Risk Factors

- Child Specific
- Parent Specific
- Environmental
Understanding Resilience

- **What the research tells us:**

  Emmy Werner- 689 Infants, born in Kauai in 1955 – Results of a longitudinal 40 year study leads the research on resilience:
  - 1/3 of her “at-risk” cohort demonstrated resilience
  - Initial definition of protective factors

- **ACE’s Study** – Kaiser Permanente from 1995 to 1997, included 17,000 participants:
  - ACE = adverse childhood experiences
  - 20% of the cohort reported 3 or more ACE’s
  - As ACE’s increase health risks increase including early death
Protective Factors

- Average or better intelligence
- Good parenting OR a consistent caring adult role-model
- “Street Smarts”
- Ability to maximize presented opportunities
- Attractiveness to others (in personality or appearance)
- Self-confidence
- Internal faith (hope for a better life)
Prevention Strategies for Providers

- [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)
- Center for the Study of Social Policy
- [www.vanderbilt.edu/csefel/](http://www.vanderbilt.edu/csefel/)
- Center on the Social and Emotional Foundations for Early Learning
- Resilience Guide for Parents and Teachers
Resiliency Inventory

- How can you best support resiliency in your families?
  - Build on existing strengths – what is currently working in the system
  - Increase protective factors
  - Support social emotional success for the child and the family
  - Link the community resources
  - Maximize available opportunities
References


Thank you for your Attention
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