



RESILIENCY




What is Resiliency?

Resiliency is the process of adapting well in the face of adversity.
It means “bouncing back” from difficult experiences.



Protective Factors

...moderate, buffer, insulate against and thereby reduce the impact of risk, thus decreasing the likelihood of negative behaviors.



Werner & Smith: *Classic Resiliency Study*

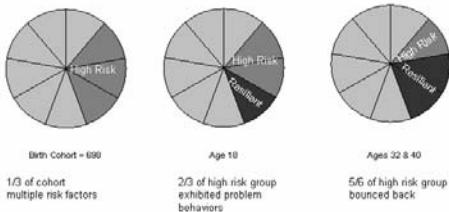


- Longitudinal study
 - 698 infants born in 1955
 - Kauai, Hawaii
 - Children followed up at ages 1, 2, 10, 18, 32, & 40
- One third of sample exposed to at least 4 familial risk factors before age 2.
 - Poverty
 - Perinatal health problems
 - Congenital handicaps
 - Low parent education
 - Familial alcoholism
 - Violence
 - Instability/discord
 - Mental illness

Resiliency Study Findings



A Longitudinal Look at Risk and Resilience: Werner & Smith (1992, 1992, 2001)



Internal and Environmental Factors



INDIVIDUAL TRAITS

- Social Competence
- Problem Solving Skills
- Autonomy
- Sense of purpose, belief in a bright future

ENVIRONMENTAL TRAITS

- Caring Relationships
- High Expectations
- Opportunities for participation

Lessons Learned from Resiliency Studies



- Protective factors make a more profound impact on the life course than specific risk factors.
- Protective factors appear to transcend ethnic, social, geographical and historical boundaries.
- Resiliency is a dynamic, innate capacity that can be learned and developed.