Building Resilience in Men and Boys

MFFN

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Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
3 Core Protective Systems

• 1) Individual Capabilities

• 2) Attachment and Belonging

• 3) Community, Culture, and Spirituality
Iceberg – What’s Below the Surface?
Mental Models

• What lies beneath the behaviors or patterns?

• An individual or group’s way of thinking about something
Principles of Open Space

• Whoever shows up are the right people

• Whenever it starts is the right time

• Whatever happens is the only thing that could have happened

• When its over, its over!
Roles in Open Space

• **Host** – Announce and host a conversation

• **Participant** – Participate in a conversation

• **Bumblebee** – Shop between conversations

• **Butterfly** – Take timeout to reflect
Group Agreements

• Stories stay, learning leaves
• Right to pass
• No one speaks twice until everyone has spoken once
• Listen first, speak from curiosity
Connection

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• ACEs Resiliency Coalition (ARC)
• Video - Building Relationship Skills Across the Lifespan
• Fathers Reading Every Day (FRED)
• Lakes Area Guys network (LAGN)