

From Ridge to Summit

Using the R.I.S.E. Resilience Map to See the Whole Child

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A Training Taster for Children's Homes and Professionals Supporting Looked-after Children

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Born Resilient

Today You Will...

- Recognise why the behaviour you see first is never the whole story
- Learn the four waypoints of the R.I.S.E. Resilience Map
- Apply the map to a real-world case study
- Take away tools you can use tomorrow



"Why can't I do what others can?"

- A 15-year-old in a children's home, after yet another placement breakdown

Behaviour as Communication

- Behaviour is the first language of a child who cannot yet speak their pain



A large iceberg floats in the center of a blue ocean under a blue sky with wispy clouds. The iceberg's top surface is white and textured, while its submerged part is a deep, dark blue. In the background, a snow-capped mountain range is visible. Several teal-colored text boxes are overlaid on the image, containing behavioral terms. The overall scene is bright and clear.

What we see:

Aggression

Defiance

Withdrawal

Silence

Running

What we see:

What we see: attention, isolation, refining, silenced, as furthering, and fresh-freeze, winter silence.'



An iceberg floating in the ocean. The tip of the iceberg is above the water, and the much larger base is submerged. The background shows a blue sky with light clouds and a snowy mountain range.

What we see:

Aggression

Defiance

Withdrawal

Silence

Running

Trauma

Neglect

Broken trust

Unmet need

Fear

What's hidden:

Shame

The R.I.S.E. Resilience Map

- R – Ridge of Reaction
- I – Valley of Injury
- S – Spring of Self
- E – Summit of Empowerment

“Meet them at the Ridge, understand the Valley, discover the Spring, and guide them to the Summit.”





R – Ridge of Reaction

- The defensive, hard-to-reach place
- Behaviours: shouting, swearing, withdrawal, property damage, running
- It is survival armour, not personality



I – Valley of Injury

- Hidden trauma, loss, neglect, broken trust
- The “story behind the behaviour”
- Example: Marcus, 11, who smashed windows after seven failed placements

S – Spring of Self

- The buried source of strengths, talents, dreams
- Who they were before trauma
- Example: Alisha, trafficked at 14, once top of her class and a natural teacher



E – Summit of Empowerment

- The healed, wise, future self
- Co-created with the young person, not imposed
- Example: Devon, from county lines to aspiring youth worker

Poll

Which waypoint do you most frequently encounter in your daily work?

- A) Ridge of Reaction
- B) Valley of Injury
- C) Spring of Self
- D) Summit of Empowerment





Mia, 15

- Lives in a children's home after hospital admission
- Self-harm, low weight, secretive relationship with an older man
- Mum has chronic illness; absent father
- Loves art, trusts one staff member

Tracing Mia's Journey

- **Ridge:** Withdrawn, refusing meals, absconding to meet Tom
- **Valley:** Years as an unrecognised young carer, father absent, bullied, no safe adult
- **Spring:** Loves animals, talented artist, strong sense of loyalty
- **Summit:** “I want to be healthy, have real friends, work with animals”



The 5P Formulation: The Bridge from Ridge to Summit

- **Presenting:** self-harm, school refusal, weight loss
- **Predisposing:** absent father, maternal illness
- **Precipitating:** relationship with older man, school pressure
- **Perpetuating:** shame, secrecy, staff inconsistency
- **Protective:** art, one trusted staff member



Before You React, R.I.S.E.

1. Recognise – I'm seeing the Ridge
2. Inquire – What's in their Valley right now?
3. Seek – Where's their Spring?
4. Empower – What's one tiny step toward the Summit?



The Four waypoint.

Crma sioma

Bullo asare digned enurkwin. dny Laimoz, jeyed the
Aunol d' enurkwin. Cl'you. ena p'om' L'eter', or' celesita
• The best' asarens (s.) next to the most' asarens are:
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• The best' asarens (s.) next to the most' asarens are:
• The best' asarens (s.) next to the most' asarens are:

Brief pause scripts

• These are designed to be used in a variety of situations
• They are designed to be used in a variety of situations
• They are designed to be used in a variety of situations
• They are designed to be used in a variety of situations

Certainties

- Do this when you are uncertain
- Acknowledge the uncertainty
- Confess to the uncertainty
- Communicate your position clearly and confidently

10-second pause script

Parloqton

- Events are unpredictable and often occur
- Events are unpredictable and often occur
- Events are unpredictable and often occur
- Events are unpredictable and often occur
- Events are unpredictable and often occur
- Events are unpredictable and often occur

Simple de-escalation

Descroients

ending episodes

- Lower the volume of your voice
- Lower the volume of your voice
- Lower the volume of your voice
- Lower the volume of your voice
- Lower the volume of your voice
- Lower the volume of your voice



Make the Map a Team Habit


- Pin the R.I.S.E. poster in the staff room
- Use waypoint language in handovers: “Today I met him on the Ridge”
- Pick one child per week and map all four waypoints together
- Celebrate Springs, not just manage Ridges



Today We Learned...

1. The R.I.S.E. Resilience Map sees the whole child, not just the behaviour
2. The Ridge is survival; the Valley holds the story; the Spring is the spark; the Summit is the future we co-create
3. You don't need a clinic. You need curiosity, consistency, and a shared map





THE VALLEY
OF INJURY

SPRING
SELF



Q & A

The Resilience HQ:

<https://theresiliencehq.com/services/>

Join our next training:

<https://dialogueltd.co.uk/courses/behaviour-to-understanding/>

