

Welcome

Uniting resilience research and practice development with activism to challenge social adversity

Professor Angie Hart and Emily Gagnon



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What do you think?

changing

to

through

and

the

beating

beat

change

whilst

odds



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What is resilience?

Why does it matter how we define resilience?



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Critique of 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



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Critique of resilience...

In other words, building resilience, even if successful, is nothing more than:

“putting a sticking plaster over the wound caused by macro-structural inequalities in power and resources”

Taylor, Mathers, Atfield and Parry, 2011



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Ways of thinking about resilience

Resilience can be defined as reduced vulnerability to environmental risk experiences, the overcoming of a stress or adversity, or a relatively good outcome despite risk experiences

Resilience is overcoming adversity, whilst also potentially changing, or even dramatically transforming, (aspects of) that adversity

The capacity of a dynamic system to withstand and recover from significant challenges that threaten its stability, viability, or development

In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their capacity individually and collectively to negotiate for these resources to be provided and experienced in culturally meaningful ways

Resilience can be defined as reduced vulnerability to environmental risk experiences, the overcoming of a stress or adversity, or a relatively good outcome despite risk experiences

Those skills, attributes, and abilities that enable individuals to adapt to hardships, difficulties and challenges

Resilience is an internal capacity and ability to adapt



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Definitions shape practice

Which kind of practices would be happening if you fitted them under these different descriptions?

Are any of them sticking plasters?



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Definitions shape practice

We wouldn't want to be working with this definition...

The personal qualities that enables one to thrive in the face of adversity



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What do academics think resilience is?

Authors	Definitions of resilience
Masten, Best, & Garmezy, 1990, p.426	The process of, capacity for, or outcome of successful adaptation despite challenging or threatening circumstances
Luthar, Cicchetti, & Becker, 2000, p.543	A dynamic process encompassing positive adaptation within the context of significant adversity
Roisman, Padron, Sroufe, & Egeland, 2002, p.1216	Resilience is an emergent property of a hierarchically organised set of protective systems that cumulatively buffer the effects of adversity and can therefore rarely, if ever be regarded as an intrinsic property of individuals
Connor & Davidson, 2003, p.76	The personal qualities that enables one to thrive in the face of adversity
Masten & Powell, 2003, p.4	Resilience refers to patterns of positive adaptation in the context of significant risk or adversity
Alvord & Grados, 2005, p.238	Those skills, attributes, and abilities that enable individuals to adapt to hardships, difficulties and challenges
Lerner, 2006, p.40	Resilience describes person->context exchanges that are mutually beneficial for the individual and his or her setting...Resilience involves mutually beneficial reciprocally influential relations between a person and his or her context
Edwards, 2007	Resilience is a capacity for adaptation along appropriate developmental pathways, despite disruptions such as family breakdowns
Lee & Cranford, 2008, p.213	The capacity of individuals to cope successfully with significant change, adversity or risk
Ungar, 2008, p.225	In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their capacity individually and collectively to negotiate for these resources to be provided and experienced in culturally meaningful ways
Leipold & Greve, 2009, p.41	An individual's stability or quick recovery (or even growth) under significant adverse conditions
Masten, 2011, p.6	The capacity of a dynamic system to withstand and recover from significant challenges that threaten its stability, viability, or development
Zolkoski & Bullock, 2012, p.2296	Resilience refers to achieving positive outcomes despite challenging or threatening circumstances, coping successfully with traumatic experiences, and avoiding negative paths linked with risks
Hammond, 2008	The capacity of individuals, families, groups and communities to understand and creatively draw upon their internal and external strengths in ways that facilitate effective coping with significant adversity and stress, promotes health and wellness and results in an increased ability to constructively respond to future adversity over time
Hart, Blincow, & Thomas, 2007, p.10	Resilience is evident where people with persistently few assets and resources, and major vulnerabilities... have better outcomes than we might expect given their circumstances, and in comparison to what we know happens with other children in their contexts.
Rutter, 2012, p.336	Resilience can be defined as reduced vulnerability to environmental risk experiences, the overcoming of a stress or adversity, or a relatively good outcome despite risk experiences
Hart, Gagnon, Aumann, & Heaver, 2013b	Resilience is overcoming adversity, whilst also potentially changing, or even dramatically transforming, (aspects of) that adversity



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What do academics think resilience is?

Masten's Four Waves of Resilience Research (2007)

1st Wave: Definitions centre on attributes specific to the individual such as personal qualities, capacities, skills and abilities

2nd Wave: Protective and risk factors incorporating meso level. Definitions characterised by abstractions such as processes, patterns, vulnerability, risk and protection

3rd Wave: More systemic understanding of resilience. Definitions refer to dynamic processes, systems and negotiation

4th Wave: An ecological understanding of resilience places individual and adversity within micro, meso, macro and exo context

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What do academics think resilience is?

Positive adaptation despite adversity

Garmezy and Rutter, 1983



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What do academics think resilience is?

Positive **adaptation** despite adversity

Garmezy and Rutter, 1983



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What do academics think resilience is?

Positive adaptation **despite** adversity

Garmezy and Rutter, 1983

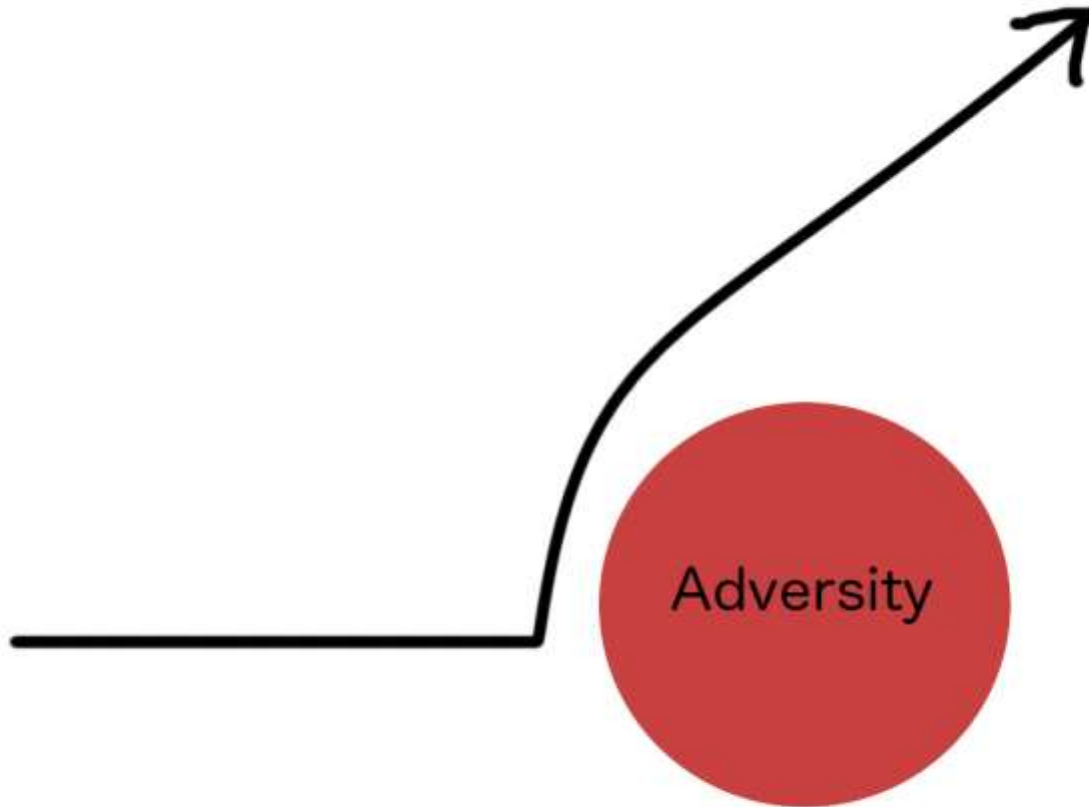


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Positive adaptation despite adversity



How does resilience appear in policy?

An internal capacity and ability to adapt

Children and young people's health outcomes forum
2012 p.6: HM Gov



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What do we think?

Our Definition....

“overcoming adversity, whilst also potentially subtly changing, or even dramatically transforming, (aspects of) that adversity”

Hart, Gagnon, Aumann, & Heaver, 2013



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What do we think?

Our Definition....

“overcoming adversity, whilst also potentially subtly changing, or even dramatically transforming, (aspects of) that adversity”

“Beating the odds whilst also changing the odds”

Hart, Gagnon, Aumann, & Heaver, 2013

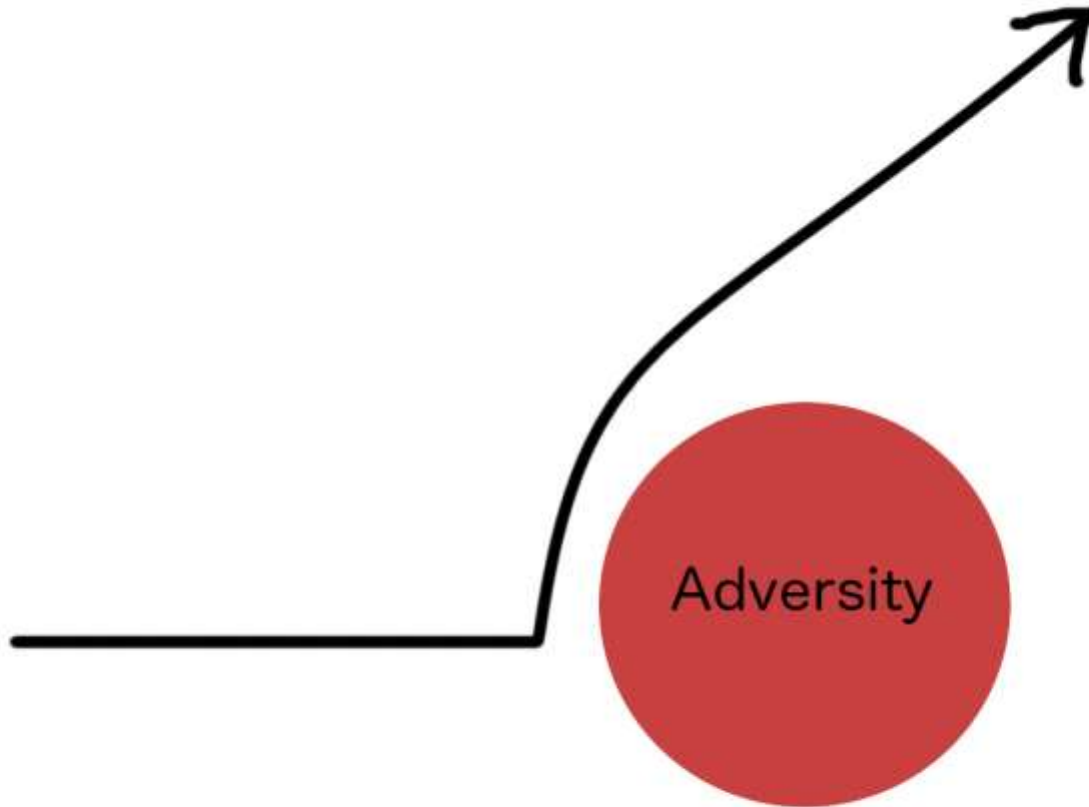


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Positive adaptation despite adversity



Challenging adversity



The Fifth Wave

The 5th wave – an overarching critical approach which explicitly takes into account political and economic influences and privileges research co-produced with and alongside communities in adversity.



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Resilient moves

The kinds of things we need to make happen (e.g. events, parenting strategies, relationships, resources) to help children manage life when it's tough. Plus **ways of thinking and acting that we need ourselves** if we want to make things better for children.'

Aumann and Hart 2009



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What this means for research practice

‘Resilient moves’ we can make in current research practice:

- Co-production (growing niche market in academia anyway)
- Transparency of definitions and decision making
- Acknowledgement of tensions between finances, time etc..
- Inclusion of demographic information about participants
- Justification of the use of non-representative populations
- Increasing accessibility of 5th Wave resilience measures



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What this means for Practice

‘Resilient moves’ we can make in our practice:

- Understand resilience for yourself and others you work with - don't individualise resilience
- Be energised by complexity
- Acceptance – ‘planning for, hoping not’
- Prioritise what we know probably works
- Try to include YP and parents/carers in resilience initiatives
- Make every thing you do a resilient move



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What this means for Practice

‘Resilient moves’: Where, when, how?

1. Have an adult they trust who helps them through life
2. Have support with getting the very basics in life, like food clothing, transport and housing
3. Actually access activities, hobbies and sports
4. Have multiple opportunities to practise problem-solving at home, school and in the wider community
5. Feel safe, and can be themselves in their homes, schools and communities
6. Know how to calm themselves down and take charge of their feelings
7. Know what they are good at, and are proud of it
8. Support other people, for example, through volunteering and peer mentoring
9. Are supported to understand what they need to do to build their own resilience and support other people in their communities to build theirs
10. Know that all adults in their lives are enabled to help disadvantaged children build resilience, at any time and in any place
- * 11. Have help to map out a sense of future (hope and aspirations) and develop life skills

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What can we do?

What will this look like in your own work?



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Uniting resilience research with a social justice approach

Thank you!

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