

## Changing the Odds: A Resilience Framework for Prevention & Intervention

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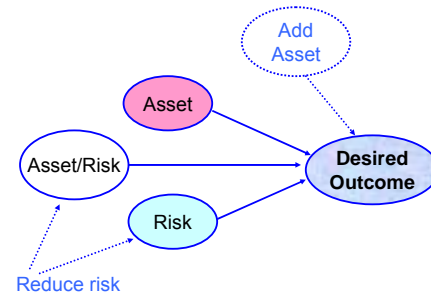
## Mission: Framing Positive Objectives

- Positive statements of goals
  - Preventing violence
  - Promoting conflict resolution, healthy relationships, civic engagement, gun safety, positive youth development, school and work success
- Promoting the positive to prevent problems
- Marketing appeal to stakeholders

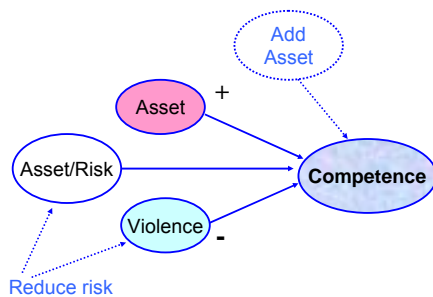
## Models ~ Including Positive Influences

- Competence and positive outcomes as well as symptoms or problems
- Protective factors as well as vulnerabilities
- Assets and resources as well as risks

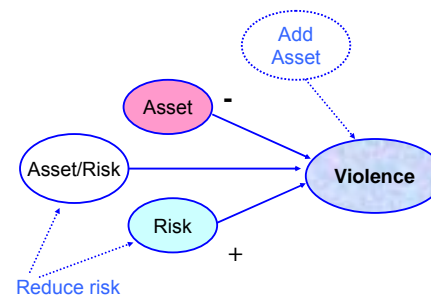
## Resilience Models ~ Assets & Risks

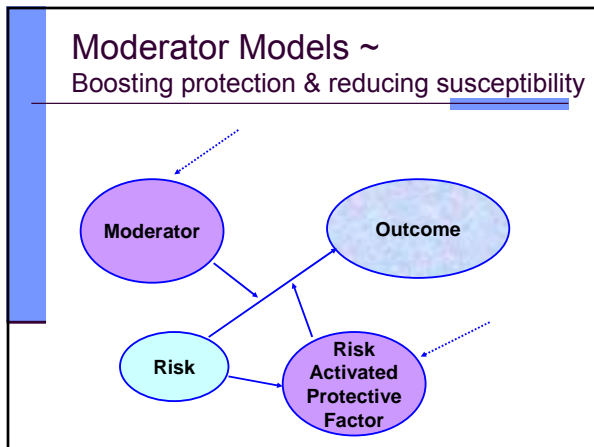
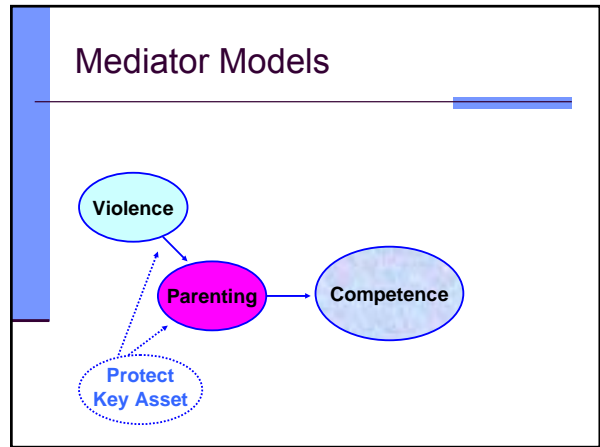
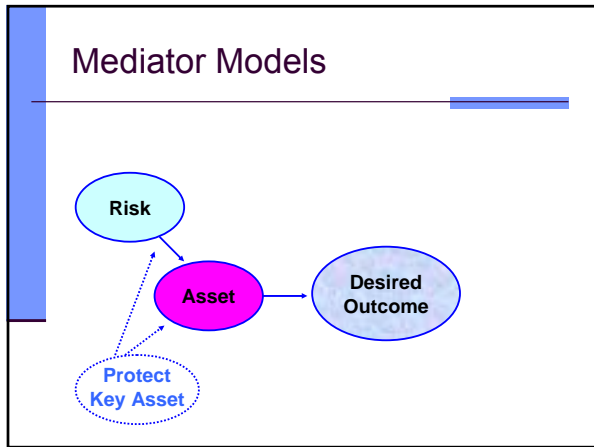
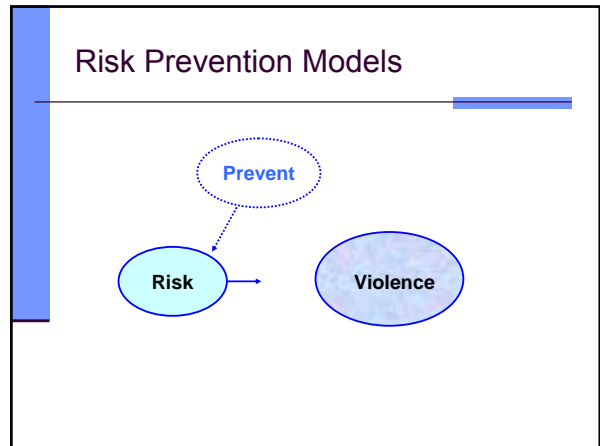
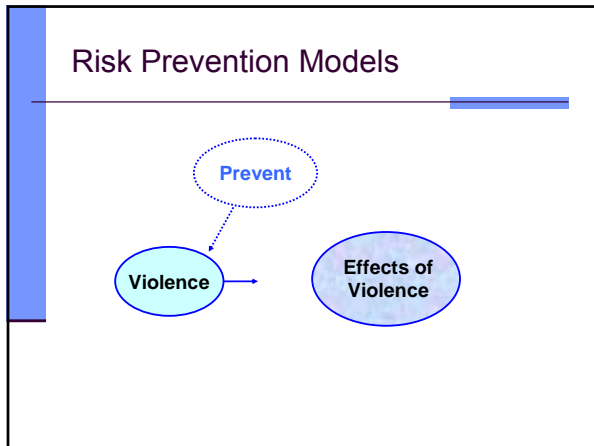


## Resilience Models ~ Violence as a Risk Factor



## Resilience Models ~ Violence as an Undesirable Outcome





- ### Measures ~ tracking the positives along with the problems
- Assess the positive as well as the negative
    - Strengths in the child, the family, the community
    - Potential sources of resources and protective factors
  - Evaluate positive and negative outcomes
    - Gains, achievements
    - Competence as well as undesirable domains

## Methods ~ Strategies for positive change

### Risk-focused

- Prevent or reduce risk

### Asset-focused

- Increase resources or access to resources

### Process-focused

- Restore, mobilize, or harness the power of human adaptational systems

## General Risk-Focused Strategies

Prenatal care to prevent LBW, prematurity  
Reduce neighborhood violence or crime  
Reduce poverty  
Prevent homeless episodes  
Clean up asbestos, lead, land mine dangers  
Law enforcement  
Avert war and war atrocities  
Treat depression in mothers  
Avoid multiple foster care placements

## Violence Focused Risk Reduction

Targeting risks for child violence in multiple systems

Parent violence, rejection, neglect  
Bullying in schools  
Dating violence  
Social rejection by normative peers  
Antisocial peer groups  
Media and entertainment violence  
Conduct, substance abuse, and child mental health problems

Targeting risks for family violence

Interparental conflict, domestic violence  
Child abuse by family members  
Mental illness in family members  
Substance abuse in family members

## Asset-Focused

Food, water, shelter, medical and dental care  
Provide tutor, nurse, Guardian ad litem  
Improve teacher education  
Educate parents  
Build schools, playgrounds, libraries  
Restore community services  
Train care providers, corrections, police  
Add case manager

## Asset-focused violence intervention

Parent support and guidance  
Prosocial peer support and leadership  
Safety training and emergency plans  
Positive school environments  
Structured prosocial activities  
Well-trained first responders  
Safe schools and neighborhoods  
A stake in the future

## Process-Focused

Ensure that every child has an effective caregiver  
Improve bonds with competent/caring adults  
Foster friendships with prosocial peers  
Foster school bonding  
Improve systems of care  
Support parenting  
Nurture brain development  
Provide opportunities to succeed, develop talents  
Support cultural traditions that provide children with adaptive tools and opportunities to connect with prosocial adults

## Protective Systems Against Violence in the Lives of Children

- Effective adult caregivers and prosocial mentors
- Prosocial friends and romantic partners
- Self-regulation skills
- Feelings of safety and security
- School engagement
- Effective systems of care for mental health
- Age-appropriate monitoring
- 911 services
- Crisis nurseries and respite care
- Diversion systems for juvenile offenders

## Warning ~ Protective Systems can be hijacked

- Connections to antisocial adults, role models
- Bonding through violence
- Attachment to deviant peers, gang leaders
- Feelings of mastery through crime, violence
- Cultures & religions can promote violence

## Developmentally Strategic Methods

- ▶ Understanding risk, resilience, and violence from a developmental perspective
- ▶ **Windows of opportunity for change**
- ▶ **Basic developmental training** for all first responders, including doctors, teachers, police and firefighters, emergency workers
- ▶ We need to learn not only what works but **WHEN**

## A Developmental Prevention Continuum

### Developmental approach

- Prenatal
- Preschool
- School entry
- Transitions to adolescence and secondary
- Transitions to adulthood
- Roads to competence and success

### Corrections as developmental course corrections

- Keeping them off antisocial roads and headed toward success
- Getting them off early – redirecting development
- Later forks in the road – facilitating later bloomers
- Way down the road and steeply uphill...

## Interventions that work typically ...

- ▶ Are developmentally informed
- ▶ Culturally appropriate
- ▶ Ecologically strategic
- ▶ Take advantage of existing strengths
- ▶ Mobilize the power of basic human adaptation systems
- ▶ Promote competence as they reduce risk or problems

## Resilience Principles in the Context of Terrorism

- 1 The nature of the threat must be considered
- 2 Developmental timing will influence child and family reactions, protections, and developmental sequelae
- 3 The experiences and consequences for the children will be mediated and moderated by family, peer, and school systems, and particularly by the quality of their relationships
- 4 Individual differences in vulnerabilities and capabilities will influence child responses and recovery patterns
- 5 Interventions can be directed at different phases of terrorism, different processes, and different kinds of children, in different situations
- 6 Front-line responders need to know about normal and pathological responses to trauma as well as strategies for prevention