SUMMARY OF DALLAS TWST MEETING 1-27-21

The Dallas TWST group had its first meeting of 2021 on Wednesday, January 27, 2021. The Zoom meeting was attended by 8 teens, 5 parents, and 4 speech pathologists or speech pathology graduate students. The topic for the evening was Resilience – Bouncing Back from 2020. In the flyer, the teens and parents were encouraged to think about this prompt that would be discussed at the meeting:

***Tell us about a time that you bounced back from something difficult.***

The meeting began with introductions and each person telling something they are looking forward to in 2021. We then transitioned into a group discussion about the prompt that was put in the flyer. Teens, parents, and chapter leaders all shared experiences from their past when they faced a challenge and how they dealt with that challenge. The actual definition of “resilience” was read aloud. Then everyone was encouraged to find a piece of paper and something to write with. A series of 15 questions (gathered from a variety of resilience scales and created by the chapter leaders) were read aloud and shown, one at a time, on the screen and time was given for each person to write down their answer as to whether they felt that statement was true for them.

Next, a discussion followed about what everyone observed from having to answer those questions. Many interesting observations were made and shared about themes perceived, areas found to be weaknesses, and ways in which some of the questions were more complex than initially thought and might need some modification. This lead easily into the next topic – what are things we can do/ways we can become **more** resilient? Here the discussion harkened back to a number of ideas that were introduced during the first discussion about times when we have bounced back from something difficult and were also present during the questions about resilience. These included ideas like reaching out to friends and family for support; remembering times in the past when you have successfully faced something difficult; problem solving; focusing on all the things you can do well; etc. The group came up with a “tool box” of ideas that will be sent out to the group along with a poem that was read at the end of the meeting. The poem was from the ISAD conference this past year where Resilience was the theme. Finally, each person was asked to write down this sentence and to complete it for themselves: “One way that I can become more resilient this year is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

One thing that was noteworthy was how much the teens participated and contributed to the discussions. It was a good meeting and one which seemed to provoke thought in most of the individuals who attended. The Game Night we will be having in February was announced and everyone was encouraged to come back for that meeting.

Submitted by Tricia Krauss-Lehrman