

# CIRCLE OF COURAGE: A LIFESPAN APPROACH TO SOCIAL WORK PRACTICE

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Licensed Social Workers | Practicing Across the Life Span





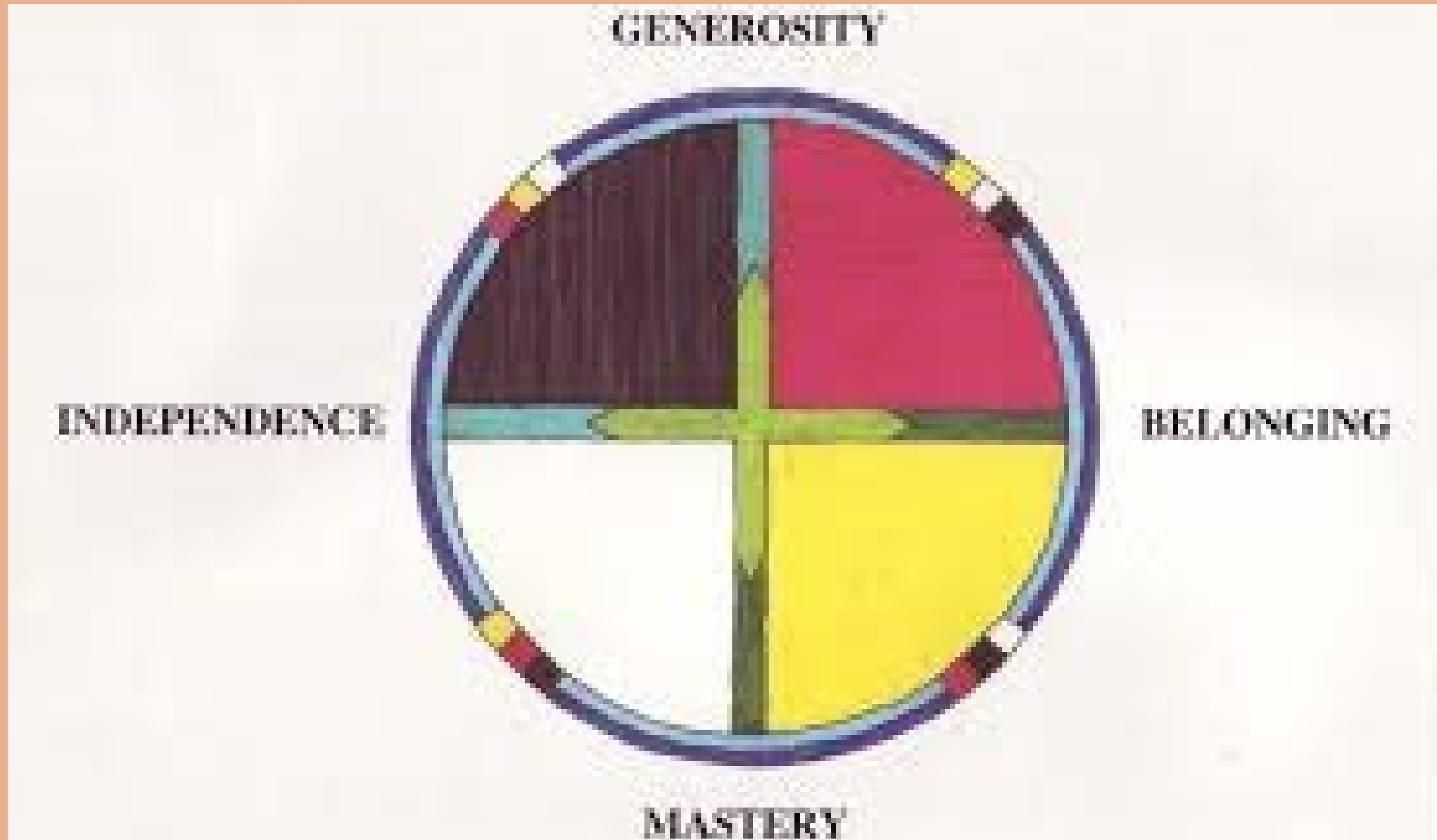
## Welcome and Purpose



Circle of Courage principles apply across the lifespan and can reduce harm, promote resilience, and maintain dignity.

# Circle of Courage

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## Why Across the Lifespan?

Vulnerability is not age specific

Trauma, disconnection, and marginalization affect both youth and elders.

The needs remain consistent—we just meet them in different ways.





# Youth in Systems of Punishment vs. Belonging



Savannah- Case Study on  
**Belonging**

Diversion Programs that Build  
**Mastery** and **Independence**

Youth-led Circles that demonstrate  
**Generosity**





## Outcomes

“I haven’t grown up knowing my culture or being spiritual.

I am glad this program offered inipi and I got reintroduced to my culture.”

-Diversion Youth

- ✓ 82% of youth successfully complete diversion programs in South Dakota- diversion #s have **tripled** since reform package in 2016
- ✓ Decreased detention admissions by 77% since 2012
- ✓ Court Approved Diversion Programs extending to Tribal Lands, reducing disparities





## Application with Older Adults and Caregivers

**Belonging** through Social Connection and Group Activities

**Mastery** through Continued Learning and Hobbies

**Independence** through Supportive Environments and Honoring Values

**Generosity** through Mentoring and Volunteering





## Outcomes for Aging Populations

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Maintain a Sense of Dignity and Self-Worth

Improved Health Outcomes and Aging in Place

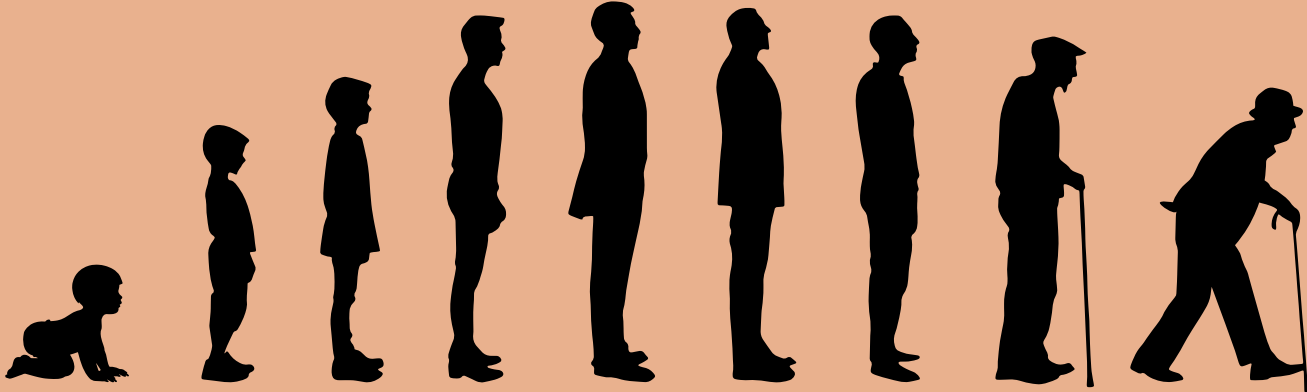
Caregiving can be Rewarding and can Strengthen Relationships







# Share Practices Across Generations



Principle	Youth Example	Elder Example
Mastery	Skill -Building Programs	Storytelling/Mentoring
Belonging	Peer Mentoring/School Clubs	Intergenerational Programs
Independence	Youth Voice	Supportive Environments; Maintaining Autonomy
Generosity	Service Learning	Legacy Building; Volunteering



## Things to Consider Across Populations

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How do I foster **Belonging** in my setting?

Do I offer opportunities for people to feel **Mastery** ?

Am I supporting **Independence** ?

Do I create space for **Generosity** ?



# Thank You



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