



A healthy school workplace also helps retain teachers and staff, reduces stress, boosts job satisfaction and supports employees to perform at their best. They are absent fewer days and more likely to stay in their positions, creating the continuity and stability that's essential for students' success. Teachers and staff are also influential role models for students. ~ Thriving Schools

Resiliency is the process of adapting well in the face of adversity, trauma, tragedy, or other significant sources of stress. Resiliency is the ability to know how to navigate resources — and the capacity to bounce back.

Relationships that are built through hard times can be exceptionally resilient – and even continue when a “new normal” begins (perhaps as we are experiencing with COVID). These relationships may even help us to more effectively “rise to the occasion” when the next crisis occurs (as we know it will).

A resilient team, or community, can respond to crisis in ways that strengthens the team or community bonds, strengthens resources available, and strengthen the capacity as a team or community to cope. Community resilience is the individual — and collective — capacity to respond to adversity and change.

Five ingredients to resiliency:

1. Caring and support
2. High expectations for success (in other words, knowing we can make it through)
3. Opportunities for meaningful participation
4. Positive bonds (those relationships that are built during hard times)
5. The ability to adapt

Navigating resources

Community Wellness Team
<https://sbccwt.org/>
805-364-2750

Behavioral Wellness 24/7 Access Line
888-868-1649

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