

# Bridge Principles



## Honor Families

- Validates families' experiences
- Emphasizes empathy, respect, and trust
- Empowers families
- Fosters resilient support relationships
- Promotes resilient relationships and reduces stigma

## Support Autonomy

- Encourages independent thought and informed decision-making
- Nurtures self-advocacy and empowerment
- Respects families' ability to self-govern
- Enhances problem-solving skills

## Build Rapport

- Nurtures a respectful and empathetic connection
- Builds trust and facilitates effective communication
- Encourages open sharing of experiences and concerns
- Solidifies a supportive bond and mutual understanding

## Unconditional Acceptance

- Offers empathy and respect without judgement
- Establishes a safe and validating environment
- Creates space for open communication and trust
- Fosters self-worth and collaboration in achieving resilience

## Engage Partnerships

- Expands resources and improves effectiveness of supports
- Integrates diverse perspectives
- Fosters innovation and advocates for systemic improvements
- Enhances the ability to focus on solutions and build collaborative networks.

## Abandon Judgement

- Fosters a safe, accepting environment for families
- Cultivates openness, trust, and effective communication
- Promotes a deeper understanding of families' experiences
- Empowers families to navigate towards resilience