



Building Resiliency in Florida's Students

Florida Organization of Instructional Leaders

December 12, 2024



Agenda

- Resiliency Florida
- Youth Mental Health Awareness Training (YMHAT)
- Mental Health Assistance Program (MHAP)



RESILIENCY FLORIDA

THE POWER TO PERSEVERE

EMPOWERING FLORIDA'S STUDENTS

No one is immune to adversity and hardship, but with strong skills and a community of encouragement, we can persevere.

BuildResiliency.org



Arianna Ottavianelli
CANCER SURVIVOR



Zach Karpinsky
CAR ACCIDENT SURVIVOR



Real Stories



| **Empathy**



| **Citizenship**



| **Critical Thinking and
Problem Solving**



| **Grit**



| **Gratitude**



| **Honesty**



| **Responsibility**



| **Responsible
Decision-Making**



| **Mentorship**



| **Perseverance**



| **Self-Awareness and
Self-Management**

The Resiliency Characteristics

Resource Review

PERSEVERANCE

Parent Resource

GRADES
K-2

What is perseverance?

Perseverance means continuing to try even when things are hard.

As your child gets older, it is important for him or her to continue to develop the perseverance to achieve his or her goals.

In kindergarten through second grade children begin:

- ✓ Identifying ways to overcome a challenge.
- ✓ Developing strategies to discover and demonstrate personal strengths.
- ✓ Learning the value of goal setting.

Below are ways you can help your child learn, practice and demonstrate perseverance:

INTRODUCE THE WORD

Introduce the word "perseverance" to your child's vocabulary. It is important for your child to understand what the meaning is and how to apply it. Share an example of how you persevered as a young child.

ENCOURAGE PERSEVERANCE

Encourage your child to not give up when he or she experiences a challenge. If your child says, "This is too hard. I cannot do it," encourage your child to instead say, "This is hard, but if I keep trying, I will figure it out." Help your child understand that it is okay to fail, but not okay to quit.

BY INTRODUCING YOUR CHILD TO PERSEVERANCE, YOU ARE HELPING HIM OR HER DEVELOP THE NECESSARY SKILLS TO ACHIEVE HIS OR HER GOALS.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:

Identifying personal strengths and areas for improvement.

Working together to solve problems.



DINNER TABLE CONVERSATION STARTERS

Encourage your child to share a time when he or she had to do something hard, but did not give up. Discuss why he or she kept going and how their actions relate to perseverance.

Discuss ways your child can practice perseverance when encountering challenges. For example:

- Propose different solutions
- Refuse to let failures get you down
- Try, try and try again



MENTORSHIP

Parent Resource

GRADES
9-12

What is mentorship?

Mentorship means giving or asking for support, guidance, training or expertise.

As your child gets older, he or she will better understand how mentorship can help achieve his or her goals. High school students are often presented with various opportunities to serve as a mentee or mentor.

In grades nine through twelve, children begin or continue:

- ✓ Demonstrating leadership skills in the school and the community.
- ✓ Exhibiting effective and respectful communication skills and strategies.
- ✓ Identifying opportunities to support, guide or train others.

Below are ways you can help your child learn, practice and demonstrate mentorship:

DISCUSS LEADERSHIP SKILLS

Through mentoring others, such as by tutoring younger students or leading a club activity, your child can develop strong leadership skills. Discuss leadership skills he or she currently exhibits and areas that your child would like to show improvement.

HELP YOUR CHILD HEAR FIRSTHAND FROM EXPERTS

Your child may have a career interest where a local mentor is not readily available. Consider listening to a podcast, reading a book, or watching an online presentation with your child to hear firsthand from experts in that field.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF ASKING FOR HELP AND HELPING OTHERS CAN POSITIVELY IMPACT HIM OR HER NOW AND IN THE FUTURE.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:

Identifying benefits of volunteering, mentoring and seeking leadership positions.

Analyzing ways a mentor can inspire confidence and motivate others.



ACTIVITY FOR YOU AND YOUR CHILD

Have your child seek out a mentor from his or her school or community who has demonstrated success in a career that is interesting to your child. Interacting with this mentor can provide your child with support, training or expertise that will make his or her goals more approachable.



Parent Resources

Parent Events to Introduce Resiliency Florida Initiative and Resources: A PLANNER FOR SCHOOL LEADERS



Schools across Florida facilitate many parent events throughout the year, on a variety of topics, to support student learning. **The Florida Department of Education is requesting that districts and schools host parent events to introduce the Resiliency Florida initiative and the new parent resources.** By introducing the Resiliency Florida parent resources, school leaders can support parents in reinforcing resiliency skills at home. This planner for school leaders provides information and a sample schedule that may be utilized when facilitating a parent event.

Resiliency Characteristics

Empathy
Citizenship
Critical Thinking
Grit
Gratitude
Honesty
Responsibility
Mentorship
Perseverance
Problem Solving
Responsible Decision-Making
Self-Awareness
Self-Management



Scan the QR Code Above to
Learn More About Each
Resiliency Characteristic or Visit
www.BuildResiliency.org

BACKGROUND

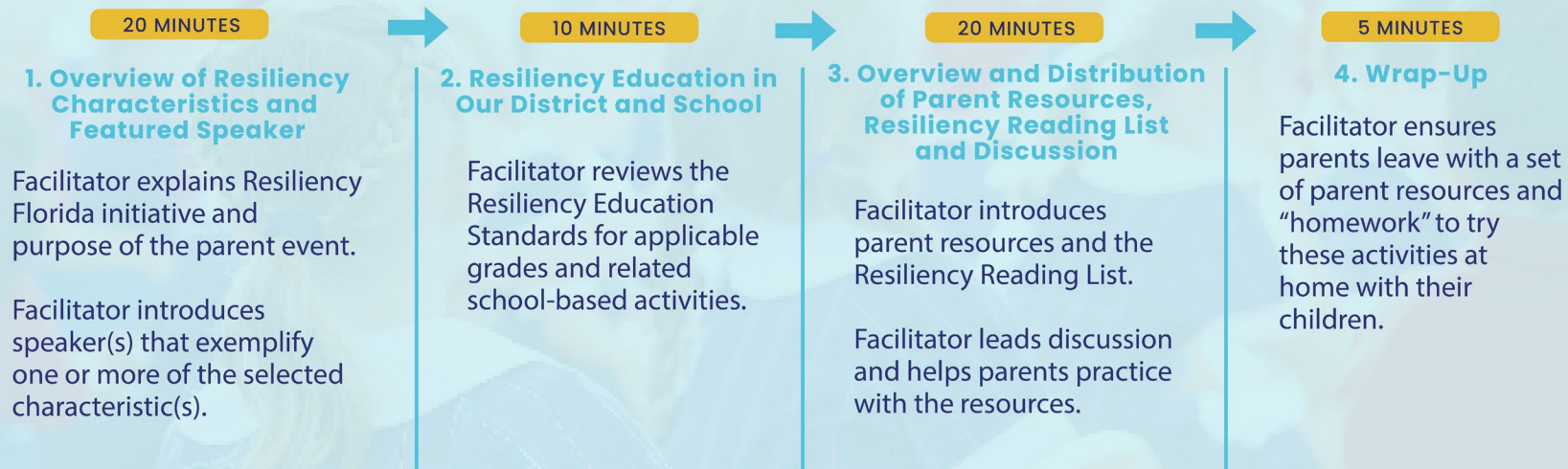
- The Florida Department of Education developed parent resources to promote resiliency and encourage family conversations on these important topics for students of all ages.
- Resiliency Florida is a groundbreaking initiative focused on reframing mental health education to focus on resiliency and hope.
- Florida continues to lead the nation in education and Resiliency Florida is another example of our investment in the next generation of Floridians.
- The K-12 Resiliency Education Standards are intentionally designed to impart the value of resiliency skills, such as responsibility, problem-solving and gratitude.
- Building resiliency helps students gain the skills necessary to overcome life's inevitable challenges.
- Each parent resource includes definition(s) of the characteristic(s); information to help children learn, practice and demonstrate the characteristic(s); and sample dinner table conversation topics or activities for the home.
- Resiliency Florida has a dedicated website (BuildResiliency.org) with additional resources. Please check back frequently for updated content to support students in building resiliency!

Sample Schedule for Resiliency Florida Parent Event

20 MINUTES	10 MINUTES	20 MINUTES	5 MINUTES
1. Overview of Resiliency Characteristics and Featured Speaker Facilitator explains Resiliency Florida initiative and purpose of the parent event. Facilitator introduces	2. Resiliency Education in Our District and School Facilitator reviews the Resiliency Education Standards for applicable grades and related school-based activities.	3. Overview and Distribution of Parent Resources, Resiliency Reading List and Discussion Facilitator introduces parent resources and the Resiliency Reading List.	4. Wrap-Up Facilitator ensures parents leave with a set of parent resources and "homework" to try these activities at home with their children.

School Event Planner

Sample Schedule for Resiliency Florida Parent Event



School Event Planner



RESILIENCY READING LIST

The Florida Department of Education is encouraging students to escape into a good book, where they can meet role models, find hope, witness grit and build their own personal strength. Below you'll find a list of books that can help increase resilience among students, from pre-kindergarten through grade twelve.

PRE-KINDERGARTEN

- Chester the Brave* by AUDREY PENN
↳ Self-Confidence and Self-Management
- The Little Engine That Could* by WATLY PIER
↳ Perseverance
- Making Friends* by FRED RODGERS
- You Can Do It, Sam* by JAMIE HEST
↳ Gratitude

GRADES K-2

- I Am Ruby Bridges* by RUBY BRIDGES
↳ Self-Confidence and Self-Management
- The Koola Who Could* by RACHEL BRIGHT
↳ Imagination
- The Little Butterfly That Could* by ROSS BURACH
↳ Grit
- When A Kid Like Me Fights Cancer* by CATHERINE EYER
↳ Resilience

GRADES 3-5

- "The Road Not Taken"* by ROBERT FROST
↳ Grit
- Road Parks* by ELOISE GREENFIELD
↳ Resilience
- When the Beat Was Born: DJ Kool Herc and the Creation of Hip Hop* by LABAN CARROLL HILL
↳ Inspiring Role Models and Problem Solving
- Who Was Amelia Earhart?* by KATE BOHAI JEROME
↳ Critical Thinking and Problem Solving

GRADES 6-8

- "Citizenship and Leadership" from The Moral Compass: Stories for a Life's Journey* by WILLIAM BENNETT
↳ Citizenship
- The Hidden Place* by CORIE TENBROEK
↳ Critical Thinking and Problem Solving
- Narrative of the Life of Frederick Douglass* by FREDERICK DOUGLASS
↳ Perseverance
- The Twenty-One Balloons* by WILLIAM PENE DU BOIS
↳ Grit

GRADES 9-12

- "I Have a Dream"* by MARTIN LUTHER KING, JR.
↳ Integrity
- A Lantern in Her Hand* by BESS STREETER ALDRICH
↳ Perseverance
- The Story of My Life* by HELEN KELLER
↳ Resilience
- Unbroken: An Olympian's Journey from Airman to Castaway to Captive* by LAURA HILLENBRAND
↳ Resilience



[Home](#) [Reading List](#) [Real Stories](#)

RESILIENCY READING LIST

The Florida Department of Education is encouraging students to escape into a good book, where they can meet role models, find hope, witness grit and build their own personal strengths. On the Resiliency Reading List, you'll find a list of books that can help increase resilience among students, from kindergarten through grade twelve.

[Download Now](#)

The Resiliency Reading List

RESILIENCE

11 Skills to Overcome Any Challenge

- 1 **Perseverance:** Continuing to try when things are hard.
- 2 **Grit:** Working consistently toward my long-term goals.
- 3 **Gratitude:** Being thankful and sharing appreciation with others.
- 4 **Responsibility:** Owning my actions, using good judgment and practicing self-control.
- 5 **Responsible Decision-Making:** Thinking about all options and outcomes to make the best choice.
- 6 **Critical Thinking & Problem Solving:** Gathering information to think through and determine the best solution.
- 7 **Self-Awareness & Self-Management:** Understanding and governing our thoughts, actions and impact on others.
- 8 **Mentorship:** Giving or asking for support, guidance, training or expertise.
- 9 **Citizenship:** Helping my neighbor, community and nation.
- 10 **Honesty:** Telling the truth.
- 11 **Empathy:** Understanding other's thoughts, feelings and actions.



FLORIDA STUDENTS ARE RESILIENT

Persevere

WE continue to try when things are hard.

Practice Grit

WE work consistently toward our long-term goals.

Express Gratitude

WE are thankful and share appreciation with others.

Act Responsibly

WE own our actions, use good judgment and practice self-control.

Make Responsible Decisions

WE think about all options and outcomes to make the best choice.

Think Critically & Solve Problems

WE gather information to think through and determine the best solution.

Build Self-Awareness & Self-Management

WE understand and govern our thoughts, actions and impact on others.

Value Mentorship

WE give or ask for support, guidance, training and expertise.

Take Pride in Citizenship

WE help our neighbors, community and nation.

Choose Honesty

WE tell the truth.

Cultivate Empathy

WE work to understand other's thoughts, feelings and actions.



The Resiliency Florida Posters

How will your school use the Resiliency Resources?



Resiliency Coach Training

- As a Resiliency Coach, Florida parents, grandparents, mentors and volunteers will have the opportunity to coach and have access to high-quality resources to lead important discussions with students about resiliency.
- Resiliency Coaches will be eligible for a \$150 stipend upon completion of a one-hour training and a volunteering practicum in schools.
- Resiliency Coach training will be managed at the district or charter LEA level in partnership with the district Volunteer Coordinator or similar position.
- Charter schools are encouraged to work with their district Volunteer Coordinator, or if your own charter LEA, provide a point of contact to the Bureau of Family and Community Outreach.



Resiliency Coach Training

- The FSYS was aligned to required instruction for Health Education, pursuant to section 1003.42(2)(n), Florida Statutes (F.S.), (2022), including Resiliency Education, Civic and Character Education and Life Skills Education, which will inform enhanced alignment of services, support and instruction to better meet the needs of our students.
- The FSYS has two sections: (a) Resilience and (b) Health Behavior. The Resilience Section of the FSYS outlines the data collected from a sample of Florida high school students during the spring of the 2022-2023 school year.



Florida-Specific Youth Survey



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Florida-Specific Youth Survey 2022-2023

Executive Summary: The Florida-Specific Youth Survey (FSYS) is aligned to required instruction for Health Education, pursuant to section 1003.42(2)(n), Florida Statutes, (2022), including Resiliency Education, Civic and Character Education and Life Skills Education, which will inform enhanced alignment of services, support and instruction to better meet the needs of our students. The FSYS has two sections: (a) Resilience and (b) Health Behavior. The Resilience Section of the FSYS outlines the data collected from a sample of Florida high school students during spring of the 2022-2023 school year (n = 3,609). Specifically, it reports the General Resilience Scores and Resiliency Characteristic Scores across different subgroups. The General Resilience Score is the average rating based on a five-point Likert Scale (1 = Never to 5 = Almost Always) of all the items across all characteristics. The Resiliency Characteristic Score is the average rating based on the five-point Likert Scale (1 = Never to 5 = Almost Always) of all items within each characteristic. There are three ranges of resilience: High (Score = 3.50-5.00; Green), Medium (Score = 2.50-3.49; Yellow), and Low (Score = 1.00-2.49; Red)

General and Characteristic Scores:



The General Resilience Score encompasses the items from all characteristics except mentorship and citizenship. These two characteristics are not individual characteristics, they are dependent on interaction with another individual and/or the community.



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Florida-Specific Youth Survey 2022-2023

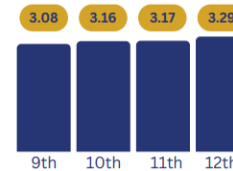
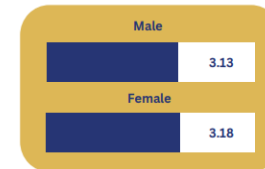
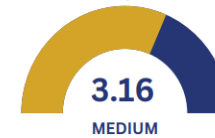
Executive Summary: The Resiliency Characteristic Score is the average rating based on a five-point Likert Scale (1 = Never to 5 = Almost Always) of all items within their own characteristic. There are three ranges of resilience: High (Score = 3.50-5.00), Medium (Score = 2.50-3.49), and Low (Score = 1.00-2.49).

Resiliency Characteristic Score: Mentorship

Subgroup	Characteristic Score
Hispanic	3.13 (Medium)
White	3.18 (Medium)
African American/Black	3.19 (Medium)
Asian	3.33 (Medium)
American Indian or Alaskan Native	3.22 (Medium)
Native Hawaiian or Other Pacific Islander	*
Multiracial	3.08 (Medium)

* Native Hawaiian or Other Pacific Islander sample was less than 10 respondents for all domains except Grit.

Entire Population



**RESILIENCY
FLORIDA**

Florida-Specific Youth Survey.



Youth Mental Health Awareness Training

Section (s.) 1012.584, Florida Statutes (F.S.), Continuing education and in-service training for YMHAT

- Pursuant to [s. 1012.584, F.S.](#), each school district must certify to the department, by July 1 annually, that at least 80 percent of school personnel in elementary, middle and high schools have received the required training.
- Pursuant to s. [1002.33\(16\), F.S.](#), charter schools must also be in compliance with [s. 1012.584, F.S.](#)
- This training includes how to identify and understand the signs of emotional disturbance, mental illness and substance use disorders and provides skills to help a person who is developing or experiencing an emotional disturbance, mental health or substance use problem.
- The State Board of Education adopted Rule [6A-1.094120](#), Florida Administrative Code, Youth Mental Health Awareness Training and Reporting to support district implementation. According to this rule, school districts must implement procedures to include school personnel at charter schools in the school district's certification.



Mental Health Assistance Programs (MHAP)

MHAP Purpose

- [Section 1006.041, F.S.](#) – Each school district must implement a school-based MHAP that includes:
 - Training classroom teachers and other school staff in detecting and responding to mental health issues.
 - Connecting children, youth and families who may experience behavioral health issues with appropriate services.
- Pursuant to [s. 1006.041, F.S.](#), the plan must include all district schools, including charter schools, unless a charter school elects to submit a plan independently from the school district. A charter school plan must comply with all of the provisions of this section and must be approved by the charter school's governing body and provided to the charter school's sponsor.

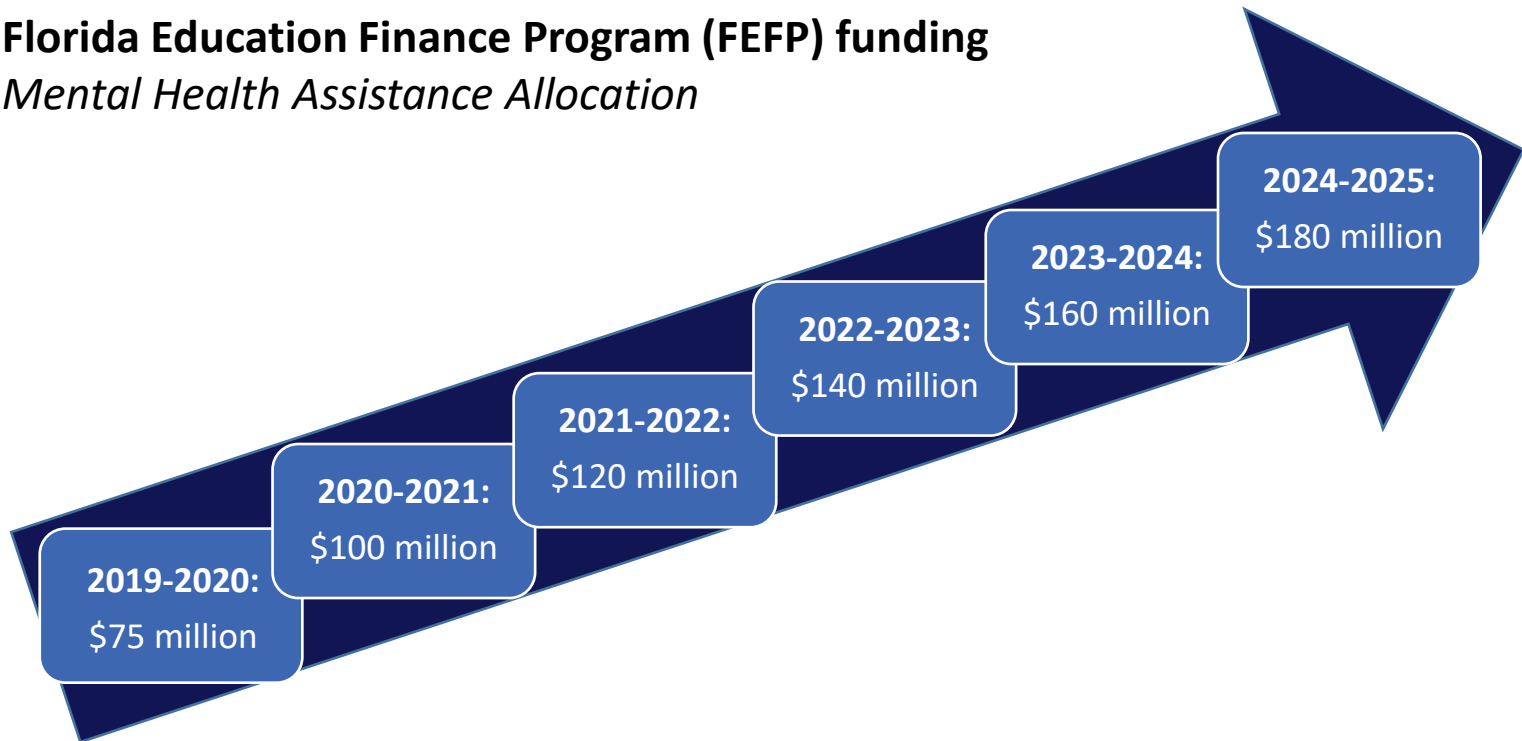
MHAP Plan

Plans must be focused on delivering evidence-based mental health care treatment to children and include:

- Provision of mental health assessment, diagnosis, intervention, treatment and recovery services to students with one or more mental health or co-occurring substance abuse diagnoses and students at high risk of such diagnoses.
- Coordination of services with the student's primary care provider and other mental health providers caring for the student.
- Direct employment of service providers or a contract-based collaborative effort or partnership with one or more local community mental health programs, agencies or providers.

Significant Investments in Mental Health

Florida Education Finance Program (FEFP) funding
Mental Health Assistance Allocation



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