Counseling Services of Addison County: Transforming Stress and Building Resilience

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Stress Response System: Typical or Average Person

Performance %

Stress Continuum (Units)
1. Stress is the amount of energy in your body available as a resource for optimum performance.
2. Stress is what happens to our bodies when something of value to us is threatened or challenged (then feelings, cognition and behavior).
3. **Stress is the result of having too many demands and not enough resources.**
4. Stress is your body’s response to anything that requires attention or action.
5. Stress is a situation that triggers a particular biological response.

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**Stress Continuum (Units)**

**Performance %**

- **Low/No Stress**: Rest, Restore, Repair, Recharge
- **Mild/Moderate Stress**: Optimize, Maximize
- **Moderate/High Stress**: Overload, Exhaustion
- **Relentless/Immersive Stress**: Breakdown
Stress Response System: Misbehavior or Stress Behavior

Misbehavior: (Admit and Submit)
- Goals: attention, status, enact influence and outcome
- Youth is able to explain their actions in a reasonably linear fashion
- Once at their baseline
- In a manner that generally makes sense
- Youth is able to identify stressor/motivator of the behavior
- Responsive to traditional discipline

Stress Behavior (Pain/Discomfort Based)
- Goals: Safety, survival, reduce tension
- Youth struggles to explain actions in any linear, clear fashion
- They are difficult to soothe, comfort, regulate
- The youth’s explanations are consumed by self-protection in the form of...
- Circularity, time-traveling, primitive defenses
- Non-responsive to traditional discipline: Down-regulate and stress reduce

Stress Response System: Resilience

1. Resilience is a team sport and most often relational. Facilitative environment (enriched connections) and access.
2. Resilience is the capacity to metabolize stress states while maintaining or returning to a level of positive/optimal performance.
3. Resilience is the ability to use internal and external resources effectively to manage stress and maintain positive performance.
4. Resilience is the system’s (individual, group, school, program) ability to deal with change and come out at least as strong as it was before it was disturbed (Ann Masten, Ph.D.)
5. The ability of a person, family and community to navigate to the resources they need, and negotiate for these resources to be provided in meaningful ways. (Michael Ungar, Ph.D.)
Stress Response System: Stress-adapted (unprotected)

- 100
- 50
- 40
- 20

Low/No Stress
Rest, Restore, Repair

Mild/Moderate Stress
Optimize, Maximize

Moderate/High Stress
Overload, Exhaustion

Toxic Stress Breakdown
100

Conditions That Foster Resilience: PRIDE

1. **Predictability**: Structure, routine and rituals
2. **Pattern Recognition**
3. **Relationships**: Safe, Caring, Respectful, Belonging, Community
4. **Regulatory Activities**: dance, sing, hum, move, stretch, breathe
5. **Identify**: Your hot spots and triggers
6. **Discipline**: X2
7. **Empathy**, validation, compassion

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Relentless/Immersive Stress Breakdown
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