

Learning Points – Resilience Matrix

- Cases that appear in the top right hand quadrant of two axes are in safe situations and bounce back from difficulties. This is the safest area for young people to be.
- In the lower right quadrant are young people who are protected, but for whatever reason are vulnerable. These young people will only need specialist support if their protection is removed, but ideally universal and perhaps targeted services will work to increase to resilience.
- In the top left quadrant of this graph are children and young people in adverse circumstances. These are the children with whom targeted and specialist services should be working to increase the level of protection, whether by raising them from poverty or taking action to safeguard against abuse.
- Young people in the lower left corner of the graph are the most vulnerable young people who do not have the resilience, personally or within their environment to protect themselves. As well as identifying the associated risk this model allows us to develop care plans in two directions – to increase the level of protection and to improve young people's resilience, improving the chances of reducing risk.
- Once criticism of this model is that resilient young people in risky situations [the top left quadrant] may be ignored as relatively safe. It is crucial to recognise that no matter how resilient young people may be, there will be times when the risks are too severe to ignore and the presence of resilience factors should never be an excuse for lack of attention or inaction.
- Further reading: Daniel B, Wassell S & Gilligan R [1999] *Child development for child care and protection workers*. London: Jessica Kingsley Publications

RESILIENCE /VULNERABILITY MATRIX

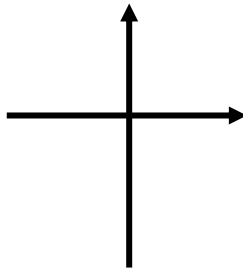
VARIABLES
 Timing/age
 Multiple adversities
 Cumulative protectors
 Pathways
 Turning points
 A sense of belonging

RESILIENCE
 Good attachment
 Good self-esteem
 Sociability
 High IQ
 Flexible temperament
 Problem solving skills
 Positive parenting
 Attractive

INTERVENTIONS
 Strengthen protective factors and resilience
 Reduce problems and address vulnerability
 Achieve initial small improvements

***RESILIENT CHILD
 HIGH ADVERSITY***

***RESILIENT CHILD
 PROTECTIVE***



ADVERSITY

Life events/crises serious
 Illness loss/bereavement
 Separation/family
 Domestic violence
 Asylum seeking status
 Serious parental difficulties
 e.g. Drug abuse
 Parental mental illness

PROTECTIVE ENVIRONMENT
 Good school experience
 One support adult
 Special help with behavioural problems
 Community networks
 Leisure activities
 Talents and interests

***VULNERABLE CHILD
 HIGH ADVERSITY***

***VULNERABLE CHILD
 PROTECTIVE ENVIRONMENT***

VULNERABILITY

Poor attachment
 Minority status
 Young age
 Disability
 History of abuse
 Innate characteristics in child/family which threaten/challenge develop
 A loner/isolation
 Institutional care
 Early childhood trauma
 Communication differences
 Inconsistent/neglectful care

from 'The Child's World' NSPCC