



# Spectrum Podcasts

Dr. Jane Bluestein  
Instructional Support Services, Inc.

## **Creating an Environment of Resiliency in School: Three Ingredients for Success**

**Guest:** David Friedli

**Recorded:** September 13, 2012

**Background and Bio:** David Friedli is the school principal who swore he would *never* be a school administrator. A teacher and coach for eleven years, it was his nine years of directing a state-wide prevention program that inspired a vision of how a school could be organized around the resiliency research of Dr. Emmy Werner. His ten-year experience on one of Nebraska's Native American reservations and the past three years at a rural district provide numerous examples of how this approach can work regardless of the setting in which it is implemented.

**Program Description:** Dr. Jane Bluestein talks with principal David Friedli about resiliency from the standpoint of how a balanced approach of high expectations, caring and support, and opportunities to participate can enhance student achievement, reduce student discipline, and increase positive character attributes. They discuss resiliency research, the characteristics of resilient youth, and what this quality looks like in schools. In addition, Mr. Friedli offers practical suggestions for establishing staff buy-in to all three components of this comprehensive approach, which discipline strategies are most effective within this framework, and how to use data or results to establish and reinforce the effectiveness of these strategies.

### **Additional Resources:**

**David Friedli's Web page** (philosophy of education): [http://www.edline.net/pages/Conestoga\\_High\\_School/Principal/David\\_Friedli\\_s\\_Educational\\_Ph](http://www.edline.net/pages/Conestoga_High_School/Principal/David_Friedli_s_Educational_Ph); [http://teacherweb.esu1.org/dfriedli/stories/storyReader\\$130](http://teacherweb.esu1.org/dfriedli/stories/storyReader$130)

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***Vulnerable but invincible: A longitudinal study of resilient children and youth*** by Emmy E. Werner and Ruth S. Smith (New York: McGraw-Hill, 1982).

***Resiliency in Schools: Making it Happen for Students and Educators***, by Nan Henderson and Mike Milstein, Foreword by Emmy E. Werner. (Thousand Oaks, CA: Corwin Press, 2003).

***From Risk to Resilience: A Journey with Heart for Our Children*** by E. Timothy Burns (Dallas: Marco Polo Publishers, 1996).

**“Fostering Resilience in Children,”** by Kimberly Gordon Rouse, Mary Longo, and Mary Trickett. Bulletin 875-99 available on the Ohio State University Web site at <http://ohioline.osu.edu/b875/index.html>

**“From Risk to Resiliency: What Schools Can Do,”** by Bonnie Benard. PDF available at [http://www.tanglewood.net/projects/teachertraining/Book\\_of\\_Readings/Benard.pdf](http://www.tanglewood.net/projects/teachertraining/Book_of_Readings/Benard.pdf)

**“Schoolwide Methods for Fostering Resiliency,”** by Virginia Smith Harvey. PDF available on the National Association for School Psychologists at <http://www.nasponline.org/resources/principals/schoolresiliency.pdf>

**“How Educators Can Nurture Resilience in High-Risk Children and their Families,”** by Donald Meichenbaum, Ph.D. Includes a chart detailing Adverse Childhood Experiences, with research and practical implications for educators. PDF on the TeachSafeSchools Web site at <http://www.teachsafeschools.org/resilience.pdf>

**“A Guide to Promoting Resilience in Children: Strengthening the Human Spirit,”** by Edith H. Grotberg, Ph.D. Available at <http://resilnet.uiuc.edu/library/grotb95b.html>

**“Resilience Guide for Parents and Teachers.”** Includes tips for working with children at different ages. Available on the American Psychological Association Web site at <http://www.apa.org/helpcenter/resilience.aspx>

**“Building Resilience in Children,”** by Bonnie McClain. The 7 “Cs” of resilience. Available on the Healthy Children Web site at <http://bit.ly/QlLnTj>

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**"10 Ways to Make Your Children More Resilient,"** by Robert Brooks, Ph.D. and Sam Goldstein, Ph.D. Available on the Family TLC Web site at [http://www.familytlc.net/resilient\\_children\\_preteen.html](http://www.familytlc.net/resilient_children_preteen.html)

**"Promoting Resilience in Children: What Parents Can Do,"** by Christine Christle, M.Ed., et al. Includes a list of risk factors. Available on the Center for Effective Collaboration and Practice at <http://cecp.air.org/familybriefs/docs/Resiliency1.pdf>

**"School Connectedness: Improving Students' Lives,"** by Robert Blum, MD. Available on the Center for Effective Collaboration and Practice Web site at <http://cecp.air.org/download/MCMonographFINAL.pdf>

**"Dr. Robert Blum at the 2007 AASB Conference in Alaska,"** video summarizing his presentation on "School Connectedness and Student Learning." Available on YouTube at <http://www.youtube.com/watch?v=CM1gEAVSwyI>

**"Complex Trauma: Impact of Chronic Stress on Children and their Capacity to Succeed."** Available on the Washington State University Extension Area Health Center Education Web site at <http://extension.wsu.edu/ahec/trauma/Pages/ComplexTrauma.aspx>

**"Complex Trauma."** Video sponsored by the Spokane County Community Network 2009. Available on YouTube at <http://www.youtube.com/watch?v=A1vbSSQJOHw>

**"Resilience, School Connectedness and Achievement."** Informational program video and PowerPoint presentations by Bonnie Benard and Greg Austin of WestEd on the relationship between academic success and youth development. Available on the California Department of Education Web site at <http://www.cde.ca.gov/ls/yd/tr/schoolconnectach.asp>

***Creating Emotionally Safe Schools*** by Jane Bluestein, Ph.D. (Deerfield Beach, FL: Health Communications, Inc., 2001). Available at <http://janebluestein.com/2012/book-creating-emotionally-safe-schools/>

**"Bouncing Back: The Art of Resiliency,"** by Jane Bluestein, Ph.D. Excerpt available at <http://janebluestein.com/2012/bouncing-back/>

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**"Students: Worth the Investment,"** by Jane Bluestein, Ph.D. Excerpt available at <http://janebluestein.com/2012/students-worth-the-investment/>

***The Win-Win Classroom*** by Jane Bluestein, Ph.D. (Thousand Oaks, CA: Corwin Press, 2008). Available at <http://janebluestein.com/2012/book-the-win-win-classroom/>

**"Rules and Beliefs of Unhealthy Adult-Child Group Systems,"** adapted by Jane Bluestein, Ph.D. Available at <http://janebluestein.com/wp/2012/rules-and-beliefs-of-unhealthy-systems/>

**"Characteristics of Healthy Adult-Child Relationships,"** by Jane Bluestein, Ph.D. Version for teachers available at <http://janebluestein.com/2012/10-characteristics-of-healthy-adult-child-relationships/> ; version for parents available at <http://janebluestein.com/2012/10-characteristics-of-healthy-parent-child-relationships/>

**"Checklist for Healthy Adult-Child Relationships,"** by Jane Bluestein, Ph.D. Version for teachers available at <http://janebluestein.com/2012/checklist-for-healthy-adult-child-relationships/> ; version for parents available at <http://janebluestein.com/2012/checklist-for-healthy-parent-child-relationships/>

**"Children at Risk, Families at Risk,"** by Jane Bluestein, Ph.D. Available at <http://janebluestein.com/2012/children-at-risk/>

**"The School as a Dysfunctional Family,"** by Jane Bluestein, Ph.D. Available at <http://janebluestein.com/2012/the-school-as-a-dysfunctional-family/>

**"Stressful or Painful School Experiences that can Compromise Emotional Safety,"** by Jane Bluestein, Ph.D. Available at <http://janebluestein.com/2012/stressful-or-painful-school-experiences/>

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