



GENERAL INFORMATION – RESILIENCY CANADA

Introduction

The foundation of Resiliency Canada's work is based on the child, adolescent and adult resiliency assessment and developmental frameworks, which are positive experiences, relationships, opportunities, and personal qualities that all people need to grow up healthy, caring, and responsible. Established in 2001, the initial Youth Resiliency framework is grounded in research on child and adolescent development in resiliency, risk prevention, and protective factors. Surveys of more than 35,000 youth (ages 8 to 18) in the cities of Calgary and Toronto consistently show the importance of resiliency to restraint from risk and promote positive behaviours. As such, young people who experience more of these resiliency factors or developmental strengths are more likely to make healthy choices and avoid a wide range of risk behaviour patterns. The relative absence of these factors in the lives of young people in our communities has prompted many of our service sector agencies, federal/provincial/municipalities departments, educational/social institutes and the various community stakeholder associations to focus on an appropriate strength-based assessment measures and developmental therapeutic templates to advocate for children and family services and programs.

Mission

Resiliency Canada is an independent, nonprofit organization whose mission is to advance the well-being of children, adolescents and their families by generating knowledge and promoting its application through both empirical research and applied community-based initiatives. Resiliency Canada collaborates with various service providers, health-based organization, government agencies and academic institutes with the goal of promoting long-term community and social change that supports the well-being and healthy development of children and families.

To accomplish this mission, Resiliency Canada engages in the following activities:

- 1 conducts both applied and scientific research,
- 2 develops community-based initiatives and academic publications,
- 3 designs practical tools based on resiliency factors/strengths, and
- 4 provides training and application-based consultation services.

Objectives

1. *Research Focus* - Resiliency Canada conducts applied and scientific research on positive child, adolescent and family development to strengthen and deepen the foundations of the resiliency assessment and developmental frameworks. In addition, Resiliency Canada has a focus on the application of resiliency concepts and the development of protective factors at the community level and with organizations serving the well-being of children and families.
2. *Application Focus* - Resiliency Canada is working towards providing a wide range of Canadian-based assessment tools and evaluation protocols to equip community and organization leaders, parents, and young people to build resiliency and developmental strengths. The resources are designed to present, interpret, and apply the concepts of resiliency based on current and continuing research that also allows flexibility to meet the unique needs of the individual, communities and organizations.
3. *Training Focus* - The “Resiliency” training workshop/seminar series provides multi-sector practitioners with a comprehensive understanding of the theoretical foundations of resiliency, resiliency assessment and profile protocols, and practical applications of the resiliency profiles along with therapeutic plans of action. The “Resiliency” resource manual and educational CD become part of the resource package for both training and presentation purposes.
4. *Networking Focus* - Resiliency Canada strongly supports and engages in collaborative opportunities with leaders, practitioners and researchers that focus on the common goal of developing strength building approaches towards nurture child and family development in resiliency. These collaborative relationships include activities such as research, application of resiliency assessment and outcome protocols, and the development of informed and best practice models.

Assessment and Development Services

Resiliency Assessment - At the centre of Resiliency Canada's work is the applied and scientific research services regarding the administration and application of the resiliency assessment questionnaire protocols.

1. The applied research services has involved the provision of resiliency assessment surveys to school districts and service-sector stakeholders interested in better understanding the potential strengths and supports needed to enhance resiliency by identifying and engaging with appropriate community related services and programs. Resiliency Canada can provide individual child/adolescent or adult resiliency profile summaries (individual or group aggregated summaries) that can be utilized for both practical and clinical applications in a variety of settings (e.g., healthcare/medical, service/non-profit,...).
3. Resiliency Canada is committed to working with individual researchers and research-based organizations/institutes that express interest in utilizing the assessment protocols for scientific research purposes and publications.

Resiliency Consultation - From the initial assessment phase of Resiliency Canada's work evolves the practical application of individual and/or community-based therapeutic "plan of action."

1. Therapeutic interventions evolve from the interpretation of the resiliency profile summaries and the subsequent development of a plan of action at an individual, family, group or organizational level.
2. Resiliency Training module encompasses the following: 1) a comprehensive overview of the resiliency theory, 2) how the concept of resiliency can be applied to at-risk clients, and 3) the practical application of the resiliency protocols that leads to meaningful assessment and engagement resulting in enhanced children and family resiliency.

Product and Service Description

The resiliency assessment questionnaires (CR:ADS - Child Resiliency: Assessing Developmental Strengths, YR:ADS - Youth Resiliency: Assessing Developmental Strengths, AR: ADS - Adult Resiliency: Assessing Developmental Strengths) provide individual and aggregate summaries on which to develop strength-building strategies and preventative initiatives in family and community settings. The questionnaires provide a portrait of the positive/constructive indicators, deficits, and risk behaviors of children, adolescents and families. The Resiliency Canada national effort seeks to motivate and equip individuals, organizations, and their leaders to embrace a culture that nurtures the development of caring and responsible children, adolescents and families.

In addition, the resiliency assessment questionnaire has been used to:

- 1 Assist provincial and local educators in monitoring indicators related to student well-being;
- 2 Set priorities and strategies for programs and services;
- 3 Provide a common framework for cross-sector collaboration;
- 4 Provide data for grant writing;
- 5 Provide data for reports to funding agencies; and
- 6 Incorporate child and family needs in organizational and community planning
- 7 Develop therapeutic "action plans" for individuals and families

Management Team

The executive leadership consists of the following:

Dr. Wayne Hammond	President and Executive Director
Dr. Tyrone Donnon	Research Director

Advisory Committee

Dr. Sam Chang - Foothills Medical Centre
Dr. Claudio Violato - Faculty of Medicine at the Foothills Medical Centre
Dr. Jean-Francois Lemay – Department of Pediatrics at the Foothills Medical Centre
Liz Guthrow – Director of CLC8 with the Calgary School Board
Dr. Patrick Bailie – Clinical Psychologist at the Peter Lougheed Hospital
Bruce MacLaurin – Associate Professor at the Department of Social Work, U of C
Dr. Michael Ungar – Associate Professor at the Department of Social Work, Dalhousie University