

# Resiliency in Action:

## Practical Ideas for Youth, Families, and Communities

**Who should attend?** Teachers, Administrators, Guidance Counselors, Substance Abuse Counselors, Social Workers, Prevention Specialists, health workers, and anyone who works with youth or designs and implements youth programming.

### REGISTRATION

The fee for the two-day training is **\$156** including coffee breaks and lunches. Overnight accommodations are NOT included in registration. If you need lodging, please contact The Atlantic Oakes directly at (207)288-5801 or 1-800-336-2463.

Please provide the following information:

NAME: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

TELEPHONE: \_\_\_\_\_

ARE YOU U98 FACULTY OR STAFF? \_\_\_\_\_

DO YOU WORK WITH MDI YOUTH? \_\_\_\_\_

PAYMENT ENCLOSED: \_\_\_\_\_

Please make check payable to "MDI Group", enclose this registration form, and mail to the address below. No refunds or cancellations after March 1st.

**Please send completed registration to:**

**MDI Alcohol & Drug Abuse Group, Inc.  
P.O. Box 616  
Southwest Harbor, ME 04679  
207-244-0720**

P.O. Box 616 Southwest Harbor, ME 04679  
RETURN SERVICE REQUESTED



**M.D.I.  
ALCOHOL &  
DRUG ABUSE  
GROUP, INC.**

# Resiliency in Action:

**Practical Ideas for Youth,  
Families, and Communities**

**with the author and trainer,  
Nan Henderson, MSW**



**March 24th and 25th, 2008  
Atlantic Oakes Conference Center  
Bar Harbor, Maine**

**For more information:**

**MDI Alcohol & Drug Abuse Group  
1 Fernald Point Road  
P.O. Box 616  
Southwest Harbor, ME 04679  
207-244-0720**

# Resiliency in Action: Practical Ideas for Youth, Families, and Communities

**RESILIENCY...** is the ability to rebound as we go through life facing trials or adversity. A growing body of research is showing how we can help ourselves and those we care about and work with overcome life problems. The research has concluded that all of us are in fact, "hard-wired to bounce back"í This two-day workshop is designed to emphasize a basic understanding of resiliency factors and practical strategies for implementing programs for your school or agency that will foster resiliency in youth.

## Curriculum:

**DAY ONE:** A Complete Introduction to Resiliency: The Research, Practical Strategies, How to Apply it One-On-One and Examples of Some "Best Practices."

**DAY TWO:** Participants will create an Action Plan for their school or agency, emphasizing strategies on how to put a resiliency approach into action organizationally. Time will be devoted to specific examples, and Q&A dialogue.

**Upon completion, participants will be able to:**

- name 6 life conditions that promote resiliency
- describe 14 personal resiliency builders
- develop a plan for fostering resiliency in youth
- present a sample plan for program implementation

**CEU's — 12 Contact Hours of Continuing Education for Teachers, Social Workers, Clinical Counselors, and Substance Abuse Professionals will be awarded upon successful completion of this training.**

## Dates and Location:

**March 24th, 2008**

**8:30 to 9:00 Registration & coffee**

**9:00 to 12:00 Presentation**

**12:00 to 1:00 Lunch**

**1:00 to 4:00 Presentation**

**March 25th, 2008**

**9:00 to 12:00 Presentation**

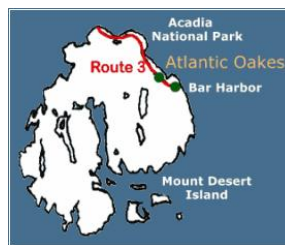
**12:00 to 1:00 Lunch**

**1:00 to 4:00 Presentation**

**Lunch & coffee provided both days.**

**Fee for Two-Day Training — \$156.**

**The training will be held at Atlantic Oakes Resort and Conference Center in Bar Harbor, Maine. <http://www.barharbor.com>**



Nova Scotia (CAT) ferry terminal.

From Ellsworth, Maine, take Route 3 to Mount Desert Island toward Bar Harbor (19 miles). The Atlantic Oakes Conference Center is on the left immediately after the

## Facilitator:

**Nan Henderson, MSW** is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. Her publications on this subject are used in more than 25 countries and have been translated into Spanish and Russian. She is President of Resiliency In Action, Inc., a publishing and training organization in Southern California. Ms. Henderson has trained and consulted in 43 U.S. States, Canada, Australia, and New Zealand. She has been a trainer for hundreds of school districts, juvenile justice organizations, and other social service and community agencies, as well as dozens of state departments focused on helping children and youth. Ms. Henderson has served on the faculty of five colleges/universities (with an emphasis on substance abuse issues in her higher education teaching); worked as a clinical therapist with youth, adults, and families in agencies and schools; and directed citywide, statewide, and school district-wide youth prevention and resiliency implementation programs. She is the author/editor of five books, including *Resiliency In Schools: Making It Happen for Students and Educators*, and *Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*.



**Nan Henderson, President  
Resiliency In Action**