

6. Resilience through Storytelling

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Resilience through Storytelling

Grace

I am. I am. I am. I am. I am.

John

I am. I am. I am. I am. I am.

Lillian

I am. I am. I am. I am. I am.

Resilience through Storytelling



*If the lion does not
tell
his story,
the hunter will.*

Resilience through Storytelling

*Tell me the facts and I'll learn.
Tell me the truth and I'll believe.
Tell me a story and it will live in my heart forever.*
Native American Proverb

Explore the power of storytelling to heal the heart and create connections.

Learn creative ways to tell one's personal narrative of who I AM, honoring storytelling traditions, celebrating one's cultural heritage and identity.

Leave this session with a renewed value for who I AM, and deeper understanding of how equity begins within, and meaningful ways to use storytelling to inspire learning.

Resilience through Storytelling



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Telling one's story deepens healing and resilience. Each of us is full of stories worth telling. What, when and how we choose to tell our stories evolves over time and is up to us.

We invite you to experience the empowering process of claiming and telling one's story of culture, race and family as reflective and connective practice.

When can you make opportunities to create, hear and tell stories that will heal, empower and inspire?

When will you use the power of storytelling to boost resilience by hearing the stories of others, cultivating cultural sensitivity, encouraging curiosity and celebrating one's cultural and racial identity?

Tell me the facts and I'll learn...tell me a story and it will live in my heart.

Resilience through Storytelling

DIVERSITY-INFORMED TENETS for WORK WITH INFANTS, CHILDREN & FAMILIES

Irving Harris Foundation Professional Development Network

Self-Awareness Leads to Better Services.

Working with infants, children, and families requires all individuals, organizations, and systems of care to reflect on our own culture, values and beliefs, and on the impact that racism, classism, sexism, able-ism, homophobia, xenophobia, and other systems of oppression have had on our lives in order to provide diversity-informed, culturally attuned services.

Resilience through Storytelling

Telling an *I Am* Story

I am from...

I am...

I am...

I am...

I am...

“There is no greater agony than bearing an untold story inside you.” --Maya Angelou



Creating one's own narrative regarding one's experienced trauma has long been a cornerstone of resilience and recovery. This is true for all, from young children to the elderly.

Michael Trout, one of the fathers of Infant Mental Health, for instance, has coached adoptive parents to create a story with their now “forever” children of how their family came to be in a way that honors pain and loss even as it celebrates the safety of their current relationship.

How will you create space and safety such that the ones whose lives you touch trust you to listen to their stories?

Resilience through Storytelling



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Story Hand A connecting activity to help a child manage stress through storytelling.

Start at the pinky finger. As you massage each finger tell the story of the child's life. The thumb discloses the stressor and at the same time reassures the child that s/he is safe and capable.

Pinky finger: Hold child gently & firmly by the wrist. On each finger, pause and tell a story about the child's life.

"This little finger likes to run."

"This little finger likes to blow bubbles."

"This little finger likes to swing."

"This little finger likes to draw ladybugs."

Thumb: Describe the problem area or concern

"But the thumb says, 'What about me?'"

Thumb is worried it might not like going to a new classroom."

Fold child's thumb in and wrap fingers around it and say,

"All the fingers say, 'You're safe. You can do it. We know you can do it.'"

Give a little *squeeze* to the hand to signal safety to the brain.



Resources

DIVERSITY-INFORMED TENETS FOR WORK WITH INFANTS, CHILDREN AND FAMILIES Irving Harris Foundation Professional Development Network Tenets Working Group

SHARE YOUR STORY A How-to Guide for Digital Storytelling SUPPORTING THE RECOVERY AND HEALING OF SELF AND OTHERS THROUGH MESSAGES OF HOPE https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tacs/samhsa-storytelling-guide.pdf

Center of Excellence for Infant & Early Childhood Mental Health <https://www.iecmhc.org/resources/coe-equity-toolkit/>
Parent resources and easy access to Ohio's Early Childhood Systems-
<https://boldbeginning.ohio.gov/wps/portal/gov/bold/providers/provider-resources/early-childhood-mental-health-consultation>

Infant Mental Health Credential
<https://mha.ohio.gov/Schools-and-Communities/Educators/Early-Childhood-Mental-Health/Infant-Mental-Health-Credential>

Ohio's EC Expulsion Hotline
<https://www.nationwidechildrens.org/specialties/behavioral-health/for-providers/ohio-preschool-expulsion-prevention-partnership>