Tough Conversations: Nurturing the Resilience of Young People with Complex Needs

Michael Ungar, Ph.D.
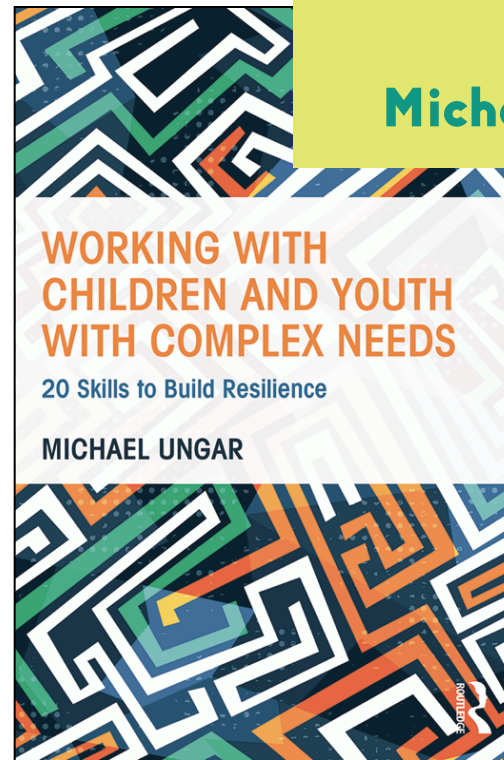
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I STILL *Love* YOU

Nine Things Troubled Kids Need From Their Parents

Michael Ungar

WORKING WITH CHILDREN AND YOUTH WITH COMPLEX NEEDS

20 Skills to Build Resilience

MICHAEL UNGAR

Diagnostic Criteria for Resilience

- Domain 1: Assess adversity
  - Severity
  - Chronicity
  - Ecological level
  - Attributions of causality
  - Cultural and contextual relevance

Diagnostic Criteria for Resilience

- Domain 2: Assess resilience
  - In **low risk** contexts, assess individual qualities—temperament, personality, cognitions
  - In **high risk** contexts, assess
    - Availability of resources
    - Accessibility of resources
    - Strategic use of resources
    - Positive reinforcement of coping strategies
    - Adaptive capacity of the environment

Diagnostic Criteria for Resilience

- Domain 3: Multidimensional considerations
  - Temporal
    - Sociohistorical
    - Developmental
  - Cultural

Exercise

- The Child and Youth Resilience Measure
  - For a copy of the CYRM (at no charge), please write to the Resilience Research Centre and make your request:
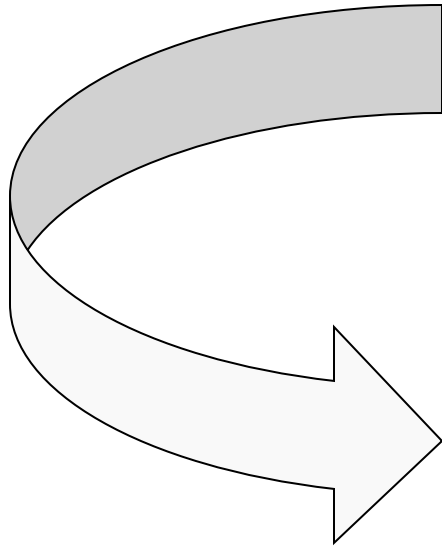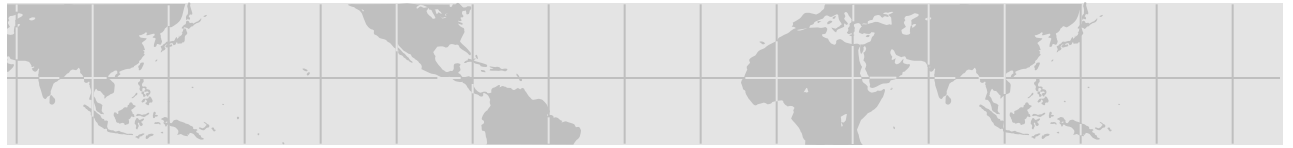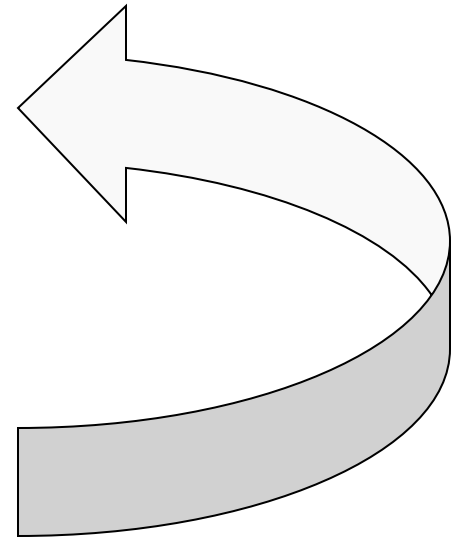 - rrc@dal.ca

Theory of Change

- People living in challenging contexts change when their natural supports, programs and interventions, and social policies help them:
  - Navigate effectively
  - Negotiate effectively
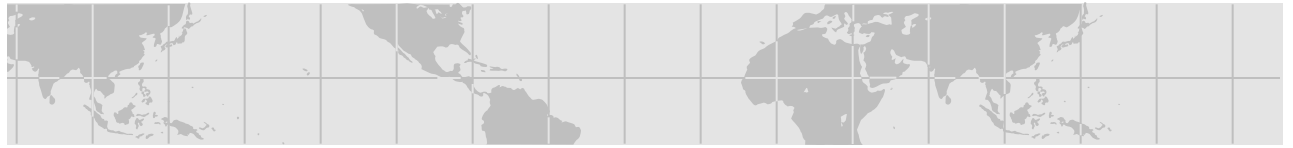 - Find resources that are culturally and contextually meaningful
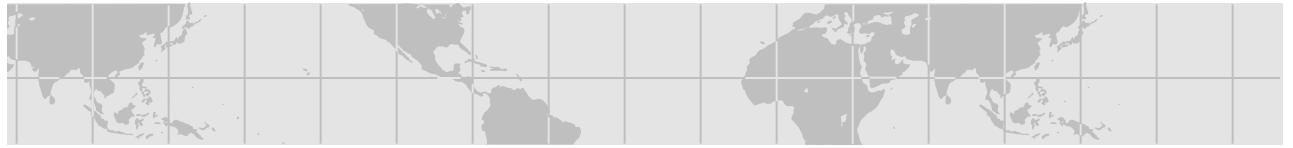
Help children
Navigate

Navigation-How to help children be more resilient

1. Available

Help children identify the internal and external resources that are available.

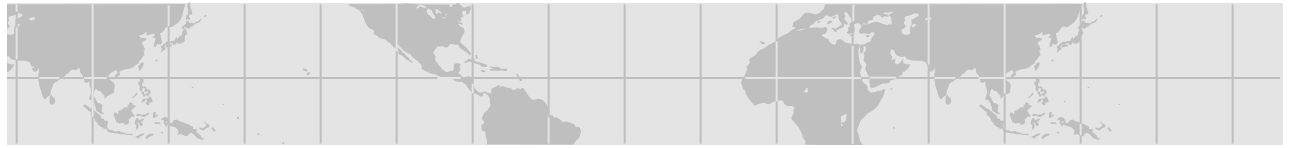# *Navigation-How to help children be more resilient*

2. Accessible

Help children access the resources that are available.

Navigation-How to help children be more resilient
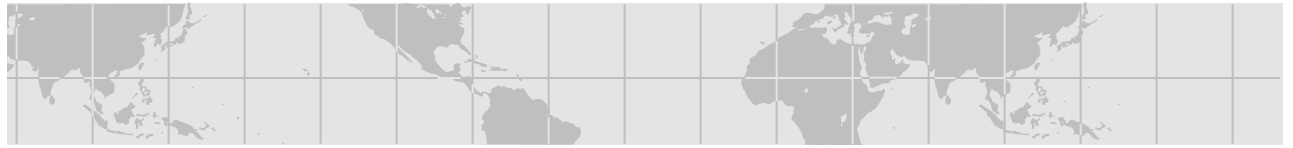
3. Barriers

Discuss barriers to change that children experience, and which resources are most likely to address which barriers.

Navigation-How to help children be more resilient

4. Complex

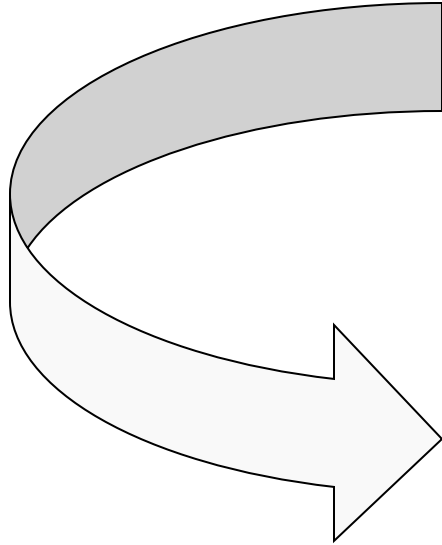Explore solutions that are as complex as the problems they address.

Navigation-How to help children be more resilient
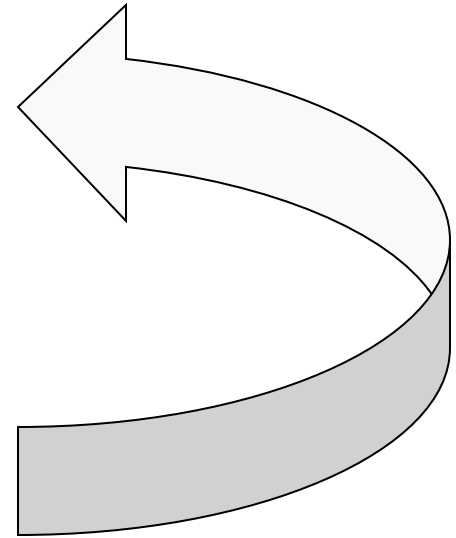
5. Advocacy

Advocate with, or on behalf of, members of your community, or show children and their caregivers how to advocate independently to make resources more available and accessible.
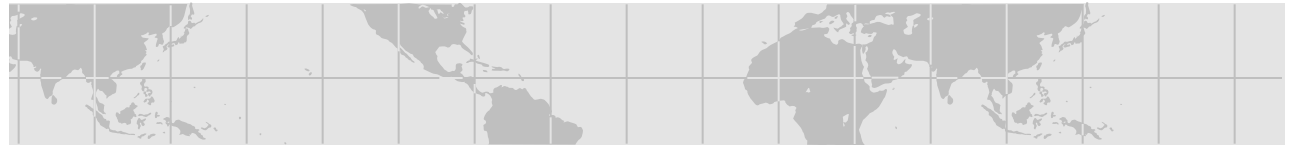
Help children
Negotiate

Negotiation-How to help children be more resilient

1. Context

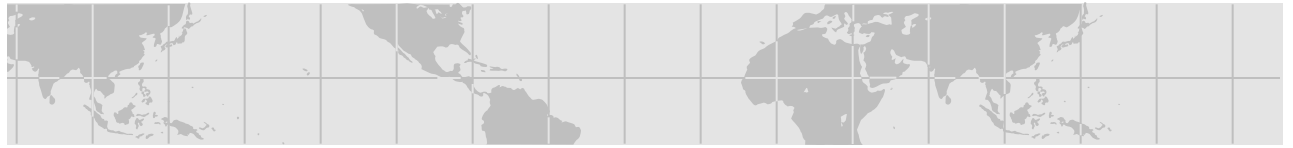Explore the context in which problems occur, and the conditions that sustain them.

Negotiation-How to help children be more resilient

2. Responsibility

Discuss who has responsibility to change patterns of coping that are causing problems.

Negotiation-How to help children be more resilient

3. Voice

Help children be heard when they name the children and resources they need to make their lives better.

Negotiation-How to help children be more resilient

4. New Names

When appropriate, offer different names for problems and explore what these new descriptions mean for efforts to solve these problems.

# *Negotiation-How to help children be more resilient*

5. Possibilities

As new solutions get put into practice, ask children to evaluate whether they are experiencing possibilities for change that are more numerous than before.

Exercise

- Thinking about a service you offer children, youth, or families, answer the following questions *from the perspective of the people receiving the service*
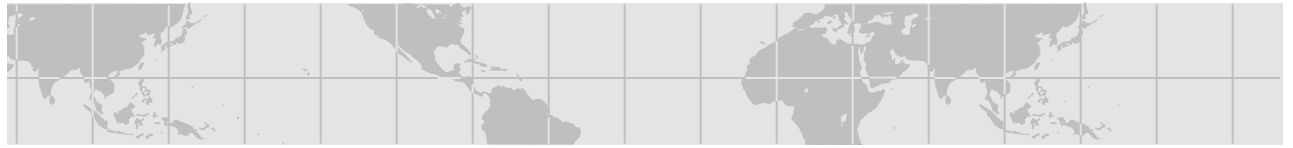
The PRYM Experience of Service Assessment

1. Overall, I am satisfied with the services I received

2. I helped choose my services

3. The people helping me stuck with me

4. I felt I had someone within the service to talk to when I was in trouble

5. I had a say in how this service was delivered to me.

The PRYM Experience of Service Assessment (cont.)

6. I could get the service when I needed it

7. The location of the service was convenient

8. Staff respected my religious and spiritual beliefs

The PRYM Experience of Service Assessment (cont.

9. Staff spoke in a way that I understood

10. Staff were sensitive to my cultural and ethnic background

11. I am now better able to cope when things go wrong

12. There was a service I needed, but I couldn't get

Thank you!

I STILL

Love

YOU

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