



# Adult Resilience Curriculum (ARC)

Connecting meaningfully with others



MUNROE-MEYER  
INSTITUTE

***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration



The MHTTC Network uses  
affirming, respectful and  
recovery-oriented language in  
all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED/  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

















































# 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





# Connection

Be able to distinguish effective and ineffective social support and 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

Learn and begin to apply a framework for building some of the most critical relationships of all--teacher and student





# Connection Components

Helpful Social  
Supports

Service to  
Others

Mentorship

Role Models

Teacher-  
student  
Relationships



# 1. Discerning Effective Support from Ineffective

You are not alone



*Effective  
Support*



*Ineffective  
Support*





## Four Types

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





*Effective  
Support*

## Four Types

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## Four Types

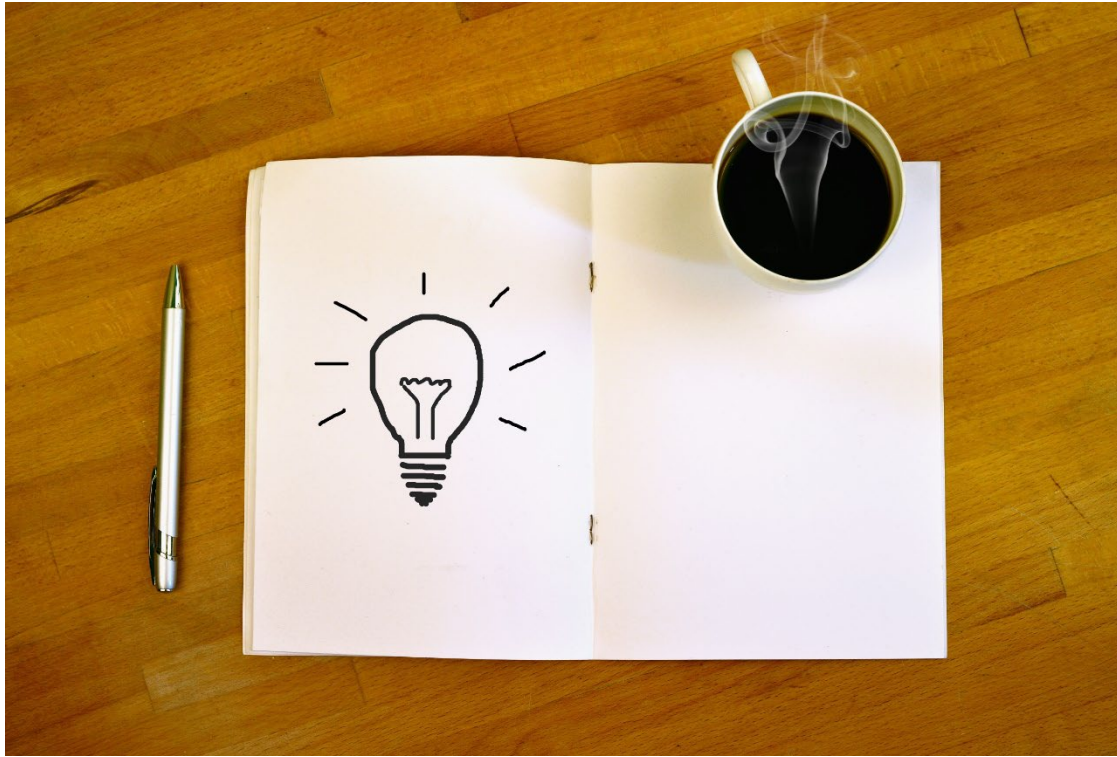
- ❖ Emotional support
- ❖ Esteem support
- ❖ Informational support
- ❖ Tangible support



66%-80% of  
adults lack  
effective support





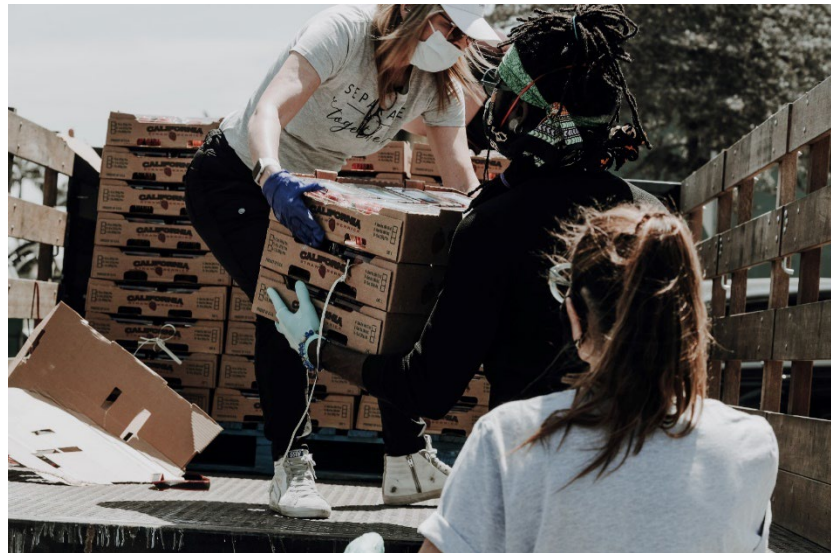


## From whom do I receive?

- ❖ 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

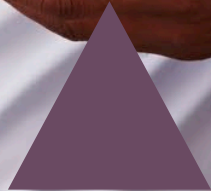
Swap clean up to  
allow colleague  
to collaborate  
with another  
professional

Write a note of  
gratitude



A photograph of a Black man and a white woman in a professional setting, both wearing blue lanyards. The man is smiling and gesturing with his hand while talking to the woman, who is also smiling. They are in front of a large window with a view of 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





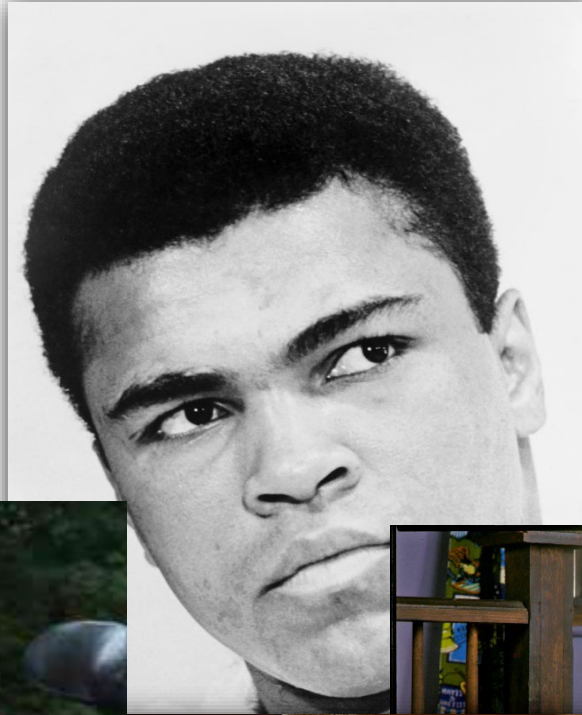


# Mentorship Network





## 4. Finding our role models





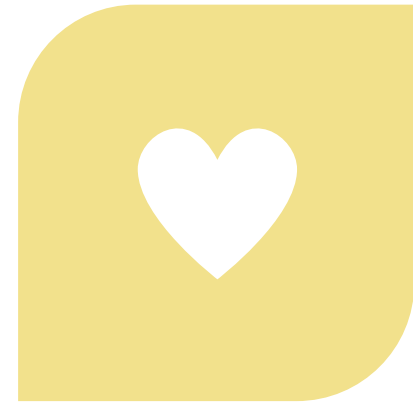
## 4. Finding our role models



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



# ESTABLISHING TEACHER-STUDENT RELATIONSHIPS

Interest

Banking Time

Positive Greetings

Setting Expectations

Tootling Norm





# Connecting Meaningfully Activities



coal and  
diamonds



fill-a-bucket



building a  
mentorship  
(part 1)

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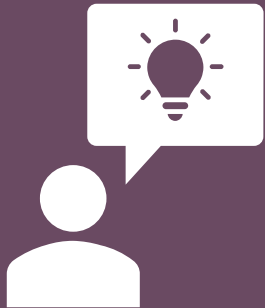
building a  
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(part 1)



EMR for  
Students



# QUESTIONS TO CHECK FOR UNDERSTANDING



1

What's the difference between effective and ineffective social support? (Share a personal example/experience.)

2

According to research by Sonja Lyubomirsky, why should we do things in the service of others?

3

What's the difference between a mentor and a role model? In what ways are they similar?

4

What's the difference between a mentor and a role model? In what ways are they similar?



# DISCUSSION QUESTIONS



1

Share an example of a time you connected with others in a meaningful way. How did it make you feel? How did your mood, emotions, and stress levels change?

2

How do you think connecting with others in meaningful ways now and in the future has/will help to enhance your wellbeing?

3

What is challenging about meaningfully connecting with people (during COVID)? What strategies have you used to stay connected with people while physically distancing?

4

What are your plans to cultivate meaningful connection?

# 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