




Adult Resilience Curriculum (ARC)

Introduction



**Flight safety
instructions...**



How do we
best support
our students?

By supporting the
educators 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:

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



WHO WE ARE



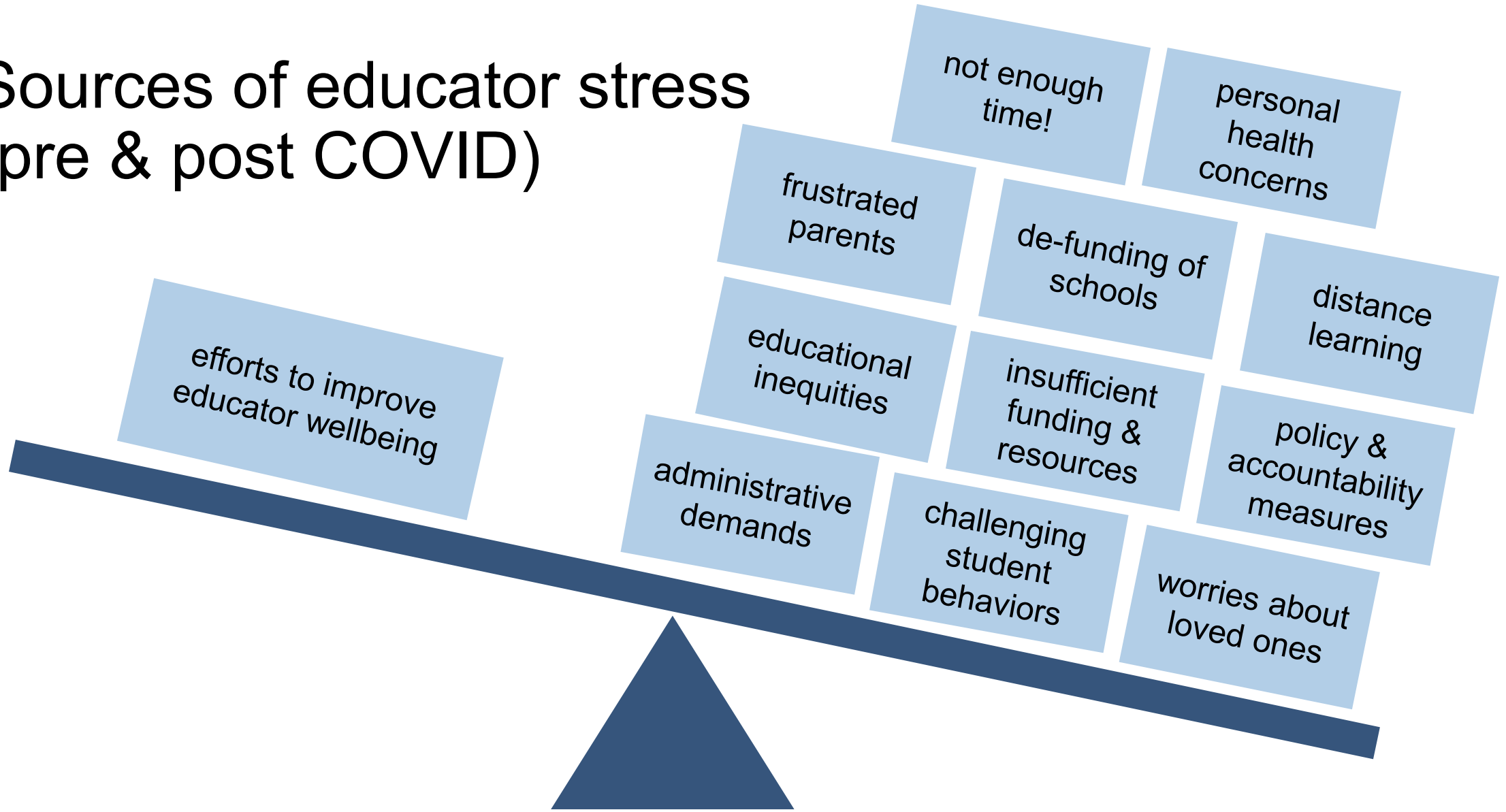
Christian Klepper,
PsyD, LP
Faculty Trainer

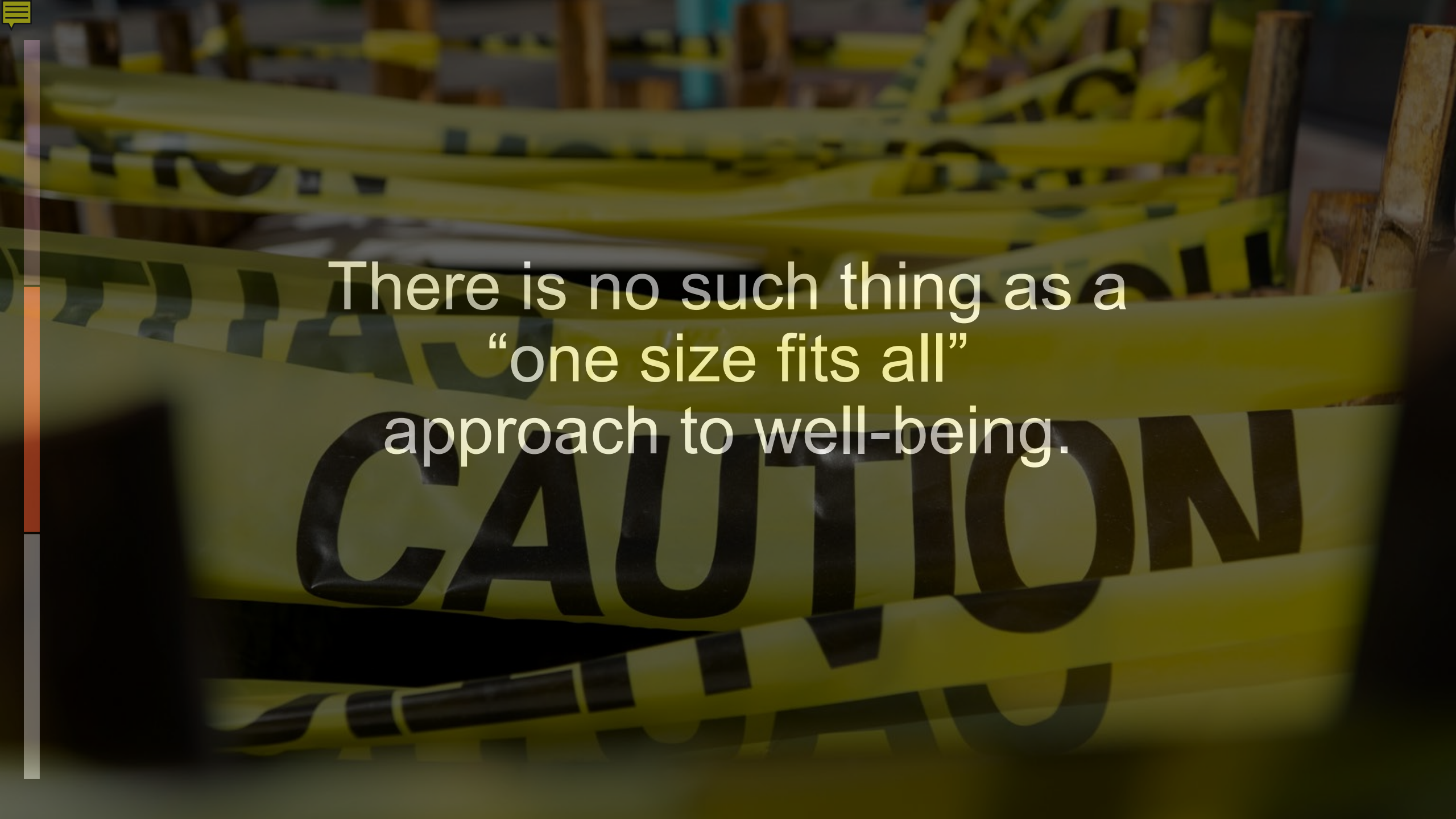
WHO WE ARE



Hannah West,
PhD, BCBA
Regional Trainer

Sources of educator 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.

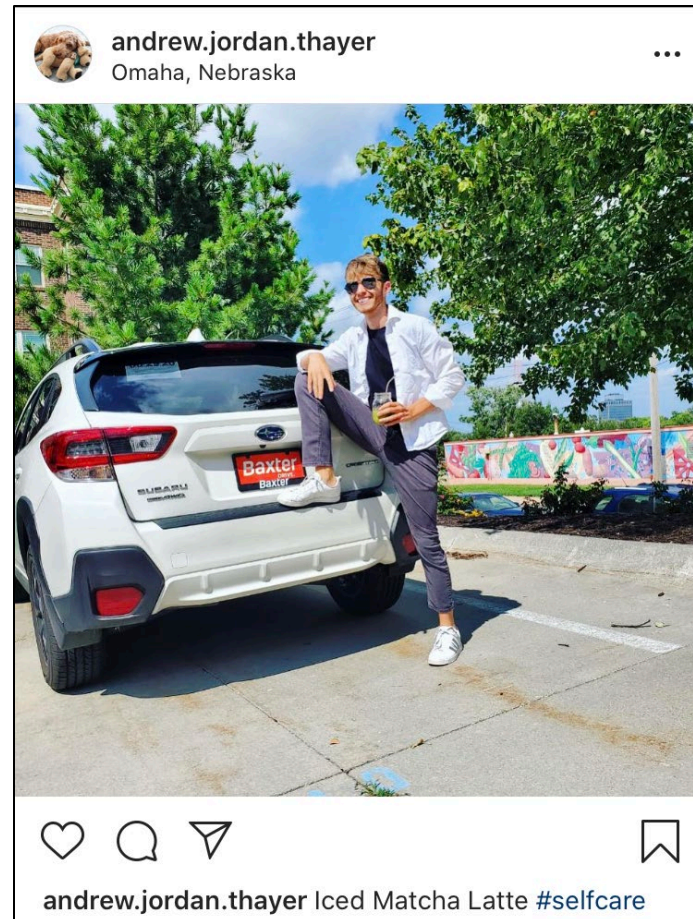
One without the other can strain and create imbalance.

”



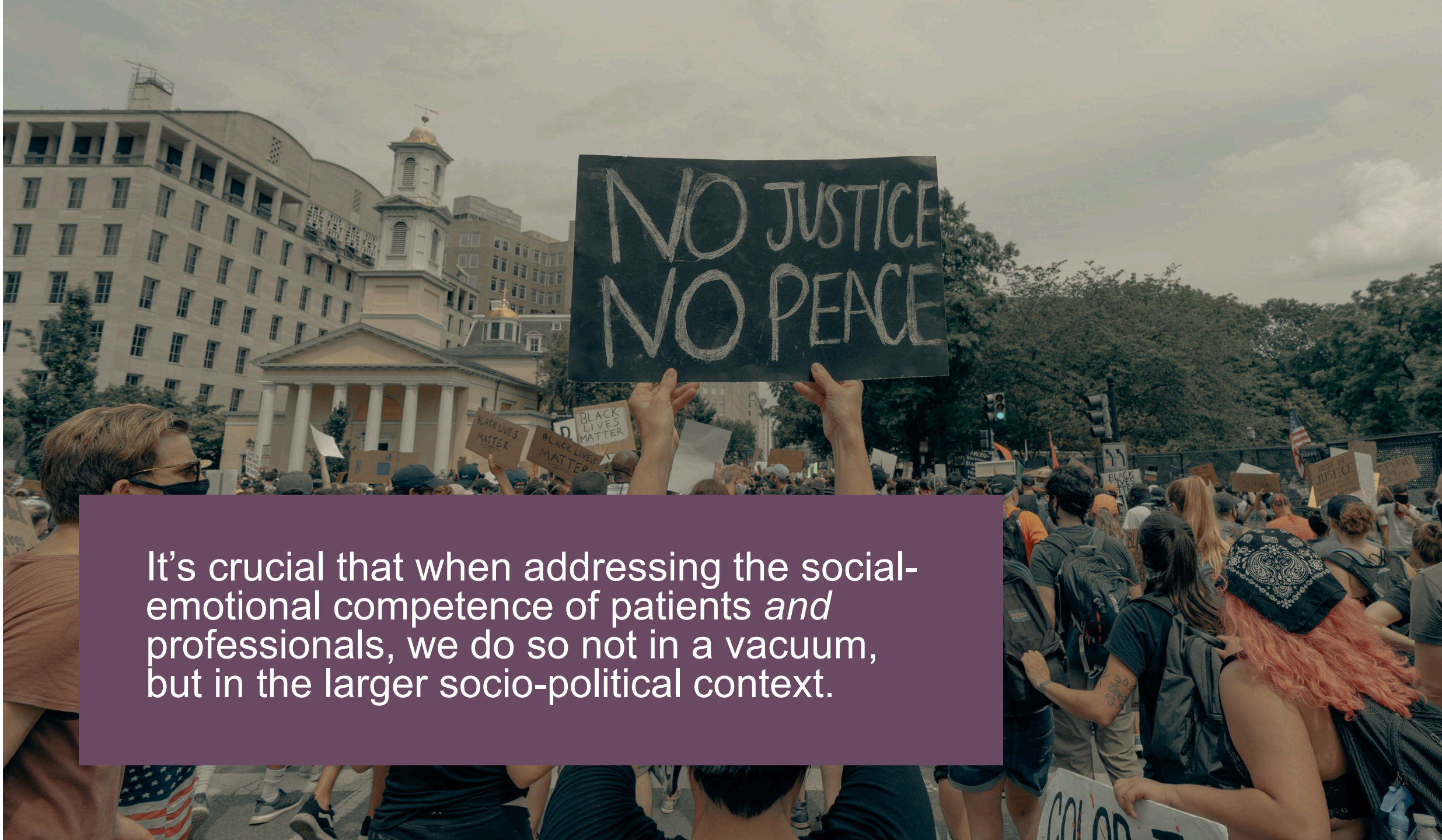
Reflections on the idea of *self care*

Opinion: Self-care obsessed culture is scamming young adults





What are your
initial reactions
to this video?



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.

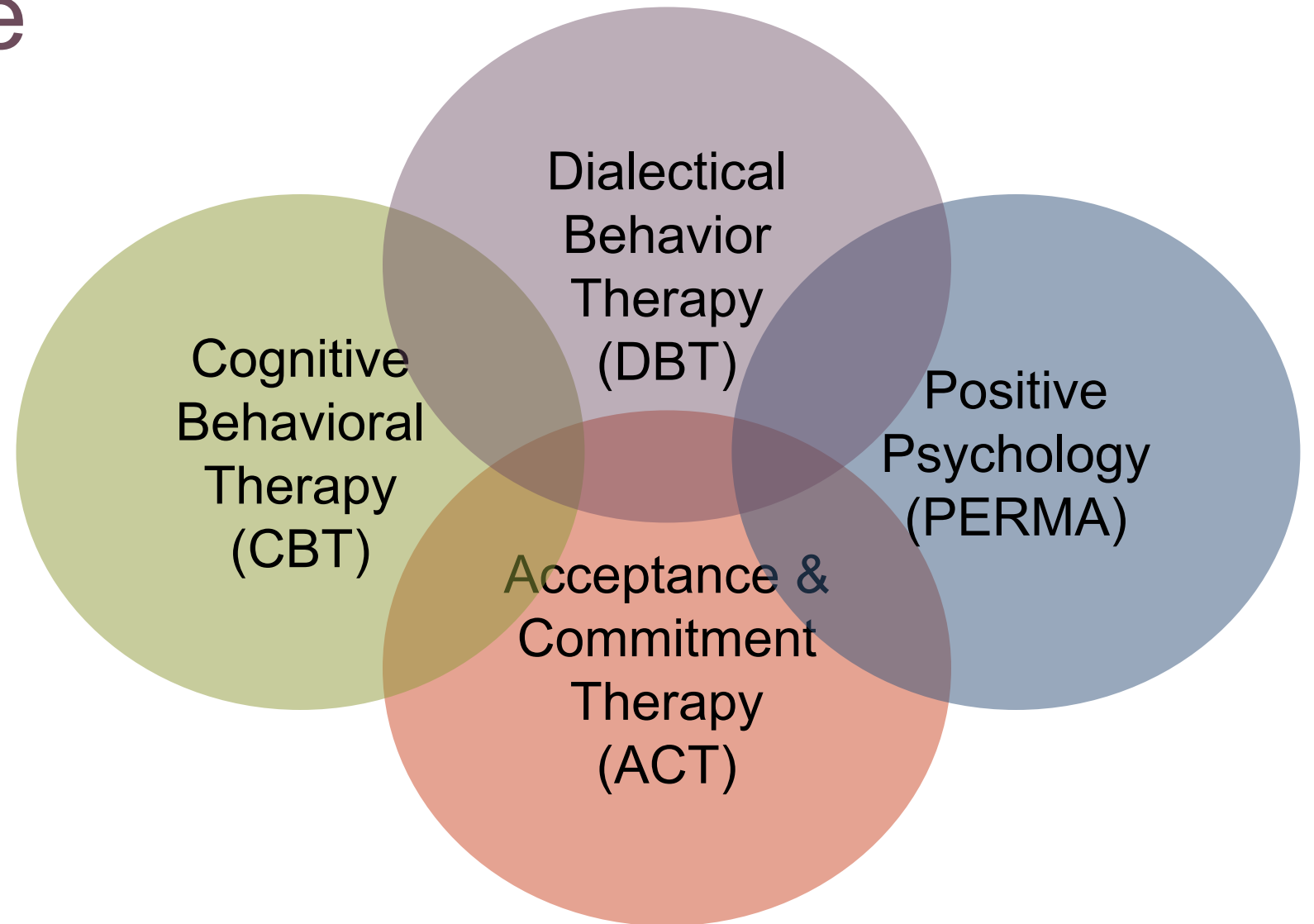
Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit.


(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 image features a background of vertical wooden planks with a natural, weathered texture. Three white, arrow-shaped cutouts are mounted on the wood. The top arrow is the largest and is positioned on the right side, pointing upwards. Below it, two smaller arrows are positioned on the left and right sides, also pointing upwards. Each arrow is secured to the wood with small screws. A white rectangular box with a dark blue border is overlaid at the bottom of the image, containing the text.

Basic Steps for Proceeding Through ARC

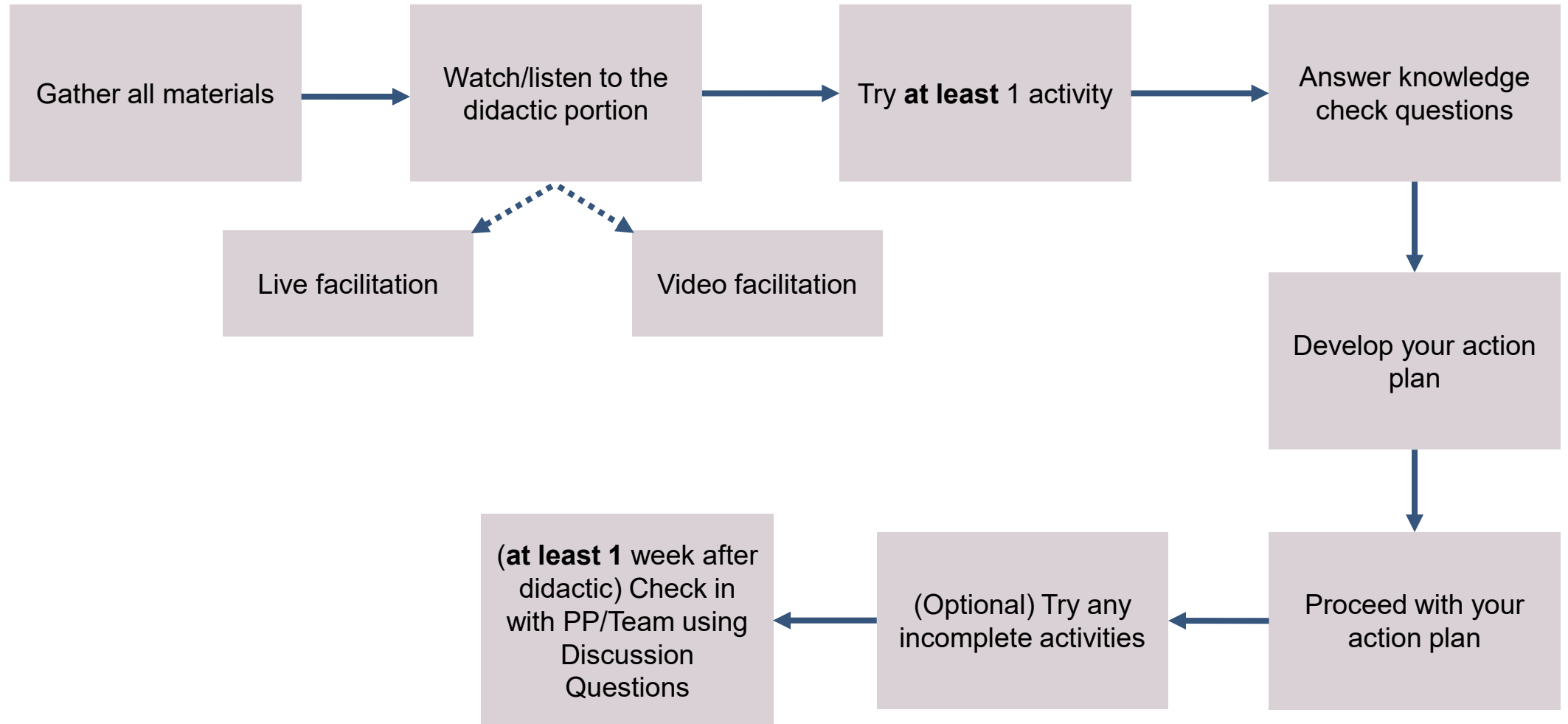
Step 1

- Get a Practice Partner (PP)/Team



Step 2

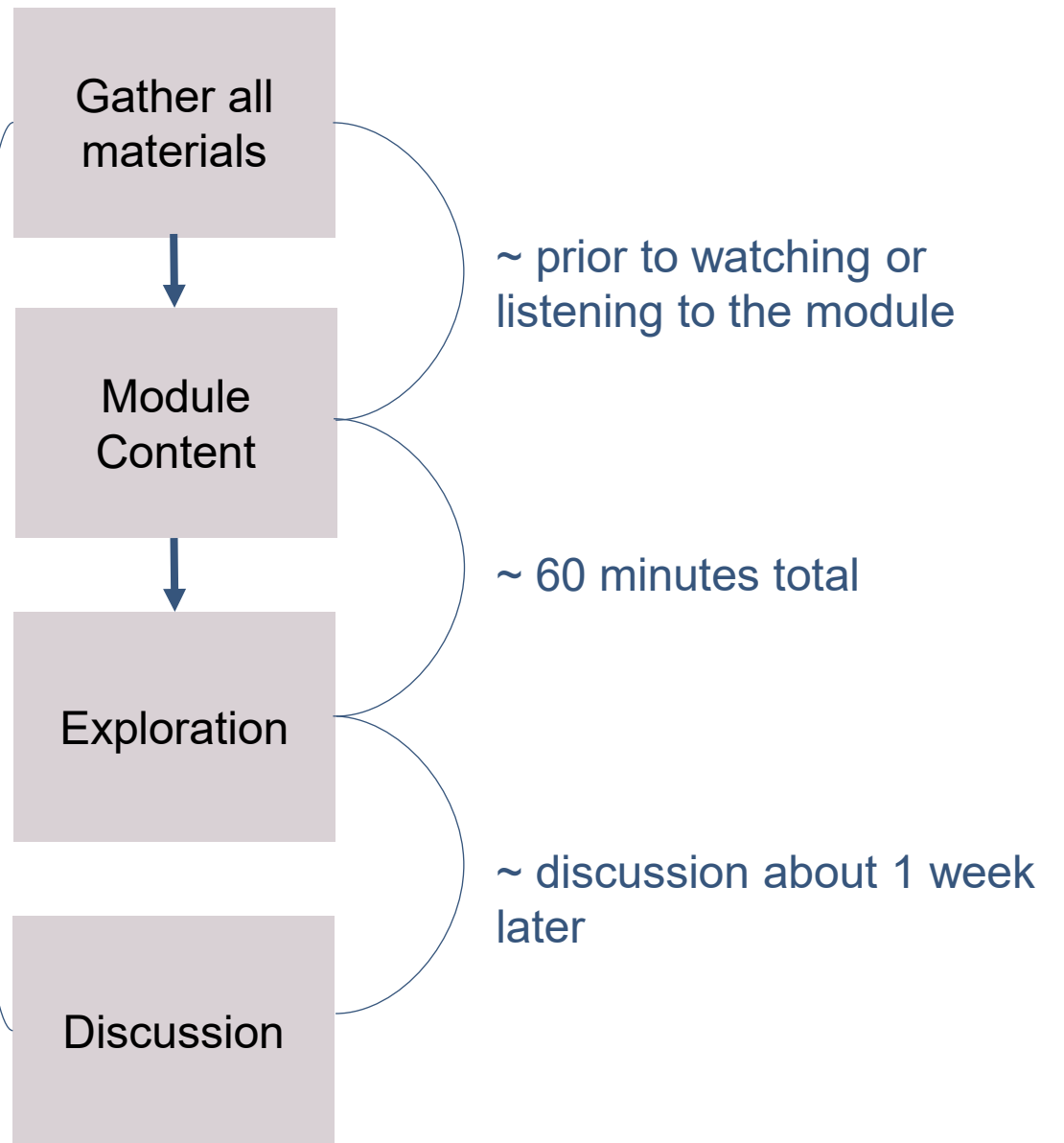
• Engage in Experiential Learning





Step 3

- Set Aside Structured Time



Step 4

- Complete Evidence-Based Action Planning





Take Care