"Belonging is showing your authentic self and getting a thumbs up."

Author and Poet
Lois Bushong

What is Belonging?

What is Belonging?

"A unique and subjective experience that relates to the yearning for connection with others, the need for positive regard, and the desire for personal connection."
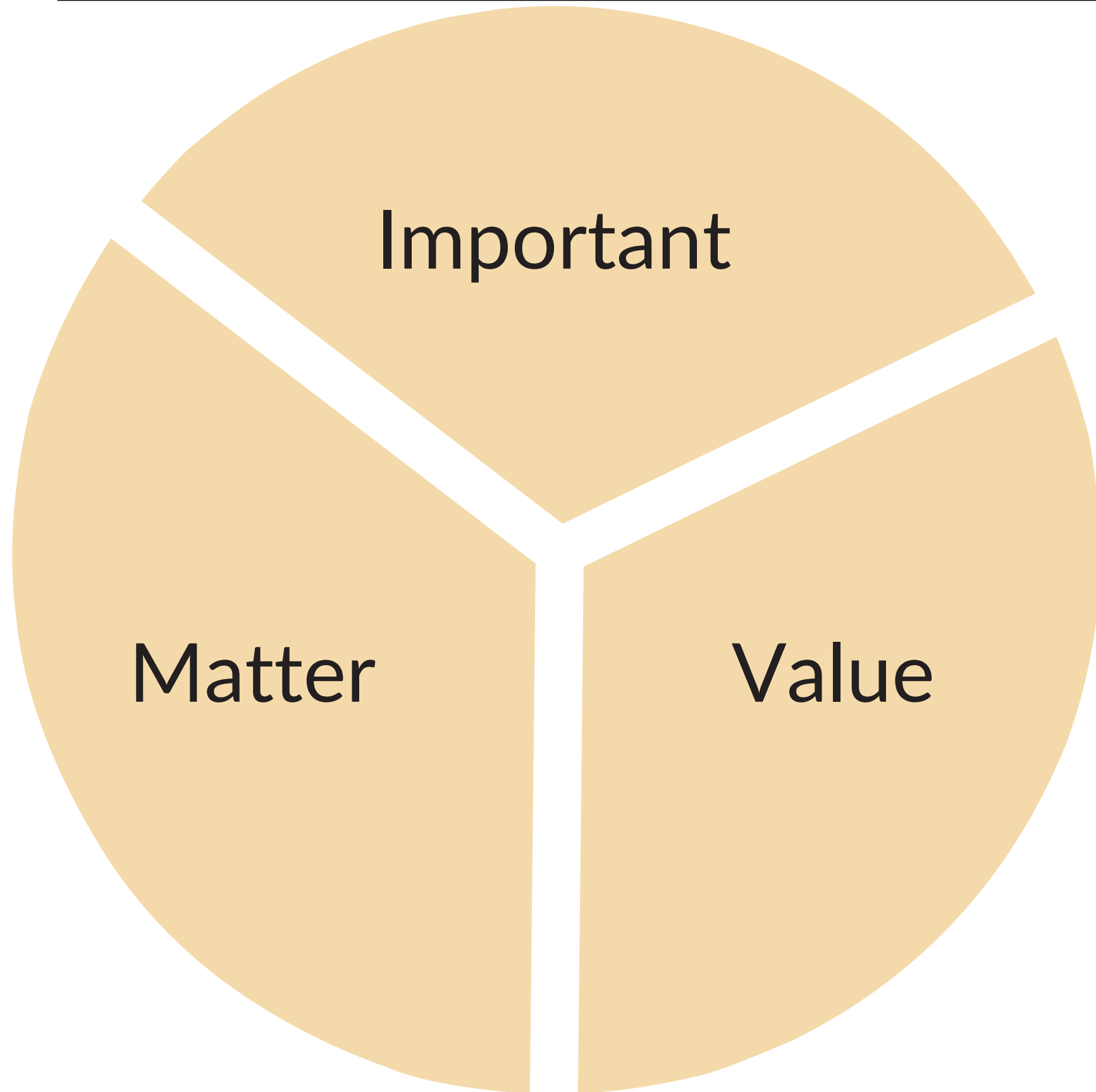
Psychologist
Carl Rogers (1951)

What is Belonging?

Yearning for Connection
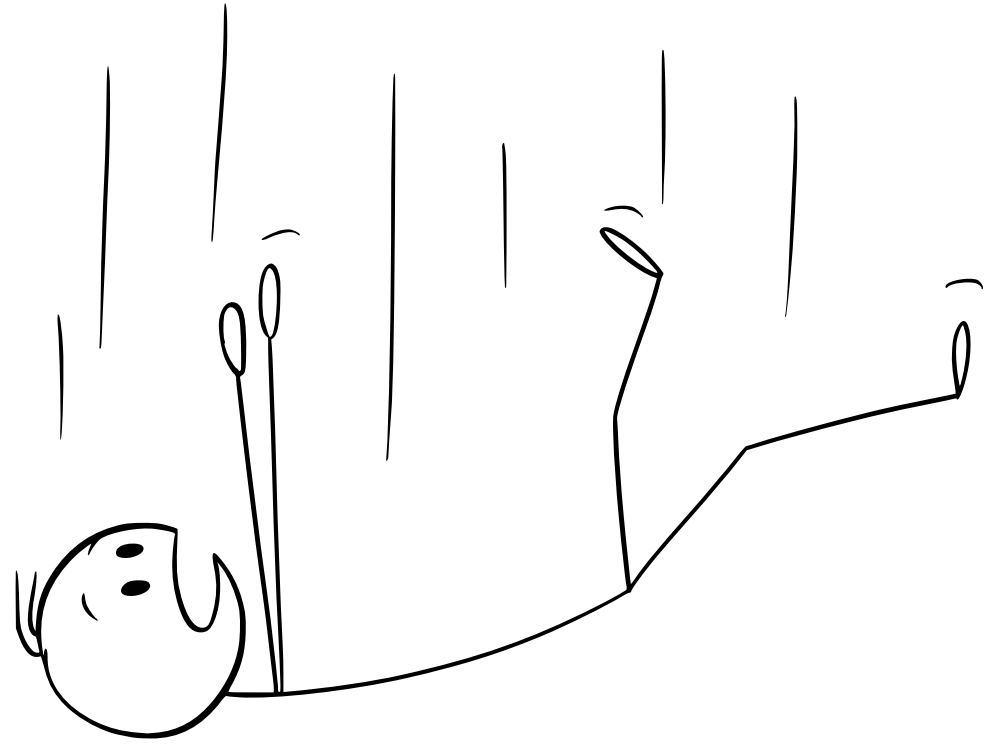
Need for Positive Regard

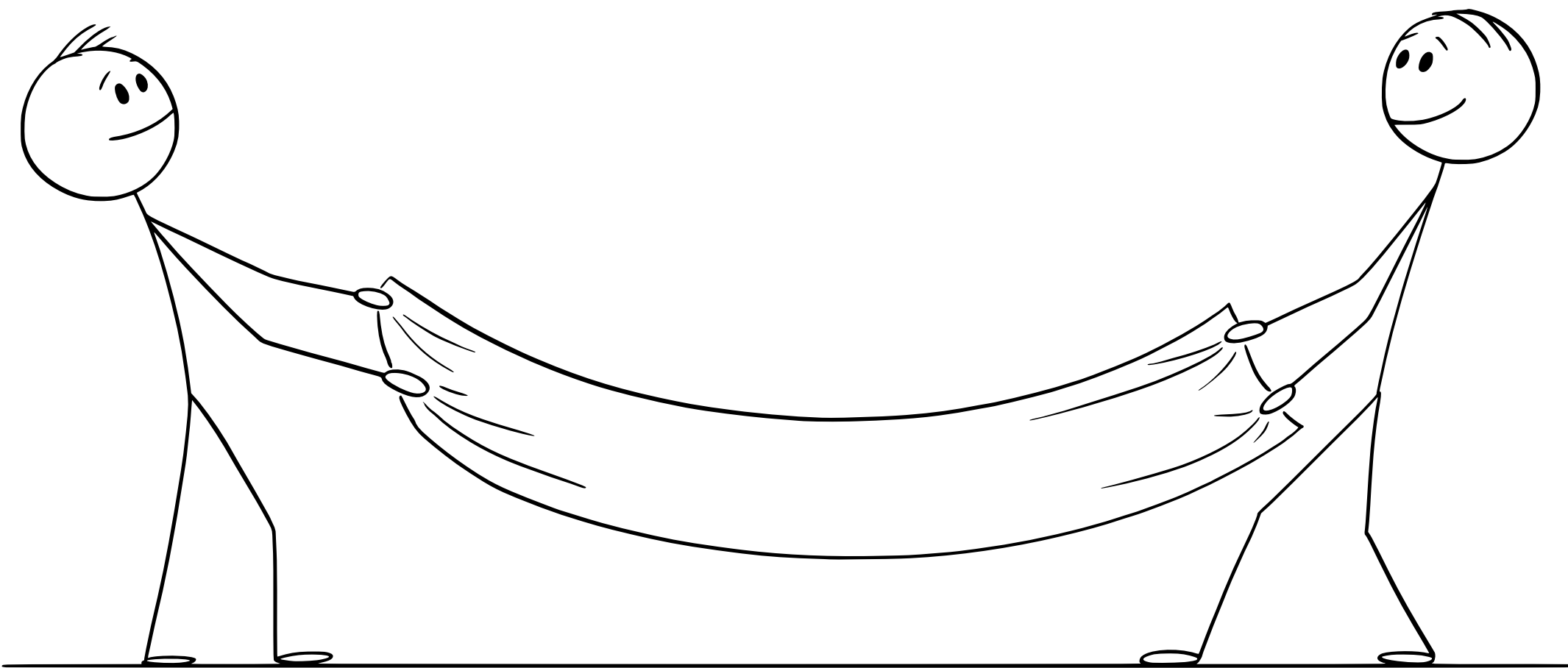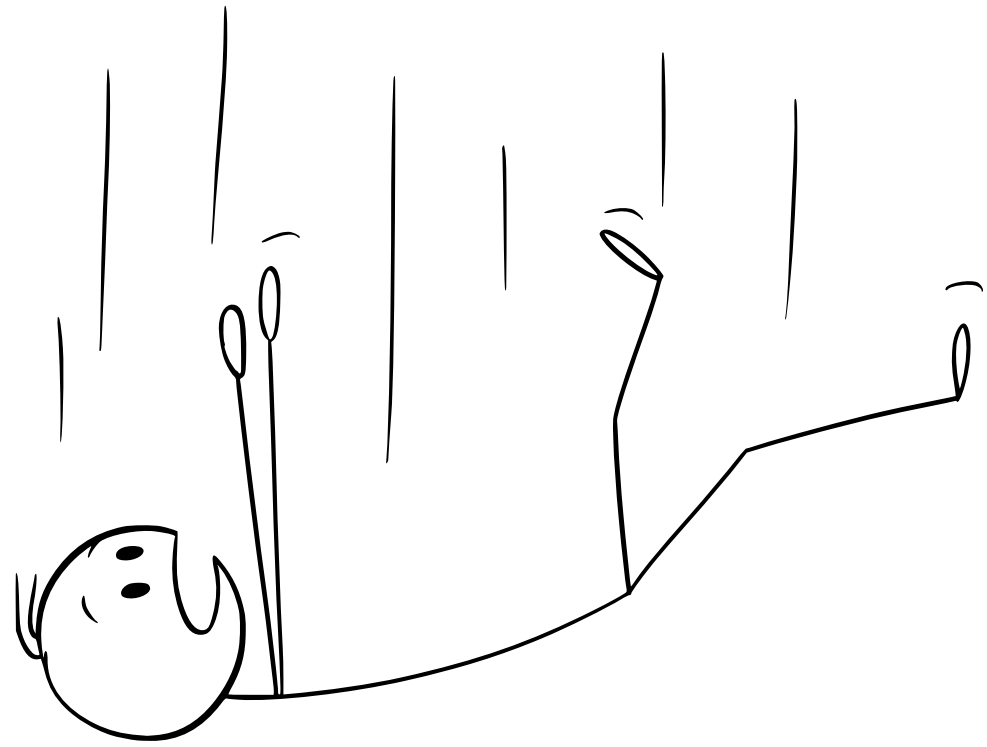Desire for Personal Connection

CORE 3

What is Belonging?

Important

Matter

Value

CORE 3

What is Belonging?

What is Belonging?

Belonging and the Brain
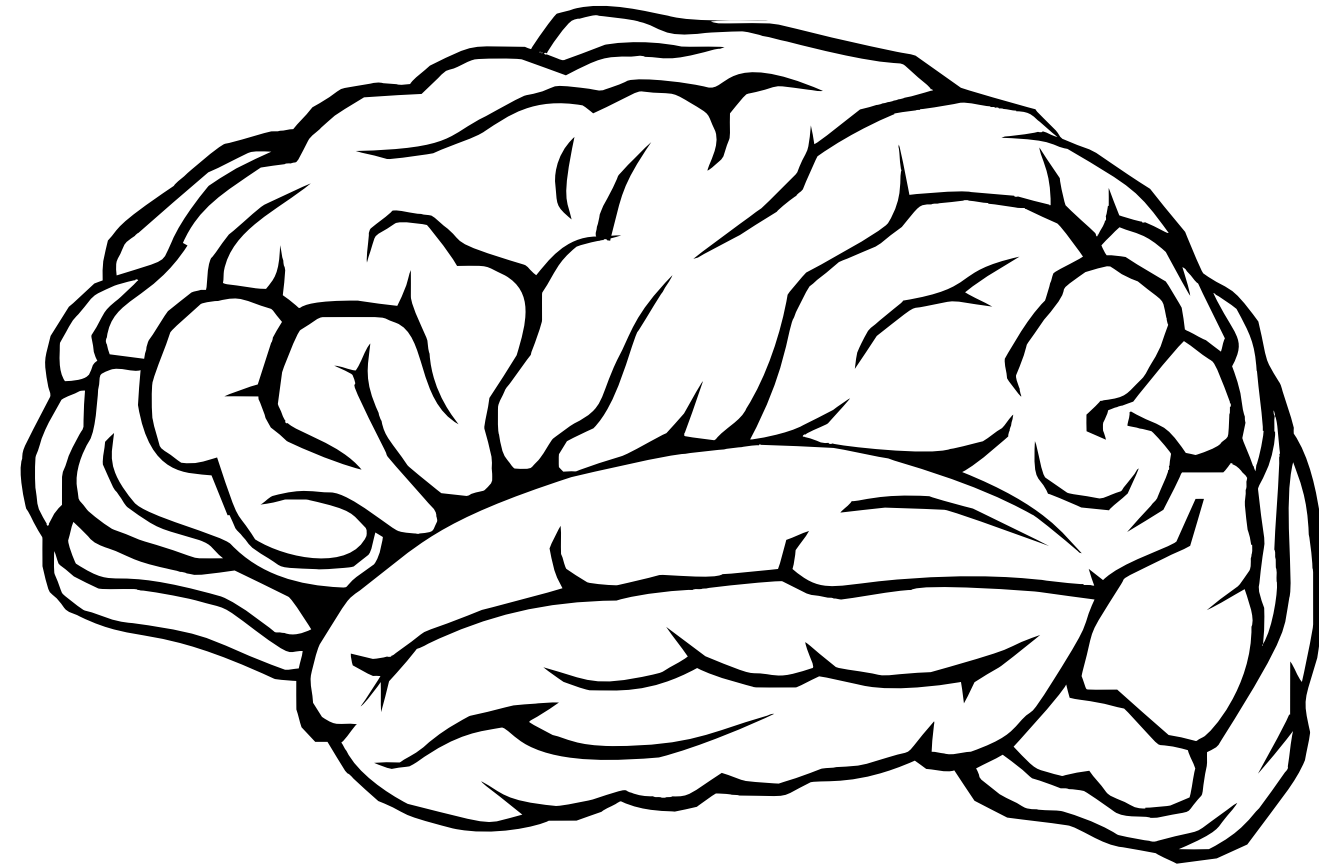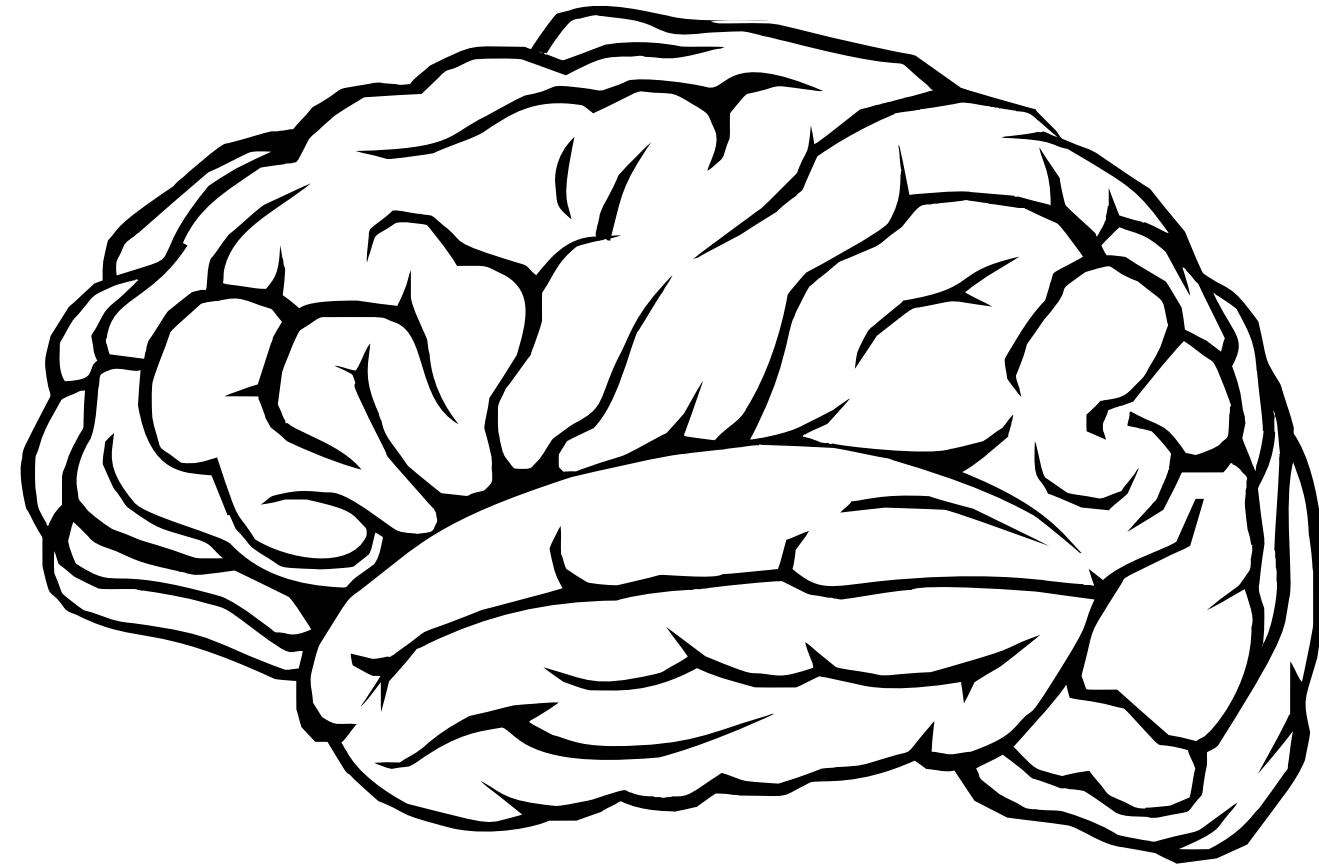
Belonging and the Brain

Am I Safe?

Belonging and the Brain

Am I Safe?

Do I Fit?
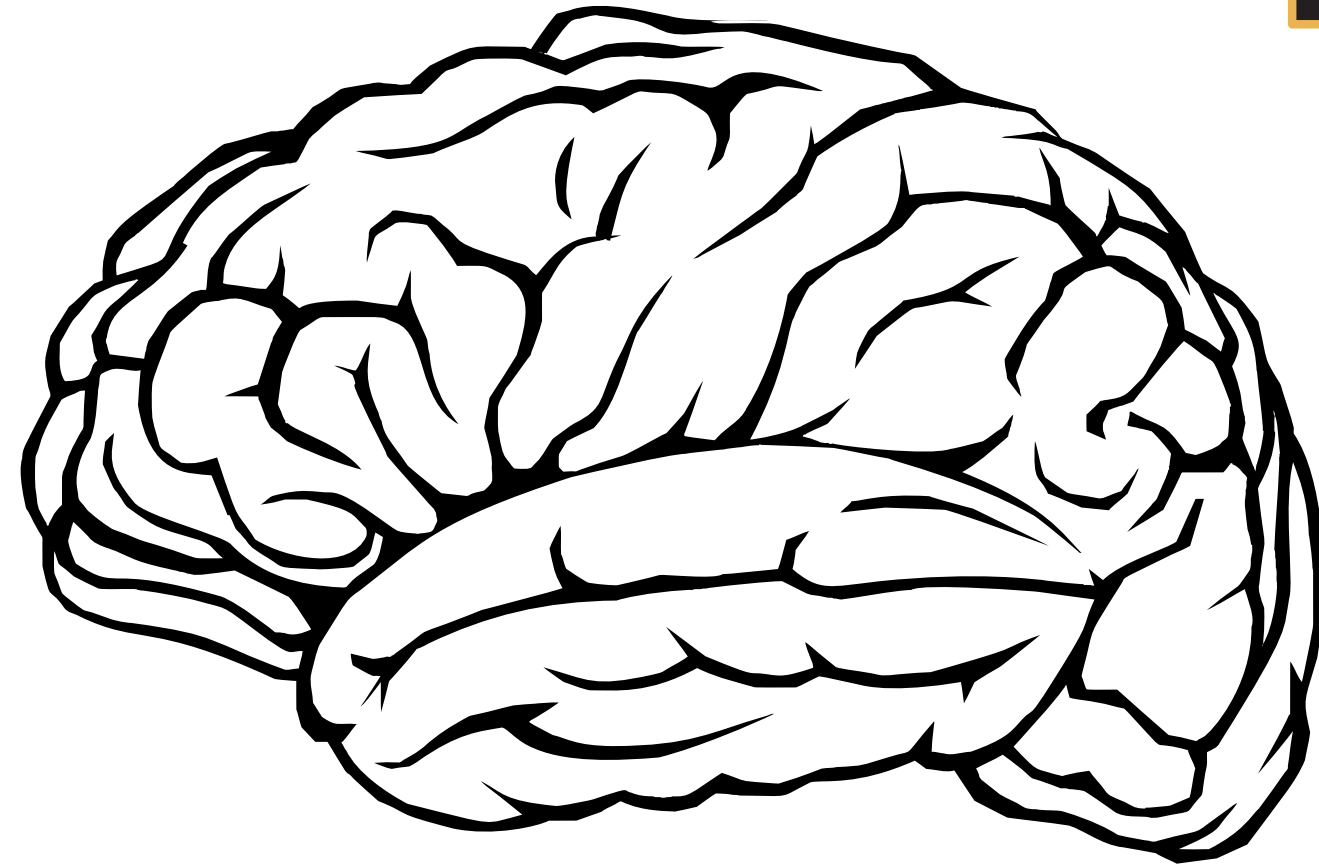
Belonging and the Brain

CORTEX

Creativity // "Thinking" // Language // Values // Time // Hope

LIMBIC

Reward // Memory // Bonding // Emotions

DIENCEPHALON

Arousal // Sleep // Appetite // Movement

BRAINSTEM

Temperature // Respiration // Cardiac

Dr. Bruce Perry's
Brain Model

Belonging and the Brain

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Am I loved?
Do I fit in?

Am I safe?

Belonging and the Brain

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What can I learn from this?

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Belonging and the Brain

Traditional Fight/Flight	Reflect	Flock	Freeze	Flight	Fight
Sense of Time	Extended Future	Days Hours	Hours Minutes	Minutes Seconds	Loss of Sense of Time
Primary	NEOCORTEX	SUBCORTEX	LIMBIC	MIDBRAIN	BRAINSTEM
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR

Credit: Dr. Bruce Perry Fight, Flight, Freeze Continuum

Belonging and the Brain

Maslow's Hierarchy
of Needs

Belonging and the Brain

The prerequisite for the next need to arise, the previous need needs to be satisfied; momentarily, not indefinitely.

Self-actualization
desire to become the most that one can be

Esteem
respect, self-esteem, status, recognition, strength, freedom

Love and belonging
friendship, intimacy, family, sense of connection

Safety needs
personal security, employment, resources, health, property

Physiological needs
air, water, food, shelter, sleep, clothing, reproduction

Belonging and the Brain

Maslow has said," a failure to satisfy the need for belonging results in <u>maladjustment</u> and <u>emotional distress</u>" forcing people to invest their energy in meeting their deficit rather in higher-level thought processes (Esteem and Self-actualization).
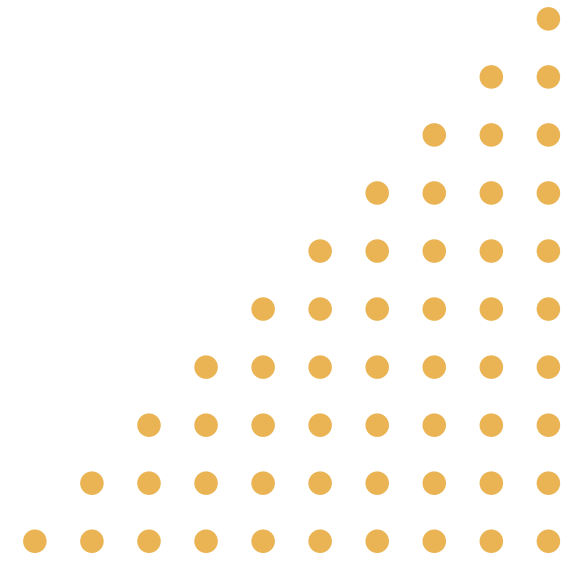
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Physiological needs
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Top 3 Sources of Belonging in Youth

- Family

- School

- Community

// The Belonging Gap //

GS

vs.

// The Belonging Gap //

GS

VS.

Child in Residential

"Normal" Child

// The Belonging Gap //

GS

10

Child in Residential

vs.

41

"Normal" Child

Belonging and the Brain

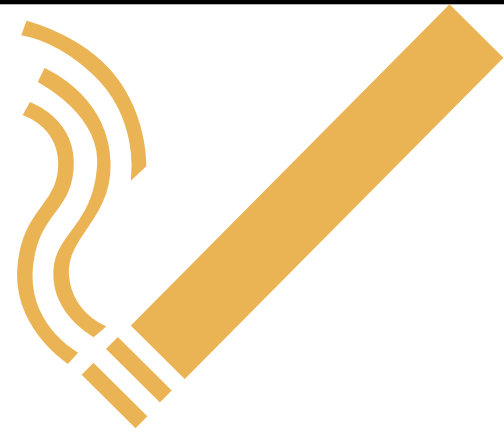| Traditional Fight/Flight	Reflect	Flock	Freeze	Flight	Fight
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ACEs in Youth

The three types of ACEs include

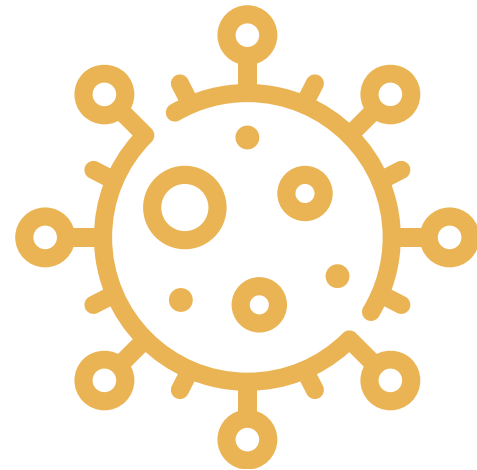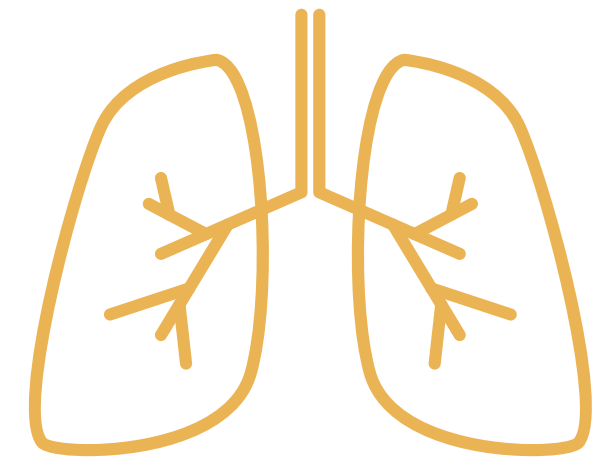| ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION
Physical	Physical	Mental Illness / Incarcerated Relative
Emotional	Emotional	Mother treated violently / Substance Abuse
Sexual		Divorce
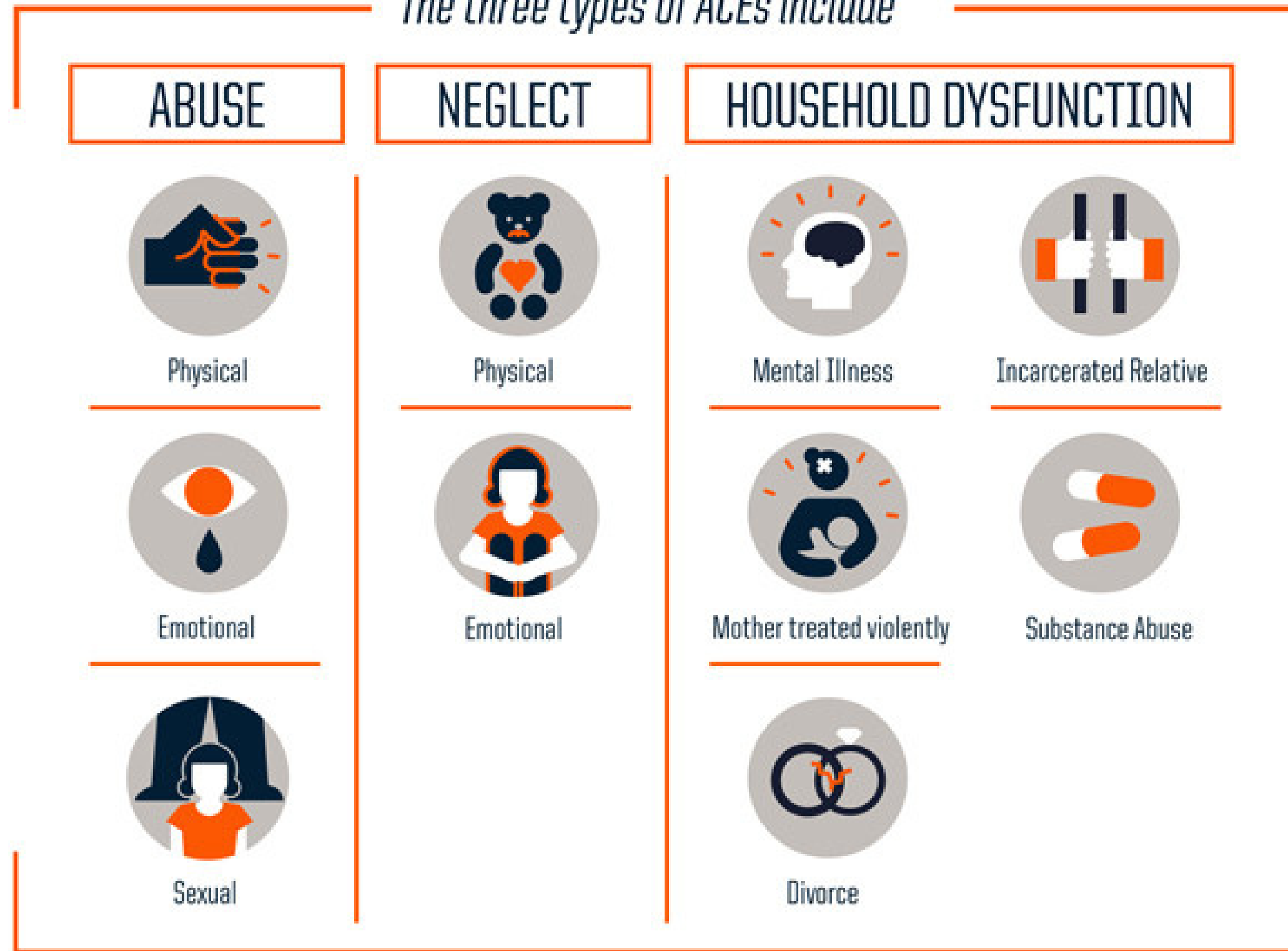
ACEs in Youth

2x
as likely to smoke

2.5x
more likely to have STIs

4x
more likely to have chronic
obstructive pulmonary disease

7x
more likely to be considered
alcholics

10x
as likely to have injected
street drugs

12x
as likely to have
attempted suicide

3 Major Findings

Direct link between ACEs and adult onset of chronic disease, mental illness, doing time in prison, and work issues

ACEs don't happen in isolation. 87% of the people who had one ACE, had two or more.

Higher ACEs scores resulted in a higher risk of medical, mental, and social problems in adulthood.

Working on Belonging

Social
Belonging
Intervention
Framework

Working on Belonging

Social **Belonging** Intervention Framework

1. If you feel like you don't belong, you (and other people like you) are not alone.

Working on Belonging

Social Belonging Intervention Framework

1. If you feel like you don't belong, you (and other people like you) are not alone.

2. If you feel this way, your experience will improve over time.

Working on Belonging

Social

Belonging

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Community

1. If you feel like you don't belong, you (and other people like you) are not alone.

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Working on Belonging

Social **Belonging** Intervention Framework

Community

1. If you feel like you don't belong, you (and other people like you) are not alone.

Hope

2. If you feel this way, your experience will improve over time.

Belonging Meta-framework

Belonging Meta-framework

Competencies

Having a set of skills and abilities (both subjective and objective) needed to connect with people, places, things, ideas, or experiences, and experience belonging.

Belonging Meta-framework

Opportunities

The availability of groups, people, places, times, and spaces that enable belonging to occur.

Belonging Meta-framework

Motivations

A personal belief, need, or desire to connect with others

Belonging Meta-framework

Perceptions

A person's subjective feelings and cognitions concerning their experiences.

Belonging Meta-framework

Competencies **Opportunities**

Perceptions **Motivations**

C
OMPASSION

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GAELIN SP·E·A·KS

COMPASSION

A sympathetic and empathetic consciousness of others' and their distress, but most importantly - with a desire to alleviate it.

C
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GAELIN SP·EA·KS

C OMPASSION

A sympathetic and empathetic consciousness of others' and their distress, but most importantly - with a desire to alleviate it.

A UTHENTICITY

R

E

GAELIN SP·E·A·KS

COMPASSION

A sympathetic and empathetic consciousness of others' and their distress, but most importantly - with a desire to alleviate it.

AUTHENTICITY

Staying true to one's own personality, spirit, character, or abilities. It refers to the proven fact that something is legitimate or real

R

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GAELIN
SP·E·A·KS

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A sympathetic and empathetic consciousness of others' and their distress, but most importantly - with a desire to alleviate it.

Authenticity

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Resilience

GAELIN SPEAKS

Compassion

A sympathetic and empathetic consciousness of others' and their distress, but most importantly - with a desire to alleviate it.

Authenticity

Staying true to one's own personality, spirit, character, or abilities. It refers to the proven fact that something is legitimate or real

Resilience

An ability to recover from or adjust easily to misfortune or change; to bounce back.

GS
NGS
GAELIN
SP·E·A·KS

CARE

Compassion

A sympathetic and empathetic consciousness of others' and their distress, but most importantly - with a desire to alleviate it.

Authenticity

Staying true to one's own personality, spirit, character, or abilities. It refers to the proven fact that something is legitimate or real

Resilience

An ability to recover from or adjust easily to misfortune or change; to bounce back.

Empowerment

GS
NGS
GAELIN
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COMPASSION

A sympathetic and empathetic consciousness of others' and their distress, but most importantly - with a desire to alleviate it.

AUTHENTICITY

Staying true to one's own personality, spirit, character, or abilities. It refers to the proven fact that something is legitimate or real

RESILIENCE

An ability to recover from or adjust easily to misfortune or change; to bounce back.

EMPOWERMENT

The process of becoming stronger and more confident, especially in life and claiming rights.

The Belonging Gap

CARE