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M1: Resilience and Growth (From Susie's Family Story)

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
M1.003: Overcoming Adversity in Families	1. Overcoming adversity 2. Problem-solving skills 3. Emotional resilience 4. Family support systems 5. Growth through challenges	1. "Overcoming Adversity: A Family Guide" : This guide offers strategies for families to face challenges together, building collective strength through adversity. 2. National Alliance on Mental Illness (NAMI) : Provides resources for managing adversity, with a focus on mental health and resilience. 3. Problem-Solving Skills for Families : Tools and activities that help families develop strong problem-solving abilities in difficult situations. 4. Tippecanoe Community Support Services : Local resources offering guidance and support for families overcoming challenges together.	<p>Key keywords: adversity, problem-solving, resilience, family support. These resources are designed to help families develop problem-solving skills and overcome adversity while maintaining strong support systems.</p> 1. Explore family guides on overcoming adversity https://www.psychologytoday.com/intl/blog/family-overcoming-adversity 2. Access mental health resources at NAMI https://www.nami.org/ 3. Tippecanoe Community Support Services https://www.tippecanoe.org/community-support 4. Develop family problem-solving skills https://www.verywellmind.com/problem-solving-skills-2795485