

ITRC 2018 Inventory of Resilience Programs

Thank you in advance for taking the time to complete this questionnaire. It seeks information about programs that build psychological and/or psychosocial resilience among adults and/or youth. It is being developed by The International Transformational Resilience Coalition (ITRC), a network of over 350 resilience, trauma, education, climate, and other professionals working to build individual and collective resilience for many types of traumas and toxic stresses, including those generated by climate change. The information gathered will be used to demonstrate the importance and benefits of building human resilience. It will also form the basis of a strategy to help support and expand resilience programs.

Please respond to the questions you are able to answer. If you cannot answer a question you can skip it, say "NA", or check the box that says None of the Above. Again, we deeply appreciate your willingness to complete the survey!

1. Name of Your Resilience Program:

2. Location (City, Zip Code, and State):

3. Name of Key Contact:

4. Phone Number of Key Contact (Area Code First):

5. Email of Key Contact:

6. Website of Your Resilience Program or Organization:

7. Please Describe the Objectives of Your Resilience Building Program:

8. Number of People Your Program Serves Monthly (say NA if you have no answer to this question):

9. Number of People Your Program Serves Annually (say NA if you have no answer to this question):

10. Number of People Under 14 Years of Age Your Program Serves Annually:

11. Number of People 15 to 20 Years of Age Your Program Serves Annually:

12. Number of People 21--55 Years of Age Your Program Serves Annually:

13. Number of People Over 55 Years of Age Your Program Serves Annually:

14. Which Communities and/or Neighborhoods Do Most of Your Participants Live In? (Please say Unknown if you do not know):

15. Average Annual Income of the People Your Program Serves (say NA if you have no answer to this question):

16. Percent of People Who Are Female Your Program Serves (say NA if you have no answer to this question):

17. Percent of People Who Are Male Your Program Serves (say NA if you have no answer to this question):

18. Percent of LGBT People Who Your Program Serves (say NA if you have no answer to this question):

19. Percent of People With a Physical or Other Form of Disability Your Program Serves (say NA if you have no answer to this question):

20. Percent of People Who Are Caucasian Your Program Serves (say NA if you have no answer to this question):

21. Percent of People of Color Your Program Serves. If possible, please explain: e.g. X% African American, X% Native American, X% Latino, X% Asian American etc. (say NA if you have no answer to this question):

22. Do Participants Pay a Fee to Attend Your Program?

- Yes
- No
- Sometimes/Some of them

If No Fee is Required, Please Say How Your Program is Funded (e.g. donors, taxes, foundations, or other):

23. Day(s) of the Week and Time(s) of Day Your Program(s) Are Offered:

24. Is Your Program Offered In-Person, On-Line (Electronically), or Both?:

- In-Person
- On-Line
- Both In-Person and On-Line
- None of the above
- Other:

25. Resilience Information Included in Your Program? (Check those that apply):

- We teach participants how severe and/or ongoing adversity and stress can affect their mind and body (the neurobiology of trauma and toxic stress)
- We teach participants how severe and/or ongoing adversity and stress can lead them to adopt behaviors that can harm themselves or other people (e.g. drugs, alcohol, smoking, aggression)
- We teach participants how severe and/or ongoing stress can affect the thinking and behaviors of groups of people
- We teach participants the importance of and skills for building and maintaining strong trusting relationships and social support networks
- We teach participants the importance of and skills to enhance their capacity for self-regulation
- We teach participants the importance of and skills to find meaning, purpose, and hope in the midst of adversity
- We teach participants the importance of and how to identify and promote positive social narrative that promote healthy, safe, equitable, just, and resilience thinking, behaviors, and outcomes
- None of the above
- Other:

26. Resilience Skills Included in Your Program? (Check those that apply):

- We teach participants body-based (somatic) resilience skills (physical skills to manage stress)
- We teach participants thought-based (cognitive) resilience skills (e.g. mental agility, optimism)
- We teach participants awareness-based resilience skills (e.g. meditation, mindfulness, self-awareness)
- We teach participants conflict resolution skills
- We teach participants how to communicate effectively
- We teach participants how to identify and strengthen their personal (character) strengths
- We teach participants assertiveness skills
- We teach participants how to learn about the world and themselves in the midst of adversity and find new sources of meaning and direction in life
- We teach participants how to clarify and live by their core values in the midst of adversity
- We teach participants how to find hope in the midst of difficult situations
- We teach participants the importance of and how to join with others to engage in positive actions in the midst of adversity
- We teach participants how to honor and respect people who look, think, or act differently than them
- We teach participants how to strengthen and enhance social equity and justice
- None of the above
- Other:

27. Social Norms Emphasized in Your Program? (Check those that apply):

- We emphasize the importance of thinking and behaviors that promote physical health
- We emphasize the importance of thinking and behaviors that promote psychological health
- We emphasize the importance of social equity and justice in all activities
- We emphasize the importance of social, racial, and ethnic diversity in all activities
- We emphasize the importance of activities that conserve and restore the natural environment and earth's climate
- We emphasize the importance of responding to adversity in positive constructive ways
- None of the above
- Other:

28. How Do You Measure the Effectiveness of Your Resilience Program? (Check those that apply):

- We ask participants to fill out evaluations after each session
- We ask participants to fill out evaluations after a program ends
- We send participants evaluation questionnaires a month or more after a program ends
- University researchers have evaluated the effectiveness of our program
- We do Not measure the effectiveness of our program

29. If Possible, Please Direct Us To Evaluations of Your Program's Effectiveness:

30. Please Describe the Science or Research Your Program is Based On (name of experts, books, or research basis etc):