

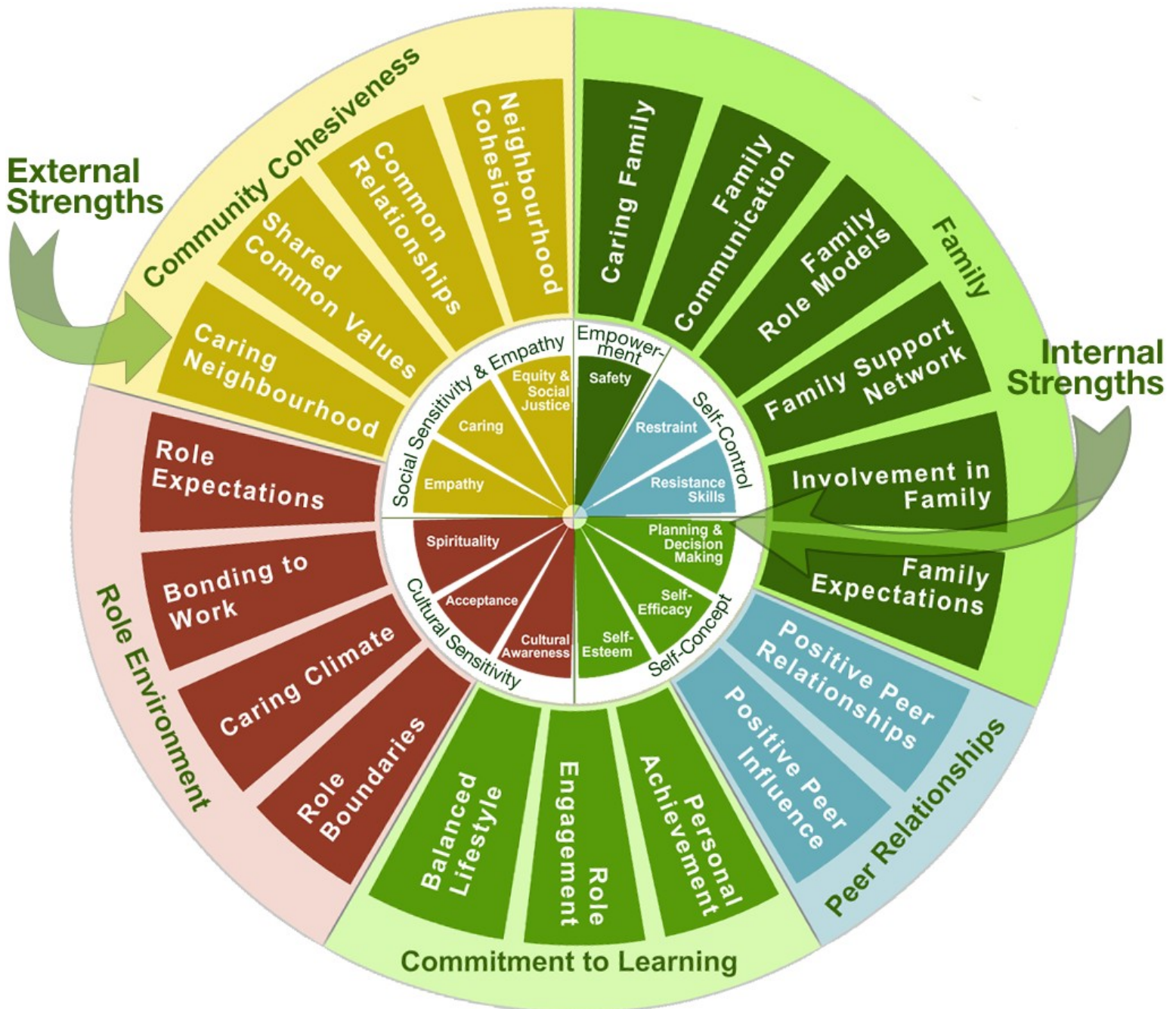
Nurturing Resiliency For Life



ADULT RESILIENCY FRAMEWORK

PROMOTING DEVELOPMENTAL STRENGTHS
THROUGH RESILIENCY ASSESSMENT & DEVELOPMENT

The foundation of the Adult Resiliency Framework is based on the child, youth and adult resiliency assessment and developmental protocols which promote a strength-based approach and holistic framework for understanding the major components that contribute to individuals becoming both productive and responsible.



Adult Developmental Strengths

Understanding Adult Resiliency in Your Community

Resiliency Factor	Developmental Strength	Description
Family Support	Caring Family	Family provides a nurturing, caring, loving home environment
	Family Communication	Can communicate with family openly about issues/concerns
	Family Role Models	Family provides responsible role models
	Family Support Network	Family provides trust, support, and encouragement regularly
Family Expectations	Involvement in Family	Family is active in providing help/support with role.
	Family Expectations	Family encourages person to set goals and do the best he/she can
Peer Relationships	Positive Peer Relationships	Friendships are respectful and viewed positively
	Positive Peer Influence	Friendships are trustworthy and based on positive outcomes
Community Cohesiveness	Caring Neighbourhood	Live in a caring and friendly neighbourhood
	Shared Common Values	Adults in the community respect each other and their opinions
	Common Relationships	Neighbours try to get to know each other
	Neighbourhood Cohesion	Neighbours have clear expectations of each other
Commitment to Learning	Personal Achievement	Works hard to do well at all tasks
	Role Engagement	Is interested in learning new things and working hard
	Balanced Lifestyle	Works hard to improve self
Role Environment (Work, Home or School) Culture	Role Boundaries	Role environment has clear rules and expectations for appropriate behaviours
	Bonding to Role	Cares about and feels safe in their Role environment
	Caring Climate	Role environment and supervisors provide a caring climate
	Role Expectations	Environment encourages goal setting and achievement
Cultural Sensitivity	Cultural Awareness	Has a good understanding and interest in other cultures
	Acceptance	Respects others beliefs and is pleased about cultural diversity
	Spirituality	Strong spiritual beliefs/values play an important role in life
Self-Control	Restraint	Believes that it is important for him/her to restrain from substance use
	Resistance Skills	Is able to avoid or say “no” to people who may place he/she at-risk
Empowerment	Safety	Feels safe and in control of his/her immediate environment
Self-Concept	Planning & Decision-Making	Is capable of making purposeful plans for the future
	Self-Efficacy	Believes in his/her abilities to do many different things well
	Self-Esteem	Feels positive about his/her self and future
Social Sensitivity & Empathy	Empathy	Is compassionate with others and cares about other people’s feelings
	Caring	Is concerned about and believes it is important to help others
	Equity & Social Justice	Believes in equality and that it is important to be fair to others

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