

APPLICATION BRIEF

Agape



R2



Resilience
Research
Centre

<https://resilienceresearch.org/r2/>

INTRODUCTION

The aim of the Agape R2 Resilience Program was to help staff members better assist clients who are disadvantaged individuals and their families living in Memphis. Staff were provided with information and resources they could use directly with clients to build resilience.

THE APPROACH

A series of interactive webinars were provided to staff over three weeks to help develop the framework for the program. RRC staff then worked with Agape staff to produce a manual containing information on resilience and activities that could be undertaken with clients (or by clients alone) to strengthen the 16 protective factors.

Evaluation:

A brief resilience and wellbeing survey was created for use at the start of the program. Clients then completed questionnaires for each of the protective factors as they began the modules. The resilience and wellbeing survey was retaken at three and six months after the completion of the program.

PROJECT DETAILS

Start Date: May 2020

Location: Tennessee, United States

Population: Agape staff (including social workers, aligned professionals and those with lived experience) who work with disadvantaged individuals and their families.

FACTORS CHOSEN

Agape staff decided that the most relevant and impactful program would focus on the following 16 qualities:

R1: Rugged Qualities



Decision making



Goal setting



Meaning-making/spirituality



Motivation/perseverance



Optimism/hope



Problem solving



Self-efficacy



Self-esteem/confidence

R2: Resourced Qualities



A supportive peer group



Access to mental and physical 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