UNDERSTANDING & PROMOTING FAMILY RESILIENCE

Paul LeBuffe
Director,
Devereux Center for Resilient Children
DCRC Mission

The mission of the DCRC is to promote social and emotional development, foster resilience, and build skills for school and life success in all children and the adults who care for them.
Resilience Shoes by North Face
Resilience Lift Extreme by Estee Lauder
Hanes Resilience Pantyhose (discontinued)
What is Resilience?

- **Resilience** means the personal and community qualities that enable us to rebound from adversity, trauma, tragedy, threats, or other stresses - and to go on with life with a sense of mastery, competence, and hope.

- New Freedom Commission, 2003
Risk and Protective Factors

Risk Factors
- Environmental
- Familial
- Within-Person

Protective Factors
- Environmental
- Familial
- Within-Person

Outcome

Negative: Vulnerability
Positive: Resilience
What do Families Need to be Resilient?

• Attachment
  • Loving, cohesive family
    • Loving our children unconditionally
    • Extended families
  • Accepting friends
  • Belonging beyond the family
    • Support Groups
    • Faith Communities
    • Personal Interests
What do Families Need to be Resilient?

• Power & Control
  • Knowledge
    • Especially of yourself & your family
• Skills
• Opportunity to exercise that power
• Self-Efficacy & Self-Esteem
What do Families Need to be Resilient?

• Balance
  • Attention shown and time spent with each member of the family
  • Attention shown and time spent on different activities
  • Strengths as well as needs
  • Coping with the present & Planning for the future
  • Normal rhythm of life
What do Families Need to be Resilient?

• Hopefulness
  • Image of a positive possible self
  • Learned hopefulness
    • Scaffolding
    • Celebrate success
  • Purpose & Meaning in life
RESILIENCE IS A JOURNEY, NOT A DESTINATION

“I’m always en route”

Helena Devereux
RISK IS NOT DESTINY

Not for our children
Not for our spouses/partners
Not for ourselves
Final Thought…..

“Resilience: the human capacity to face, overcome and even be transformed by adversity,”

SAMHSA, 2007 p. 10
Presenter’s Contact Information

Paul LeBuffe
(610) 542-3090
plebuffe@Devereux.org

Devereux Center for Resilient Children
The Devereux Foundation
444 Devereux Drive
Villanova, PA 19085
www.centerforresilientchildren.org