

	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	We have somewhere safe and clean to live	We feel that we have a place where we belong	We try our best to achieve as much as possible when completing obligations (work/ school/ volunteering etc)	We have rules for in and outside of the home and keep to them	We understand how other people feel
	We have enough money for our family to live	We all have good friends that support us when needed		We are brave when we need to be	We understand how we work as a family
	We can keep ourselves safe in our home and outside	We all have friendships that have lasted a long time	We can ask for help and advice in order to learn	We can recognise problems and deal with them before they get worse	We understand each other
	We can use transport to get to different places	We can speak to each other and friends when we need to		We solve problems as a family without blame	We know each other's interests and talents
	We are free from prejudice and discrimination	We all help each other	We know what we want to do in our lives	We focus on good things in a bad situation	We each know our responsibilities within the family
	We have a healthy diet	We meet up with friends and family that we can rely on	We have a plan as a family for our future	We start and continue activities that we enjoy doing	
	We get enough exercise and fresh air	We all have our own responsibilities	We are organised as a family	We calm ourselves down and relax when we need to	We create opportunities to do things that we enjoy
	We get enough sleep/ have a good 'bed time'	We focus on and remember good times and places together		We look on the 'bright side' and remember that 'tomorrow is another day'	We know there are services around us that can help and support us
	We spend time together as a family	We all know our family history and where we come from	We highlight each other's achievements as a family	We give each other support when needed	
	We keep ourselves clean and tidy	We all think positively about a new situation or person	We are open to learning new things	We give others support as a family	We use specialist support when needed
		We make friends with people and mix/ go out with them	We teach each other new skills	We all have a laugh together	
	NOBLE TRUTHS				
ACCEPTING		CONSERVING	COMMITMENT	ENLISTING	

The need for a Family Resilience Framework became apparent when resilience workers recognised that members of the wider family (parents, siblings, carers etc.) also needed to improve their own resilience. It was therefore put forward that a family approach to resilience was needed in order to provide seamless family intervention which would ensure self-sufficiency once support workers withdrew.

The Family Resilience Framework emerged from a series of communities of practice. These were put together involving health professionals, social workers, young people and parents that had previously received support in order to gather input on how the Framework categories could be utilised in a family context.

Discussions within the communities of practice took place around how each area of the Framework could be adapted to apply to everyday family life. The terminology was determined by all members of the communities of practice, ensuring that language and content was universally understandable.

The Family Resilience Framework was developed by: Rhian Adams, Tiffany Bales, Laura Brown and Sarah Henderson with the support of the participants of the Newport Mind Community of Practice.