



LINKS

Practical Ways to Build Resilience with Young People

Resource List

Allcock, A: 2018 Community-based activities and young people's wellbeing, ESSS Outline, IRISS (Institute for Research and Innovation in Social Services), Glasow. It can be accessed here: <https://www.iriss.org.uk/resources/esss-outlines/community-based-activities>

Allen, M for UCL Institute of Health Equity (2014): Local action on health inequalities: Building Children and Young People's Resilience in Schools, Public Health England, London. It can be accessed here: <http://www.instituteofhealthequity.org/resources-reports/building-children-and-young-peoples-resilience-in-schools/evidence-review-2-building-childrens-and-young-peoples-resilience-in-schools.pdf>

Harvard University has developed an interactive game on building resilience that can be played here: <https://developingchild.harvard.edu/resilience-game/>

McArdle, E and Ward, S (2015): Lifemaps...the Youth Work Journey to Build Mental Health, YouthAction NI, Belfast. It can be accessed here: <https://www.ncb.org.uk/sites/default/files/uploads/Images-NI/LIFEMAPS%20-%20worker%20resource%202.pdf>

National Scientific Council on the Developing Child (2015): Supportive Relationships and Active Skill-building strengthen the Foundations of Resilience, Working Paper 13, Center on the Developing Child, Harvard University. It can be accessed here: www.developingchild.harvard.edu

Nurture Development (2016): Taking a Strengths-Based Approach to Young People: Moving from 'at risk' to 'at promise', Part 1. Nurture Development Blog, Dublin. It can be accessed here: <https://www.nurturedevelopment.org/blog/taking-strengths-based-approach-young-people-moving-risk-promise-part-1/>

Public Health Agency (2016): Supporting the best start in life – Infant Mental Health Framework for Northern Ireland, PHA, Belfast.

Rojas, TDP (2015): 10 Ways to become more resilient in Positive Psychology Program, available here: <https://positivepsychologyprogram.com/resilience-exercises/>

Sipler, E and Reynolds, C (undated): Bend Don't Break: Building Strengths that Build Resilience, South Eastern Health and Social Care Trust & the PHA.

Szalavitz, M and Perry, B: Born for Love (Chapter 7 is about resilience), 2010, Harper Collins, New York.

The Thrive Model is being used in England to help develop children and young people's resilience and has some free online awareness courses. See here for more details: <https://www.thriveapproach.com/>

Worsley, L and Fordyce, R (2012): The Resilience Doughnut Model, The Resilience Centre, Sydney. It can be accessed here: <https://www.theresiliencedoughnut.com.au/about/resilience-research-and-articles/resilience-research/resilience-doughnut-framework-2012/>