Tips for Building Your Own Resilience

1. Develop a positive support system around you.
2. Make time to take care of yourself and set healthy boundaries.
3. Be mindful, not mind-full.
4. Practice gratitude and focus on the positives. Notice small successes.
5. Take a break from technology and connect with nature.
7. Acknowledge that teaching can be isolating at times. Take steps to connect with peers.
8. Recognize your own emotions and turn to a trusted confidant to express them.
9. Contribute to a positive school climate by listening to others and sharing your ideas respectfully.
10. Find a creative outlet for self-reflection.

Tips for Building Resilience in Your Classroom

1. Nurture your relationships with students.
2. Channel your empathy toward all students, even in challenging situations.
3. Engage and involve students in building a classroom community.
4. Understand how emotions play a part in learning. Help students learn how to identify and express their own emotions.
5. Celebrate small successes! Help students feel special and appreciated.
6. Actively listen to students, even for the words that they’re not saying.
7. Model how mistakes are opportunities to learn.
8. Cultivate social skills by providing more chances to work together.
9. Support students in solving and making decisions on their own.
10. Encourage students’ love of learning and process beyond “the grade.”
Resilience & School Connectedness
We meet teachers and administrators where they are, listen to what they need and work directly together to create a healthy positive school environment. Our mental health professionals are present at a school site to provide educators with social emotional consultations through classroom observations, trainings and support groups.

Social Emotional Learning
Our 18-week Social and Emotional Learning (SEL) curriculum is conducted during the school day to increase the social emotional competencies and well-being of students. Essential social emotional skills include: recognizing and managing emotions, demonstrating caring for others, making responsible decisions and establishing and maintaining positive relationships.

“I THINK THE MOST USEFUL THING WAS LEARNING ABOUT INNER STRENGTHS. IT HELPED ME THINK OF MYSELF IN A POSITIVE WAY. IT ALSO HELPED ME WHEN I WAS IN A BAD MOOD.”
-Student

Successful Transitions
We strive to help at-risk teens from San Mateo County Court & Community Schools and other expulsion schools successfully transition to larger comprehensive district high schools. We provide counseling and resources to help them navigate the high school system, make positive choices, and renew hope for their future. There is an 86% success rate of keeping students in school and/or graduating.

Counseling
At K-8 schools, teachers refer students to counseling after recognizing a need for social and emotional support above and beyond what is possible to offer in a full classroom setting. At alternative local Court and Community schools, we offer counseling to at-risk teens who have been expelled or are on probation, and are facing the most extreme adversities in life.

Clinical Internships
We are committed to building the pipeline of talented mental health professionals by placing Master’s and Psy.D students at its school sites to directly support students. Our professional staff of licensed social workers, marriage and family therapists, and psychologists provides supervision and training to clinical interns who in turn provide students individual and group therapy.

Partnerships & Community Outreach
We partner with organizations that share our values around creating more resilient school communities. Our collaboration with partners such as New Teacher Center and San Jose State University, allow us to extend our services and outreach.

We offer workshops, trainings, professional development and support groups to educators, mental health professionals and parents on both local and national levels. Topics include: teacher burnout, stress, working collaboratively with families, mentoring, team building, adolescents and diversity.