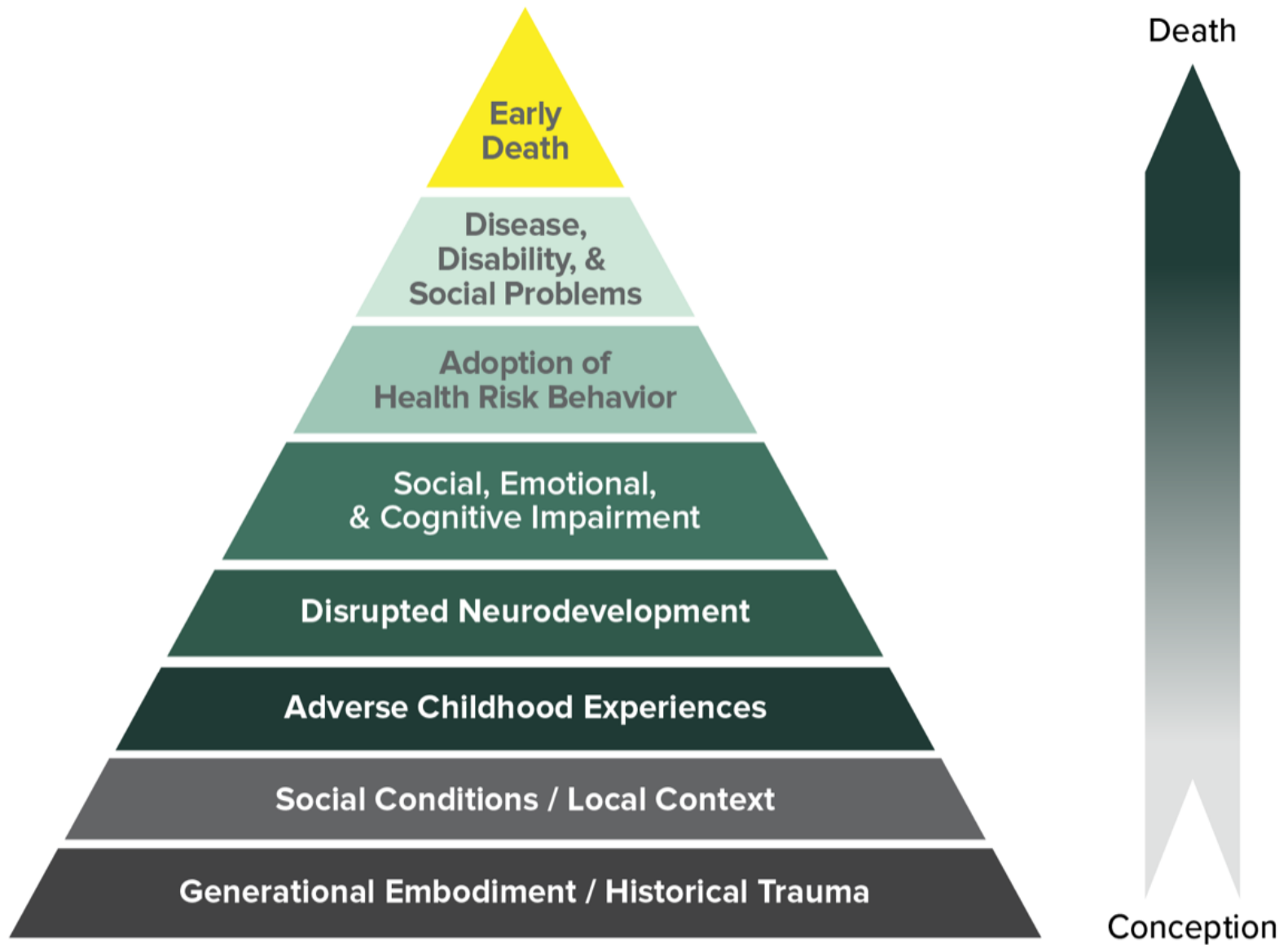


Building Resilience in Men and Boys

MFFN

February 3, 2020

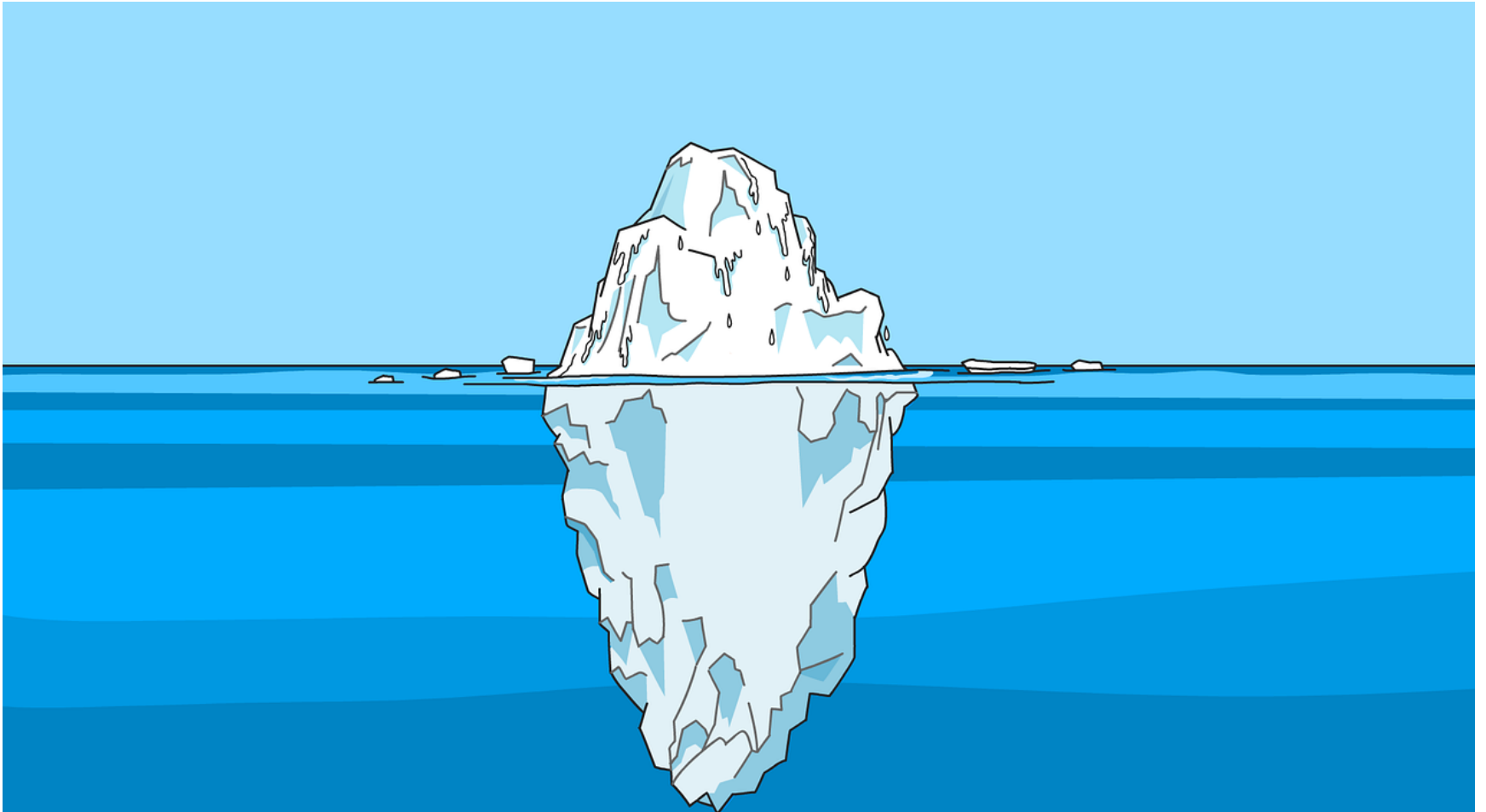


Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

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

- Lowell Johnson
- johnsonlowells@gmail.com
- 218-828-6233 c 218-820-5290
- ACEs Resiliency Coalition (ARC)
- Video - Building Relationship Skills Across the Lifespan
- Fathers Reading Every Day (FRED)
- Lakes Area Guys network (LAGN)