A person with their back to the camera, wearing a red backpack and a green jacket, stands on a rocky mountain peak with their arms outstretched. The background shows a vast mountain range under a blue sky with scattered white clouds. The foreground consists of large, light-colored rocks and some green vegetation.

Building Resilience by Balancing the Needs for Safety & Adventure

Wade Puryear, Vice President of Education

UMFS / Charterhouse Schools

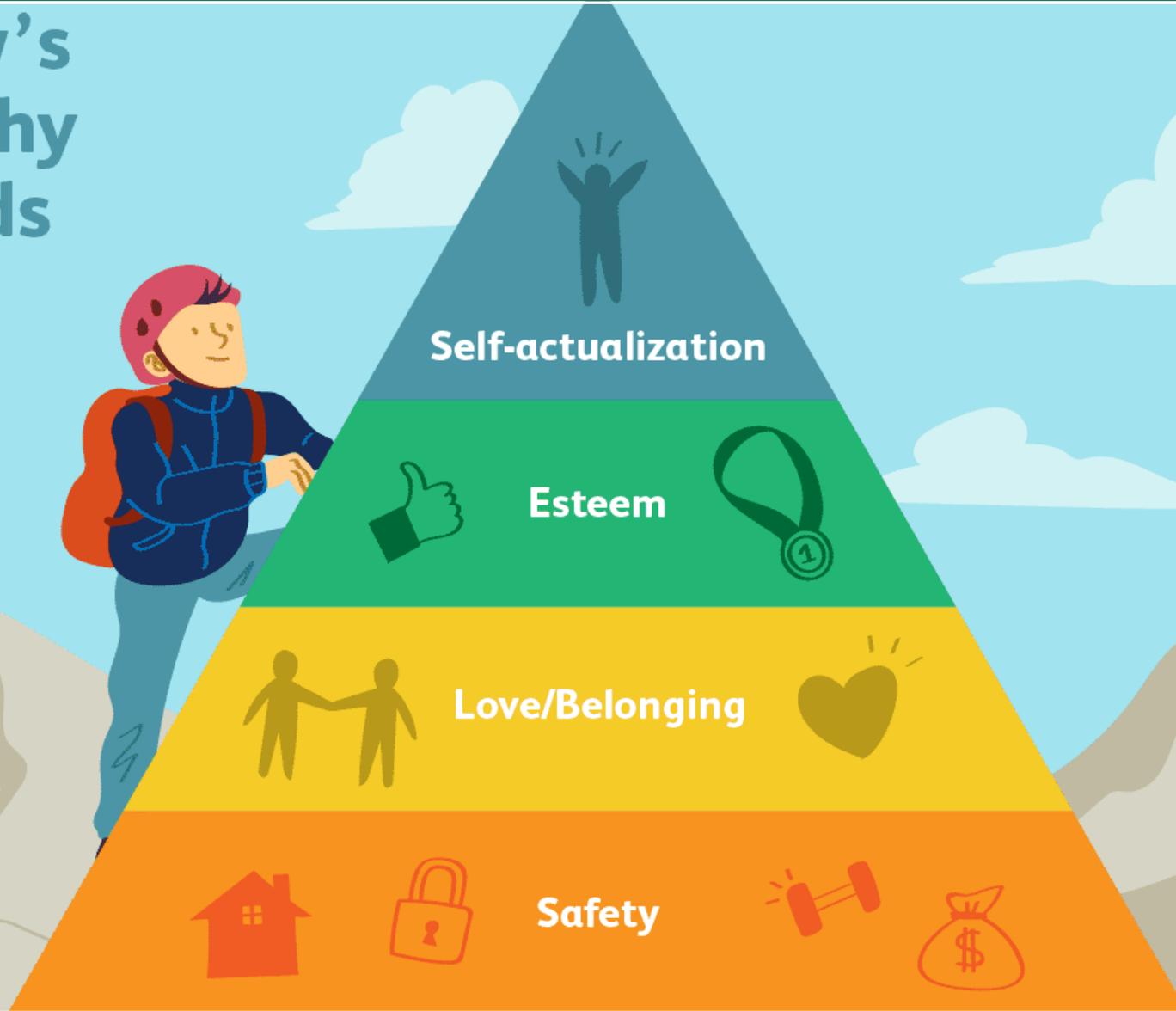


What does "one stable caring adult in a child's life " do?

- Build Relationship by
Meeting Needs



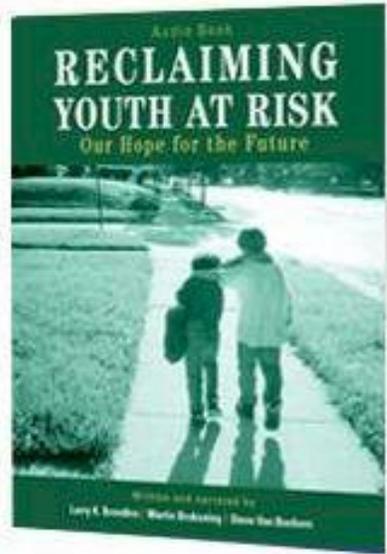
Maslow's Hierarchy of Needs





The Circle of Courage

The Circle of Courage



1990's *Reclaiming Youth at Risk* –
Larry Bendtro, Martin Brokenleg,
Steve Van Bockern

Black Hills Seminars & Reclaiming
Youth at Risk Conference – South
Dakota



The Circle of Courage

Practice Wisdom:

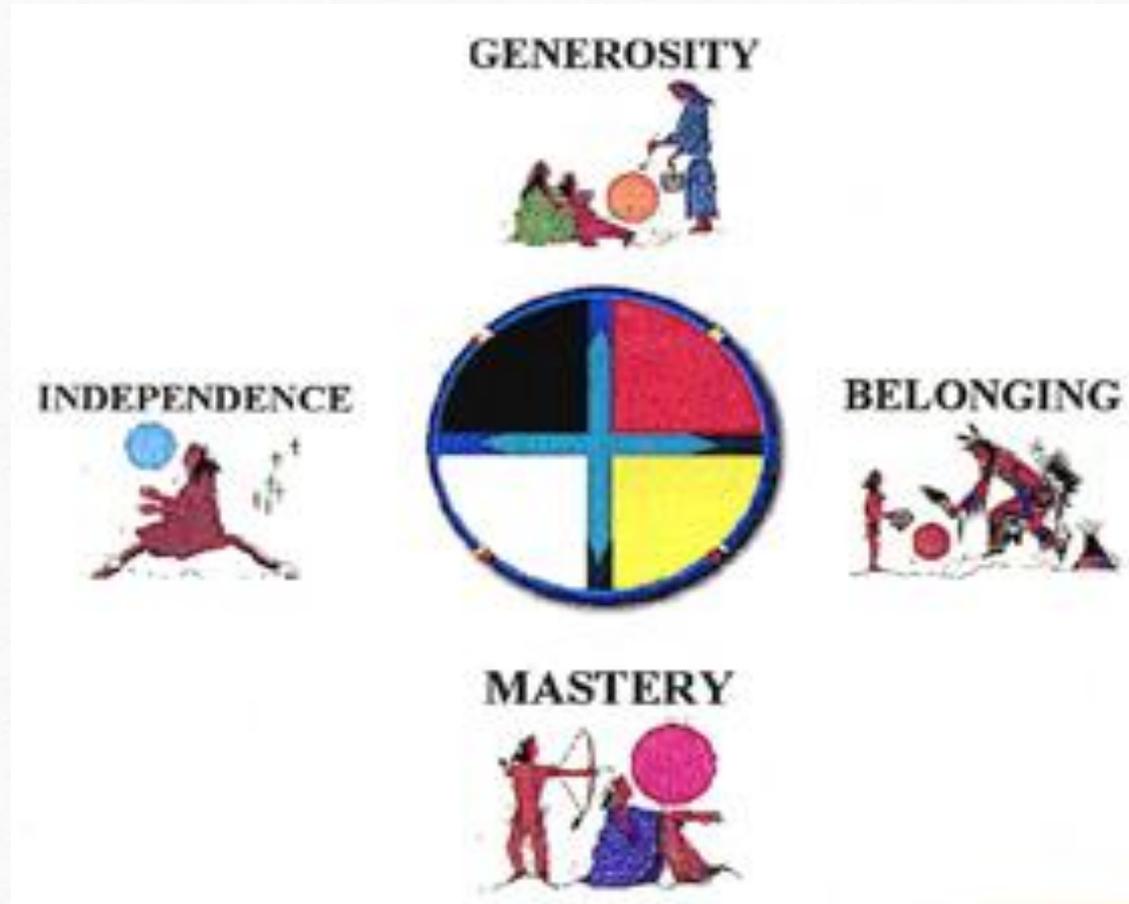
- Experiences in Residential Treatment, Juvenile Justice, Alternative/Special Education
- Intergenerational Trauma

Research:

- Adverse Childhood Experiences : ACES
- Child/Human Development



- **Cultural Wisdom:** studied how traditional indigenous cultures were able to rear respectful, responsible children without resorting to coercive discipline. The Circle of Courage is illustrated as a Lakota medicine wheel with four directions.



Developmental Needs Of Youth

Self Worth Research	Resilience Research	Boys Town Research	Circle of Courage
Significance	Trust	Relationships	Belonging
Competence	Talent	Skills	Mastery
Power	Power	Empowerment	Independence
Virtue	Purpose	Spirituality	Generosity





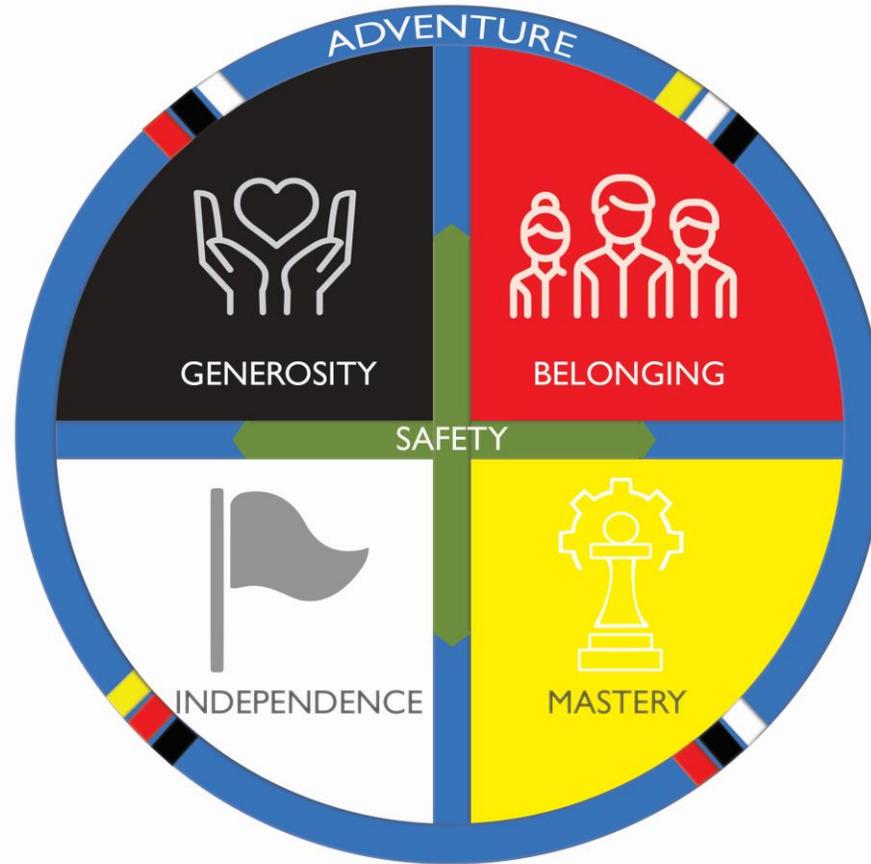


SCHOOLS THAT MATTER: Teaching the Mind, Reaching the Heart



Steve Van Bockern

UMFS 2018



Belonging



Healthy Belonging

- ✓ Attached
- ✓ Loving
- ✓ Friendly
- ✓ Intimate
- ✓ Gregarious
- ✓ Cooperative
- ✓ Trusting



Absent Belonging

✓ Unattached

✓ Guarded

✓ Rejected

Lonely

Aloof

Isolated

Distrustful



Distorted Belonging

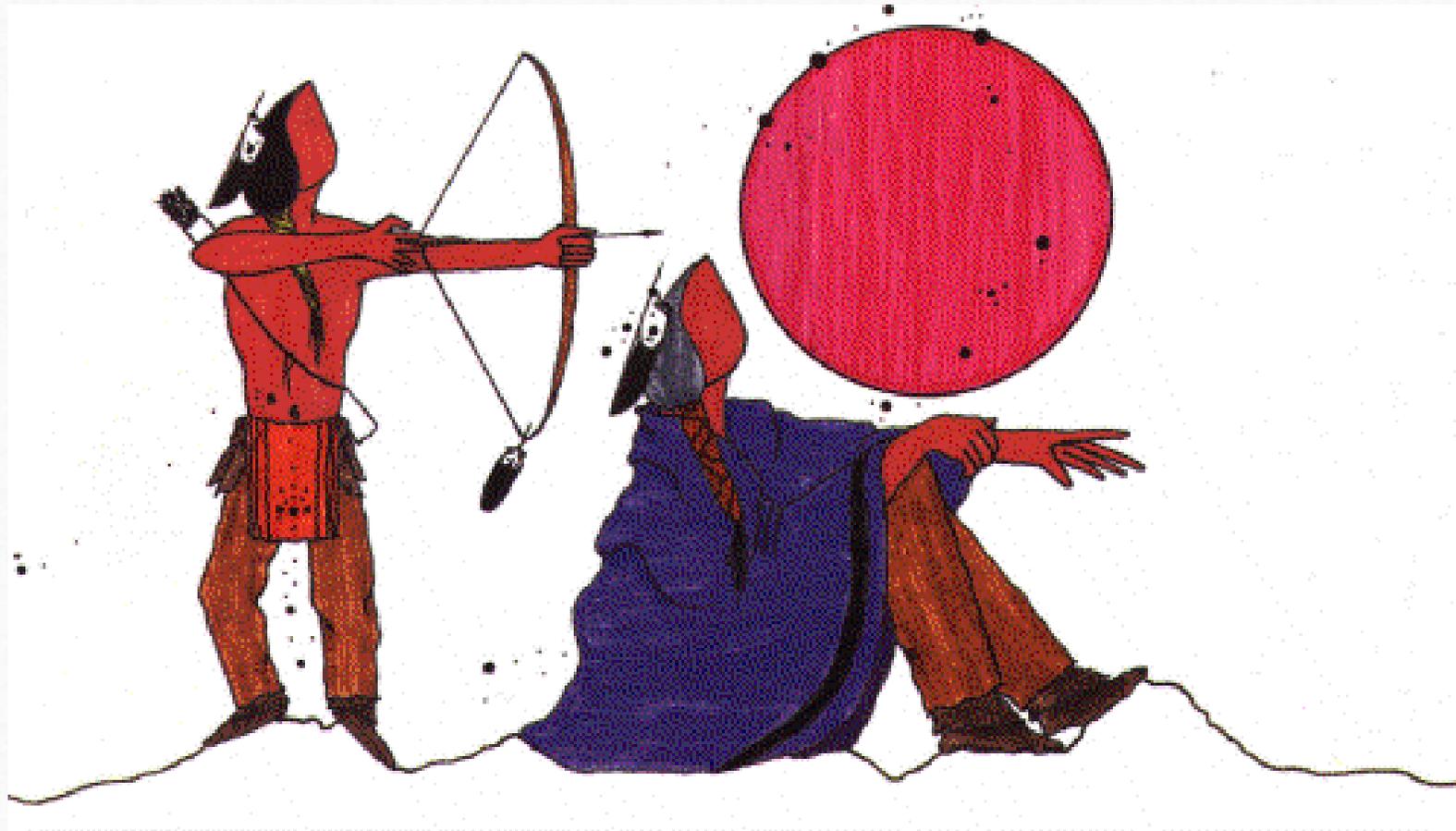


- ✓ **Gang Loyalty**
- ✓ **Craves Affection**
- ✓ **Craves Acceptance**
- ✓ **Promiscuous**
- ✓ **Clinging**
- ✓ **Cult Vulnerable**
- ✓ **Overly Dependent**

Barry White Jr.

abc NEWS

Mastery



Healthy Mastery

- ✓ **Achiever**
- ✓ **Successful**
- ✓ **Creative**
- ✓ **Problem-Solver**
- ✓ **Motivated**
- ✓ **Persistent**
- ✓ **Competent**





Absence of Mastery

Avoids Risk

Fear Challenges

Unmotivated

Gives Up Easily

Inadequate

Distorted Mastery

Overachiever

Arrogant

Risk Taker

Cheater

Workaholic

Perseverative

Delinquent Skills



Independence



Healthy Independence

✓ **Autonomous**

✓ **Confident**

✓ **Assertive**

✓ **Responsible**

✓ **Inner Control**

✓ **Self-Discipline**

✓ **Leadership**



Absence of Independence

- ✓ **Submissive**
- ✓ **Lacks Confidence**
- ✓ **Inferiority**
- ✓ **Irresponsible**
- ✓ **Helplessness**
- ✓ **Undisciplined**
- ✓ **Easily Led**





Distorted Independence

- ✓ **Dictatorial**
- ✓ **Reckless/Macho**
- ✓ **Bullies Others**
- ✓ **Power Struggles**
- ✓ **Manipulative**
- ✓ **Rebellious**
- ✓ **Defies Authority**

Generosity





“If you can't feed
a hundred people,
then feed *just one.*”

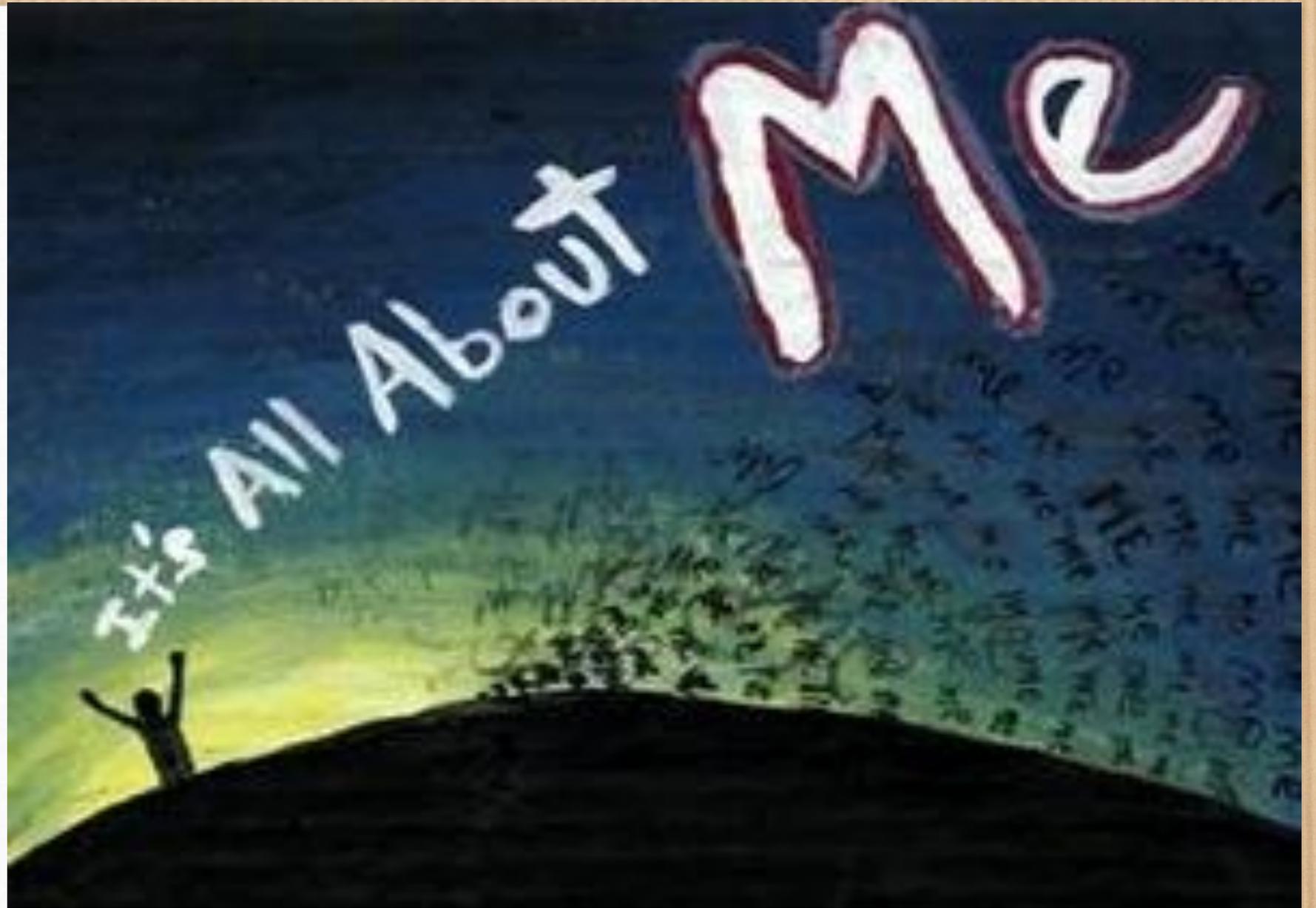
~Mother Teresa, 1910

Healthy Generosity

- ✓ Altruistic
- ✓ Caring
- ✓ Sharing
- ✓ Loyal
- ✓ Empathetic
- ✓ Pro-Social
- ✓ Supportive

Absent Generosity

- ✓ Selfish
- ✓ Affectionless
- ✓ Narcissistic
- ✓ Disloyal
- ✓ Hardened
- ✓ Anti-social
- ✓ Exploitative



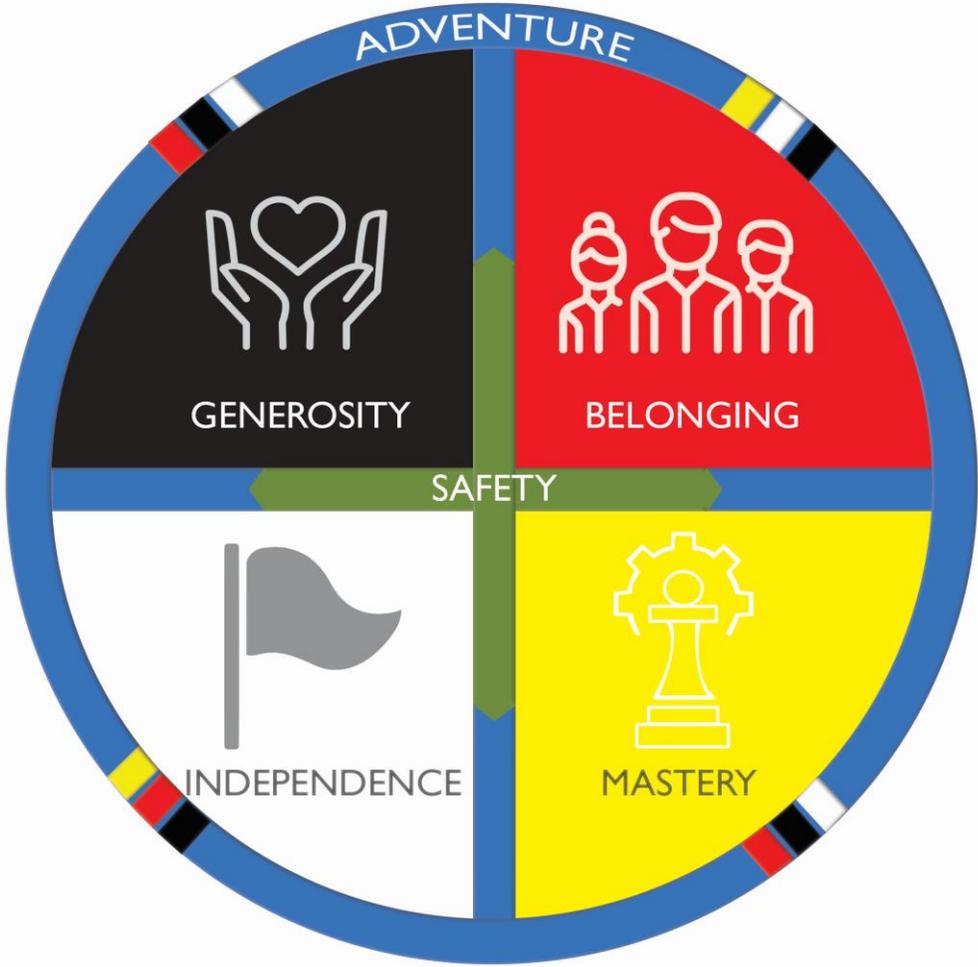


Distorted Generosity

- ✓ **Hypocritical social responsibility**
- ✓ **Overinvolvement**
- ✓ **Plays Martyr**
- ✓ **Co-dependency**
- ✓ **Servitude**
- ✓ **Bound by Debt**

A photograph of a man with glasses and a beard, wearing a yellow shirt, smiling warmly while holding a young child in a light blue shirt. They are outdoors, with a blurred green background of trees and foliage. The image has a soft, slightly desaturated color palette.

Why is it important for adults to help
young people meet their needs?



SAFETY

What makes you feel safe?

What makes young people feel safe?

What makes someone feel safe enough to take a risk?



Safety in Predictability & Consistency

School-Wide Expectations

Safety- Take care of your community: self, others and property

Belonging - Communicate your needs and feelings without hurtful language

Mastery - Be willing to learn from mistakes and successes

Independence - Be aware of your feelings and responsible for your actions

Generosity – Express gratitude and find ways to help others

Adventure – Be willing to try something new



Ground Rule:
Never leave your
riding partner
behind

Safety

Trauma-Sensitive Environments

What Happened to You?

Vs.

What's Wrong with You

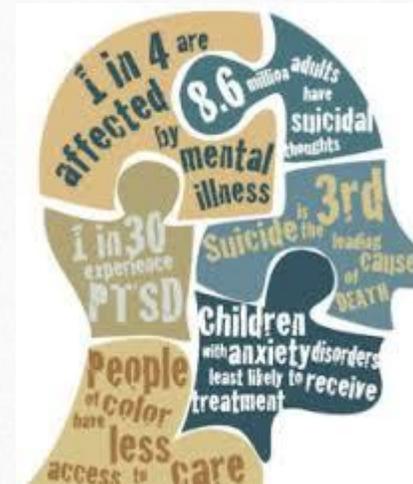


Unconditional Positive Regard

Non-judgement

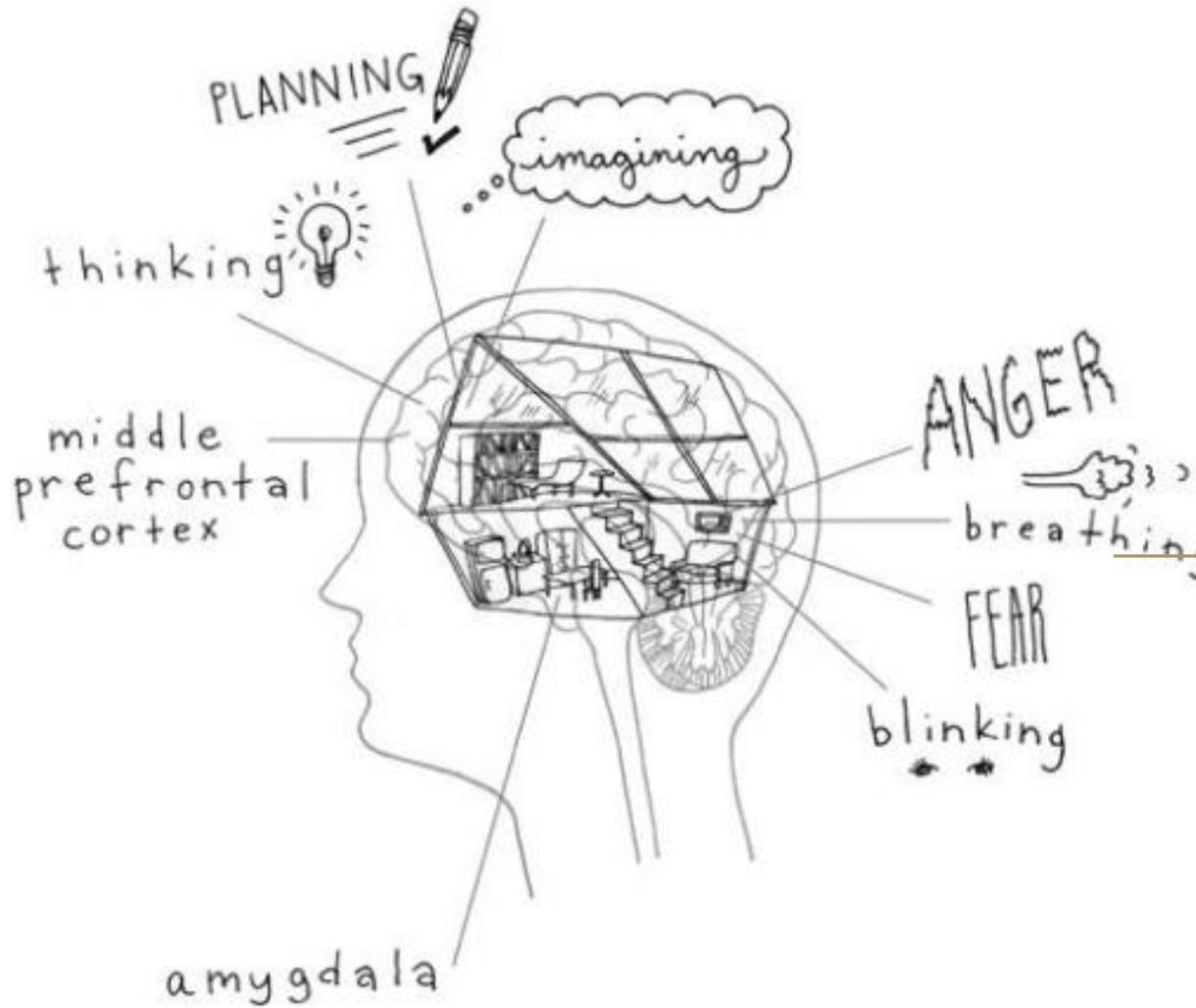
Honoring the Person

No Shaming



What happens if kids are left on their own to meet the need for Safety??





Meeting the Need for Safety allows us to access the Thinking Skills required to regulate ourselves during and navigate through Adventures

Adventure



Ad-ven-ture | \ed-'ven-cher

1. An action involving unknown danger or risks
2. The encountering of risks
3. An exciting or unusual experience
4. An enterprise involving financial risks

Miriam-Webster



Find a
Partner!

Ask

What adventures did you have on your own as an adolescent or teen?

Ask

What adventures do you remember being led by a trusted, stable, caring adult?

Play & Adventure



What does Adventure do for kids?

Provides opportunities to practice becoming dysregulated and then regulate safely.

Exercised amygdala

"Horseplay"





RISK-TAKING PLAY

Children extend their abilities through risky play and learn to master challenging environments. They generally know how far they can go without actually hurting themselves and need chances to practice risk assessment and setting their own boundaries.

“I believe that those (boys) who take part in rough, hard play outside of school will not find any need for horse-play in school.”

✦ Theodore Roosevelt, 26th President of the United States (1858-1919)

What does Adventure do for kids?



Exercise & Strengthen
Thinking Skills:

- Self Regulation
- Emotional Regulation
- Cognitive Flexibility
- Attention Skills
- Social Thinking Skills

What does Adventure do for kids?

Specific Thinking Skills:

- Problem solve
- Turn taking
- handling disappointment/failure
- winning gracefully
- empathy
- debriefing, assessing and learning
- planning and organizing

What does Adventure do for kids?

Healthy anxiety can facilitate a person to change patterns & behaviors.



What does Adventure do for kids?

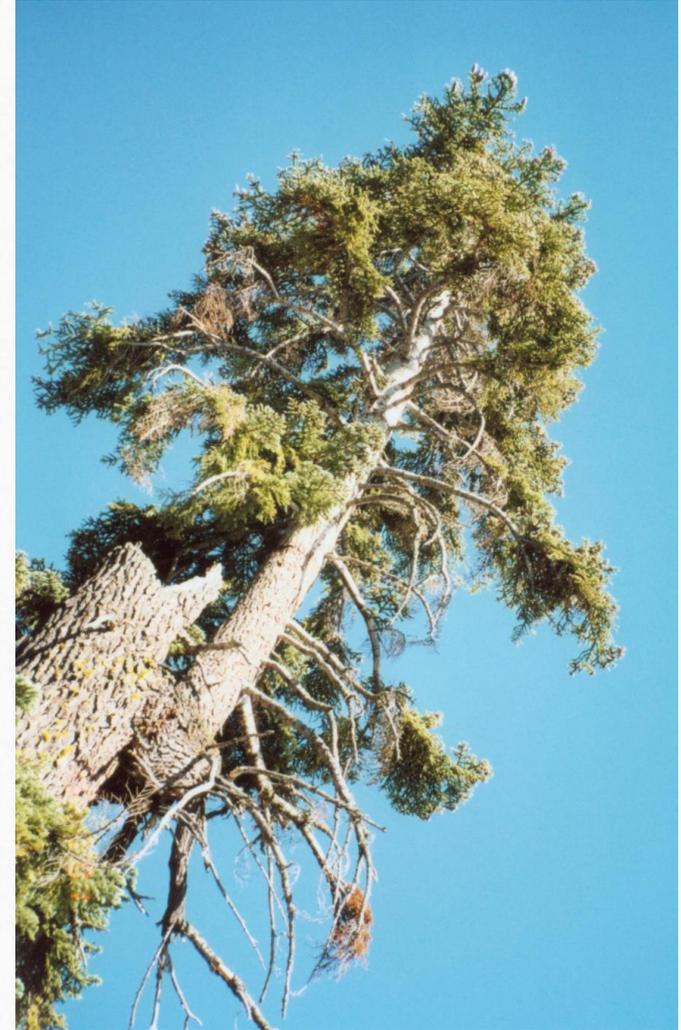
High intensity activities with an element of risk increase attention and decrease hyperactivity



What does Adventure do for kids?

Increases Character Strengths
most associated with
Resilience:

- Perseverance (Grit)
- Self-Regulation





This Photo by Unknown author is licensed under CC BY-NC-ND.



Grit & Galaxy Diner

What does Adventure do for kids?

Adventure: Overcoming risks is necessary to build resilient brains. Novel experiences generate positive emotions and form new brain connections through “adaptive plasticity.”

- Larry Bendtro

Awe



What does Adventure do for kids?

Handling big
emotions &
vastness



What does Adventure do for kids?

Risk and Reward

Vulnerability and Courage – Brené Brown



resilience

(noun) re-sil-ience

"...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial stressors."

"It means 'bouncing back' from difficult experiences."



Source: American Psychological Association

Adults & Adventure

Develop activities to stretch comfort zones –safe risks

Create safety with ground rules and expectations

Healthy Relationships –
less fear of failure

Co-Regulate with Kids (surrogate frontal cortex)

Examples – Charterhouse School

Talent Shows and Showcases

Swimming Pool

Science Experiments

Day Hiking Trips

Generosity Trips

Art 180 / SPARC

Scheduled "play" time

Experiencing new cultures

Reading "adventurous" books as a class

A large, stylized silhouette of a horse's head in profile, facing left. The mane is flowing and has a red-to-black gradient. The horse is wearing a black bridle with a bit.

Sports League - RASSL

Flag Football

BASKETBALL

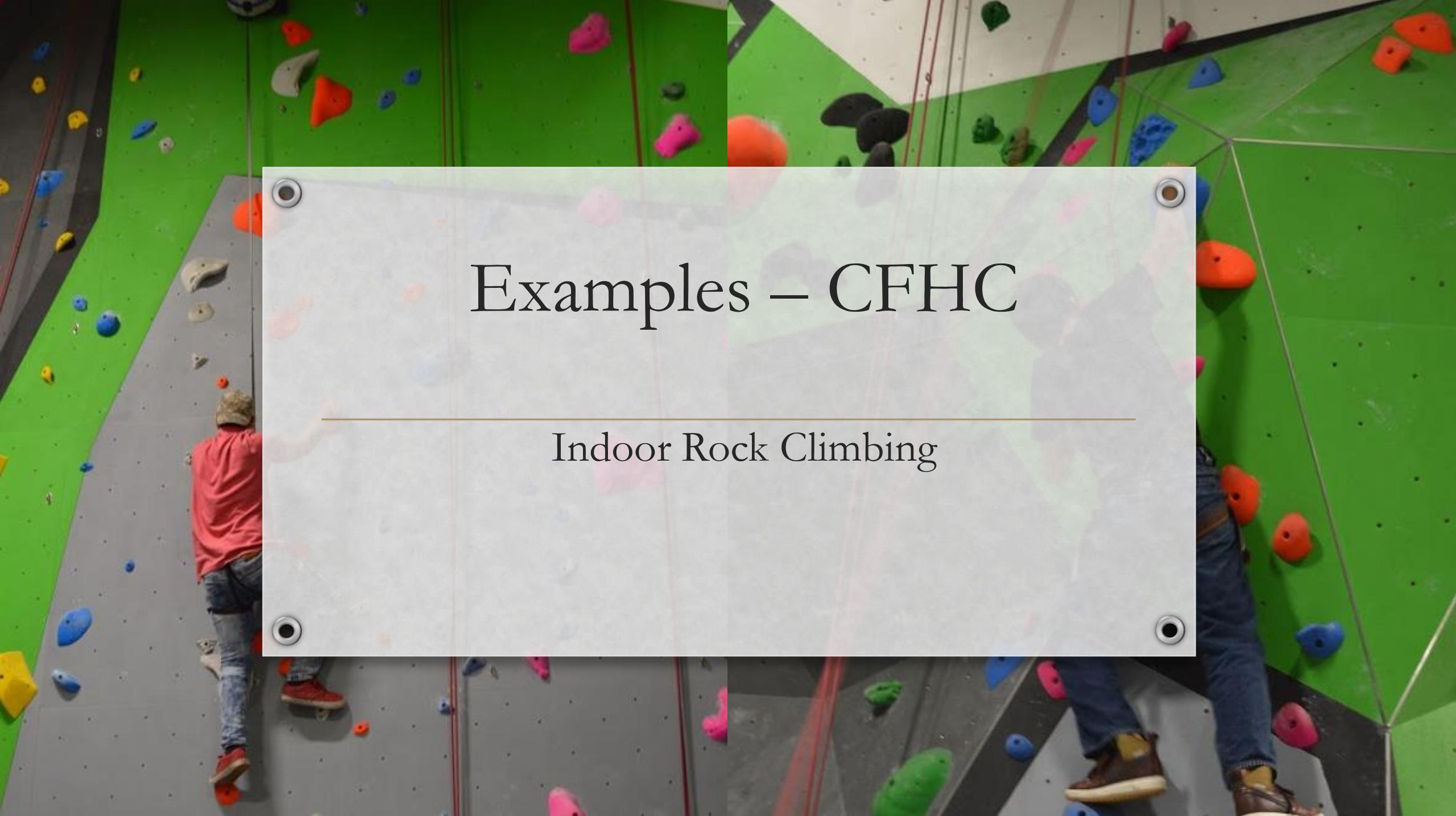
CHARTERHOUSE SCHOOL

MUSTANGS



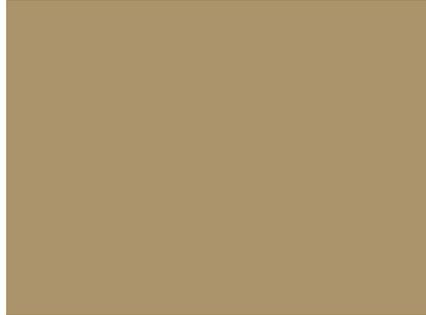
Examples – CFHC

Spur N'Up



Examples – CFHC

Indoor Rock Climbing

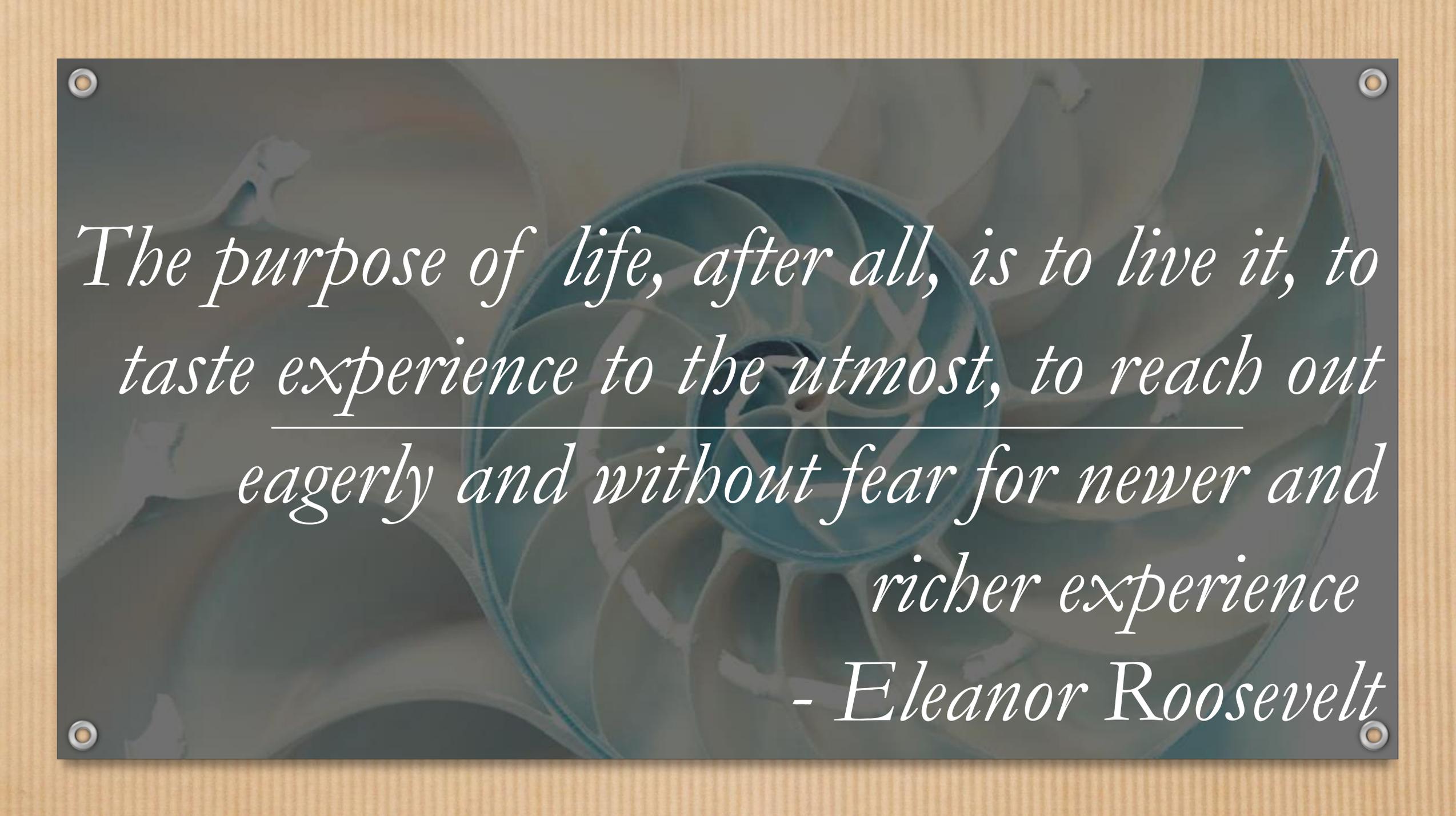


Examples – CFHC

Visual Arts Center
Square Dancing
Monument Ave. 10K
Bike Riding

Balancing Safety & Adventure





*The purpose of life, after all, is to live it, to
taste experience to the utmost, to reach out
eagerly and without fear for newer and
richer experience*

- Eleanor Roosevelt