

A brick wall with a colorful mural. The mural depicts a path that starts as a purple circle on the left, transitions into an orange path leading towards a green hill in the background. A wooden ladder is leaning against the wall on the left side.

Resilience to Reoffending: Young Men's Experiences of Overcoming Adversity

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Defining resilience

- Resilience as the outcome of both individual and social processes
- “the outcome from negotiations between individuals and their environments for the resources to define themselves as healthy amidst conditions collectively viewed as adverse” (Ungar, 2004a, p.32).
- Distal vs proximal care (Prilleltensky, 2005)

Defining resilience

“A focus on resilience cannot adequately explain inequalities in [health] and wellbeing and may serve to disguise or distract from analysis of social structures that result in and maintain inequalities in power, wealth and privilege”

Friedli, 2012

The aim of the research

- ➔ To understand the mechanisms that are effective at supporting young men's resilience to re-offending
- ➔ To support practice interventions working with young adult males considered "at risk" of offending.
- ➔ To understand the relationship between those mechanisms and the Resilience framework.

The Need....

- Limited research within the psychological therapies focusing on young men involved in crime
- Limited understanding within resilience research with regards to the mechanisms of importance and the application of these in practice.
- Desistance vs resilience
- High re-offending rates within UK

Participants

- Eight young men with previous involvement in the criminal justice system
- Aged 18-25
- Were no longer engaging in criminal activities (6 months)
- Resident in Hastings, East Sussex
- Theft, domestic violence, car crimes and GBH

Participants

- John, 21 Mum recently passed away, started drinking as a result of the loss, relationship broke down. Lost contact with his son, nowhere to live, feeling life is hopeless. Been in prison twice. Unemployed.
- Living in the same clothes.
- Lack of trust in services due to continually being let down.



Marcus

Loss of childhood- moved around continuously – growing up too fast

Lived in inner city London- Became part of a gang- self protection

Stealing/violent crime

Youth detention Centre-

Lack of boundaries- re-offended Moved to Hastings

Methodology

- Narrative enquiry to understand the lived experience of the young men & to give voice to such experiences
- The film of your life
- thematic analysis to elicit the themes and mechanisms present in the young men's stories
- Retrospective application of the resilience framework to the data

Resilience Framework (children and young people) Oct 2012. Adapted from Angie Hart and Derek Blincow 2007 www.boingboing.org.uk

Resilience Framework (children and young people) Oct 2012. Adapted from Angie Hart and Derek Blincow 2007 www.boingboing.org.uk					
Broad areas	BASICS	BELONGING	LEARNING	COPING	CORE SELF
Specific approaches	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
		Help child/YP understand their place in the world			
	Enough money to live	Tap into good influences	Engage mentors for children/YP	Being brave	Support the child/YP to understand other people's feelings
	Being safe	Keep relationships going		Solving problems	
		The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
	Access & transport	Take what you can relationships where there is some hope		Fostering their interests	
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calming down & self-soothing	Help the child/YP take responsibility for her/himself
		Responsibilities & obligations			
	Exercise and fresh air	Focus on good times and places	Highlight achievements	Remember tomorrow is another day	Foster their talents
	Enough sleep	Make sense of where child/YP has come from		Lean on others when necessary	
		Predict a good experience of someone or something new	Develop life skills		There are tried and tested treatments for specific problems, use them
	Play & leisure	Make friends and mix with other children/YPs		Have a laugh	
NOBLE TRUTHS – underpinnings					
ACCEPTING		CONSERVING	COMMITMENT		ENLISTING

Findings

- Strengthened the evidence based underpinning the importance of the Resilience framework in promoting resilience
- Mechanisms within basics, belonging, learning, coping and core self were important
- Emphasised the importance of working socially rather than purely just individually- Undermining to do one 🎧
- The importance of social capital- bonding and bridging
- Adversity as an inoculation against future stresses
- Challenges the notion of what is risky? Young fathers

Safety

The town itself really, Hastings town itself. You know even I don't think of that all the time, it's probably the biggest thing in a way. So you know Hastings itself being a friendly, welcoming town and um like the residents most of them are okay and friendly. You know it just makes me feel more secure."

The importance of basics

John: Housing

“I was kicked out of prison and given £32 and nowhere to go, so I kicked off again so I would have somewhere to sleep and eat.”

Enough money to live:

Mouse: I was struggling to get work after coming out, so I had to lie in the end in order to get a job.

- Reinforced within T2A research: A job and housing of prime importance

Gaz: The need to belong

- Aged 23, felt that he was unwanted by his family so moved away to live in Hastings to stay with his nan. His Nan was both physically and verbally aggressive to him and he became suicidal.
- He got himself involved in crime as a way to support his sense of “fitting in” as he didn’t have anywhere where he felt he belonged. “Xtrax Young People’s centre saved my life”
- The importance of housing to support the separation from his nan
- Volunteering- developing skills and a sense of importance.

Implications for practice

With a traditional psychological intervention these young men's resilience to re-offending would have been limited

Challenges what is therapeutic?

The difference between thriving and surviving


The importance of challenging the ideological preferences that exist within society.

Working systemically needs to go beyond the family- as there is a lack of family here 📷

Implications for practice


- Utilising inoculated resilience as an opportunity in practice
- Crime is a social and individual issue and therefore requires an intervention that tackles both
- The importance of agency and work at a core self level – problem solving & a sense of responsibility
- distal and proximal care (prilleltensky, 2005)
- Using your “inequalities imagination” (Hart and Hall, 2009)

Implications for practice

- Working with the community to create opportunities for change
- Taking “therapy” beyond the consulting room
- Reconciling our role as healers with change agents
- Changing the oppressive culture “them and us”
- Build on the technical theoretical knowledge that we have and transfer into practice that is liberating and empowering for clients and professionals 

The background of the slide is a photograph of a brick wall. A large, vibrant rainbow is painted across the wall, with its colors (red, orange, yellow, green, blue, purple) clearly visible. A wooden ladder is leaning against the wall on the left side, with its rungs visible. The overall scene suggests a message of hope and reaching for something higher.

Finally.....

- Community change, not just personal change; political change, not just psychological change; justice, not just caring; all are urgently needed within a psychological approach (Prilleltensky, 2005)
- Thank you 
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Resources

- To view a copy of the 'Changing Lanes – Promoting Resilience to Reoffending with Young Men Experiencing Adversity' booklet please go to the web address below:

http://issuu.com/boingboingresilience/docs/resilience_to_reoffending_final_sep