

Resilience, Wellness, and Hope Workbook



A Youth Resource from Revive Recovery



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A youth-friendly resource for camp, mentoring, and take-home support

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Welcome to Camp Mariposa

Welcome. We are so glad you are here. Camp Mariposa is a place to breathe, play, learn, feel safe, and meet other young people who understand what it can be like when someone you love has a Substance Use Disorder (SUD). This workbook belongs to you. Use it in your own way.

Camp note

You are not responsible for fixing anyone else. You are allowed to be a kid, to have fun, and to receive support. Write, draw, circle words, or ask a mentor to help you talk it through.

One thing I hope to feel at camp is:

One thing I want the adults at camp to know about me is:

A word that describes me today is:

How to Use This Workbook

This is not a test and there are no wrong answers. Some pages are for learning, some are for writing, some are for drawing, and some are for talking with a mentor. You can skip a page, return later, or ask for help.

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| Camp note |
| Circle, doodle, write, color, or simply talk. Your voice matters in every form. |
| My favorite way to express myself is: |
| When I need quiet, I can: |
| When I want support, I can: |

What Is Camp Mariposa?

Camp Mariposa is a free, year-round prevention and mentoring program for youth impacted by the substance use of a family member. It brings together fun camp experiences, caring mentors, education, and peer connection so young people can build resilience and hope.

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| Camp note |
| Camp is a community. We practice kindness, respect, courage, and connection. |
| Something I am curious about at camp is: |
| A camp activity I want to try is: |
| One way I can help make camp kind and safe is: |

Revive Recovery: Who We Are

Revive Recovery Resource Center is a New Hampshire nonprofit peer recovery support center. Revive offers a safe, supportive environment and services that support mental, physical, and spiritual well-being for people and families impacted by substance use and recovery.

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| Camp note |
| Brand promise for this workbook: hope, dignity, connection, and recovery-friendly language. |
| A safe community feels like: |
| People feel welcoming when: |
| One way I can be part of a caring community is: |

Words We Use: SUD and Person-First Language

Words can hurt or heal. In this workbook, we use Substance Use Disorder or SUD instead of stigmatizing words. We also use person-first language because people are more than a diagnosis, struggle, or behavior.

Camp note

Instead of labels, try: person with SUD, person in recovery, family impacted by SUD, or loved one.

A kind word I can use for myself is:

A word I do not like hearing is:

One sentence that helps me feel respected is:

The Big Truth: It Is Not Your Fault

When someone in a family has SUD, kids may wonder if they caused it or could fix it. You did not cause it. You cannot control it. You cannot cure it. You can care about someone and still need support for yourself.

Camp note

You are allowed to love someone and still have boundaries. You are allowed to feel many things at once.

Something I need to remember is:

A responsibility that belongs to adults is:

A responsibility that belongs to me is:

Understanding Substance Use Disorder

SUD is a health condition that affects the brain, body, behavior, and relationships. Recovery is possible, and many people heal with support, treatment, community, and time. SUD is complicated, but it is never a child’s fault.

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| <p>Camp note</p> <p>If a topic feels too heavy, pause. Take a breath. Ask a trusted adult to sit with you.</p> |
| <p>One question I have about SUD is:</p> |
| <p>Something I wish more people understood is:</p> |
| <p>A safe person I can ask questions to is:</p> |

How Family SUD Can Affect Kids

Living with worry, unpredictability, conflict, or big changes can affect sleep, school, friendships, feelings, and the body. Different kids respond in different ways. Nothing is wrong with you if you have big emotions or feel numb sometimes.

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| Camp note |
| Your reactions make sense. Support helps your nervous system learn safety again. |
| One way stress shows up in my body is: |
| One way stress shows up in my thoughts is: |
| One thing that helps me feel steady is: |

Feelings Wheel

Name your feelings. Understand your feelings. Take care of you.

Use this wheel when you are not sure what you feel. Start in the middle, choose the big feeling, then move outward to find more specific words.

My Feelings Wheel

ALL FEELINGS ARE OKAY.

Our feelings give us important information about ourselves and help us understand what we need.

It's okay to feel different ways.

Use this wheel to help you name what you're feeling and find healthy ways to cope.

WHAT CAN I DO?

- Take deep breaths
- Move your body
- Write or draw about it
- Talk to someone you trust
- Listen to music or be creative
- Take a break and be kind to yourself

REMEMBER:

You are not alone.
 Your feelings matter.
 It's okay to ask for help.

You are enough.

Name your feelings. Understand your feelings. Take care of you.

Emotional Check-In

Feelings are messages, not problems. Naming a feeling helps the brain slow down and gives you more choices about what to do next.

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| Camp note |
| Try saying: I notice I am feeling _____. Or I need _____. |
| Right now I feel: |
| The feeling is strongest in this part of my body: |
| A healthy thing I can do with this feeling is: |

Coping Toolkit

Coping skills are healthy tools that help you move through stress. Coping does not mean pretending everything is okay. It means caring for yourself while you handle something hard.

Camp note
Healthy coping can include breathing, music, movement, journaling, drawing, talking, water, rest, nature, or asking for help.

Three coping skills I want to practice are:

A coping skill I already use is:

A coping skill I can use at school is:

Grounding Skills

Grounding helps your body remember that you are here, now, in this moment. It can help when your thoughts are racing or your body feels on high alert.

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| Camp note |
| Practice the 5-4-3-2-1 method. Add 2 things you can smell and 1 thing you can taste. |
| 5 things I can see: |
| 4 things I can feel: |
| 3 things I can hear: |
| 2 things I can smell: |
| 1 thing I can taste: (maybe you can still taste your breakfast!) |

Breathing Skills

Breathing slowly can tell the nervous system that you are safe enough to soften. You do not have to breathe perfectly. Just begin gently.

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| Camp note |
| Try this: inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat four times. |
| Box breathing feels like: |
| A place I can practice breathing is: |
| A reminder word I can use while breathing is: |

When Big Feelings Show Up

Big feelings can feel like waves. They rise, peak, and eventually pass. The goal is not to never feel angry, sad, anxious, or confused. The goal is to stay safe and supported while the wave moves through.

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| Camp note |
| Pause. Name it. Breathe. Choose one safe next step. |
| When I feel angry, I can: |
| When I feel anxious, I can: |
| When I feel sad, I can: |

Stress, Trauma, and the Body

Hard experiences can live in the body as tight shoulders, stomachaches, headaches, tiredness, anger, worry, or feeling shut down. These signals are not weakness. They are the body asking for care.

Camp note
Gentle stretching, walking, shaking out hands, drinking water, and resting can all help the body reset.

My body tells me I am stressed by:

A calming body-based tool I can try is:

A safe movement my body likes is:

Brain Science Made Simple

Your brain has a built-in alarm system. When life feels unsafe or unpredictable, the alarm may get loud. Coping skills, safe adults, routines, and calm experiences help the thinking part of the brain come back online.

Camp note

You are not being dramatic. Your brain and body are trying to protect you.

My alarm system gets loud when:

A sign that I am calming down is:

A safe adult who helps my brain feel calmer is:

Resilience Skills

Resilience is not about being tough all the time. It is the ability to keep growing with support, rest, connection, and practice. Resilience can be built like a muscle.

Camp note
Connection builds resilience. You do not have to do hard things alone.

A hard thing I have already survived is:

A strength that helped me was:

A strength I want to grow is:

Healthy Boundaries

A boundary is a line that protects your body, time, energy, emotions, and safety. Boundaries are not mean. They help relationships become healthier and clearer.

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| Camp note |
| Examples: I need space. I am not ready to talk. Please stop. I need an adult. |
| A boundary I need with my time is: |
| A boundary I need with my feelings is: |
| A sentence I can practice saying is: |

Communication Practice

Communication is easier when we use clear, respectful words. One helpful tool is an I-statement: I feel ___ when ___ because ___. I need ___.

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| Camp note You can be kind and clear at the same time. |
| I feel: |
| When this happens: |
| What I need is: |

Trusted Adults and Support Map

A trusted adult is someone who listens, respects your safety, keeps appropriate boundaries, and helps you get support. It is okay to have more than one trusted adult.

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| Camp note |
| If the first person cannot help, try another. Keep reaching until you are safe and supported. |
| Three trusted adults in my life are: |
| A safe place I can go is: |
| A person I can call or text when I need help is: |

Safety Plan

A safety plan is a calm plan made before a crisis. It helps you know what to do when feelings, situations, or worries become too big to hold alone.

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| Camp note If you are in immediate danger, call 911. If you are in emotional crisis, call or text 988. |
| Warning signs that I need help: |
| People I can contact: |
| Safe places I can go: |

Self-Esteem and Strengths

Self-esteem grows when you notice your strengths, values, effort, and courage. You are more than what has happened around you.

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| Camp note You are enough now, not only after you change or achieve something. |
| Three things I like about myself are: |
| Something I am proud of is: |
| A compliment I want to believe is: |

Creative Expression

Art can speak when words feel stuck. You do not have to be good at art for it to help. Color, shape, music, movement, and story can all carry feelings safely.

Camp note

Creative expression is not about making something perfect. It is about letting something move.

A color that matches my mood is:

A song that helps me is:

A symbol of hope I can draw is:

Mindfulness and Nature

Nature can help the body slow down. Mindfulness is noticing the present moment with curiosity. A tree, stone, feather, flower, or cloud can become a reminder to breathe.

Camp note

Look around. Let your eyes find something steady. Let your breath match its stillness.

Something I noticed outside today is:

A nature object that feels calming is:

A quiet moment I want to remember is:

Gratitude and Hope

Gratitude does not erase hard things. It helps the brain notice small lights in the dark. Hope can be tiny and still real.

| |
|---|
| Camp note Hope can sound like: maybe tomorrow can be a little softer. |
| One small good thing today is: |
| Someone I appreciate is: |
| A hope I have for myself is: |

Goal Setting

Goals help turn hope into small steps. A goal does not have to be huge to matter. Choose one step that is clear, kind, and possible.

| |
|--|
| Camp note Tiny steps count. Rest counts. Asking for help counts. |
| One goal I have is: |
| The first small step is: |
| Someone who can encourage me is: |

Family Visit and Re-Entry Tools

After camp or mentoring time, returning to regular life can bring mixed feelings. You may feel happy, nervous, hopeful, or sad. A re-entry plan helps you keep using your tools at home and school.

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| Camp note You can carry camp connection with you even when you leave camp. |
| A coping skill I will take home is: |
| A boundary I may need is: |
| A support person I will check in with is: |

Mentor Connection Page

Mentors are caring adults who help create safety, consistency, encouragement, and fun. Use this page to remember supportive conversations and goals.

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| <p>Camp note</p> <p>Mentors do not replace caregivers or therapists. They are safe, supportive adults on your team.</p> |
| <p>Something my mentor helped me understand is:</p> |
| <p>A question I want to ask my mentor is:</p> |
| <p>A goal my mentor can support is:</p> |

Caregiver Resource Page

Caregivers can support youth by listening without judgment, keeping routines predictable, using person-first language, and connecting youth with safe supports. This workbook can be used as a conversation bridge.

| |
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| Camp note |
| Caregivers: focus on safety, consistency, validation, and connection. |
| A conversation I want to have with my child is: |
| A support I can help connect them to is: |
| One routine that can create safety is: |

Community and Crisis Resources

Support is available. Keep this page somewhere easy to find. Add local contacts, school supports, mentors, and crisis resources.

Camp note

If you feel unsafe, reach out immediately. You are not alone.

Emergency: 911

Suicide & Crisis Lifeline: Call or text 988

Revive Recovery: reviverecovery.org | (888) 317-8312 | info@reviverecovery.org

Daily Check-In Cards

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

| | |
|-----------------------------------|---|
| <p>Today I feel...</p> | <p>My body feels...</p> |
| <p>One thing I need...</p> | <p>One kind choice I can make...</p> |

My Calm Plan

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

When I notice stress building...

I can calm my body by...

I can calm my thoughts by...

I can ask support from...

My Strength Shield

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

| | |
|-----------------------------------|--|
| Strengths I already have | People who protect and support me |
| Words that give me courage | A symbol that represents me |

Butterfly Transformation Page

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

Something I am releasing

Something I am learning

Something I am becoming

A promise I can make to myself

Coping Menu

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

Quiet coping – Example Deep breathing

Active coping – Example Hiking or Running

Creative coping – Example painting or clay

Connection coping – Example Calling a trusted friend

Feelings Detective

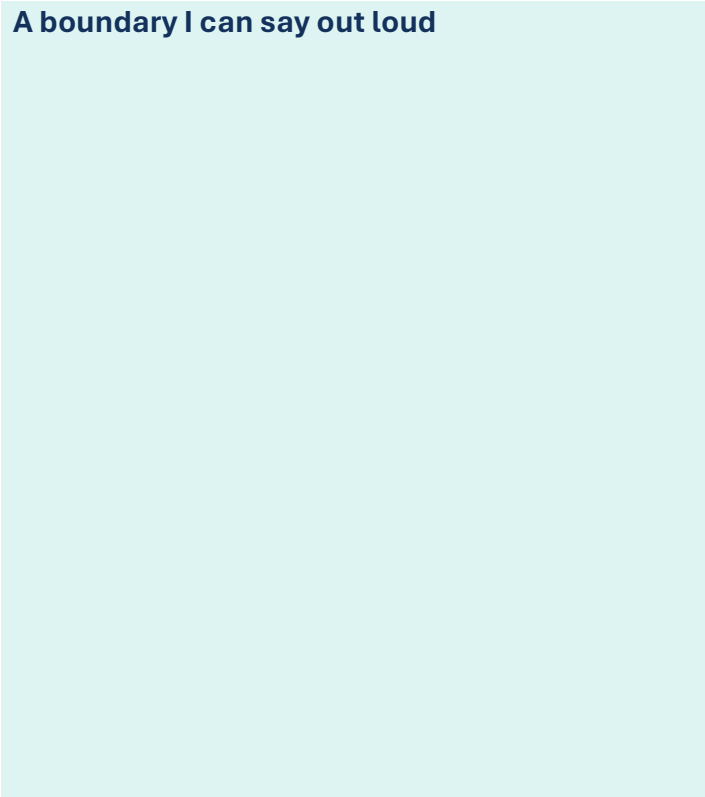
Use the spaces below for writing, drawing, color, symbols, or conversation notes.

| | |
|-------------------------|-------------------------|
| What happened? | What did I feel? |
| What did I need? | What helped? |

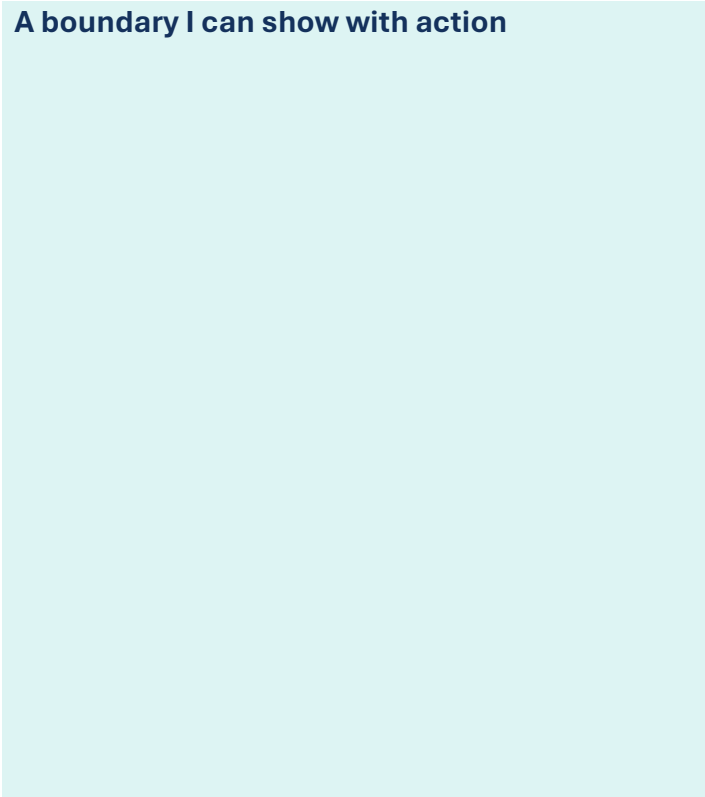
Boundary Builder

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

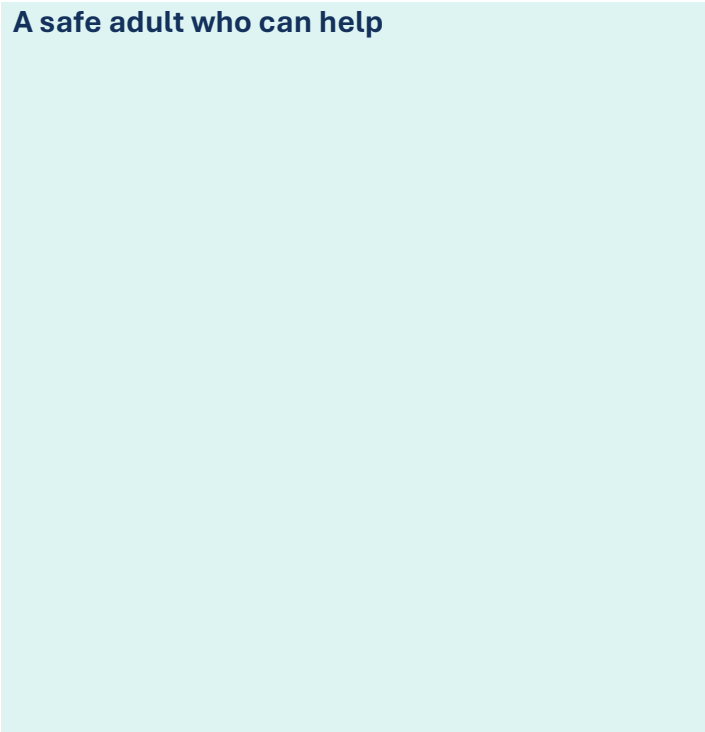
A boundary I can say out loud



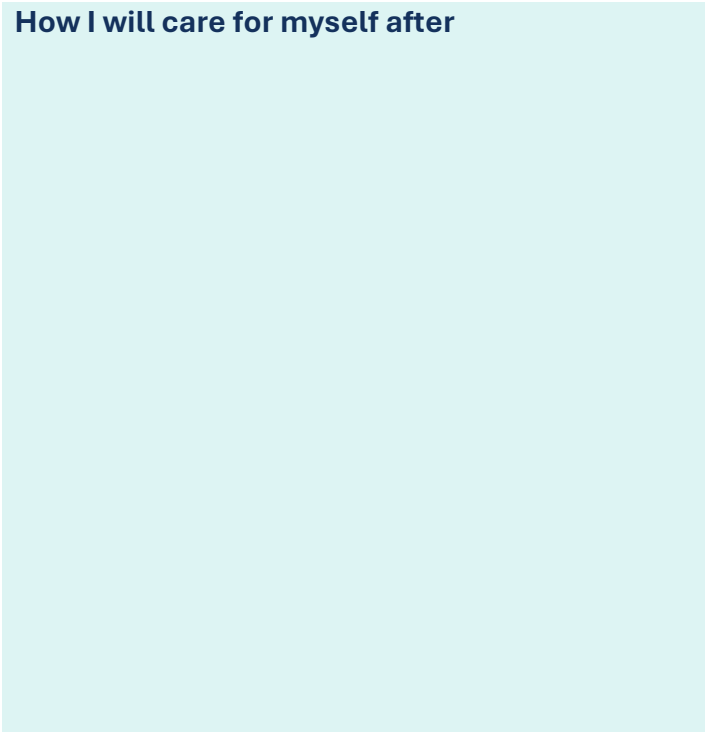
A boundary I can show with action



A safe adult who can help



How I will care for myself after



Hope Map

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

| | |
|-----------------------|------------------------------|
| Where I am now | Where I want to go |
| Small steps | Support along the way |

Letter to My Future Self

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

Dear future me...

I want you to remember...

I am proud of you for...

Keep going because...

Closing Reflection

Use the spaces below for writing, drawing, color, symbols, or conversation notes.

What I learned at camp

A person I connected with

A skill I will keep using

A word I am taking with me

Closing Ceremony

Take a breath and notice how far you have come. You showed up. You learned. You practiced. You connected. Like a butterfly, you are allowed to change slowly, gently, and in your own time.

| |
|---|
| Camp note You are worthy of safety, support, joy, and hope. |
| Something I want to remember is: |
| A strength I am taking with me is: |
| My next brave step is: |

Sources and Notes

This workbook is a free educational support resource. It is not a replacement for therapy, medical care, emergency services, or individualized clinical support.

Public information used for organizational context

Revive Recovery Resource Center public website: reviverecovery.org. Revive Recovery, located in New Hampshire, is a nonprofit peer recovery support center with services supporting mental, physical, and spiritual well-being, with locations and service areas including Nashua, Manchester, and Derry. Contact information: info@reviverecovery.org and (888) 317-8312.

Language note

This resource intentionally uses Substance Use Disorder (SUD), person-first language, recovery-friendly language, and youth-centered emotional safety practices.