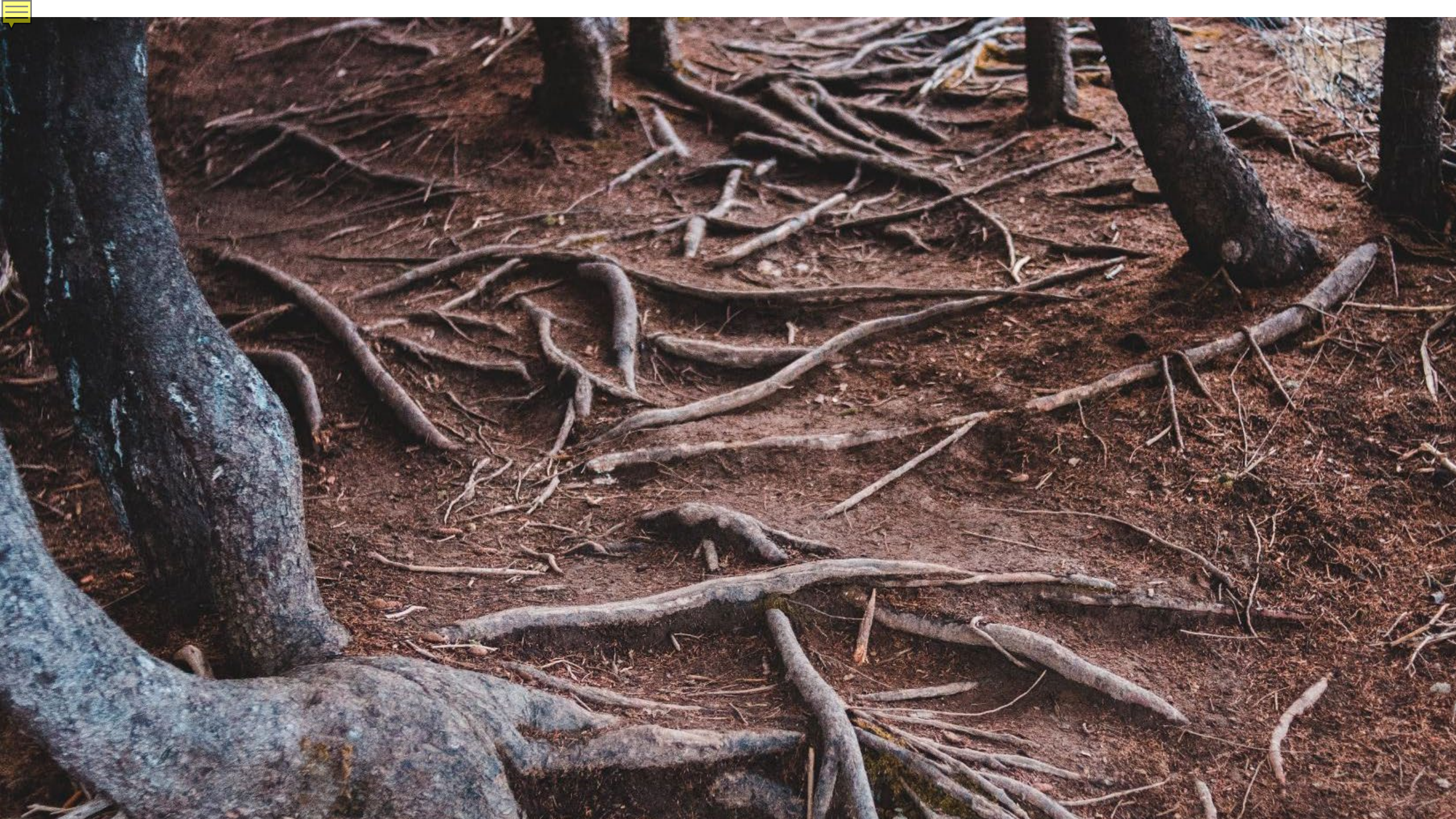























# WHO WE ARE



**Christian Klepper,**  
**PsyD, LP**  
Faculty Trainer

# WHO WE ARE



**Hannah West,**  
**PhD, BCBA**  
Regional Trainer



# The Adult Resilience Curriculum (ARC)

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# The ARC Modules

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*)





**MODULE 5:**  
Connecting Meaningfully with Others



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# Connection

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Distinguish effective and ineffective social support and discuss how to advocate for your needs

Identify feasible ways to provide service to others

Identify potential mentors and role models and set action plans for building and/or improving those relationships

Our Hopes  
for Today



# Connection Components

Helpful Social  
Supports

Service to  
Others

Mentorship

Role Models



*Effective  
Support*

# 1. Discerning Effective Support from Ineffective



You are not alone



*Ineffective  
Support*



## Four Types

- ❖ Emotional support
- ❖ Esteem support
- ❖ Informational support
- ❖ Tangible support



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*Effective  
Support*

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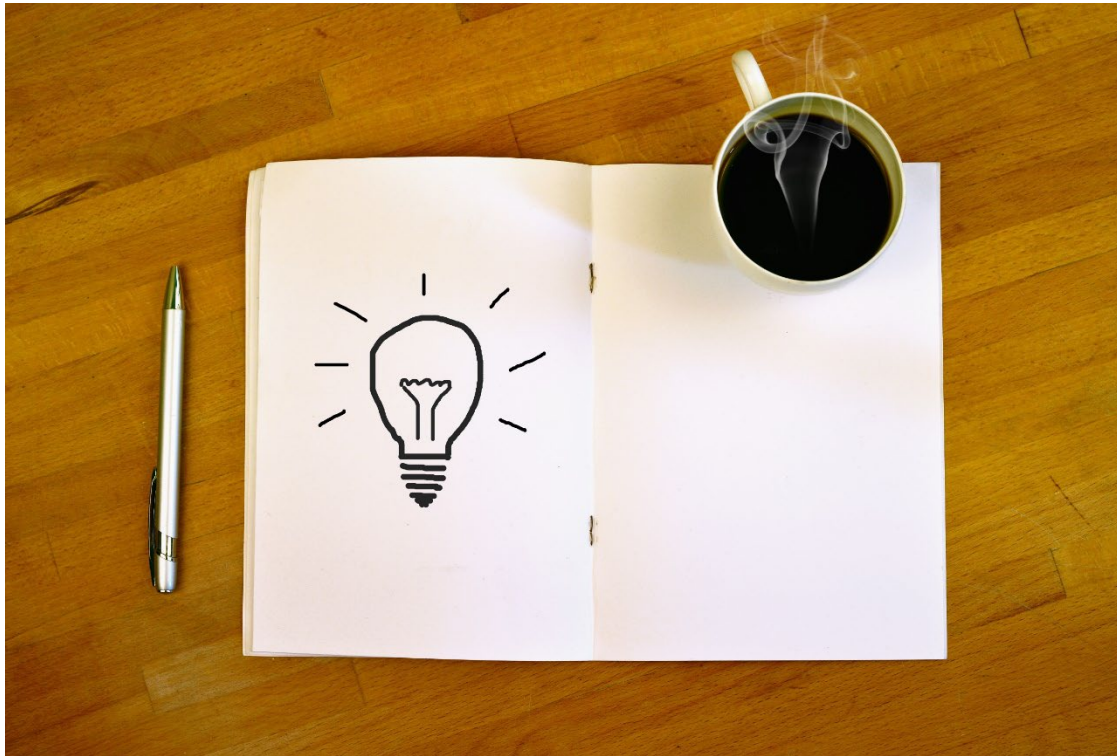
## Four Types

- ❖ Emotional support
- ❖ Esteem support
- ❖ Informational support
- ❖ Tangible support



66%-80% of  
adults lack  
effective support





## From whom do I receive?

- ❖ Emotional support
- ❖ Esteem support
- ❖ Informational support
- ❖ Tangible support

## 2. Connecting Through Community





# Greater happiness when servicing others ...

- ♥ Pay for a meal
- ♥ Bake food for someone
- ♥ Provide extra large tip
- ♥ Pay specific attention to someone
- ♥ Write surprise note for someone
- ♥ Let someone merge in traffic

Research by Sonja Lyubomirsky, UC Riverside



# Micro-services in the workplace

- ♥ Writing surprise notes
- ♥ Bringing snacks for colleagues
- ♥ Swapping clean up duties
- ♥ Others...

# Mindfulness

## Value



Be a  
supportive  
colleague

## Service

Swap clean up to  
allow colleague  
to collaborate  
with another  
professional

Write a note of  
gratitude

A photograph of a man and a woman in an office setting. The man, on the left, is bald, has a friendly expression, and is wearing a light blue button-down shirt and a blue lanyard. He is gesturing with his right hand as if speaking. The woman, on the right, has long blonde hair and is wearing a grey and white striped blazer over a blue top and a blue lanyard. She is looking at the man and smiling. They are sitting at a table with a white notebook and a red folder. The background is a bright, out-of-focus office space with large windows and greenery outside.

### 3. Find Yourself a Mentor



# Mentorship

- Mentor and Mentee
- Mentor is competent in area Mentee wants to develop





# Mentors

- Instruct
- Advise
- Provide feedback
  - Progress monitor



# Mentees

- Are vulnerable
- Open to learning and growing

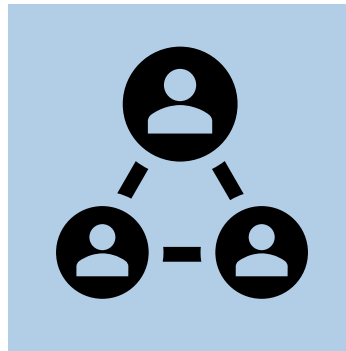




# Mentorship Network

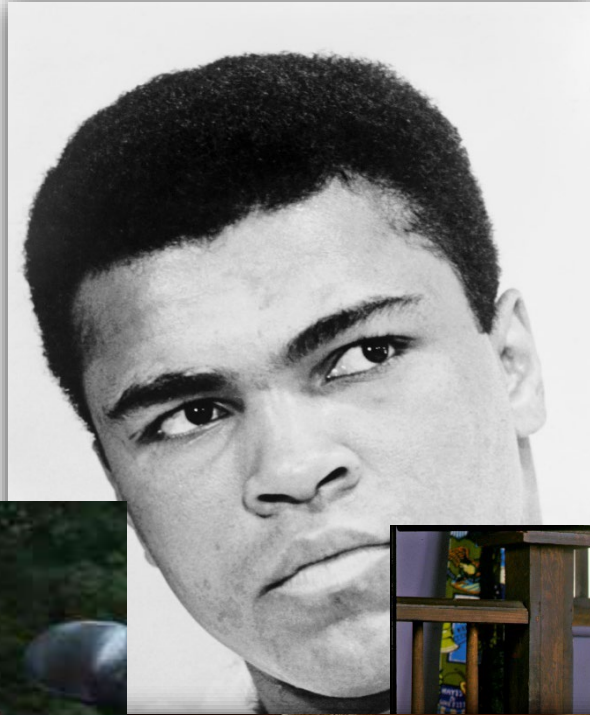


# Activity



building a  
mentorship  
(part 1)

## 4. Finding our role models



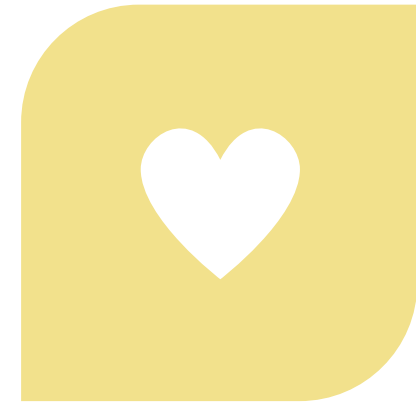
# 4. Finding our role models



STRIVE TO ACTUALIZE  
YOUR VALUES



SHOW CONSISTENCY



HAVE A PASSION FOR  
VALUES



Do not make a social comparison that makes you criticize yourself

Role models should  
**INSPIRE** and  
**EMPOWER** you





# Role Models

Judith Heumann



Justice Ruth  
Bader Ginsburg



# Connecting Meaningfully Activities



coal and  
diamonds



fill-a-bucket



building a  
mentorship  
(part 1)

# Connecting Meaningfully Activities



coal and  
diamonds

# Connecting Meaningfully Activities



coal and  
diamonds



fill-a-bucket

# Connecting Meaningfully Activities



coal and  
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fill-a-bucket



building a  
mentorship  
(part 1)

# Recommendations



- ✓ Complete activity

# Recommendations



- ✓ Complete activity
- ✓ Identify one of the 5 connections to improve

# Recommendations



- ✓ Complete activity
- ✓ Identify one of the 5 connections to improve
- ✓ Create individual action plan for that connection