



# WHAT WORKS

## A Manual for Designing Programs that Build Resilience

Michael Ungar, Ph.D.

With support from the Resilience Research Centre  
Illustrations by James Neish

## EXERCISE: WILL YOUR PROGRAM ENHANCE RESILIENCE?

Here is a checklist of all of the important program design features discussed throughout this manual. How well does your program design reflect the principles and practices that have been shared? If you are unsure, or your program design is still improving, select “NO” for now, then change your answer to “YES” when the program fully reflects the principles and practices of great design.

### CHALLENGE 1

Has your program been designed using the seven design principles for effective resilience-promoting interventions? Will your program for children and their families:

1	Help them navigate to the resources they need to deal with unusually difficult times in their lives?	YES	NO
2	Help them negotiate for the things they need to be provided in ways that are meaningful to them?	YES	NO
3	Be appropriate for the social, economic, and political context in which participants live?	YES	NO
4	Honor their values and beliefs?	YES	NO
5	Affect multiple systems at the same time or over time?	YES	NO
6	Help to coordinate services and supports?	YES	NO
7	Be flexible in how it is delivered to different populations of young people and their families?	YES	NO
8	Provide continuity in the support it provides (e.g., contact after the program ends if required)?	YES	NO
9	Be the least intrusive it can be?	YES	NO
10	Be relevant to the geographic location (the built and natural environment) where it is offered?	YES	NO
11	Encourage the shared responsibility for solutions to young people’s problems?	YES	NO
12	Be evaluated to show that it is effective?	YES	NO

**CHALLENGE 1 SCORE:** \_\_\_\_ OUT OF 12

## CHALLENGE 2

Which of the essential ingredients for resilience does your program help children, families and/or communities experience?

1	<b>Build relationships?</b>	<b>YES</b>	<b>NO</b>
2	<b>Encourage powerful identities?</b>	<b>YES</b>	<b>NO</b>
3	<b>Provide experiences of power and control?</b>	<b>YES</b>	<b>NO</b>
4	<b>Promote social justice?</b>	<b>YES</b>	<b>NO</b>
5	<b>Improve access to basic material needs (e.g., food, housing, and safety)?</b>	<b>YES</b>	<b>NO</b>
6	<b>Develop a sense of belonging, responsibility for others, and life purpose?</b>	<b>YES</b>	<b>NO</b>
7	<b>Sustain a sense of one's culture and historical roots?</b>	<b>YES</b>	<b>NO</b>

**CHALLENGE 2 SCORE:** \_\_\_\_ OUT OF 7



### CHALLENGE 3

Has your program completed all of the steps of the design process?

1	Have you chosen a program through consultation with your local advisors (including young people and their families)?	YES	NO
2	Have you conducted a community needs assessment to identify problems and possible solutions?	YES	NO
3	Have you created a program outline (logic model)?	YES	NO
4	Is your program fundable?	YES	NO
5	Have you gathered your resources (e.g., people, money, space, supplies, etc.)?	YES	NO
6	Have you built into your program ways for your program to coordinate with other services?	YES	NO
7	Have you built into your program ways to share responsibility for young people's problems across multiple systems (e.g., with the child's family, school, and other service providers)?	YES	NO
8	Will your program have the supports it needs to ensure continuity of service?	YES	NO
9	Have you adapted your program to your local context?	YES	NO
10	Have you developed ways to track your success?	YES	NO
11	Encourage the shared responsibility for solutions to young people's problems?	YES	NO

**CHALLENGE 3 SCORE:** \_\_\_\_ OUT OF 11

**TOTAL SCORE:** \_\_\_\_ **OUT OF 30**