Building Community Resilience

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*No conflicts of interest to declare
PART 1:
WHAT IS RESILIENCE?
Is this resilience?

“You can’t stop the waves but you can learn to surf”

--John Kabat-Zinn

But…it’s easier to learn to surf if you have a surfboard, a coach, and a lifeguard
What Works
Example: Project EARTH, Botswana
In the context of exposure to significant adversity, resilience is the capacity of individuals and communities to navigate their way to the psychological, social, cultural, and physical resources that sustain wellbeing, and their capacity individually and in groups to negotiate for these resources to be provided... in culturally meaningful ways.
Cigna Resilience Index

Survey of 5,000 parents and children, 1,500 young adults, 5,000 workers in US
• The U.S. is going through emotional turmoil: COVID-19, the economic downturn, increased divisiveness and an awareness of the systemic and pervasive culture of racism.

• The Cigna 2020 Resilience Index looked at the ways in which these different stressors are impacting children, young adults and parents.

### Children (ages 5-17)

**COVID-19 Impact**
- Over half of parents (54%) say that COVID-19 is causing their child distress and anxiety (5-10-year-olds: 53%, 11-13: 56%, 14-17: 54%; not significant differences)
- Close to half of parents (45%) say that being homeschooled due to COVID-19 makes their child stressed and anxious

**Systemic Racism**
- Over four in ten parents of Black children (45%) say an increased awareness of racism causes their child anxiety

**Other**
- Nearly half of the children surveyed (45%) say they worry too much about different things, and more than one in three (36%) feel nervous or on edge
- Close to one in five children (17%) have received support for a mental/behavioral health issue in the last six months

### Young Adults (ages 18-23)

**COVID-19 Impact**
- More than seven in ten young adults ages 18-23 (72%) are suffering from stress and anxiety due to COVID-19
- Over half say that having to work from home (or continuing to work in-person) due to COVID-19 causes them anxiety (52%, 54%)

**Systemic Racism**
- Two in three (65%) young adults are feeling stressed and anxious about the recent deaths of Black Americans like George Floyd; these issues are significantly more stressful to them than the current economic uncertainty
- Half (50%) of young Blacks ages 18-23, 54% of Asians, 46% of Hispanics and 48% of those who identify their race as “Other” feel threatened by racial discrimination (compared to just 17% of Whites)
- In the last month, nearly one-third of Asian (35%), Black (30%) and Hispanic (30%) young adults often felt afraid to leave their house (compared to 23% of Whites)

**Other**
- Over one in three young adults (34%) rate their mental health as fair or poor; and one in four (26%) have sought help for a mental health issue in the last six months

### Parents of Children 5-17

**COVID-19 Impact**
- Nearly three in four parents (74%) are feeling stressed and anxious due to COVID-19, and more than six in ten (62%) are stressed by the current economic uncertainty
- Over half of parents (54%) say that having to homeschool their child/children due to COVID-19 causes them anxiety; six in ten essential worker parents (60%) feel this way

**Systemic Racism**
- Close to six in ten Black parents (59%), 46% of Asian-Americans, 45% of those who identify their race as “Other” and 37% of Hispanics say they have experienced racial discrimination (compared to just 16% of Whites)

**Other**
- Nearly one in four parents (23%) say that their current financial situation is fair or poor
Resilience is available to all of us...

<table>
<thead>
<tr>
<th>Focus on holistic health management</th>
<th>Build quality relationships and connections</th>
<th>Increase exposure to diversity</th>
<th>Focus on inclusivity</th>
<th>Facilitate transparent two-way communication</th>
<th>Promote availability of access to resources and tools</th>
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<tr>
<td>In addition to good physical and mental health overall, resilience is significantly higher in children who frequently get physical exercise and in adults and workers who regularly exercise and practice stress reduction activities.</td>
<td>Resilience levels are impacted by the quantity and quality of communication and relationships with coworkers, peers, families, teachers, friends, etc. Additionally, when it comes to social media, parents should ensure balance and focus on content creation.</td>
<td>Differing races/ethnicities, socio-economic statuses, religions, etc. in one’s family, friendships, community, and workplace is associated with higher resilience.</td>
<td>Groups who have higher resilience are more likely to feel that they fit in within their communities, and that they are treated fairly.</td>
<td>Workers who proactively and frequently have difficult conversations at work, and who have equally communicative leadership, have higher resilience.</td>
<td>Access to resources, such as Employee Assistance Programs, Employee Resource Groups and COVID-19-specific resources (digital symptom checker, caregiver support, etc.) is associated with higher resilience in parents, young adults and full-time workers.</td>
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Complex Biopsychosocial-ecological System

Scales
- Natural Environment
- Built Environment
- Social Environment
- Psychological Systems
- Biological Systems
Lesser Slave Lake Fire (May, 2011)
Post-traumatic Growth
(Opportunity in crisis)  (Botey & Kulig, 2013)

- After the fire, many families committed themselves to achieving important life goals
- Many set new priorities, established new routines, changed attitudes towards life for the better
- Many changed within family patterns of communication
- Many developed new values and perceptions of what they needed
Transactional Risk Economy: Prosocial and Antisocial Resilience Trajectories

High Resilience Capital
Protective Factors are Strong

Low Resilience Capital
Protective Factors are Weak

Anti-social resources

Pro-social resources

Q1

Q4

Q3

Q2
**Transactional Risk Economy: Prosocial and Antisocial Resilience Trajectories**

High Resilience Capital
- Protective Factors are Strong

Low Resilience Capital
- Protective Factors are Weak

Q1

Q2

Q3

Q4

Anti-social resources

Pro-social resources
Differential Impact
Delinquency scores, depressive symptoms, and traumatic symptoms by the number of waves of reported participation in organized activities and the CPS maltreatment record at baseline. SM: Sexual maltreatment only; PM: Physical maltreatment only; NG: Neglect only; OT: Other type of maltreatment; MM: Multiple types of maltreatment. Kwak, Y. (2018). *Child Abuse & Neglect.*
Has hospital use for mental disorders changed?

- Increase in ED visits: 75%
- Increase in hospitalizations: 65%
- Decrease in hospitalizations for other conditions: -24%

Visit cihi.ca for more detailed information about youth and mental health in Canada.

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4-wave study of 11-22 year old youth ($M_{W1} = 14.5$, $SD_{W1} = 1.5$) from Atlantic Canada ($n_{W1} = 839$, $n_{W2} = 499$, $n_{W3} = 480$, $n_{W4} = 444$)
School engagement

Low Resilience High Resilience

4.5

(3) Low vulnerability, High quality community environment

4

(4) Low vulnerability, Low quality community environment
Service Use Satisfaction Questionnaire

 Thinking about a service you have referred children, youth, or families to, answer the following questions from the perspective of those receiving the service:
1. Overall, I am satisfied with the services I received
2. I helped choose my services
3. I had a say in how this service was delivered to me and could ask for what I wanted
4. I received services that were right for me
5. I could get the service when I needed it
6. This was the service I needed
7. Staff respected my religious and spiritual beliefs
8. Staff spoke in a way that I understood
9. Staff were sensitive to my cultural and ethnic background
Service Use Experience

.33*

Resilience

.37*

Functional Outcomes
Workshop/Discussion

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Exercise
Exercise (Part 1): Appreciative Inquiry

❖ Describe an experience at your workplace, at home, or in your community where you have been able to navigate and negotiate effectively for the resources you needed to be resilient.

❖ Be very specific when describing the experience.
❖ What services or supports did you receive?
❖ Where were these services and supports offered?
❖ What other resources did you use (internal/external)?
❖ What other details can you provide?
Exercise (Part 2): Appreciative Inquiry

- Who, and/or what, was required to make this experience possible?
  - Again, be as detailed as possible. What would someone see you doing?
  - What did your colleagues, neighbours, and others in your community do?
  - If at work, what did your co-workers do?
  - What did your community or government do that made the service or support work well?
Four Strategies for Success

1. Change yourself—But what changes are the right ones?
Exercise: Do you have a healthy lifestyle?

- Do you eat 3 oz of chocolate per day?
- Do you exercise vigorously for 10 minutes each day?
- Do you sleep at least 7 hours each day?
- Do you have 1 (for women) or 2 (for men) drinks of alcohol a day?
- Do you have family dinners three times a week?
- Do you have sex at least once (and if possible, four) times a week?
Four Strategies for Success

1. Change yourself (if that’s enough)
2. Make the best use possible of the 12 resources you have
Can your environment absorb stress for you?
Harold Warner of Dynamic Air Shelters developed a better way for buildings to be resilient when faced with an explosion outside.
Four Strategies for Success

1. Change yourself (if that’s enough)
2. Make the best use possible of the 12 resources you have
3. Change your world to have more of the 12 resources
Four Strategies for Success

1. Change yourself (if that’s enough)
2. Make the best use possible of the 12 resources you have
3. Change your world to have more of the 12 resources
4. When all else fails, change what you want
Exercise

Which of the four strategies do you use most often?

Do they work?

In which contexts are they most/least effective?
Thank you!

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