

Moving Beyond Risk to Resiliency: A Protective Factor Approach to Student Wellbeing and Academic Success

**Presented by
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Educare

Latin, to draw forth the hidden wholeness

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Perception

The perspective from which we view things around and within us determines what we see.

**“Generally presumed to be at low risk
...recent studies [on children of
affluence] have suggested problems in
several domains--notably, substance
use, anxiety, and depression—and two
sets of potential causes:
pressures to achieve and isolation
from parents.”**

Luthar, S.S,
The culture of affluence: psychological costs of material wealth
Child Dev. 2003 Nov-Dec;74(6):1581-93.

“There is a regrettable tendency to focus gloomily on the ills of [humankind].... the potential for prevention surely lies in increasing our knowledge and understanding of the reasons why some children are not damaged by deprivation.”

*Michael Rutter, M.D.
Annals Of The Academy Of Medicine Singapore (1979)
Volume: 8, Issue: 3, 324-338*

Resilire (Latin), to leap back.

The ability to bounce or spring back into shape or position; the ability to recover strength or spirits quickly; or the ability to recover in the face of hardship or trouble.

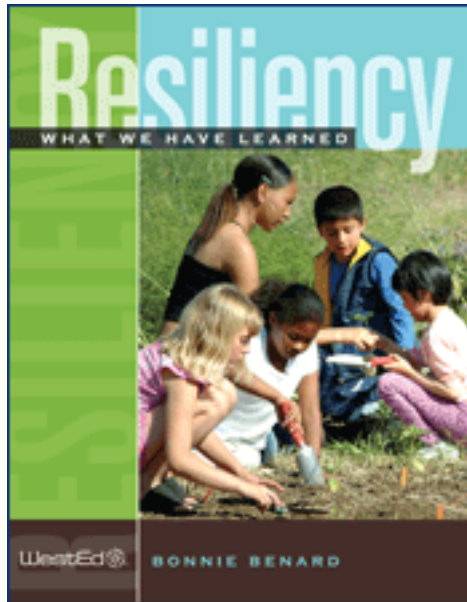
RESILIENCE

The process of adapting well in the face of adversity, trauma, tragedy, threats, or even sources of significant stress.

American Psychological Association

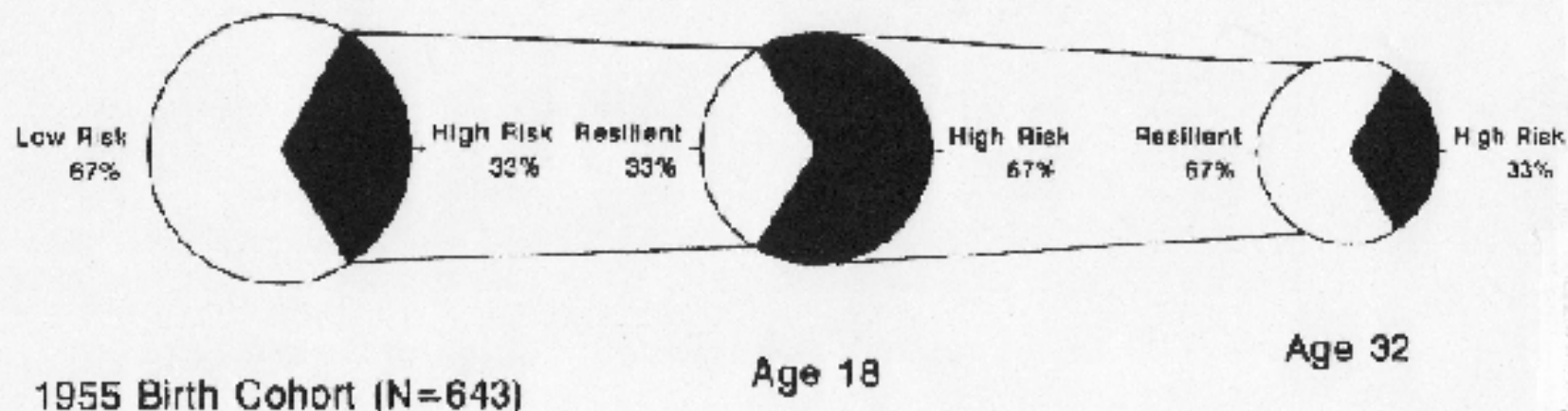
“The good news is that between 50 and 80 percent of kids in high risk environments do manage to bounce back.”

Bonnie Benard,
Resiliency researcher and author



The Big Picture: Risk and Resiliency

The Kauai Study



Risks

- Poverty
- Parental Discord
- Parental Psychopathology
- Perinatal Stress

High Risk Behaviors

- Delinquencies
- Mental Health Problems
- Pregnancies

Success In

- Marriage
- Work
- Parenthood

PROTECTIVE FACTORS

Protective factors in the lives of young people [are those] factors that, if present, diminish the likelihood of negative health and social outcomes.

M. Resnick

Journal of the American Medical Association

Those traits, conditions, situations, and episodes that appear to alter -- or even reverse -- predictions of negative outcome and enable individuals to circumvent life stressors.

N. Garmezy

Pioneering resiliency researcher

COMMON FACTORS IN YOUTH RESILIENCY

- 1. Sense of humor*
- 2. Sense of detachment*
- 3. A healthy adult capable of*
Nurture
Mirroring

Beardslee, W. and Podorefsky, D.
“Resilient Adolescents Whose Parents Have Serious Affective
and Other Psychiatric Disorders.”
American J. of Psychiatry, 145 (1), Jan ‘88, 63-69.

DAMAGE MODEL

Conception of Child:

Helpless

Fragile

Passive

Trapped

Steve and Sybil Wolin: *The Resilient Self*

CHALLENGE MODEL

Conception of Child:

Resourceful

Self-Protective

Active

Capable of Choosing

THE SEVEN RESILIENCIES

- **Insight**
- **Independence**
- **Relationships**
- **Initiative**
- **Creativity**
- **Humor**
- **Morality**

MAJOR MESSAGES FROM THE RESILIENCY RESEARCH

- All people are, by nature, resilient**
- Most “at risk” youths do succeed.**
- Facilitating resilience is more about orientation than it is about intervention.**
- It’s how we do what we do that counts.**