

R2 Resilience Training

Module 5

The R2 Resilience Program[©]

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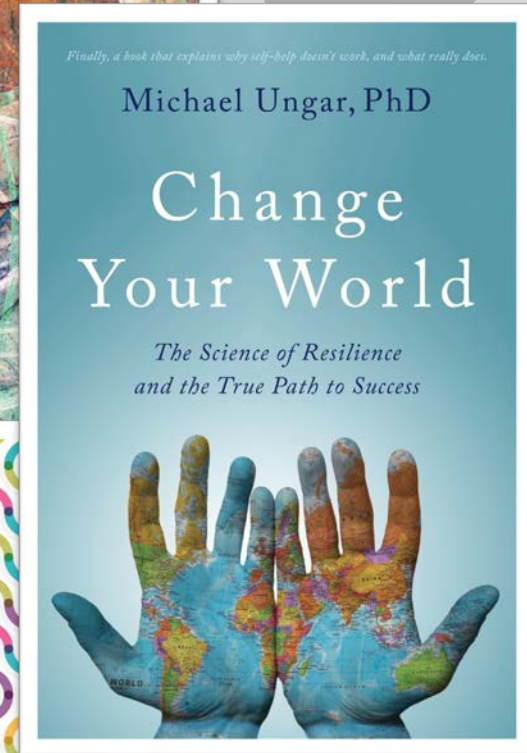
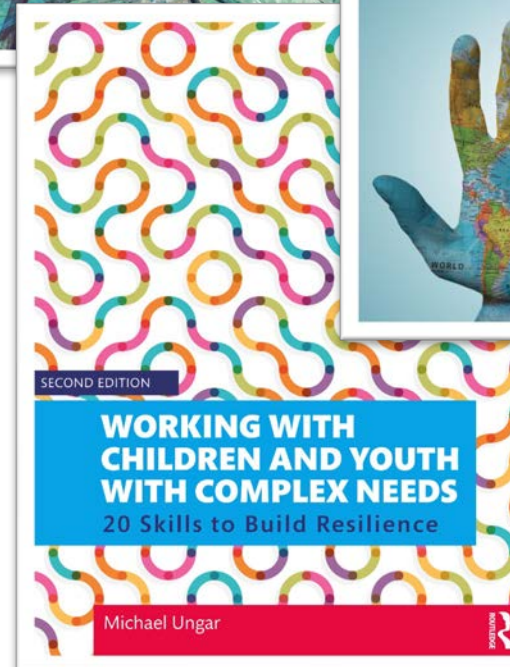
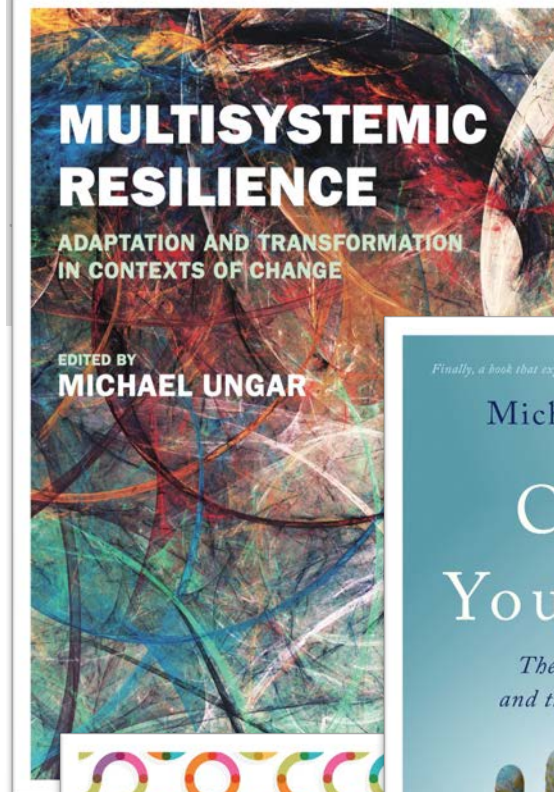
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www.resilienceresearch.org



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. A diverse community	
3. Altruism	
4. A supportive peer group	
5. Communication skills	
6. Access to mental and physical health care	



**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



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We are Two-Generation Focused

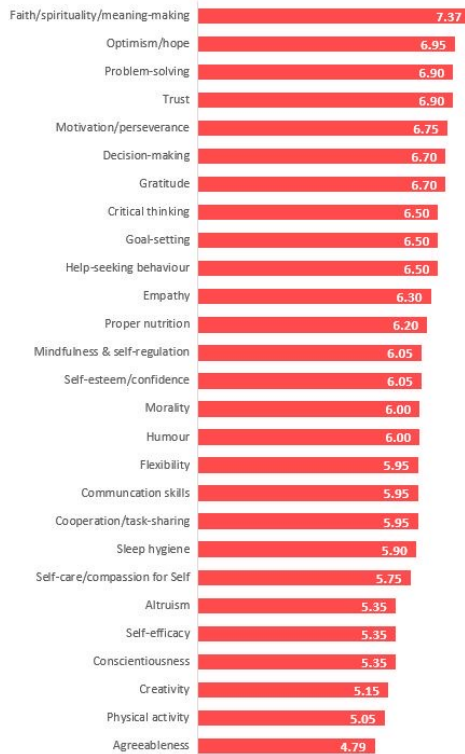
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Slide 18 of 27 English (United States)

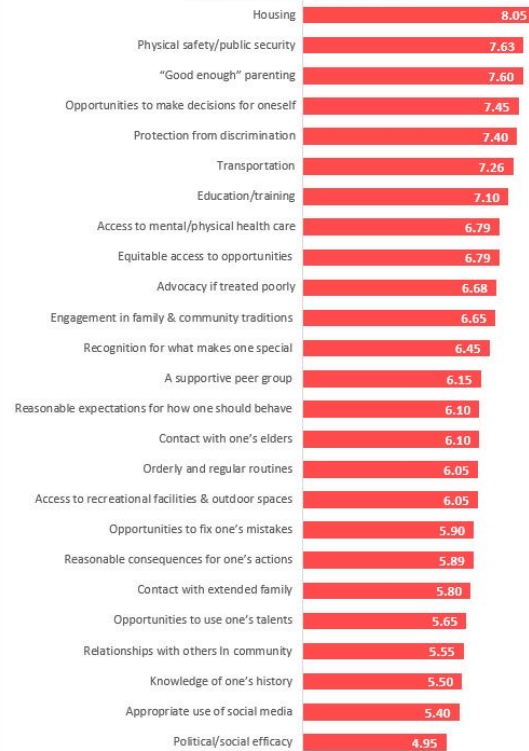
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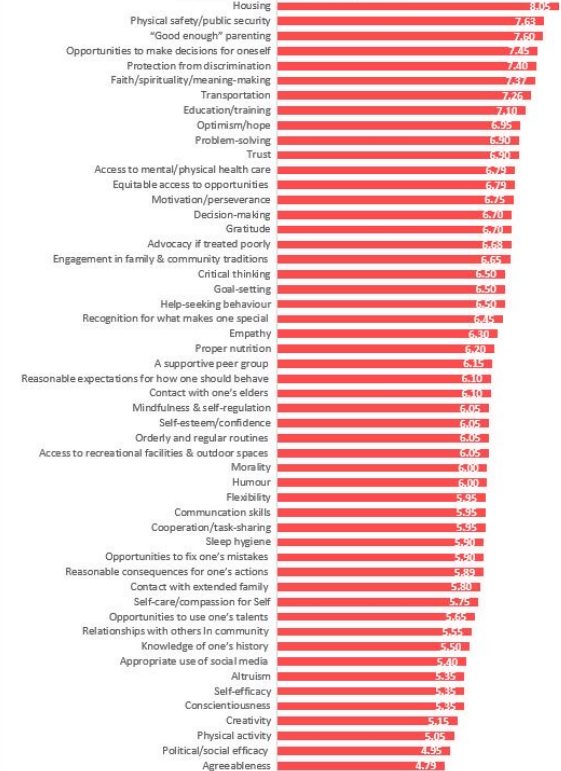
ALL Responses - Rugged Factors



ALL Responses - Resources

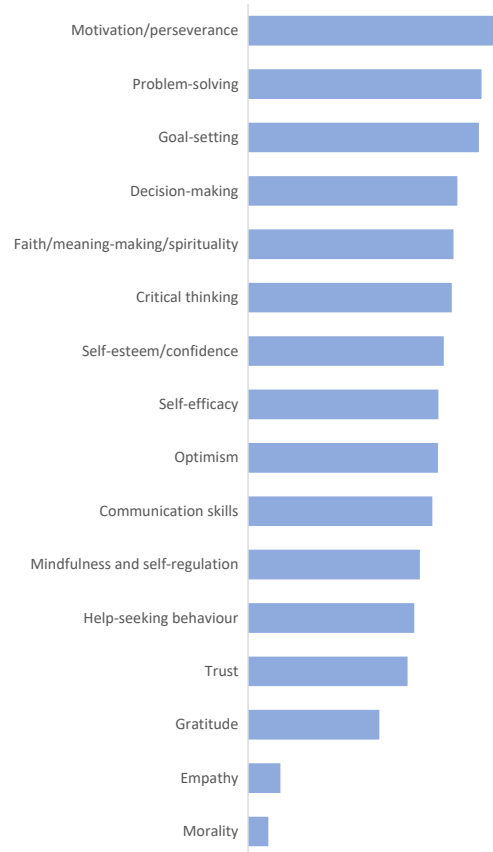


ALL Responses - ALL Factors

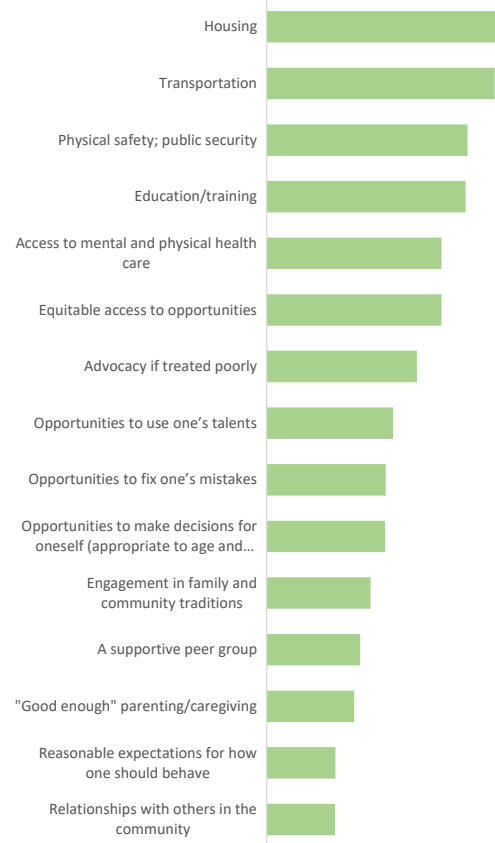


Agape Child and Family Services Delphi Round 1

Agape Responses Ranked-
Top 16 Rugged Factors











Agape Responses Ranked-
Top 15 Resources






Agape Child and Family Services Delphi Round 2

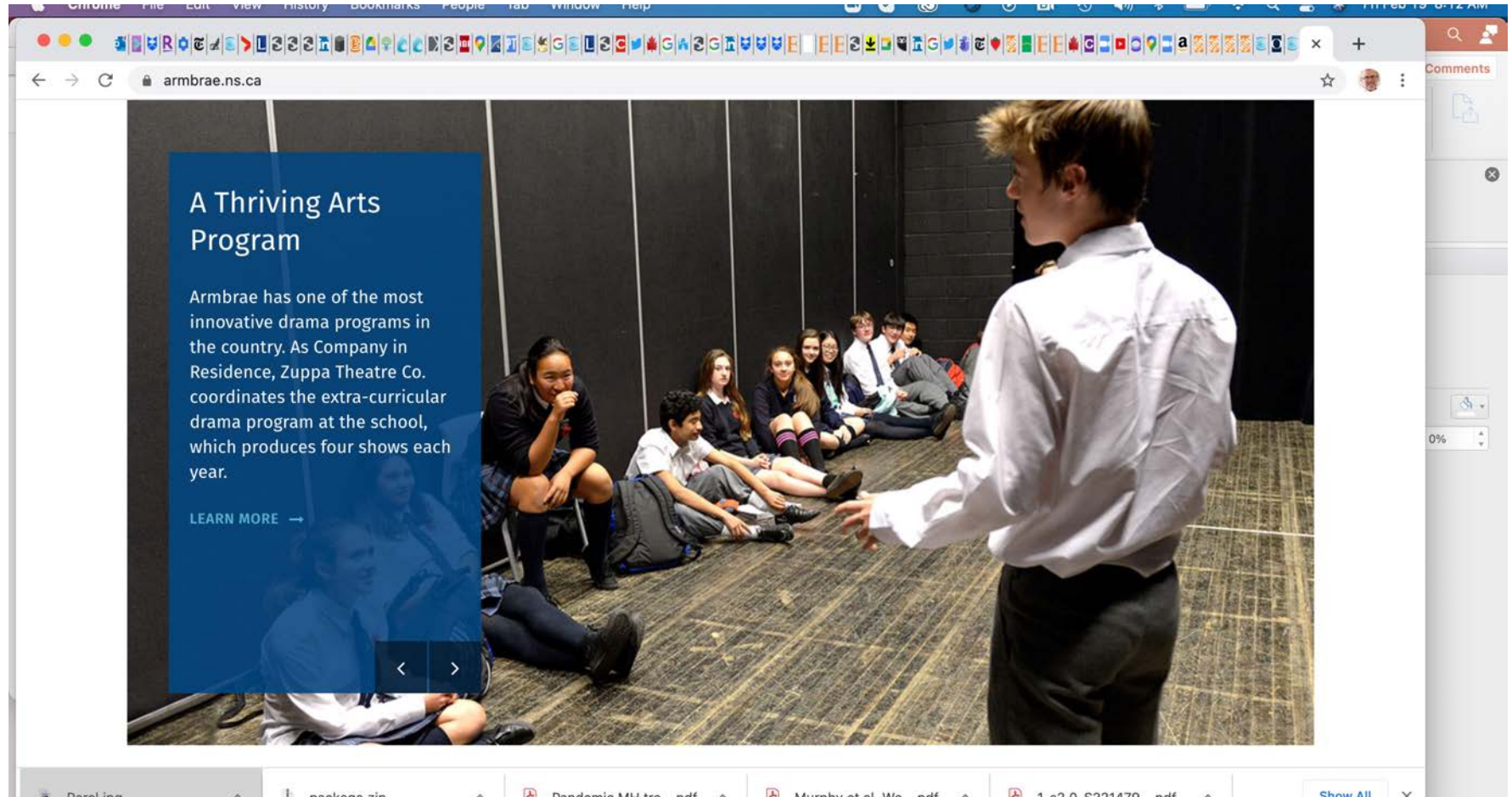
Example 1: A Social Service Agency

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



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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.

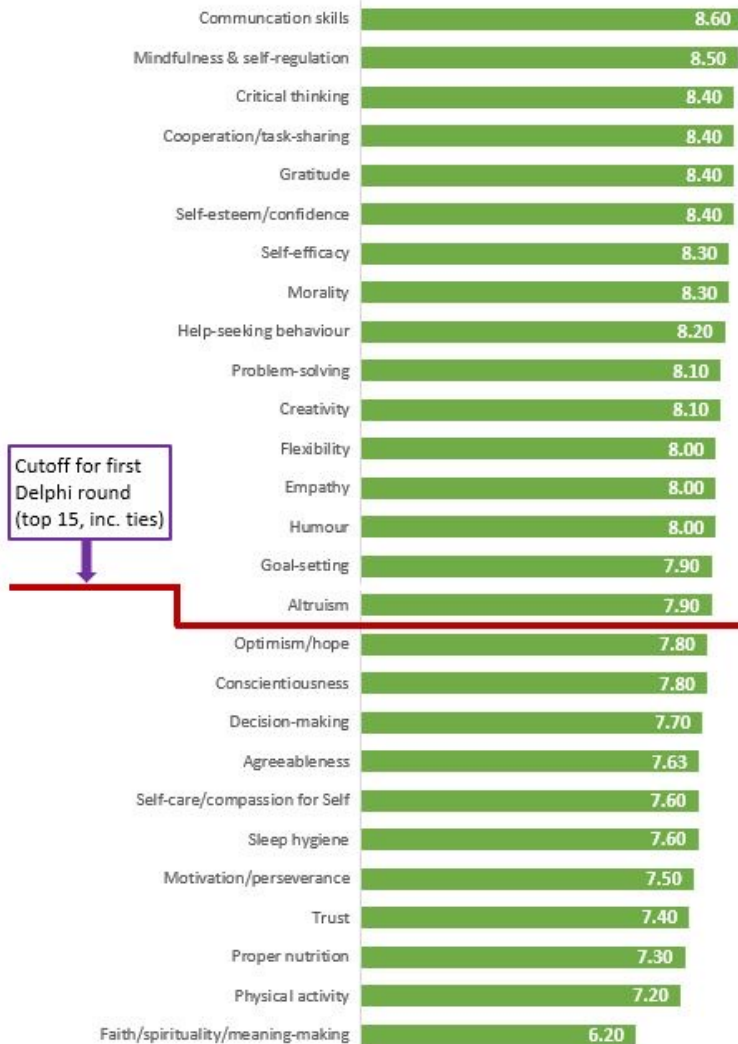
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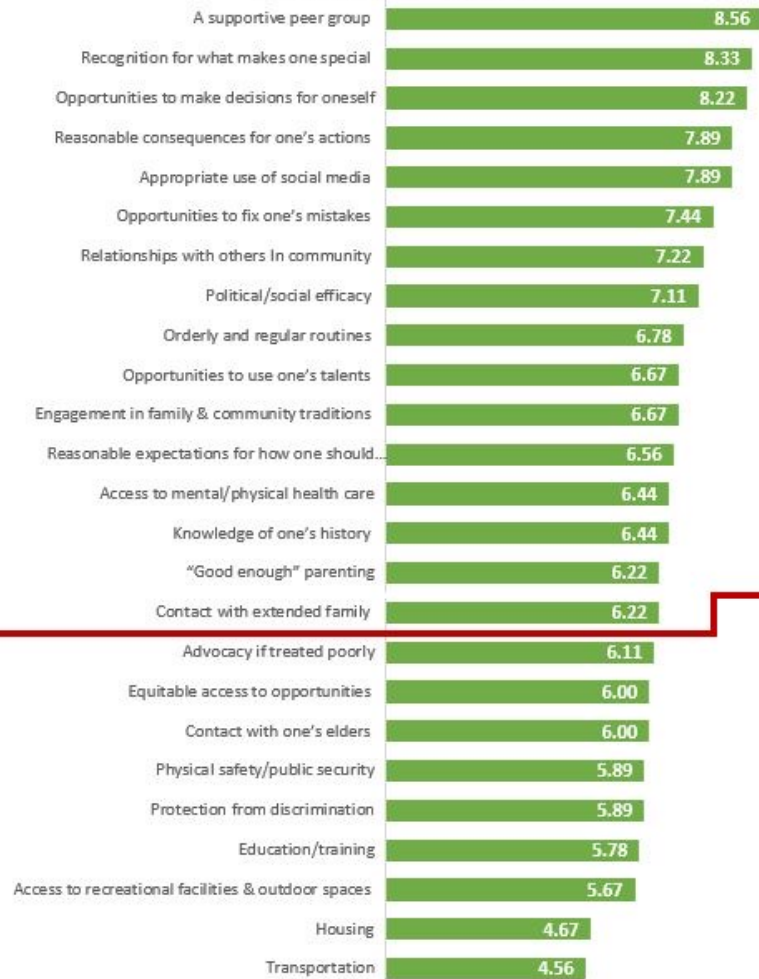
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Middle School - Rugged Factors









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