

## Resilience and Steps Forward Episode Guide

**Focus:** Terrance Coffie shares how he survived and thrived through acute adversity. Coffie wants people to know that we are already practicing resilience by surviving and provides knowledge from his own experiences and strengths on how we can tap into it.

**Presenter:** Terrance Coffie, MSW

### Key Findings

- Terrance Coffie illustrates the path which led to his incarceration, in which he was responding to his surroundings and struggles, and persevering
- Mentors and role models that he could identify with play a significant role in the lives of young Black boys and men
- Communities impacted by poverty and especially communities of color are over policed and essentially shown that they cannot and should not occupy the spaces that privileged individuals comfortably and easily occupy
  - Coffie talks about his insecurities when entering those spaces and working through them to recognize both his strengths and the structural oppression that generated those insecurities
- Surviving means working with your surroundings, seeing the individuals in your community that are surviving on their terms, by their definition of survival.

### Key Recommendations

- Look for mentors and role models that will give you the heart to survive and thrive by your definition of success
- Search for role models and mentors that you can identify with and care about
- Look beyond the demonization of certain ideas of what survival should look like and look into the beauty of a person's capabilities.
- Value of education and computer skills, "educate, don't incarcerate"

### Resources

- DOE Fund <https://www.doe.org/>
- The College Initiative <http://thecollegeinitiative.org/>
- CUNY Black Male Initiative <http://www1.cuny.edu/sites/bmi/>