

What is Resiliency?

NBHCC and Community Care believe that children, youth, and their families are all capable of being Resilient in the face of very challenging and stressful events in their lives.

Resiliency is the ability to bounce back from stress and crisis. It is the family's ability to build strength to positively meet the challenges of life. It is displayed as optimism, resourcefulness, and determination (National Network for Family Resiliency, 1995).

“Children can maintain resilience under adversity if they have sufficient psychological and social resources, are attached to significant adults, develop cultural and spiritual resources, and have an ideology or activism about their situation” (Gabarino and Colleagues, 1992). In other words, resilient children have a strong capacity to form relationships, to solve problems, to develop a sense of identity, and to plan and hope (Bernard, 1993).

Characteristics of Resilient people include: an ability to “bounce back” and “recover from almost anything”; have a “where there's a will, there's a way” attitude; a tendency to see problems as opportunities; ability to “hang tough” when things are difficult; have a healthy social support network; have a wide comfort zone; and are able to recover from experiences in the panic zone or of a traumatic nature (Niel, J., 2006).

It is important to note that, adverse events in childhood do not inevitably lead to serious issues in adulthood. Between one-half and two-thirds of children growing up in adverse situations “do overcome the odds and turn a life trajectory of risk into one that manifests resilience” (Benard, 1993, p.1)

This is why NBHCC and Community Care are working together with community stakeholders to ensure that services build upon individual and family strengths, natural supports, and protective factors that are all key components in the comprehensive treatment approach toward Resiliency.



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