

Taking a public health approach to resilience for young people

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Resilience

By definition, an unexpected outcome.

A good outcome in the face of severe challenges.

Transformation of 'toxic stress' to 'tolerable stress'

Supporting young people's ability to 'bounce back'.

What is distinctive about a public health approach?

- Designed in partnership with local communities
- Needs led
- Evidence-based
- Combining universal and targeted
- With an eye to the PH outcomes framework

**A public health approach
to promoting young people's resilience**

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A guide to resources for policy makers, commissioners, and service planners and providers

The pressures that young people face

- Poverty and deprivation
- Maltreatment and neglect
- Parental psychopathology or addiction
- Long-term health conditions
- Family disruption
- Bullying and social media issues
- Peer problems
- Academic pressures
- Pressures on body confidence

1.9 MILLION

YOUNG PEOPLE
AGED 10-19 LIVE IN THE
MOST DEPRIVED AREAS
OF ENGLAND

A model of resilience, combining:

Development of **individual skills**

Access to the **right information** at the right time

Availability of suitable/relevant/expert **services and resources**
when they are needed

Tackling the **wider determinants** of unequal health outcomes

Access to the right information at the right time

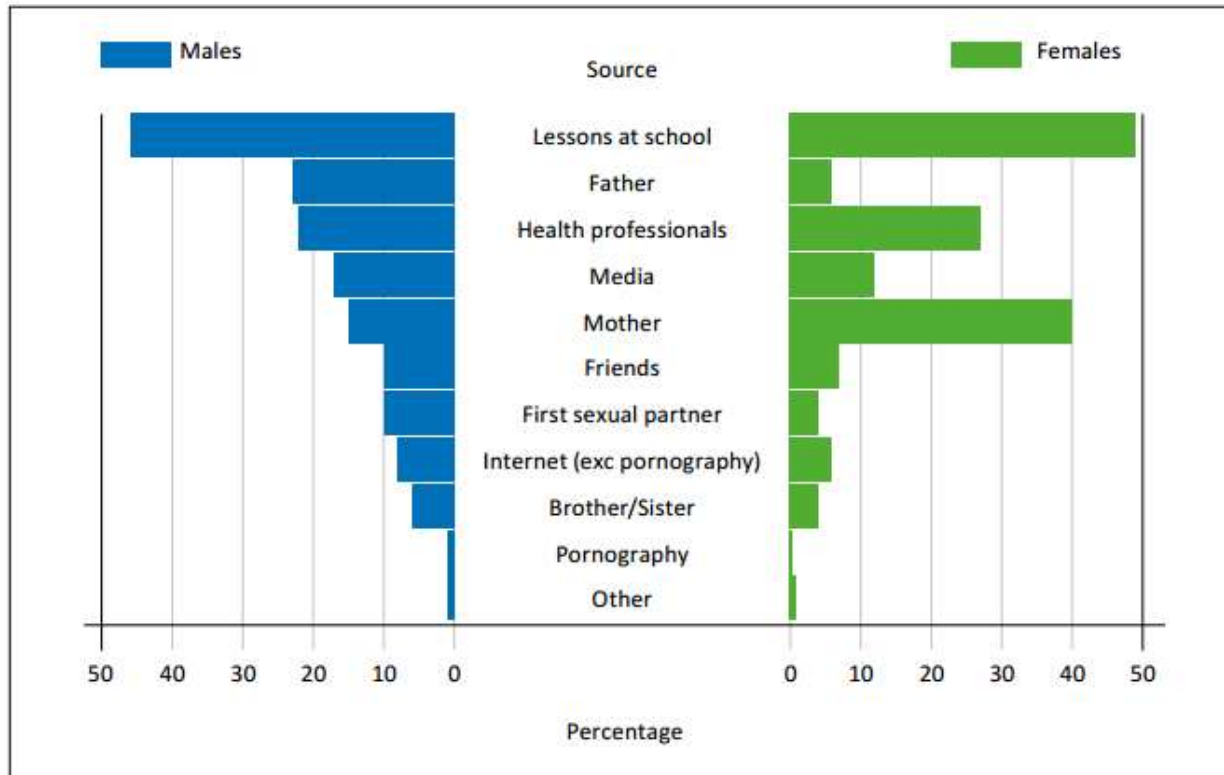


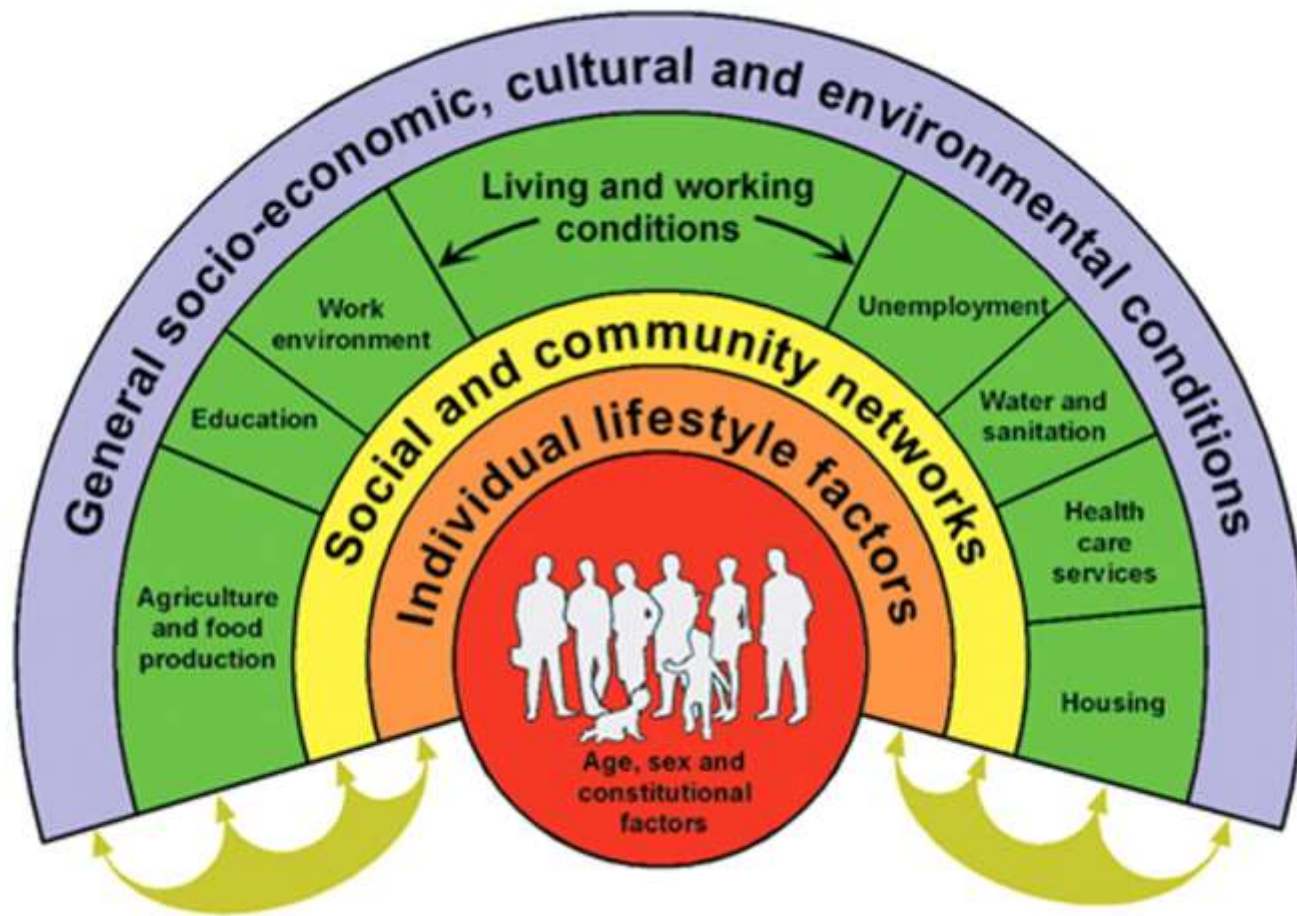
Chart 5.8
Preferred sources of information about sex when growing up, young people aged 16-24, Great Britain, 2012

Source: Sex Education Forum (2015) Sex and relationship education: the evidence. Data source National Survey on Sexual Attitudes and Lifestyle 2014 (NatSal-3). Reproduced with permission » [Download data](#)

Availability of suitable & expert services and resources

- Things that fit around young people's lives
- Linking local health services with voluntary sector provision
- Emphasising youth friendly approaches
- Providers trained in adolescent development

Tackling the wider determinants of unequal health outcomes



Key settings



How do we make it happen?

- Establishing a local culture that prioritises resilience
- Enhancing the availability & quality of local support
- Picking the moment to intervene
- Making the most of a growing collection of toolkits and resources!

Take home messages

- Adolescence and early adulthood represent a **critical life stage**
- Resilience is not about reducing risk, it is about helping people to **bounce back**
- A public health approach to resilience focuses on **more than** individual skills
- We need to hear **what young people want** and plan input around their particular needs
- Young people should **not be defined** by the challenges they have faced
- **No one size fits all....**

“Resilience does not come from rare and special qualities, but from the everyday magic of ordinary, normative human resources in the minds, brains and bodies of children, in their families and relationships, and in their communities”

Masten 2001

More info

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