Resilience Issue Team

The Resilience Issue Team is dedicated to working towards Oklahoma children, youth, and adults being successful and resilient in their lives.

Why is this an issue for Oklahoma?

Collaborative problem-solving and conflict management are essential for family resilience. Creative brainstorming and resourcefulness open new possibilities for overcoming adversity and for healing and growth out of tragedy.

During times of adversity, the ability to effectively respond to life’s challenges is critical. Financial struggles to make ends meet, job loss, military deployment, substance abuse, and family separation or divorce are just a few of the events that can negatively impact all Oklahomans from infants to adults.

Unemployment and income losses can reduce educational achievement by threatening early childhood nutrition; reducing families’ abilities to provide a supportive learning environment (including adequate health care, summer activities, and stable housing); and by forcing a delay or abandonment of post secondary plans.

Societal Outcomes

- Oklahoma parents, volunteers, and primary caregivers will utilize best practices that enhance the well being and life skill development of children and youth
- Oklahoma youth and adults will use creativity and lifelong learning to become resilient in their personal and family life
- Increase life skills such as, critical thinking, problem solving, nurturing relationships, social skills, responsible citizenship, self-discipline, stress management and self-esteem

Individual Outcomes:

Increase:
- Knowledge of non-hostile discipline strategies
- Knowledge of what to do to handle parenting and relationship stress
- Knowledge of child development
- Knowledge of effective communication and conflict resolution skills
- Confidence in parenting ability
- Positive discipline
- Improvement of the parent-child relationship

Decrease:
- Hostile, negative parenting
- Parental depression
- Child non-compliance
- Child aggression
- Child emotional problems
The Survivor Tree is a great example of the resilience of Oklahomans.

### 4-H Programs
- Animal Quality Assurance
- Camp Counselor Training
- Citizenship - Civic Engagement
- Leadership Development
- Mentoring
- Military Partnerships
- Natural Resource Curriculum
- Plant and Animal Projects
- Project Training for Parents and Volunteers
- Science 101
- Service learning
- Shooting Sports
- STEM Curriculum - Geospatial, Digital Media, Robotics, Alternative Energy, 4H2O, Forensic Science, Precision Ag
- Volunteer Core Competencies

### Parenting Programs
- Active Parenting
- Co-parenting Through Divorce
- Just in Time Parenting
- Parent Child Connections
- Parenting that Builds Resilience
- Strengthening Families Program for Parents & Youth 10-14
- Triple P: Positive Parenting Programs

### Community and Youth Programs
- Building Community – Charting Assets & Creating Change - Innovation Center
- Building Leaders for Tomorrow (BLT)
- Change for Change & Coins for Kenya
- Character Critters
- Collective Leadership Works
- Creating Change: How Organizations Connect with Youth, Build Communities, and Strengthen Themselves - Innovation Center
- Creating Youth-Adult Partnerships: Training Curricula for Youth, Adults and Youth-Adult Teams – Innovation Center
- Destination ImagiNation
- Exercising Character
- Kids Helping Kids
- Learning and Leading: A Tool Kit for Youth Development and Civic Activism
- Operation Military Kids
- Piece by Piece (Purdue University)
- Reflect and Improve: A Tool Kit for Engaging Youth and Adults as Partners
- Rube Goldberg
- Second Time Around
- Showing Character
- STEM Educational training of educators, volunteers, and youth
- The 8 Essential Elements of Positive Youth Development

### CONTACT YOUR LOCAL EXTENSION EDUCATOR TO SCHEDULE A RESILIENCE PROGRAM

- Local County Educator
- OSU Extension Specialist
- Program Advising Committee
- Various partnering organizations