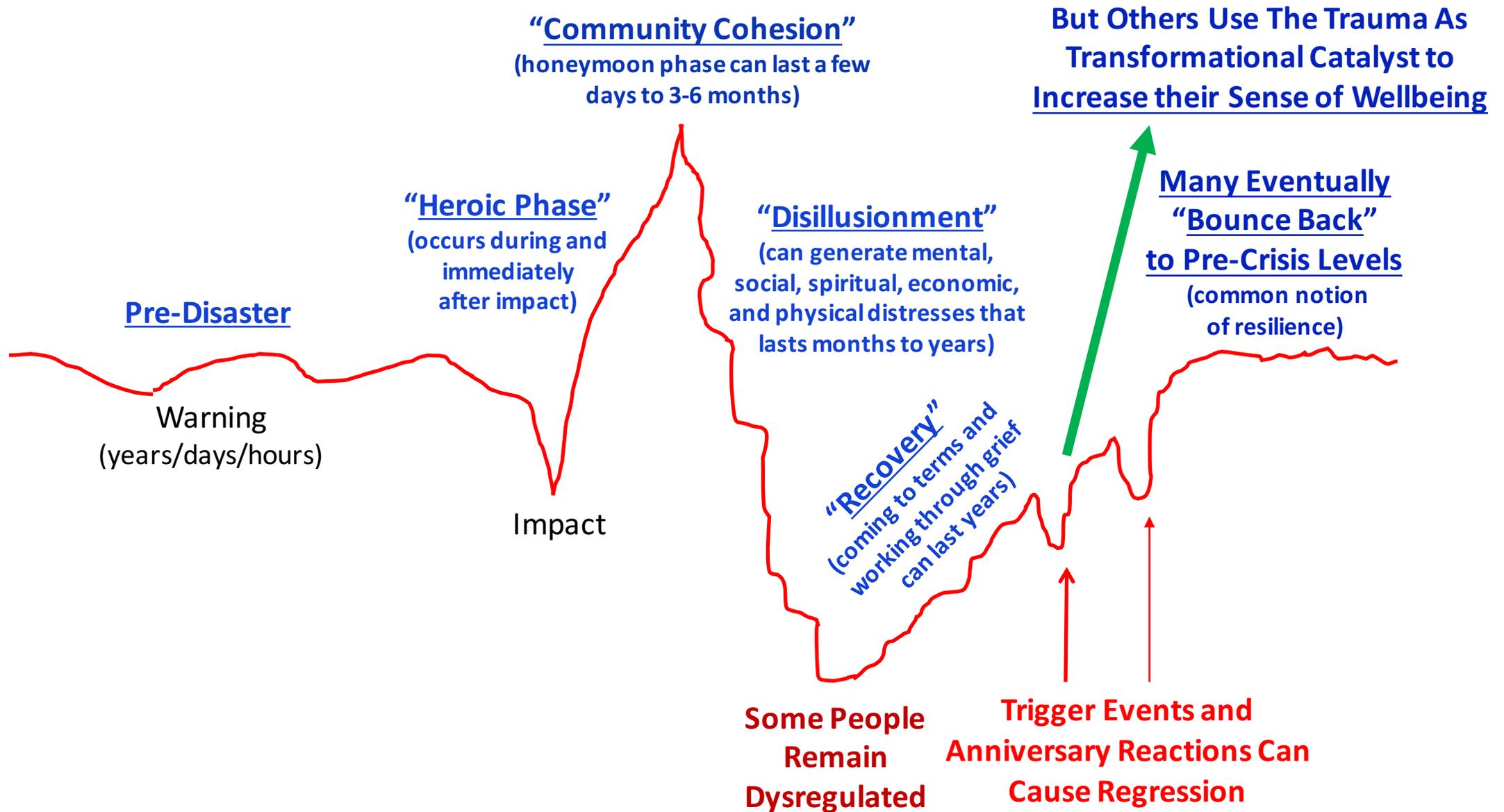




# **Models for Assessing Personal and Community Resilience**

**Dr. Maryam Kia-Keating, Brian Farragher, and Bob Doppelt**

# Phases Commonly Seen in Disasters



## Which Protective Factors Seem Most Robust and Which Seem Less So?

Protective factors are **conditions** or **attributes** in individuals, families, communities, and society that, when present:

- Help **minimize** the risk of **adverse** mental health and psycho-social-spiritual maladies resulting from adversities...
- And **increase** the likelihood of mental and physical health, social equity and justice, and personal and collective resilience.

**In short, protective factors counter the forces that lead to dysregulation and related maladaptive coping by promoting safety, health, equity, justice, and resilience.**

## Sample Protective Factors

### For Children and Families

- **Nurturing attachments among parents**
- **Educational opportunities about good parenting and child and youth development**
- **Good parental self-regulation skills**
- **Strong networks of family and friends**
- **Strong sense of belonging and connectedness to a community**
- **Access to good educational opportunities**
- **The availability of self-esteem building after-school activities for children.**
- **The availability of spiritual or faith-based resources for adults and children.**

### For Adolescents and Adults

- **Social norms, laws, and policies that prohibit hate crimes and racism and limit the availability of alcohol and drugs**
- **Adequate access to employment opportunities and family wage jobs**
- **Opportunity for active involvement in community activities**
- **Community leaders that together promote social norms focused on safe, healthy, just and equitable thinking and behaviors.**
- **Equal and open access to community resources**
- **Access to affordable physical and mental health services**



## In Your Conference Packet

**A Model for Assessing Personal Transformational Resilience**

**A Model for Assessing Transformational Resilience in Communities**