
Resilience

— Summer 2016 —
By Morgan Vien

What is resilience?

Process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress (<http://www.apa.org/helpcenter/road-resilience.aspx>)

Set of strategies that we learn from others in our environment to cope with challenges and adversity. Families, teachers, and community members can help children “build resilience”. (Barbara Burns, Ph.D. <https://www.scu.edu/cas/child-studies/faculty-and-staff/barbara-burns/>)

How is resilience measured?

Connor-Davidson Resilience Scale (CD-RISC)

CD-RISC is a 25-item scale. Each item is rated on a 5 point scale, ranging from 0 to 4. Higher scores mean greater resilience.

Home site of CD-RISC: <http://www.cd-risc.com/index.php>

Study accessing CD-RISC: <http://www.ncbi.nlm.nih.gov/pubmed/12964174>

Source for picture on left: <http://onlinelibrary.wiley.com/doi/10.1002/da.10113/epdf>

TABLE 2: Content of the Connor-Davidson Resilience Scale

Item no.	Description
1	Able to adapt to change
2	Close and secure relationships
3	Sometimes fate or God can help
4	Can deal with whatever comes
5	Past success gives confidence for new challenge
6	See the humorous side of things
7	Coping with stress strengthens
8	Tend to bounce back after illness or hardship
9	Things happen for a reason
10	Best effort no matter what
11	You can achieve your goals
12	When things look hopeless, I don't give up
13	Know where to turn for help
14	Under pressure, focus and think clearly
15	Prefer to take the lead in problem solving
16	Not easily discouraged by failure
17	Think of self as strong person
18	Make unpopular or difficult decisions
19	Can handle unpleasant feelings
20	Have to act on a hunch
21	Strong sense of purpose
22	In control of your life
23	I like challenges
24	You work to attain your goals
25	Pride in your achievements

How is resilience measured? (Cont.)

Mindful Attention Awareness Scale (MAAS)

This is a 15 item scale. To score the scale, average the 15 items. Higher scores mean higher levels of dispositional mindfulness.

Mindful awareness is a component of resilience. Although MAAS does not measure resilience, it can impact resilience.

Brief overview of the scale: <https://ppc.sas.upenn.edu/resources/questionnaires-researchers/mindful-attention-awareness-scale>

Overview of scale and the scale from the scale's author: <http://www.kirkwarrenbrown.vcu.edu/wp-content/scales/MAAS%20trait%20research-ready%20+%20intro.pdf>

See link for scale: <https://ppc.sas.upenn.edu/sites/ppc.sas.upenn.edu/files/mindfulnessscale.pdf>

How is resilience measured? (Cont.)

Brief Resilience Scale (BRS)

This is a 6 item scale. To score the scale, average the 6 items. Higher scores mean better ability to bounce back or recover from stress.

Study testing BRS:

<http://link.springer.com/article/10.1080/10705500802222972>

See link for scale:

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=0ahUKEwiTqK2--sfOAhXLSyYKHbpZCcssQFgghMAA&url=https%3A%2F%2Fog.osu.edu%2Fmedia%2Fdocuments%2FMB%2520Stream%2FBrief%2520Resilience%2520Scale.pdf&usg=AFQjCNG0hYNBsJQTdjzajTjHKQTSxDcVMg&sig2=momPzYFfx15KbmmryGY>



Brief Resilience Scale (BRS)

Please respond to each item by marking <u>one box per row</u>		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 2	I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 3	It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 4	It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 5	I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 6	I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

My score: _____ item average / 6

Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International journal of behavioral medicine*, 15(3), 194-200.

How is resilience measured? (Cont.)

Child and Youth Resilience Measure (CYRM or CYRM-28)

This 28-item measure measures resilience and 3 subcategories that influence resilience: “individual traits, relationship to caregiver(s), and contextual factors that facilitate a sense of belonging.”

Four versions of CYRM-28: child (5-9 years), youth (10-23), adults (24+), person most knowledgeable about the child/youth

The measure can be requested by researchers through a request form (must answer who researcher is, what the study is about, etc.)

Link to CYRM overview and request form:

<http://www.resilienceresearch.org/research/resources/tools/33-the-child-and-youth-resilience-measure-cyrm>

How is resilience measured? (Cont.)

- *Compendium of Selected Resilience and Related Measures for Children and Youth*
 - Collection of various resilience scales with overviews of each. Find which scales are appropriate for target age group on the last two pages of the document:
 - <http://www.reachinginreachingout.com/documents/appendix-annotatedcompendiumofresiliencemeasures-nov17-10copyright.pdf>

Resilience screening tools:

- This document contains a 10-item ACE (Adverse Childhood Experiences) score, a 14-item Resilience score, some facts about resilience and ways to build it, and some motivational quotes.
 - <http://www.irenegreene.com/wp-content/uploads/ACEScoreResilienceQ2.pdf>
- ACEs Too High
 - Webpage (below) is an article about a pilot ACEs/Resilience screening program in a clinic.
 - <https://acestoohigh.com/2014/07/29/to-prevent-childhood-trauma-pediatricians-screen-children-and-their-parentsand-sometimes-just-parents/>
 - Find their 14-item ACEs and 15-item Resilience Questionnaires here:
<https://acestoohigh.files.wordpress.com/2014/07/acesandresiliencequestionnaire.docx>
- Note: Most people face many major and minor setbacks, challenges, and stressors -- everyone needs resilience. (Dr. Burns, <https://www.scu.edu/cas/child-studies/faculty-and-staff/barbara-burns/>)

How to build resilience in kids/teens?

1. Make connections, for example: make friends.
2. Help the child by having him/her help others through volunteering, at school, etc.
3. Maintain a daily routine.
4. Take a break from the daily routine if needed.
5. Teach the child self-care: eating properly, exercising, rest, having fun, etc.
6. Move toward reasonable goals and focus on what the child has accomplished.
7. Nurture a positive self-view.
8. Keep things in perspective and maintain a hopeful outlook. There is a future that can be good, even though the present may have painful events.
9. Look for opportunities for self-discovery.
10. Accept that change is part of living, and new goals can be made.

<http://www.apa.org/helpcenter/resilience.aspx>

The 7 C's to build Resilience

1. Competence: having the child know he/she can handle a situation effectively.
2. Confidence: having the child believe in his/her own abilities.
3. Connection: having the child develop close ties to family and community to create a solid sense of security and strong values.
4. Character: having the child develop a solid set of morals/values to know right from wrong and have a caring attitude.
5. Contribution: having the child realize the world is better because they are in it by contributing to others in need.
6. Coping: having the child learn how to effectively cope with stress to be prepared to overcome life's challenges.
7. Control: having the child know that they are able to control the outcomes of their decisions; this builds their ability to bounce back from adversity.

Examples of how to teach each of the 7 C's can be found here: <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>

How to build resilience in families?

The Resilient Families Program (RFP) is a community-based intervention that works with parents AND children. RFP helps parents learn about how to support resilience in their children and themselves. Contact Dr. Burns if you are interested in providing RFP in your community. Dr. Burns and her team train community facilitators to lead small groups of parents to develop resilience in families. An example of a weekly activity in RFP is mindfulness. Mindfulness is about thinking in the present, not the future or the past; this is a good way to manage stress.

Dr. Burn's contact information can be found at: <https://www.scu.edu/cas/child-studies/faculty-and-staff/barbara-burns/>

Find the Principles of RFP on the next slide.

Principles of the Resilient Families Program (RFP)

1. The first major component of RFP centers on practicing executive/cognitive function skills: future thinking and planning. Families strengthen executive function skills with RFP card games, board games, storytelling and future planning games.
2. The second major component of RFP focuses on emotion regulation. Parents learn ways to interpret and reframe strong emotions and then help their children learn to manage their strong emotions.
3. The third and most important part of RFP centers on the promotion of strong attachment. Parents learn how important it is for children to feel safe, secure and loved. Strong attachment allows better regulation of stress and supports executive/cognitive function skills. Parents learn how to promote strong attachments in their daily family routines.

Strong executive/cognitive skills, emotion regulation skills and attachment allow children (and parents) to bounce back from trauma, adversity and stress.

Source: Barbara Burns, Ph.D. <https://www.scu.edu/cas/child-studies/faculty-and-staff/barbara-burns/>

How to build resilient communities?

1. Someone starts the effort
2. Connect with established local efforts
3. Engage local leaders
4. Steering committee to lead and backbone organization
5. Form local group on ACEsConnection.com
6. Document efforts and record history
7. Collective impact to reach a common mission
8. Assess availability of local resources like meeting rooms, funding
9. Develop a mission, goals, and action plan
10. Come up with a slogan
11. Use local data so people feel the urgency so close to home
12. Communication tools (documents, websites, social media, etc.)
13. Public meetings to get the community involved with the steering committee
14. Apply to local and regional funding

How to build resilient communities? (Cont.)

15. All members of group should practice trauma-informed care in their own departments
16. Make presentations to other groups in the community
17. Educate. Present. Educate. Repeat.
18. Local ACE survey
19. Feedback via evaluation sheets
20. Hold summits, learning circles
21. Media outreach to news, magazines, newspapers, etc.
22. Official recognition. Develop a memorandum of understanding (MOU) for the local government to officially endorse and support the organization
23. Large-scale funding? If the organization is to grow more than local

Source: <http://communityresiliencecookbook.org/>

Useful presentation: https://www.idvsa.org/wp-content/uploads/2014/11/A-Trauma-Informed-Approach-Adverse-Childhood-Experiences-ACEs_Building-Resilient-Communities-PowerPoint.pdf

Online resources for building resilience in kids:

Zero to Three

<https://www.zerotothree.org/>

This site has journals, articles, videos, podcasts, and other resources for early development and learning, parenting, and policy and advocacy. The site focuses on promoting the healthy development of children ages zero to three.

Building Resilience in Young Children

http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf

This is a booklet for parents of children from birth to 6 years.

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The Little Things are the Big Things -- Building Resilience

<http://www.maggiedent.com/content/little-things-are-big-things-%E2%80%94-building-resilience>

Passage on what is resilience, how to build it, and how to prepare kids for life.

10 Resilience Building Blocks for Children 0-12

1. Positive healthy pregnancy
2. Good Nutrition
3. Safe, nurturing care within the circle of family
4. Plenty of play
5. Build Life Skills
6. Meaningful Involvement with Positive Adults
7. Clear boundaries
8. Absence of stress
9. Self Mastery
10. Strengthen the Spirit

Building Resilience in Children

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>

Same source as used for the slide titled “The 7 C’s to build Resilience” See the link for examples of how to teach the 7 C’s.

I Am Safe and Secure: Promoting Resilience in Young Children

<http://www.naeyc.org/content/i-am-safe-and-secure-promoting-resilience-young-children>

Passage on what is resilience, its importance, how to promote it, etc. Concludes that to adapt/cope with trauma/stress, children need protective factors like high-quality care, opportunities to develop/maintain relationships, good nutrition, and support from families, educators, and communities.

Building Resilience in Children - 20 Practical, Powerful Strategies (Backed by Science)

<http://www.heysigmund.com/building-resilience-children/>

This link contains information on resilience, how it affects behavior, and 20 strategies to build resilience in children and strengthen children towards healthy living.

Resilience by Center on the Developing Child at Harvard University

<http://developingchild.harvard.edu/science/key-concepts/resilience/>

Overview video at the top of page

Children need at least 1 stable and committed relationship to an adult

Resilience is an “interaction between biology and environment”

Learning to cope with threats is important

Resilience can be strengthened at any age

1. facilitating supportive adult-child relationships;
2. building a sense of self-efficacy and perceived control;
3. providing opportunities to strengthen adaptive skills and self-regulatory capacities; and
4. mobilizing sources of faith, hope, and cultural traditions.

Online resources for building resilience in kids & teens:

Resilience Guide

<http://www.apa.org/helpcenter/resilience.aspx>

Same source as used for the slide titled “How to build resilience in kids?” See the link for more detailed tips.

Building Resilience

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/default.aspx>

This link contains a more succinct, easy-to-follow list of resources (compared to the healthychildren.org resource below), all of which show up when searching “resilience” on healthychildren.org.

<https://www.healthychildren.org/English/Pages/default.aspx>

Search “resilience” to read/watch a wide variety of resources for building resilience from giving unconditional love to supporting resilience in military families. This search yields many results and can appear overwhelming/congested. It may be more useful if the provider searches for the desired resource and gives that resource to the patient, instead of the patient doing the search by himself/herself.

Building Resilience Resources

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-Resources.aspx>

Collection of books, websites, and organizations about: Adolescent Development and Health Information, Character Development, Raising Children without Prejudice, succeeding in Schools, Child Development and Safety, Internet Safety, Mental Health, Stress, Parenting, and much more.

Resources for Nurturing Resilience

<http://www.edutopia.org/resilience-grit-resources>

Although this site targets parents and teachers, it has many resources parents can use to teach kids/teens how to nurture resilience, learn from failure, manage stress, respond to trauma, and more.

Tipping the Scales: The Resilience Game

<http://developingchild.harvard.edu/resilience-game/>

Interactive game where “you will learn how the choices we make can help children and the community as a whole become more resilient in the face of serious challenges.”

Online resources for building resilience in teens:

Fostering Resilience

[http://www.fosteringresilience.com/index_parents.ph](http://www.fosteringresilience.com/index_parents.php)

[p](#)

This link targets parents and talks about resilience, more on the 7 C's, and resources for teens and parents for dealing with stress and building resilience.

Community-Based Resilience-Building

<https://www.healthychildren.org/English/family-life/Community/Pages/Community-Based-Resilience-Building.aspx>

This passage gives parents ways to build resilience in their communities and how/why to involve youth leadership. It mentions 4 organizations that work with people to implement resilience-based strategies: The Search Institute, Communities That Care, Kids at Hope, and The Penn Resiliency Project.

A Personal Strategy for Engaging and Building Your Resilience

<https://hr.ucsf.edu/hr.php?A=1055&AT=&org=we>

This page talks about resilience, factors that contribute to resilience, 11 strategies for building resilience, and more.

1. Take care of yourself
2. Establish and maintain connections
3. Monitor your exposure to media coverage of violence
4. Avoid viewing problems as impossible
5. Accept changes as part of life
6. Progress towards your goal
7. Take clear actions
8. Maintain a hopeful outlook
9. Keep things in perspective and avoid "catastrophizing"
10. Nurture a positive view of yourself
11. Engage in opportunities of self-discovery

Online resources for professionals:

Task Force Report on Resilience and Strength in African-American Children and Adolescents

<http://www.apa.org/pi/families/resources/task-force/resilience-af-am.aspx>

The task force seeks to transform the approach to African American children/youth in research, practice, education, and policy by looking at development of identity, emotional, social, cognitive, and physical health and development. Although this report offers recommendations for African American children, they may be generalizable for the target population.

Fostering Resilience

<http://www.fosteringresilience.com/professionals/>

This link targets professionals by talking about the 7 C's and preventing burnout among professionals.

Organizations for building resilience:

Help Me Grow National Center

<http://www.helpmegrownational.org/>

Help Me Grow (HMG) helps states identify at-risk children (through age 8) and then helps families find existing community-based programs and services. HMG does not provide direct services; it improves access to existing resources.

HMG works with physicians, community outreach, and centralized information and referral centers to link families with programs and services.

Core Components:

1. Child health care provider outreach to support early detection and intervention.
2. Community outreach to promote use of HMG and to provide networking opportunities among families and services providers.
3. Centralized telephone access point for connecting children and their families to services and care coordination.
4. Data collection to understand all aspects of the HMG system, including the identification of gaps and barriers.

Center for the Study of Social Policy

<http://www.cssp.org/>

This organization has a protective factors framework called *Strengthening Families* which is a “research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect.” *Strengthening Families* focuses on building 5 protective factors:

- Parental resilience
 - Social connections
 - Knowledge of parenting and child development
 - Concrete support in times of need
 - Social and emotional competence of children
- See the link to find in-depth information about *Strengthening Families* and more about the Center.

Child & Family Policy Center

<http://www.cfpciowa.org/>

This is an Iowa-based nonprofit research/advocacy organization that seeks “to better link research and policy on issues vital to children and families and advocate for evidence-based practices that improve child and family outcomes.” It’s website covers many issues from child health to budget and taxes. This organization may be good to learn from as they have piloted their approaches.

Movies/videos about building resilience:

The Power of Resilience: Sam Goldstein, Ph.D. at TEDxRockCreekPark

<https://youtu.be/isfw8JJ-eWM>

10 minute video about resilience with several anecdotes. There is also a passage on resilience in the info section under the video.

Resilience-How to FALL UP/ Dr. Gregg Steinberg/ TEDxRushU/

<https://youtu.be/WKLy71DO6CQ>

17 minute video about resilience with several anecdotes.

Resilience: The Biology of Stress & The Science of Hope

<http://kpjrfilms.co/resilience/>

2 minute trailer from the movie about resilience.

Paper Tigers

<http://kpjrfilms.co/paper-tigers/>

2 minute trailer from the movie about how a high school and community successfully confronted stress and trauma.

The Raising of America Series

<http://www.raisingofamerica.org/>

This 5-part documentary series addresses topics like why children in America are faring so poorly, how that affects America's future, importance of early life experiences, what policies can help/harm children, and more. There are free trailers online, \$5.99 to watch the series online (7 days), or \$149 for DVD.

The 7 C's Model of Resilience

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/The-7-Cs-Model-of-Resilience.aspx>

4 minute video of the slide titled "The 7 C's to build Resilience".

Discipline Strategies

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Discipline-Strategies-Video.aspx>

10 minute video about good ways to discipline children.

Fostering Independence

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Fostering-Independence-Video.aspx>

11 minute video about taking everyday issues that trigger parent-child struggles as opportunities for teens to learn responsibility and interdependency.

Offering Boundaries & Being Role Models

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Offering-Boundaries-Being-Role-Models.aspx>

2 minute video about setting appropriate boundaries and being strong role models so that adolescents can figure out who they are.