

R2 Resilience Expert Training

Module 3: Introduction R2 Resilience Program Purpose #1- Help People Navigate

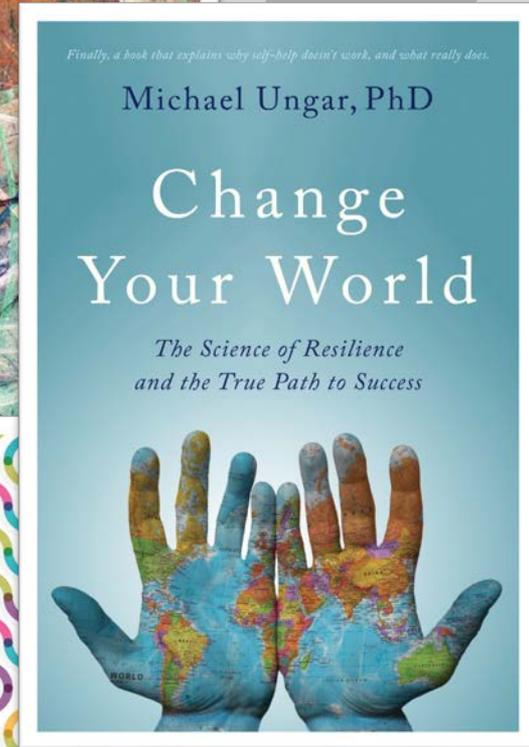
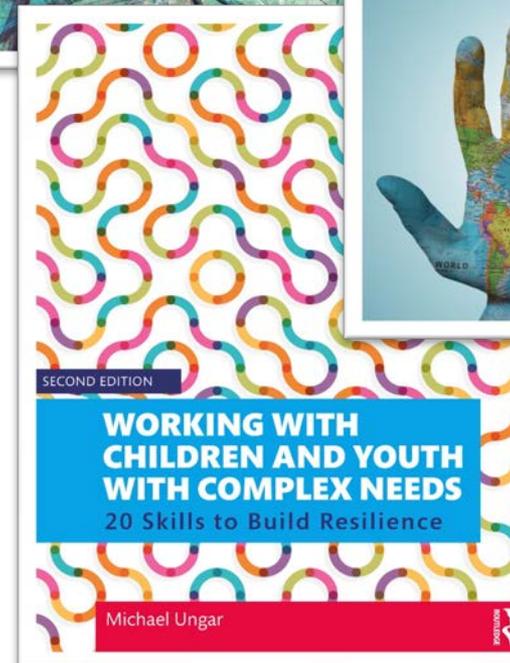
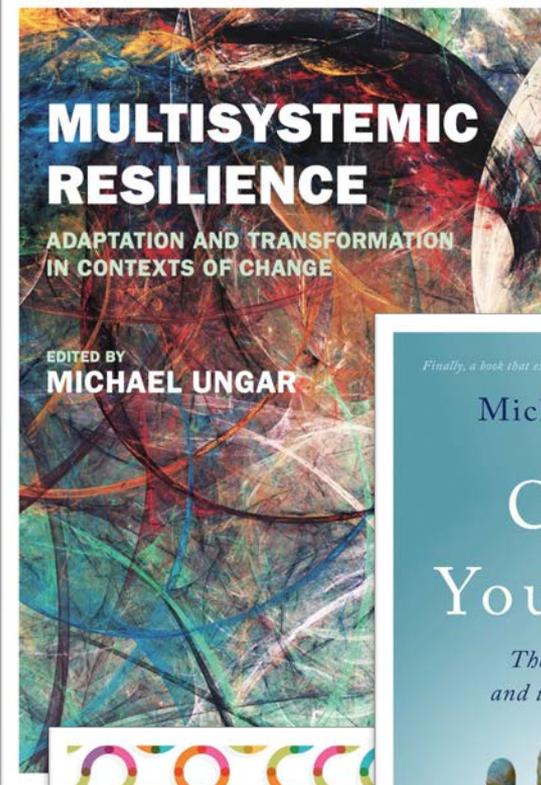
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eMbalenhle, South Africa





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Drayton Valley, Alberta, Canada





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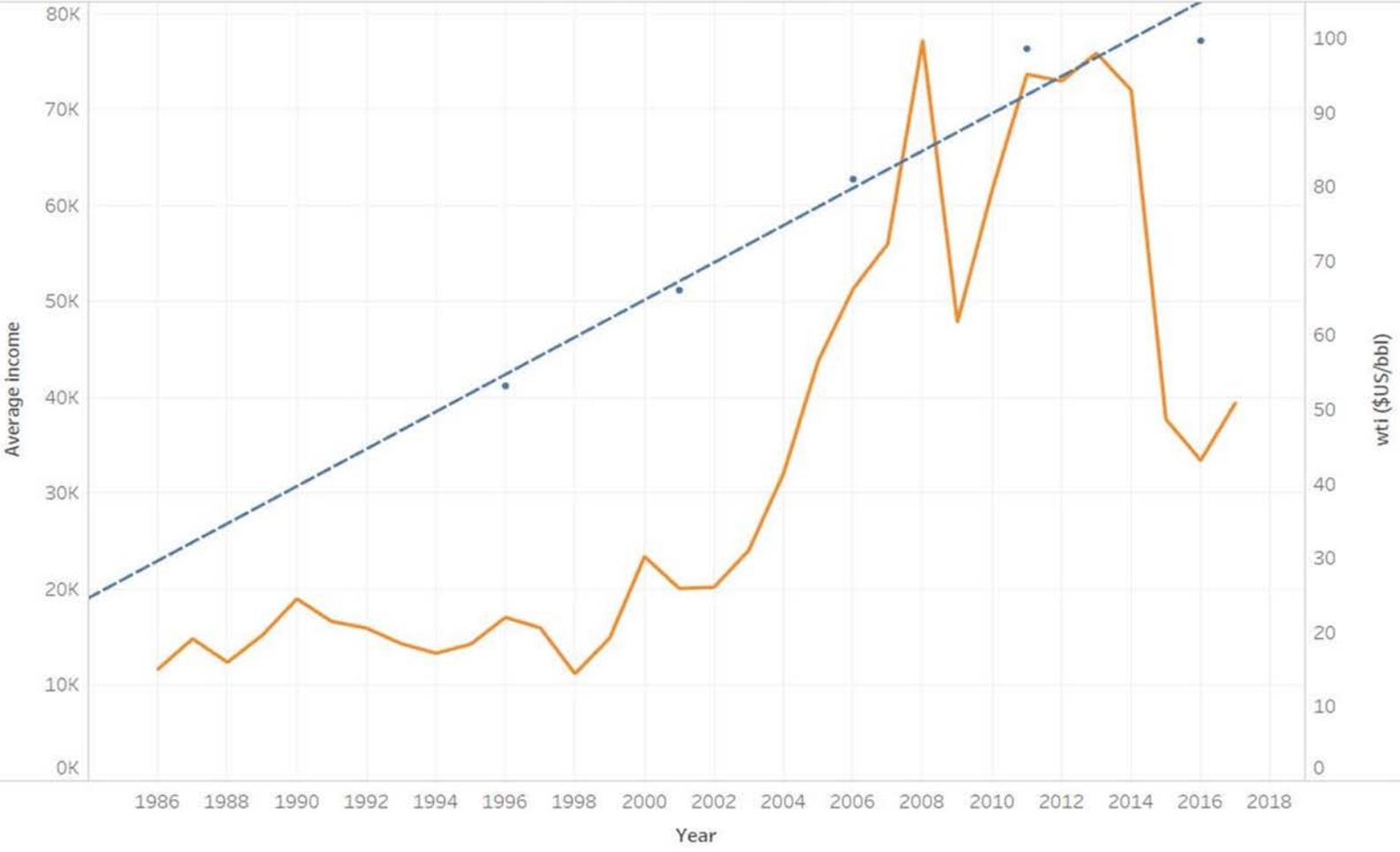




Oil Prices and Drayton Valley Average Income(1996-2016)
Correlation Coefficient = 0.73

Measure Names

- Average income
- wti (\$US/bbl)



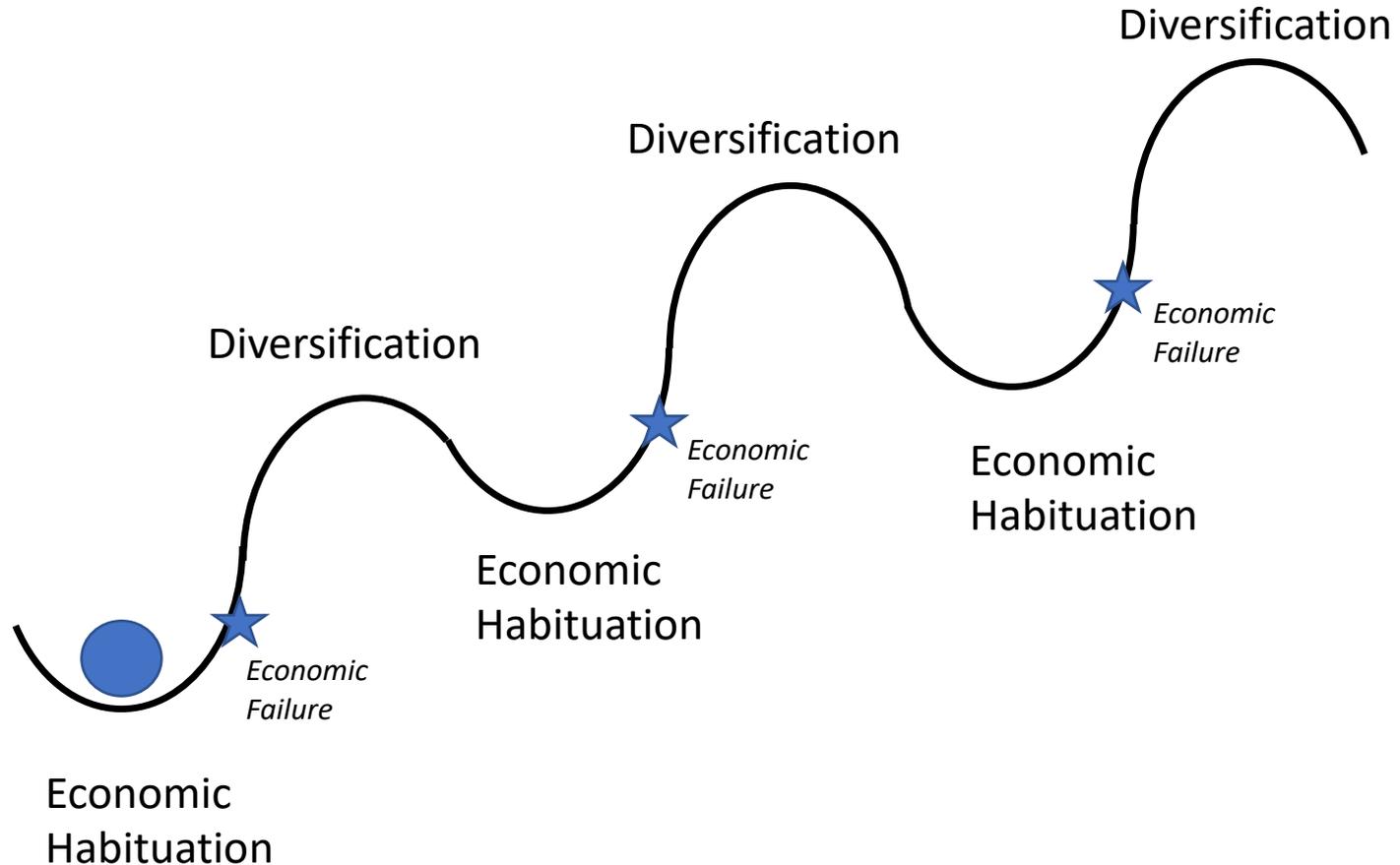


Oil Prices and Drayton Valley Wetland & Barren Area(1986-2016)

Correlation Coefficient = - 0.59



Figure 1: Ball and Basin Model of Economic Diversification Process



Adapted from: Holling, C.S. 1996. "Engineering Resilience versus Ecological Resilience." In *Engineering Within Ecological Constraints*, edited by Peter C. Schultze, 31–44. Washington, DC: National Academies Press. <https://doi.org/10.17226/4919>.

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Session 3.1 10 Navigation Strategies

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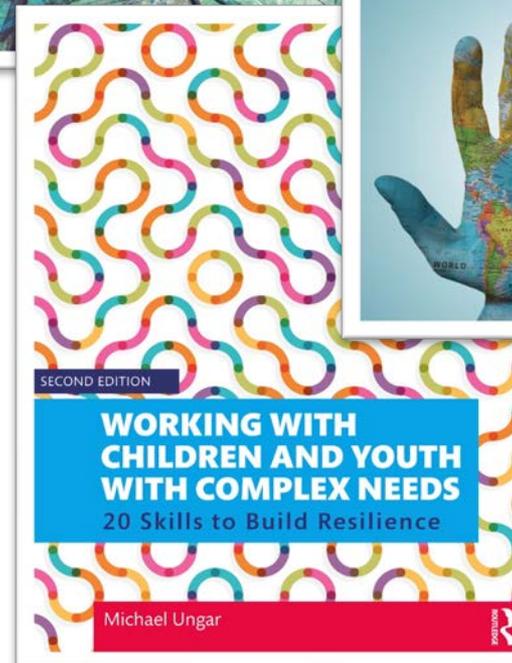
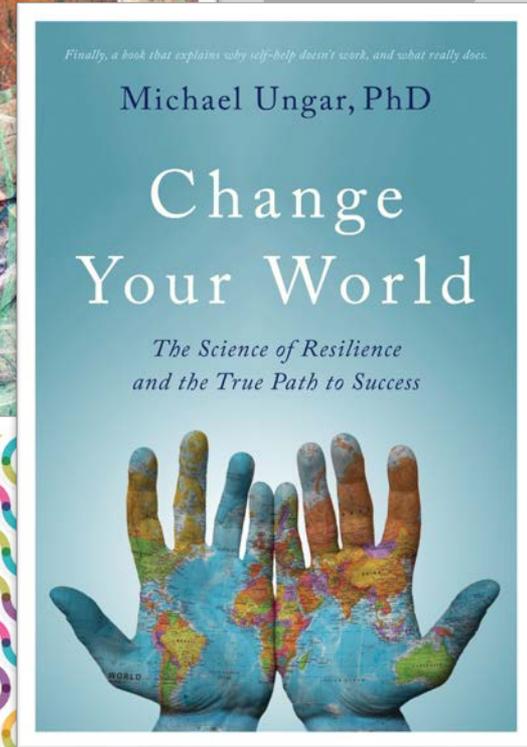
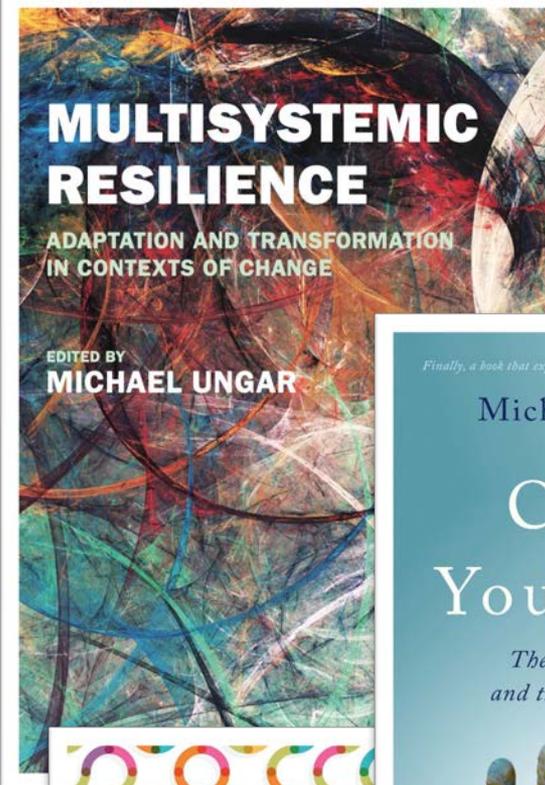
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Skill #1: Make resources available



Michael: How did you find Waterville?

Tony: I was bad at Waterville. I was bored so I'd get the other kids going, and fighting. Anything to keep it interesting. And I was like the leader of the unit. And then one morning they had this big ass team that threw on my light and had me come out of my cell and they were all there and the other kids were watching and then bam, down on the floor and cuffed.

M: What had you done?

T: Oh they said I was instigating fights, and muscling food. They wanted me out of there. And then it was down to lock down for 23 hours a day. Cold sandwiches, a shit ass toilet. And when someone flushes their toilet their sh-- comes into your toilet. That's gross.

M: How long were you there?

T: Thirty one days, then I was discharged. But while I was in there we would all just go buck nasty on each other. Yelling through the grates. But like no contact.

M: So if you didn't know you were bad before, you knew after this?

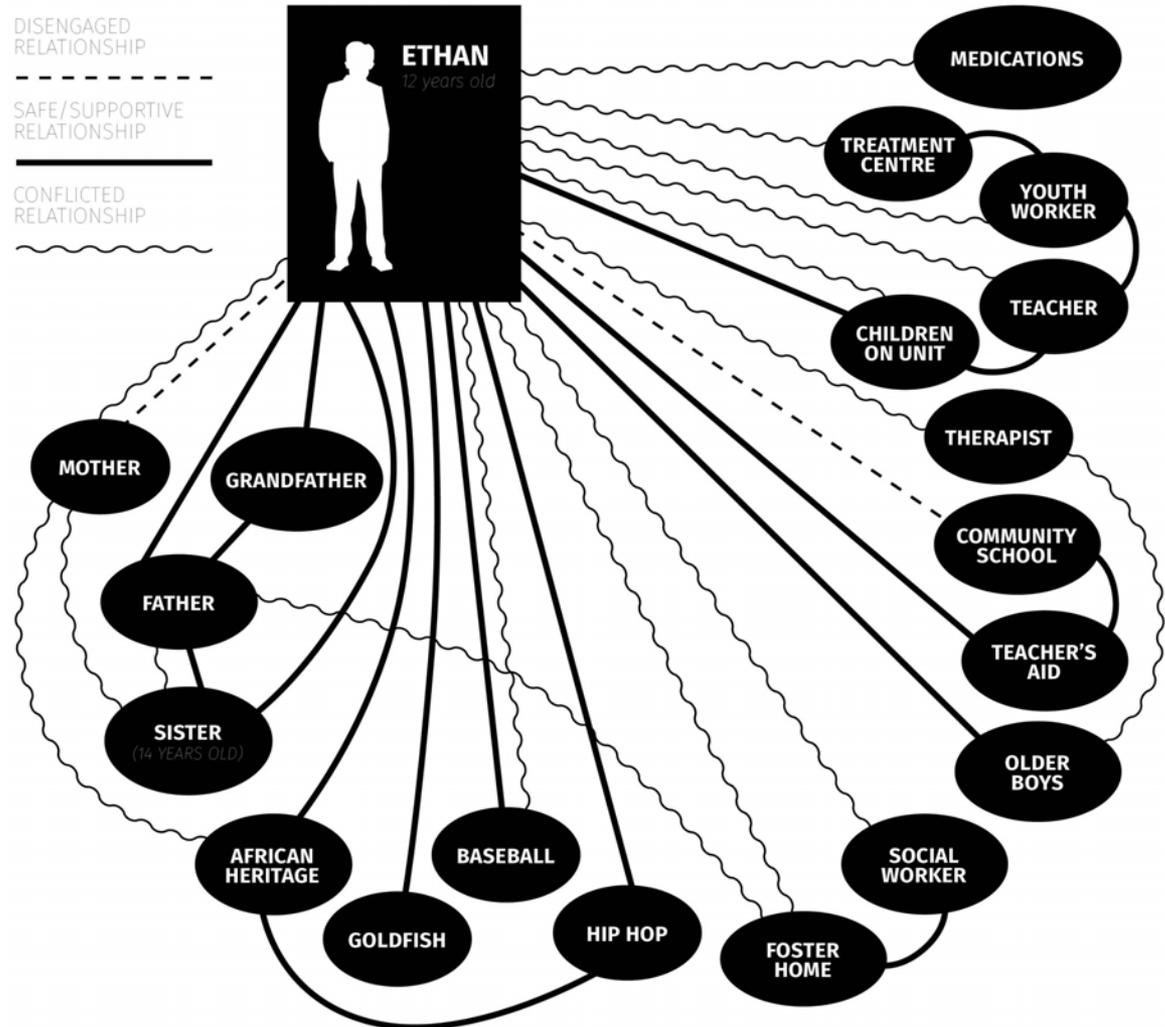
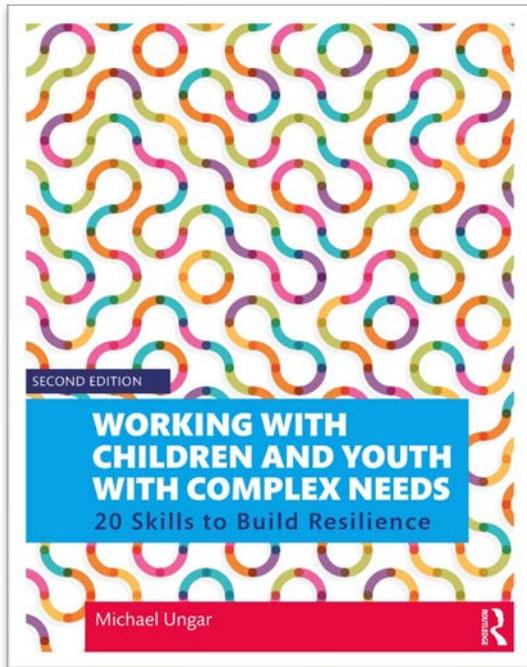
T: Oh yeah, there were cameras everywhere and out in the yard there was razor wire, everything.

M: So, regrets?

T: Oh f--- no. Forget Waterville.



Weaving Resilience Resources (and Developmental Assets)





Collaborative Helping (Madsen & Gillespie, 2014)

- ✚ Where would you like to be headed in your life (vision)?
- ✚ What gets in the way (obstacles/challenges)?
- ✚ What gets you there (supports)?
- ✚ What needs to happen next (plan)?



Skill #2: Make resources accessible







Skill #3: Explore barriers to change



Skill #4: Build bridges to new services/supports



Skill #5: Identify meaningful resources



Which resources we need most, and which are made available to us, is always a matter of negotiation.





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Skill #6: Keep solutions complex



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Skill #7: Find allies



Skill #8: Ask whether coping strategies are adaptive, or maladaptive



Are some dangerous, delinquent, deviant, or disordered behaviours health-enhancing?

- ✚ Resistance to conformity among young women and racially marginalized adolescents
- ✚ “Constructive aggression”
- ✚ Risk taking behaviours (smoking, sexual activity, time spent on the street) when used as coping strategies



Skill #9: Explore the client's level of motivation for change



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Skill #10: Engage in advocacy

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Session 3.2

10 Navigation Strategies-Case Study

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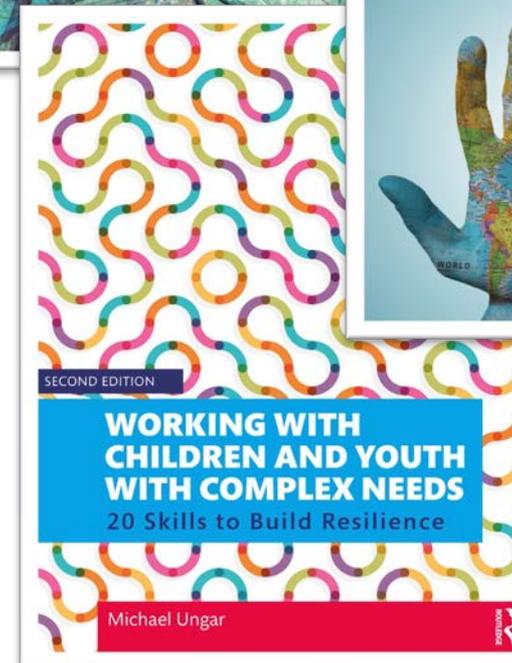
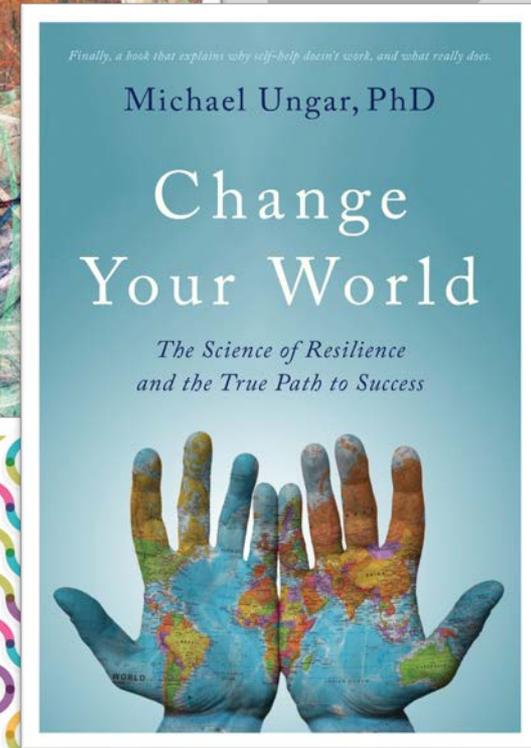
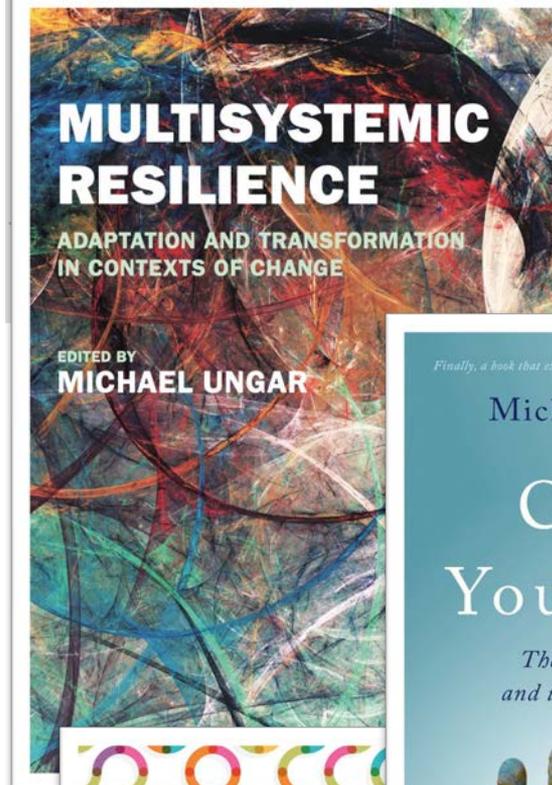
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Exercise: Applying your navigation skills

- 🎯 In small groups, share an example of a time you have helped someone navigate effectively for the resources they needed to cope.
- 🎯 Which of the 10 skills did you use?
- 🎯 Were there other skills required?