

R2 Resilience Training

Module 5

The R2 Resilience Program®

Michael Ungar, Ph.D.

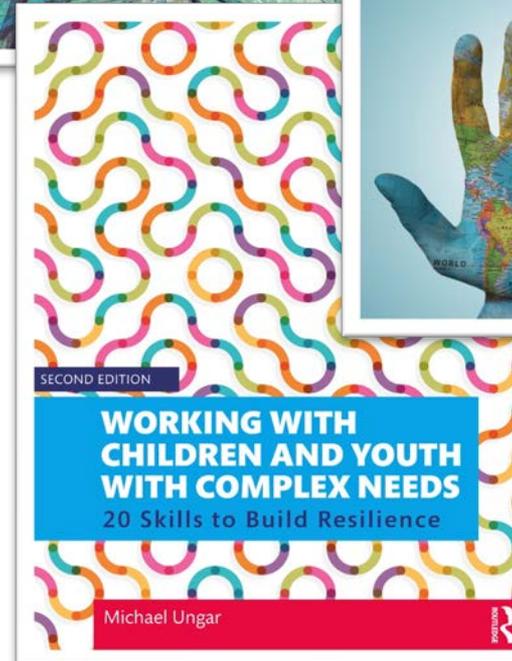
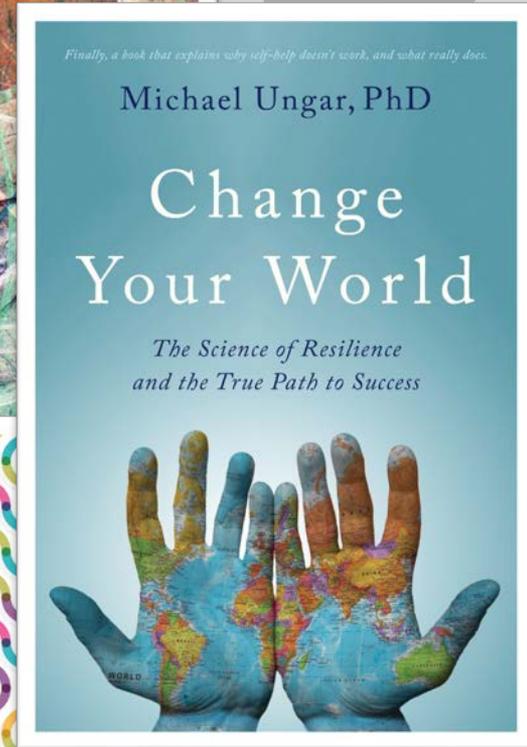
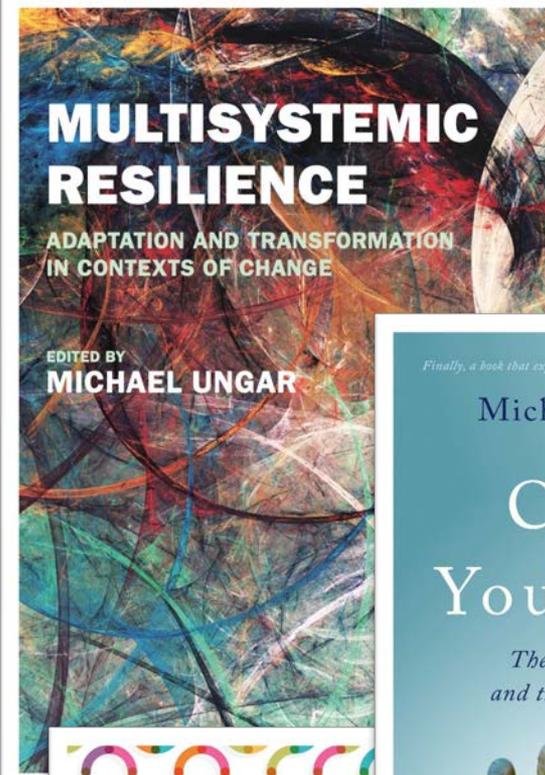
Canada Research Chair in Child, Family and
Community Resilience,

School of Social Work, Dalhousie University

Twitter @MichaelUngarPhD

www.michaelungar.com

www.resilienceresearch.org





R2 Resilience Program

- ✦ www.resilienceresearch.org/r2/
- ✦ 52 well-researched factors
- ✦ Tailored approach for different populations
 - Employees in long-term care homes
 - Students K-12
 - Social service agencies
 - Healthcare leaders
 - Corporate settings
 - Adult volunteers





On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors

BLACK ITEMS: RUGGED QUALITIES

RED ITEMS: RESOURCES

Question	Score
1. A powerful identity	
2. <i>A diverse community</i>	
3. Altruism	
4. <i>A supportive peer group</i>	
5. Communication skills	
6. <i>Access to mental and physical health care</i>	



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

7. Conscientiousness

8. Access to recreational facilities and outdoor spaces

9. Cooperation and help-seeking

10. Accountability/reasonable consequences for one's actions/opportunities to fix one's mistakes

11. Creativity

12. Advocacy for fair treatment when treated poorly



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

13. Critical thinking

14. **Appropriate use of social media**

15. Decision-making

16. **Contact with extended family**

17. Empathy

18. **Contact with one's elders**



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

19. Flexibility

20. Cultural practices/family and community
traditions

21. Goal-setting

22. Education/training

23. Gratitude

24. Equitable access to opportunities



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

25. Humour

26. “Good enough” parenting/caregiving

27. Meaning-making/spirituality

28. Housing, supports, and connectivity

29. Mindfulness and self-regulation

30. Meaningful employment



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

31. Morality

32. Opportunities to make decisions for oneself

33. Motivation/perseverance

34. Opportunities to use one's talents

35. Optimism/hope

36. Orderly and regular routines



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

37. Physical activity

38. Physical safety/public security

39. Positive emotions

40. Proper nutrition

41. Problem-solving

42. Protection from discrimination and respect
for one's human rights



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

43. Self-actualisation

44. Reasonable expectations for how one
should behave

45. Self-care/compassion for self

46. Recognition for what makes one special

47. Self-efficacy

48. Relationships with others in one's community



**On a scale from 1 (least important) to 10 (extremely important),
rate each of the following 52 Resilience factors**

Question

Score

49. Self-esteem/confidence

50. **Social efficacy and citizenship**

51. Sleep hygiene

52. **Transportation**





Chrome File Edit View History Bookmarks People Tab Window Help

agapemeanslove.org/who-we-are/

agape [who we are](#) [what we do](#) [why we love](#) [volunteer](#) [heartlight](#) [contact](#) [donate](#) [English](#)



We are Two-Generation Focused

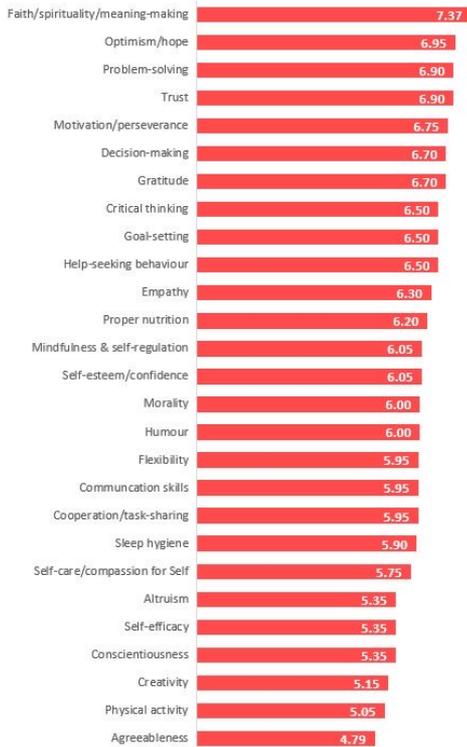
Perel.jpg package.zip Pandemic MH tre....pdf Murphy et al. Wo....pdf 1-s2.0-S221479....pdf Show All

Slide 18 of 27 English (United States)

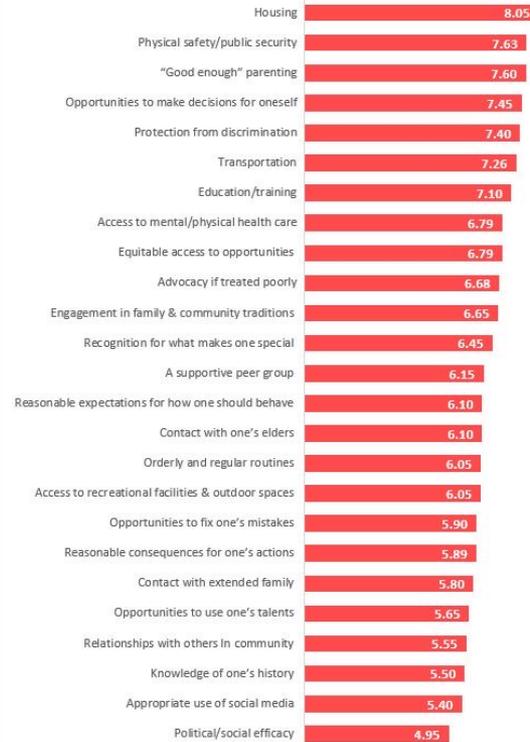




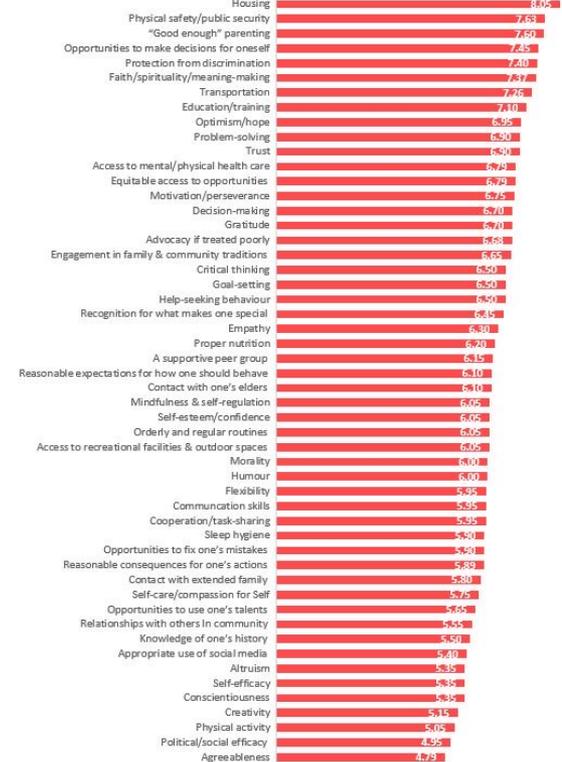
ALL Responses - Rugged Factors



ALL Responses - Resources



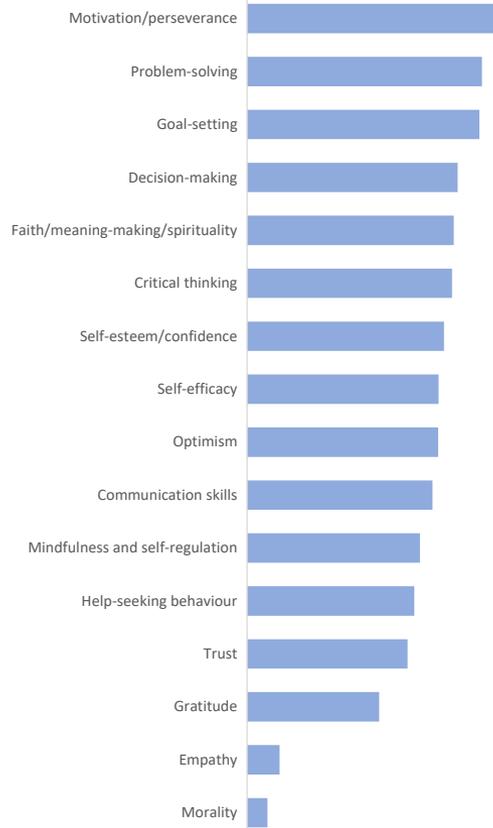
ALL Responses - ALL Factors



Agape Child and Family Services Delphi Round 1



Agape Responses Ranked-
Top 16 Rugged Factors



Agape Responses Ranked-
Top 15 Resources



Agape Child and Family Services Delphi Round 2



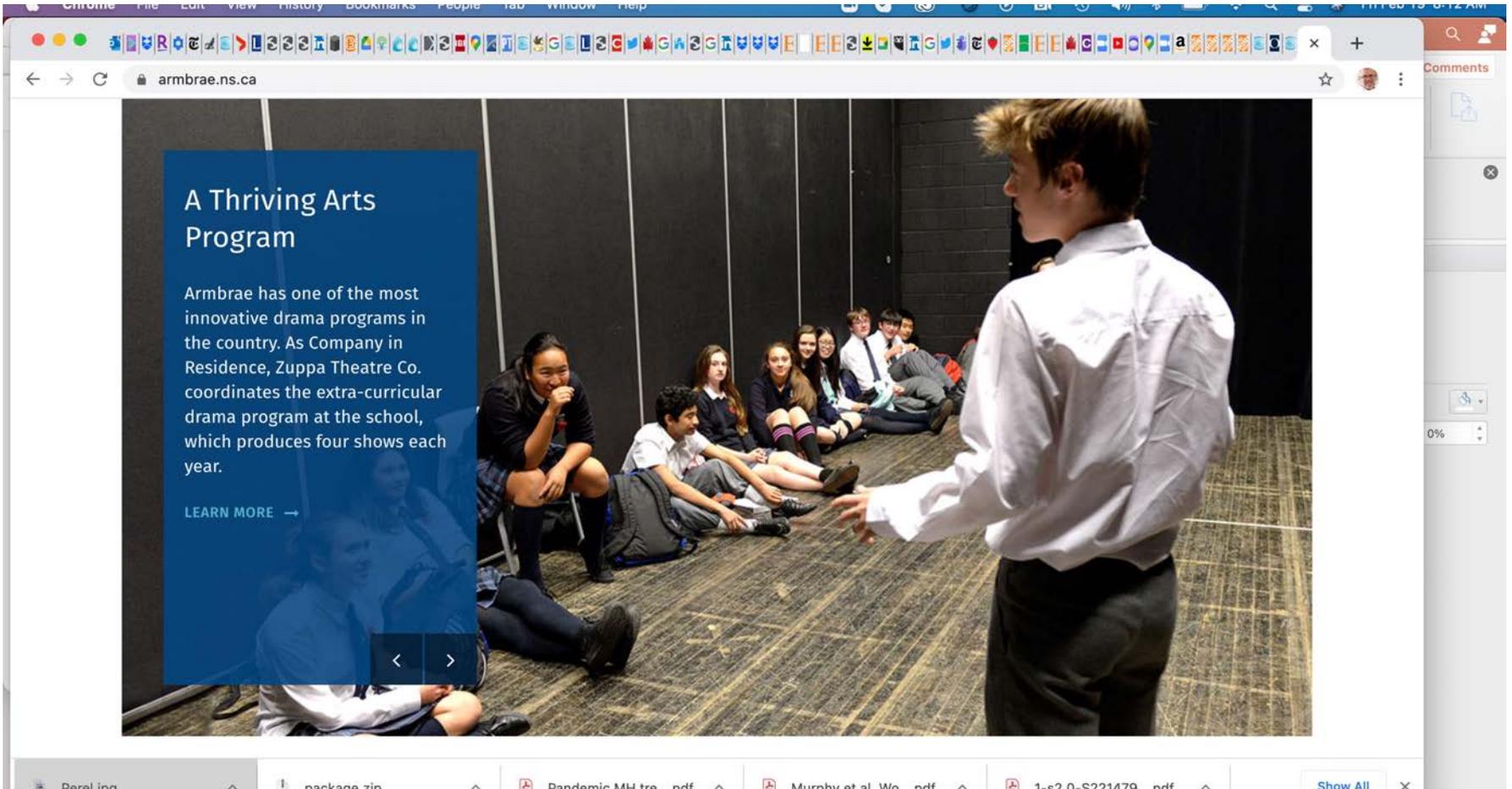
Example 1: A Social Service Agency

Rugged:

-  Decision making
-  Goal setting
-  Meaning-making/spirituality
-  Motivation/perseverance
-  Optimism/hope
-  Problem solving
-  Self-efficacy
-  Self-esteem/confidence

Resourced:

-  A supportive peer group
-  Access to health care
-  Education/training
-  Housing
-  Physical safety/public security
-  Opportunities to use one's talents/recognition for what makes one special
-  Relationships with others in one's community
-  Transportation



Chrome File Edit View History Bookmarks People Tab Window Help

armbrae.ns.ca

A Thriving Arts Program

Armbrae has one of the most innovative drama programs in the country. As Company in Residence, Zuppa Theatre Co. coordinates the extra-curricular drama program at the school, which produces four shows each year.

[LEARN MORE →](#)

Comments

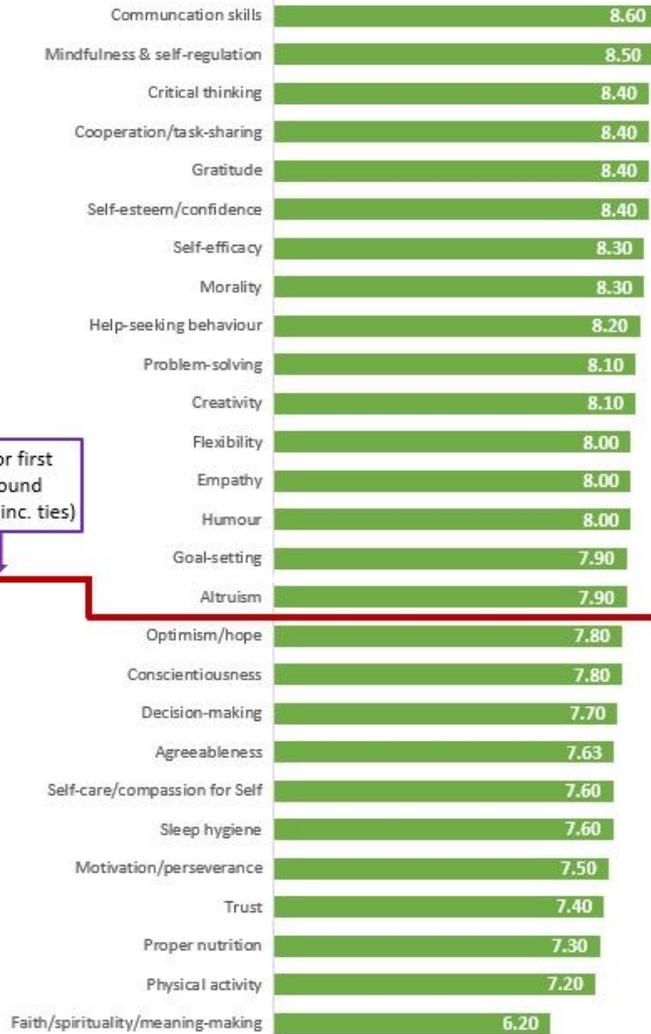
0%

Barling package.zip Pandemic MH tra pdf Murby et al Wo pdf 1-e2 0-S221479 pdf Show All

The screenshot shows a web browser window with a URL bar containing 'armbrae.ns.ca'. The main content area features a large image of a young man in a white shirt and dark trousers standing and addressing a group of students sitting on the floor in a dark room. A blue text box on the left side of the image contains the heading 'A Thriving Arts Program' and a paragraph of text. Below the text is a 'LEARN MORE' link with a right-pointing arrow. The browser's address bar shows navigation icons and a search icon. The bottom of the browser window displays a taskbar with several open PDF files and a 'Show All' button.

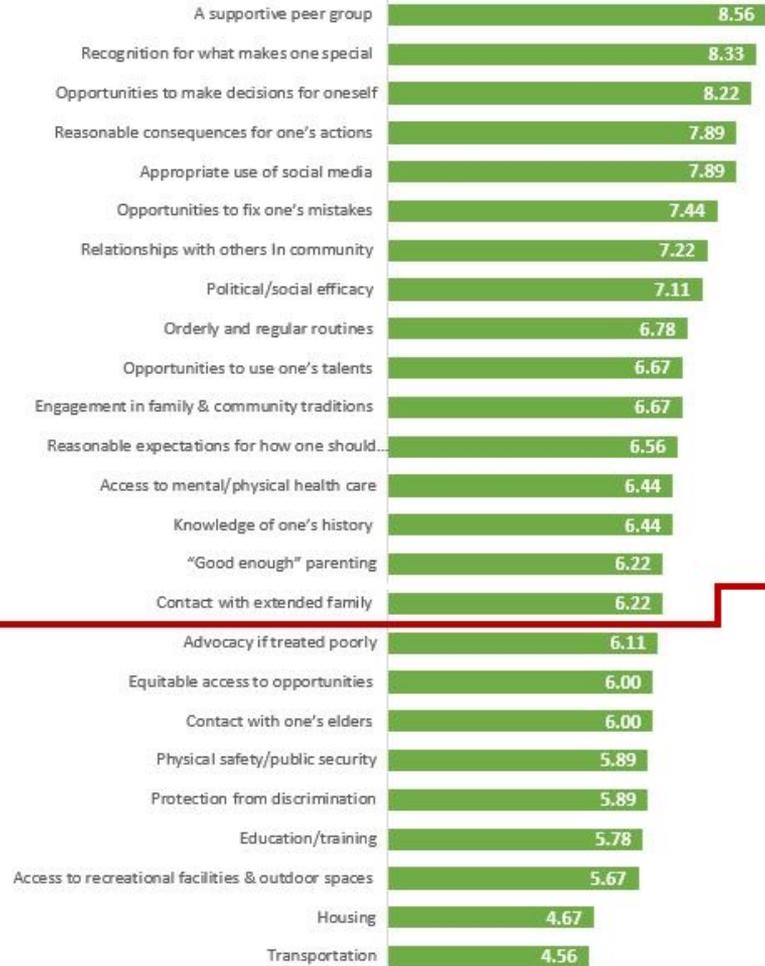


Middle School - Rugged Factors



Cutoff for first Delphi round (top 15, inc. ties)

Middle School - Resources





Example 2: K-12 School

Rugged:

-  Communication skills
-  Critical thinking
-  Empathy
-  Motivation/perseverance
-  Problem solving
-  Self-esteem/confidence

Resourced:

-  A supportive peer group
-  Appropriate use of social media
-  Opportunities to fix one's mistakes
-  Opportunities to make decisions for oneself
-  Reasonable consequences for one's actions
-  Reasonable expectations for how one should behave



EPSB's Priority Factors for Resilience (Year 1)

Rugged qualities

-  Communication skills
-  Empathy
-  Motivation and perseverance

Resources

-  Opportunities to fix one's mistakes
-  Supportive peer relationships
-  Reasonable expectations for behaviour