



safer communities, healthier lives





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“Our projects, delivered in communities and prisons, encourage and empower people to take control of their lives and motivate them to find solutions to their problems”.

“...being able to cope, long term strength, capacity to bounce back from challenges or deal with trauma, inner strength’ and that it is a skill one is able to learn (Aumann & Hart 2009)



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CRI East Sussex Young People & Families Services.

Families
and
Parenting

Domestic Abuse

Young People
(Connexions 16+)



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Building a Culture of Resilience

- Community of Practice Group
- Resilience Practice group
- Cross Service Resilience group
- Whole team training
- Designing a resilience tool
- Discussions in team meetings, in the office, at lunch, having a moan.



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Basics – mum was able to increase her income to a more comfortable level, which enabled her to meet both her and her son’s basic needs more adequately.

Belonging – she involved her son in the business, having him help her with appropriate tasks, building a stronger relationship between them via shared purposeful activity.

Core Self – both mother and son benefitted from an increased sense of their own self-efficacy and self-worth, they both said they felt that the ‘family’ had got ‘a purpose in life’.

Learning – the mother learned a number of new skills involved in setting up and running a small business, and sought advice and assistance in how to go about it. She also used the business as an opportunity for her son to work on basic numeracy and literacy skills.

Coping – A number of family stresses and difficulties were eased by the simple expedient of now being able to afford to run a car. This gave them much more freedom to engage in positive, fun activities further afield than they were managing before.

There was a pronounced increase in the mother’s confidence in her own parenting – and a corresponding decrease in conduct and emotional issues for her son



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Resilience Jenga



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