

Interventions to Promote Resilience

Prepared as part of the work programme for the Resilience Network¹ by

Gill Windle and Katie Salisbury, DSDC, Bangor University

Marta Ciesla, CRC Cymru

<http://resilience.bangor.ac.uk/>

Question:

How can resilience be developed, maintained and enhanced to reduce health and social inequalities and achieve healthy ageing across the life-course?

Objective:

To identify interventions that promote resilience in relation to health outcomes (mental and physical).

Methods:

Interventions were initially sought through a systematic search of the literature. The following electronic databases were searched; Social Sciences CSA (ASSIA, Medline, PsycInfo); Web of science (SSCI; SCI AHCI); Greenfile and Cochrane database of systematic reviews. The search strategy was run in the CSA data bases and adapted for the others. The focus was to identify peer reviewed journal articles where resilience was a key focus and/or is assessed. The search strategy was developed so as to encompass all the project research questions. Authors were contacted for further information when this was not available for either the paper or website.

A. (DE=resilien*) and(((KW=biol*) or(KW=geog*) or(KW=community)))

B. (DE=resilien*) and(((KW=Interven*) or(KW=promot*) or(KW=associat*) or(KW=determin*) or(KW=relat*) or(KW=predict*) or(KW=review) or (definition)))

Data was extracted in purpose developed tables (see appendix). The following points were considered:

1. Is the intervention evidence based?
2. Is there any supporting evidence for the intervention? (e.g. published/unpublished reports/evaluations)
3. How easily is this intervention/programme accessible to potential users?
4. Who delivers the intervention? Is it a private or company service, government-led, or research-led intervention/programme? Are there any financial costs for the target group?
5. When is it delivered (weekly, daily, etc – length and duration)
6. Where is it delivered (community setting, GP surgery etc)
7. How is it delivered? (individual/group; visual, interactive, workbook)

Summary:

Very few peer reviewed publications of interventions were identified in the literature review – most of the interventions were identified through a general Google search. The lack of

identified peer-reviewed papers appear to reflect the results of an earlier review by Newman and Blackburn (2002) who state that “The literature on resilience promotion, while empirically based, includes relatively few accounts of conscious and specific strategies used to promote resilience, and fewer still that have been subject to a robust evaluation using controlled trials”

Twenty one interventions are reported on in this document and their details are reported in the following appendix. The following table summarises some of the key points. Nine of these were delivered in the USA, 1 in Canada, 10 in the UK and 2 in Australia. Most of these outlined the theoretical and/or empirical basis underlying the respective intervention, although 6 of these lacked information on this aspect.

Characteristic to some of the resilience interventions is that they are implemented without the target population having necessarily experiencing a significant adversity – they are designed to be preventative and to better equip people and communities should adversities be experienced – they have a public health approach.

One intervention, FRIENDS, is supported by considerable evaluation, whereas other, more recent interventions are currently work in progress or have some preliminary evaluations of their effectiveness. For 11 of the interventions, it was unclear if any actual evaluations exist.

Key Point:

From these findings and that of the other work undertaken as part of this work programme, it is clear that more research has focussed on identifying protective factors that underlie the resilience process, but less on designing and testing interventions that might change negative outcomes.

As the searching was done within a specific time period, we acknowledge that there may be some omissions. This document is considered to be a work in progress and as such will be updated regularly. If you have details of any interventions not listed here, please forward them to Dr. Gill Windle, g.windle@bangor.ac.uk

Summary table of intervention characteristics

Project:	Objective:	Evidenced based?	Target population	Evaluated?
Project resilience	To promote resilience in youths and adults struggling to overcome hardship.	Yes	Youths and adults (adversity)	Unclear
Virginia Resilience Project	To mobilize individual strengths, share strategies to cope with adversity, strengthen bonds.	Yes	9/11 victims, their families and first responders by helping them to cope with the ongoing trauma of the 9/11 attack.	Unclear
Maine Resilience	To assist the citizens of Maine to build resilience in readiness to response to adversity.	Unclear, intervention is based on a book by the author.	All people experiencing adversity	Unclear
The Resilience Project	To help teachers promote resilience in the classroom	Unclear, no information on the website	Children and adolescents	Unclear
Resilient Futures	To assist communities, organisations and businesses to become resilient.	Unclear	General public	Unclear
Community Resilience	To promote community resilience to avoid adversity.	Yes	General public	Ongoing
The Freagarroch Project	To reduce re-offending	Yes	Young offenders	Yes

Challenges and healthy ageing: the role of resilience across the life course (March 2010)

Project:	Objective:	Evidenced based?	Target population	Evaluated?
Resilience and Rough Sleepers	Help people feel more hopeful about the future	Yes	Rough sleepers	Unclear
Resilient therapy	Build resilience in disadvantaged children	Yes	Disadvantaged children, young people and families.	Unclear, appears to be ongoing.
Family 2020	To nurture close relationships in families	Unclear	Families	Unclear
Arizona University Resilience Workshops	To improve health by strengthening individuals through connections with the community	Yes	General public	Unclear
The Resilience Project	To improve community cohesion and prevent violent extremism.	Unclear	Children	Project not yet started.
Women's resilience against violent extremism	To engage with excluded Muslim women and raise awareness	Unclear	Muslim women	Yes
The Childrens institute	To improve the social and emotional health of children	Yes	Children	Yes
FRIENDS	To prevent and treat anxiety in children and teenagers	Yes	Children and adolescents	Yes
APA Road to Resilience	Self help for the public to develop resilience	Yes	General public	Unclear
Strength to Strength	To increase resilience in children of depressed parents	Yes	Children	Yes

Challenges and healthy ageing: the role of resilience across the life course (March 2010)

Promoting emotional resilience	To prevent depression and build resilience	Yes	11-13 year olds	Yes
Promoting emotional resilience	To develop a CBT based emotional resilience programme delivered by volunteers	Yes	65+ experiencing mild anxiety/depression	Ongoing
Barnrdos ARCH project	To build emotional resilience in children	Yes	Children between 5 and 14 experiencing difficulties	Unclear
Resilience and learning disabilities	To increase the potential for resilience by developing personal protective factors.	Yes	Children with learning difficulties	Yes

APPENDIX: Details of the interventions

Intervention	<u>Project Resilience</u> Http://projectresilience.com/index.htm (USA)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	The project aims to promote resilience in youths and adults struggling to overcome hardship such as poverty, violence, substance abuse and racism.
Intervention is evidence-based	There are academic publications on the website that are based on a theory of resilience which involves 7 aspects -insight, independence, relationships, initiative, creativity, humour and morality.
Strength of evidence (not speculative)	It appears that there has not been any evaluation of the intervention yet.
Private company or government led	Private organisation based in Washington Interventions and training is provided at the client's site. Content and style are tailored according to the needs of the client.
Ease of access	Training is provided by contract on sites and each workshop is tailored in the content and style according to the needs of clients.
Financial costs for target group?	There are financial costs for the target group. Fees need to be enquired with trainers.
When and how delivered	Tailored to client's needs The authors are available for keynote, half-day, full-day and multi-day workshops. 3-day train-the-trainer workshop is also available
Who delivers?	Trainers and psychiatrists and psychologists who have been providing resilience training since the 1980's

Intervention	Virginia Resilience Project Post-9/11 Http://www.ncvc.org/ncvc/main.aspx?dbID=DB_abouttheproject106 (USA)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	Is targeted towards 9/11 victims, their families and first responders by helping them to cope with the ongoing trauma of the 9/11 attack. Through a public awareness and outreach campaign, self-help resources, community-based forums, links to services, and other support, the project aims to help Virginia victims mobilize their own strengths, identify and share strategies to cope with adversity, and strengthen bonds to others affected by the attack. The project's youth-led public health initiative will help affected middle- and high-school students address their 9/11 experiences, develop coping strategies, and provide resilience-building messages and resources to other adolescent 9/11 victims
Intervention is evidence-based	Intervention appears to have an academic basis. There is a bibliography on the project website which is an overview of research on resilience published between 2000-2005. The search was conducted in January 2005 using PubMed and Google Scholar search engines. The search terms used were: resilience, resiliency, trauma, optimism, positive adaptation, positive emotions, and salutogenic
Strength of evidence (not speculative)	No evaluation is reported.
Private company or government led	Public health initiative of the National Centre of Victims of Crime in Virginia, USA
Ease of access	Open to everyone who is interested
Financial costs for target group?	None, events are free to attend
When and how delivered	Delivered via freely available self-help resources and community events
Who delivers?	Unclear

Intervention	<p> Maine Resilience http://www.reachinghome.com/reaching-resilience.html (USA) </p>
Designed to promote resilience in relation to healthy outcomes (mental & physical)	<p>The programme aims to assist citizens of Maine in building resilience, readiness and response techniques needed to bounce back from tragedy - whether a national disaster, or a personal one.</p>
Intervention is evidence-based	<p>The web site refers to studies into resilience undertaken by the APA with special reference to the APA booklet "The Road to Resilience . and states that "the program has been coordinated with the effort, materials and information offered by the American Psychological Association and the Maine Psychological Association through their Public Education Programs." The main aspect of the intervention appears to draw from the author's novel.</p>
Strength of evidence (not speculative)	<p>No evaluation data is presented and it is difficult to assess efficacy.</p>
Private company or government led	<p>Private company.</p>
Ease of access	<p>Course can be booked online, for workshops the author needs to be contacted. The website contains a lot of useful information about how to manage stress.</p>
Financial costs for target group?	<p>Information on website states that courses are sponsored, however, the online course train-the-trainer \$430 (registration and material) and further training materials are available from the website from \$4.95 - \$149</p>
When and how delivered	<p>Delivered via workshops and online courses</p>
Who delivers?	<p>Ron Breazeale, Ph.D. a Clinical Psychologist and Lumb, Ph.D. a Criminologist</p>

Intervention	The Resilience Project http://www.resilienceproject.com (USA)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	No, intervention is targeted at teachers promoting general resilience in the classroom
Intervention is evidence-based	Unclear as there is no information on this is given on the website. Researcher can be contacted on us2@resilienceproject.com
Strength of evidence (not speculative)	Unclear – no evaluation is presented.
Private company or government led	Government led – intervention has been designed at the Sierra Nevada College USA for future teachers
Ease of access	Initial project was to train teachers to promote resilience in the class room. The materials and lesson plans are freely accessible on the website
Financial costs for target group?	None
When and how delivered	Classroom based.
Who delivers?	Teachers trained in promoting resilience in the classroom, but anyone with access to the website could potentially adopt the lesson plans and download the material.

Intervention	Resilient Futures http://resilientfutures.org/ (USA)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	The project aims to raise awareness of resilience and its possibility, provide an overview of how communities, organizations and businesses can individually and together become resilient, and to convene a network of people to share their experience in becoming and being resilient.
Intervention is evidence-based	No research mentioned on website
Strength of evidence (not speculative)	None given
Private company or government led	It is a private company/network of members with a background in Arts, Business, Environmental Planning, Economic Development, Church Ministers, etc
Ease of access	Website has a number of resources available. Individual coaches can be contacted.
Financial costs for target group?	Not mentioned on website, readers are asked to contact resilient futures via email
When and how delivered	Via specialised programs for one on one coaching, group coaching, seminars, workshops and conferences, either 'face to face', or online to individuals, communities and organizations
Who delivers?	Resilient futures coaches

Intervention	The Community Resilience Project http://cedworks.com/communityresilience02.html (Canada)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	Aims to promote community resilience to avoid adversity to dramatic changes in markets, technology, environmental law, and the land-based resources.
Intervention is evidence-based	The project has undertaken prior work leading to the production of the manual which gives advice on how to promote community resilience. The website states that this is based on their own prior research and experience as a practitioner of community-based economic development.
Strength of evidence (not speculative)	The Centre developed a model of community resilience. This model expresses in terms of 23 resilience characteristics a community's capacity to shape its own ways of life and work. The website states that the Centre also designed and field-tested a process by which small towns could use this model cost-effectively to assess their situation, and focus their economic and social planning accordingly. Projects are currently collecting data.
Private company or government led	Non-profit organization
Ease of access	Project concentrates on communities and how to promote economic resilience. Website has lots of resources available which are free to download.
Financial costs for target group?	No information given, a free manual with tools and techniques to promote community resilience is available on the website
When and how delivered	Training and education is provided through seminars, workshops, and other media designed for citizens in general, elected officials, or organization staff and board members.
Who delivers?	Canadian Centre for Community Renewal staff members

Intervention	The Freagarroch Project http://www.centreforconfidence.co.uk/pp/projects.php?p=c2lkPTUmaWQ9MjEz (UK)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	The project focuses on persistent young offenders in the Falkirk area of Scotland, helping them to come to terms with the reality of a chronically dysfunctional family experience and with the feelings of sorrow, regret and loss it entails. The primary aim is to reduce re-offending.
Intervention is evidence-based	This intervention has been assessed for its effectiveness by Lancaster University: http://www.scotland.gov.uk/Publications/2001/02/8319/File-1
Strength of evidence (not speculative)	Evidence comes from subsequent criminal records of youths who have attended the intervention and showed an overall reduction in re-offending by 20 – 50%
Private company or government led	The project was funded by The Scottish Office, Barnardo’s Scotland (which managed the project), and the relevant local authorities.
Ease of access	This intervention is exclusively for persistent young offenders in the Falkirk area of Scotland
Financial costs for target group?	There are no financial costs for the target group
When and how delivered	6-11 month attendance with each young person having 3 direct, face-to-face contacts with project staff every week (contacts lasting between 11/2 and 21/2 hours.)
Who delivers?	Project workers, deliberately recruited from a variety of different professional backgrounds.

Intervention	Resilience and Rough Sleepers http://www.centreforconfidence.co.uk/pp/projects.php?p=c2lkPTUmdGlkPTUmaWQ9MjE2 (UK)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	Project aims to make rough sleepers to feel more hopeful about their futures, a secondary aim is to empower people to work with homeless people. It aims to move beyond the practical support given to homeless people, such as housing, and address psychological issues.
Intervention is evidence-based	Intervention claims to draw on psychological models and transfer these to practice. More details are available from the author investigator of this project.
Strength of evidence (not speculative)	Appears to be based on theories of optimism and well-being. The resilience training teaches people to be more hopeful about their future. In this project, techniques and strategies are taken from various psychological models in order to help and empower homeless individuals, and also those who work with them. There does not appear to be a published evaluation.
Private company or government led	The project is commissioned by Brighton City Council
Ease of access	Unclear
Financial costs for target group?	Unclear
When and how delivered	Resiliency training, format not specified.
Who delivers?	Professor Angie Hart, University of Brighton

Intervention	Resilient Therapy: A box of ordinary magic tricks http://www.brighton.ac.uk/cupp/projects/magic.htm (UK)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	Aim of this project is to build resilience in disadvantaged children, young people and family, i.e. encourage resilient responses in future. The project draws on university and partner expertise to produce an evidence-based, practical, user-friendly 'box of ordinary magic tricks' to help adults involved with disadvantaged children enhance their resilience.
Intervention is evidence-based	RT presents a set of evidenced based interventions ('potions') in separate, but related arenas ('potion bottles') within a systematic whole ('magic box'). The 'potion bottles' are: Basics, Belonging, Learning, Coping and Core Self. RT draws on the resilience research evidence base, professional experience and first hand personal knowledge. There is a manual in production.
Strength of evidence (not speculative)	Hart, A., Blincow, D. & Thomas, H. (2008). Resilient therapy. Strategic therapeutic engagement with children in crisis. <i>Child Care in Practice</i> , 14(2), pp131-145. Hart, A., Blincow, D. & Thomas, H. (2007). <i>Resilient Therapy: Working with children and families</i> . New York, NY, US: Routledge/Taylor & Francis Group, 216pp. Evaluation is ongoing.
Private company or government led	Partnerships between the University and charity (Amaze)
Ease of access	Appears to be simple to access.
Financial costs for target group?	Unclear, looks free
When and how delivered	Delivered by therapists through workshops.
Who delivers?	Brighton and Sussex Community Knowledge Exchange run workshops for parents, practitioners and young people to inform the process.

Intervention	The Family 2020 Project http://www.centreforconfidence.co.uk/pp/projects.php?p=c2IkPTUmdGkPTUmaWQ9MjY4 http://www.shearar.co.uk/index.htm (UK)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	Family 2020 is a programme to nurture closer relationships in families through a series of 5 workshops. Primary school children and one parent or grandparent are guided through practical exercises together to assist communication and development of family ties. The objectives of Family2020 are to help families to communicate with one another. To complete a small but deeply significant family project. To prepare young children for the challenges of adolescence. To promote family cohesion. To assist social development in the family context. To have fun. Create family resilience
Intervention is evidence-based	No underlying research and theory is cited.
Strength of evidence (not speculative)	No evidence presented.
Private company or government led	Private company
Ease of access	Accessible to anyone paying to go on workshop
Financial costs for target group?	Introductory Training Course £50 Workshop sets of Family2020 Story Cards £125 Total £175
When and how delivered	5 Structured workshops covering: Introductory guidelines, Lesson Plans, Task Cards, Story Card sets, Questionnaires.
Who delivers?	Helen Shearer, photographer

Intervention	Arizona University Resilience Workshops http://www.asu.edu/resilience/workshops.html (USA)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	The Resilient Solutions Group is an interdisciplinary team of researchers, educators and public health-minded citizens committed to helping individuals and communities become more resilient. The intervention is a framework for individual and community resilience workshops. The Key focus is health, by strengthening individuals through their connections with the community. The project is looking at resilience through healthy ageing, mainly focussing on the baby-boomer generation.
Intervention is evidence-based	The Group have developed a framework for individual and community resilience. The individual members each have a list of relevant publications and the website lists a number of research projects.
Strength of evidence (not speculative)	The group have a number of related projects, including a \$2million examining the biopsychosocial factors that sustain wellbeing and protect against disability by enhancing capacity to recover following stress. There does not appear to be any direct evaluation evidence relating to the effectiveness of the workshops.
Private company or government led	University-led but working alongside local Government, service providers and community leaders. "The Resilient Solutions Group".
Ease of access	Via e-mail.
Financial costs for target group?	Not specified
When and how delivered	One workshop focuses primarily on individual resilience among the baby-boomer generation and the other focuses on fostering community resilience.
Who delivers?	Not specified.

Intervention	The REsilience Project http://www.religiouseducationcouncil.org/content/blogcategory/48/77/ (UK)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	This is a training programme for religious education teachers. It has been set up to improve community cohesion and prevent violent extremism. 'REsilience: Building confidence to handle contentious issues in RE.' (currently ongoing).
Intervention is evidence-based	Unclear
strength of evidence (not speculative)	Unclear, no background information is provided
Private company or government led	Funded by Department for Children, Schools and Families (DCSF) managed by the RE Council
Ease of access	Schools recruited as part of project – no information as to how
Financial costs for target group?	Not mentioned as yet
When and how delivered	Begins in September 2010 with a pilot study of 12 schools.
Who delivers?	Mentors to work with 700 schools Autumn 2010 – not yet recruited.

Intervention	Women's resilience against violent extremism http://www.beacons.idea.gov.uk/idk/core/page.do?pageId=12101573 (UK)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	The aim of the Women's Resilience project is to work with local Muslim women who are excluded from mainstream society to engage with them and raise awareness around social issues.
Intervention is evidence-based	Unclear, it seems to have been developed via community consultation.
Strength of evidence (not speculative)	The website reports that the project was developed, field-tested, revised and evaluated during 2008-2009. From the programme feedback, 94 per cent of participants stated that they had learnt from discussions and the workshops about the Prevent agenda, and 86% of participants felt they were more able to assist others who may need help and advice
Private company or government led	Government led (London Borough of Waltham Forest)
Ease of access	The project has now established an advisory panel of 8 local Muslim women who meet with respective advisors in the council and discuss issues and concerns affecting Muslim women and advise on how these issues can be addressed.
Financial costs for target group?	Unclear
When and how delivered	Project was delivered through workshops and focus groups to address Objective 1 of the Prevent strategy, 'Challenging Violent Extremist Ideology and Supporting Mainstream Voices'
Who delivers?	Ashiana Network (a voluntary organisation who provide support and advice for vulnerable women) commissioned by the Borough of Waltham Forest

Intervention	<p>The Children's Institute http://www.childrensinstitute.net/about-us BASIC – behavioural and social interventions for children Also - Children of Divorce Intervention Programme (CODIP) - to help children understand and accept their feelings and perceptions regarding their parents’ separation. (USA)</p>
Designed to promote resilience in relation to healthy outcomes (mental & physical)	<p>Part of the overall intervention is the goal of successful child outcomes but wider goals of the Institute are to foster children’s emotional and social health through a number of interventions within the community</p>
Intervention is evidence-based	<p>Yes - the Institute is known as a centre of excellence for the social and emotional health of children and the partners disseminate through conferences and journals.</p>
strength of evidence (not speculative)	<p>Published in peer-reviewed journals.</p>
Private company or government led	<p>Private but some local authority/government funding.</p>
Ease of access	<p>BASIC - Universal screening for 2,3, and 4 yr old children in Rochester, NY. CODIP - School personnel, community members, or parents refer children to the programme</p>
Financial costs for target group?	<p>There are costs attached, although they are not listed.</p>

<p>When and how delivered</p>	<p>BASIC:</p> <ul style="list-style-type: none"> • Review of screening results and identification of children with referral to appropriate program(s) including Primary Project, Behavioral Health Consultation, Child Parent Psychotherapy, and Trauma-Focused Cognitive Behavioral Therapy • Parent support through Incredible Years training • Fostering nurturing classrooms through the PATHS preschool program <p>CODIP:</p> <ul style="list-style-type: none"> • Trained group leaders conduct 12-15 group sessions at school • A series of four procedure manuals and specially designed board games target different age ranges to ensure that each child receives age-appropriate information and skill-building activities
<p>Who delivers?</p>	<p>Children’s Institute staff partnered with community agencies and schools.</p>

Intervention	FRIENDS intervention for children and teenagers, and Fun Friends for 4,5, 6 and 7 yr olds. http://www.friendsinfo.net/ (Australia – website says available in other countries. In the UK it is available through Interactive Connections Ltd, a private company led by a clinical psychologist)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	FRIENDS is designed to prevent and treat anxiety in children and teenagers. Enables them to cope with feelings of fear, worry, and depression by building resilience and self-esteem and teaching cognitive, behavioural, and emotional skills in a simple, well-structured format
Intervention is evidence-based	FRIENDS has a number of evaluation and related research publications, see http://www.friendsinfo.net/downloads/FRIENDSAbstractsBooklet.pdf
Strength of evidence (not speculative)	It is the only school based anxiety programme acknowledged by the World Health Organization for its eight years of comprehensive evaluation and practice (WHO, Prevention of Mental Disorders: Effective Interventions and Policy Options pp 42-43 2004)
Private company or government led	Private
Ease of access	Interested parties need to contact the respective practitioners in their country for training and to purchase the materials in order to run group sessions.
Financial costs for target group?	As this is developed in Australia, the website notes that private health insurance will cover up to 50% of the costs. Cost of books, workbooks, DVDs, guide and manual plus teachers, teaching assistants and other key staff attend a one-day group-training workshop.
When and how delivered	Universal intervention in classrooms, in structured sessions students are guided through a series of class-based activities designed to teach children how to deal with worrying situations. There are also optional home activities to complete between sessions. Parents have an opportunity to support their children and learn more about FRIENDS themselves by attending two parent sessions arranged by the school.
Who delivers?	Interventions are run in group format by teachers with their own classes. They undertake training with an accredited FRIENDS practitioner.

Intervention	<p>The American Psychological Association Road to Resilience http://www.apa.org/practice/programs/campaign/resilience.aspx (USA) Not an intervention as such, but website provides a range of self help/education to help the public build resilience.</p> <ol style="list-style-type: none"> 1. Resilience in a Time of War 2. Resilience for Kids and Teens
Designed to promote resilience in relation to healthy outcomes (mental & physical)	<p>Campaigns to promote resilience in general ; one covers resilience for veterans following returning to their families, other is for children and adolescents through school . (self help, education)</p>
Intervention is evidence-based	<p>Information written by qualified Psychologists</p>
Strength of evidence (not speculative)	<p>No evaluation of impact is available.</p>
Private company or government led	<p>Private</p>
Ease of access	<p>Available on APA website for members</p>
Financial costs for target group?	<p>No</p>
When and how delivered	<p>A programme was made for the Discovery Channel. Materials are available for psychologists to engage in community outreach. This is described as a Resilience Toolkit, which includes the Road to Resilience brochure featuring 10 ways to build resilience, a guide for psychologists on how to hold community resilience-building forums, and tips for talking with the media.</p>
Who delivers?	<p>N/A</p>

Intervention	Developing a Resilience Package for Vulnerable Children ('Strength to Strength') Place et al. (2002), <i>Child and Adolescent Mental Health Volume 7(4)</i> , 162-167 (UK)
Designed to promote resilience in relation to healthy outcomes (mental & physical)	Designed to increase resilience in children aged between 7-14 yrs whose parent's suffer from depression, as a preventative measure to prevent those children from developing mental health difficulties. The intervention has three elements – education about depression, sessions with the child and family focusing upon dynamics and interaction, and specific skill development for the child.
Intervention is evidence-based	Theoretical and empirical rationale is presented in the paper. The education package adapted from Beardslee et al (1993) psycho-educational family sessions. Family sessions use narrative therapy techniques (White & Epston, 1990) to develop a 'shared meaning' of the illness for all the family. Skills development
Strength of evidence (not speculative)	Paper reports preliminary findings, based on the completion of 10 families. Results suggest that families are moving to a more balanced pattern of interaction, and the children have increased their out-of-home networks and general social functioning.
Private company or government led	NHS, run as part of Children's Mental Health Services
Ease of access	Any professional involved with a family can refer. Settings such as clinics and MIND centres have packs that describe the service and contain information about how the families themselves can make contact.
Financial costs for target group?	Not known – run as part of CAMHS service.
When and how delivered	Intervention package focuses on area of need using 3 elements; education about depression, sessions with the child and family focusing upon dynamics and interaction, and specific skill development for the child. Delivered over a 6 month period. The specific content is determined by the needs of the individual family, but on average there are 10 family sessions, and the groups for the children last 8 weeks. Additional individual work may then be added if this will help establish the youngster in local community groups, or facilitate the family's access to local support services.
Who delivers?	Two full time strength to strength workers (backgrounds in nursing and social work respectively)

Intervention	<p>Resilience and learning disabilities Theron, L. (2006). Critique of an intervention programme to promote resilience among learners with specific learning difficulties. <i>South African Journal of Education</i>, 26(2)199–214</p>
Designed to promote resilience in relation to healthy outcomes (mental & physical)	<p>The programme was aimed at preventing risk from escalating among adolescents with a specific learning difficulty. The aim was to increase the potential for resilience by developing personal protective factors.</p> <p>Session Focus</p> <ol style="list-style-type: none"> 1. Introductory session: the need for resilience 2. Self-knowledge 3. Internal locus of control and choices 4. Attitude and anxiety 5. Assertiveness skills 6. Faulty thinking 7. Personal bill of rights 8. Empowerment 9. Future orientation and drive 10. Social orientation 11. Self-concept 12. Closure
Intervention is evidence-based	<p>The paper outlines the theoretical and empirical rationale leading to the development of the intervention.</p>
Strength of evidence (not speculative)	<p>The paper reports the results of a non-randomised pre-test, post-test evaluation to determine whether the intervention programme was sufficiently suited to adolescents with specific learning difficulty to promote resilience in their functioning. Two research groups were involved: an experimental group and a control group. The intervention was considered to be partially successful, and the authors propose ways to refine for further work.</p>
Private company or government led	<p>Appears to be developed and delivered by the University Psychology Department.</p>

Challenges and healthy ageing: the role of resilience across the life course (March 2010)


Ease of access	A convenience sample drawn for experimental purposes.
Financial costs for target group?	No information available.
When and how delivered	Group based intervention, a maximum number of six members was preferred, delivered as 12 x 1 hour sessions.
Who delivers?	Not reported

<p>Intervention</p>	<p>Promoting emotional resilience in 11-13 year olds The Young Foundation http://www.youngfoundation.org/our-work/local-innovation/strands/wellbeing/the-local-wellbeing-project/more-info/the-big-initiative See http://www.ppc.sas.upenn.edu/prpsum.htm for details of PRP research, and further background on the programme (UK)</p>
<p>Designed to promote resilience in relation to healthy outcomes (mental & physical)</p>	<p>The original aim was to prevent adolescent depression, but it now has a broader remit of building resilience, and promoting optimistic thinking, adaptive coping skills and social problem-solving in children, with the aim of improving psychological well-being - and potentially also behaviour, attendance and academic outcomes.</p>
<p>Intervention is evidence-based</p>	<p>The intervention is derived from the Penn Resiliency Program, a well-being programme that has been trialled more than 13 times in different settings. There is an intervention manual.</p>
<p>Strength of evidence (not speculative)</p>	<p>Thirteen randomised controlled trials have found PRP to be effective in helping buffer children against anxiety and depression, and some studies have found an impact on behaviour. It is based on CBT. The evaluation is being carried out by London School of Economics and supported by Department for Children, Schools and Families (DCSF) and an interim report is available at http://www.youngfoundation.org/files/images/full_DCSF_report.pdf</p>
<p>Private company or government led</p>	<p>Private but supported by DCSF</p>
<p>Ease of access</p>	<p>Currently being piloted in 22 schools across Hertfordshire, Manchester and South Tyneside to yr 7 pupils. 2000 pupils in workshop group and 4000 in control group.</p>
<p>Financial costs for target group?</p>	<p>Not reported.</p>
<p>When and how delivered</p>	<p>Yr 7 pupils in workshops of no more than 15; manualised intervention comprising 18 hours of workshops, curriculum teaches cognitive-behavioural and social problem-solving skills. They also learn techniques for positive social behaviour, assertiveness, negotiation, decision-making, and relaxation.</p>
<p>Who delivers?</p>	<p>Facilitators are drawn from a wide range of professions and agencies, including teachers, learning mentors, teaching assistants, psychologists and health professionals. The training takes around 8-10 days and a manual is available.</p>
<p></p>	<p></p>

<p>Intervention</p>	<p>Promoting emotional resilience amongst older people http://www.youngfoundation.org/our-work/local-innovation/strands/wellbeing/the-local-wellbeing-project/strands (UK)</p>
<p>Designed to promote resilience in relation to healthy outcomes (mental & physical)</p>	<p>The aims are</p> <ul style="list-style-type: none"> • <i>to offer advice, guidance and support to local authorities on how best to structure their existing provision in order to provide additional emotional support to older people at key transitional points in their lives.</i> • <i>to develop a cognitive behavioural therapy (CBT) based emotional resilience programme for older people and to test how this intervention impacts on the wellbeing of this group.</i> <p>The target group are those aged 65+ experiencing mild anxiety/depression. The aim of this peer-support service is to create a ‘win-win’ situation in which the wellbeing and emotional resilience of the clients increases through using the service and the wellbeing and emotional resilience of the volunteers improves through delivering the service and becoming more active in the community.</p>
<p>Intervention is evidence-based</p>	<p>The intervention is based on Living Life to the Full, a programme developed by Psychiatrist Dr Chris Williams and list of literature the intervention based on is given at http://www.youngfoundation.org/files/images/older_people_lit_review_0.pdf</p>
<p>strength of evidence (not speculative)</p>	<p>A small evaluation is running alongside the pilot to ensure that the volunteer training is of a high quality and that the service is tailored to the needs of older people. This pilot focusses on the psychological wellbeing of older people and states it is the first programme to use the principles and practices of cognitive behavioural therapy (CBT) in a community setting, where both local service users and providers will benefit.</p>
<p>Private company or government led</p>	<p>Not stated but Young Foundation formed in 2005 from the Institute of Community Studies and the Mutual Aid Centre.</p>
<p>Ease of access</p>	<p>Unclear how participants can access the programme. The proposed service is currently being piloted as an individual telephone service in South Tyneside and as group sessions in Manchester.</p>

Challenges and healthy ageing: the role of resilience across the life course (March 2010)

Financial costs for target group?	Not stated.
When and how delivered	Sixteen volunteers have been specially trained by Chris Williams and his team to deliver the 'Full of Life' materials.
Who delivers?	Volunteers aged 65+ have been trained to deliver the course over 8 weeks

<p>Intervention</p>	<p>Barnardos ARCH Project (Achieving Resilience, Change and Hope) http://www.barnardos.org.uk/arch (UK)</p>
<p>Designed to promote resilience in relation to healthy outcomes (mental & physical)</p>	<p>The aim of the project is to build the emotional resilience of each child within their family environment, based on six domains:</p> 
<p>Intervention is evidence-based</p>	<p>Based upon following: Quality Protects Research Briefing – No 9 : Promoting the mental health of children in need. (Dr Heather Payne & Professor Ian Butler) 2003 DfES, Research in Practice. Brigid Daniel & Sally Wassell (2002) – Assessing & Promoting Resilience in Vulnerable Children</p>
<p>Strength of evidence (not speculative)</p>	<p>There does not appear to be any evaluation of this programme.</p>
<p>Private company or government led</p>	<p>Charity</p>
<p>Ease of access</p>	<p>Referral criteria on website for children aged between 5 & 14 yrs with emerging emotional and/or behavioural difficulties. Must be in the Ladywood area of Birmingham. Referrals can be from professionals working with children and young people, the parents/carers of children aged 5-14 years, children aged 5 – 14 years or Birmingham Children’s Fund Signposting and Identification Services.</p>
<p>Financial costs for target group?</p>	<p>None mentioned</p>
<p>When and how delivered</p>	<p>Individual work - 12 week programme. Group work - school based programme. Activities – children’s activities and workshops designed to build on and reinforce the work done on an individual basis or in a</p>

Challenges and healthy ageing: the role of resilience across the life course (March 2010)

	group. Work with parents - information distributed to parents/carers about emotional resilience and related parenting issues, individually tailored parenting support, parenting groups and workshops, family events and activities.
Who delivers?	Barnardo's workers

ⁱ The Resilience Network was funded between May 2009 and February 2010 through the Lifelong Health and Wellbeing Cross-Council Programme.



The LLHW Funding Partners are: Biotechnology and Biological Sciences Research Council, Engineering and Physical Sciences Research Council, Economic and Social Research Council, Medical Research Council, Chief Scientist Office of the Scottish Government Health Directorates, National Institute for Health Research /The Department of Health, The Health and Social Care Research & Development of the Public Health Agency (Northern Ireland), and Wales Office of Research and Development for Health and Social Care, Welsh Assembly Government.