

*I Still Love You:
Nine Things Troubled
Kids Need from their
Parents, Caregivers, and
Community Service
Providers*

Michael Ungar, Ph.D.

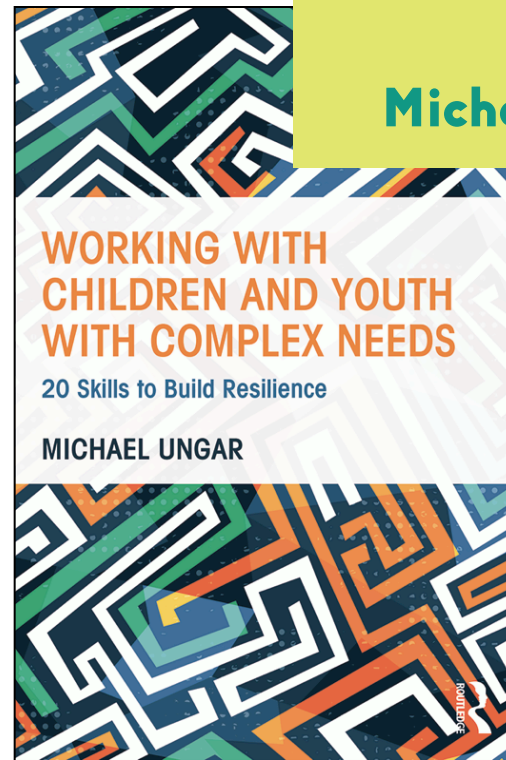
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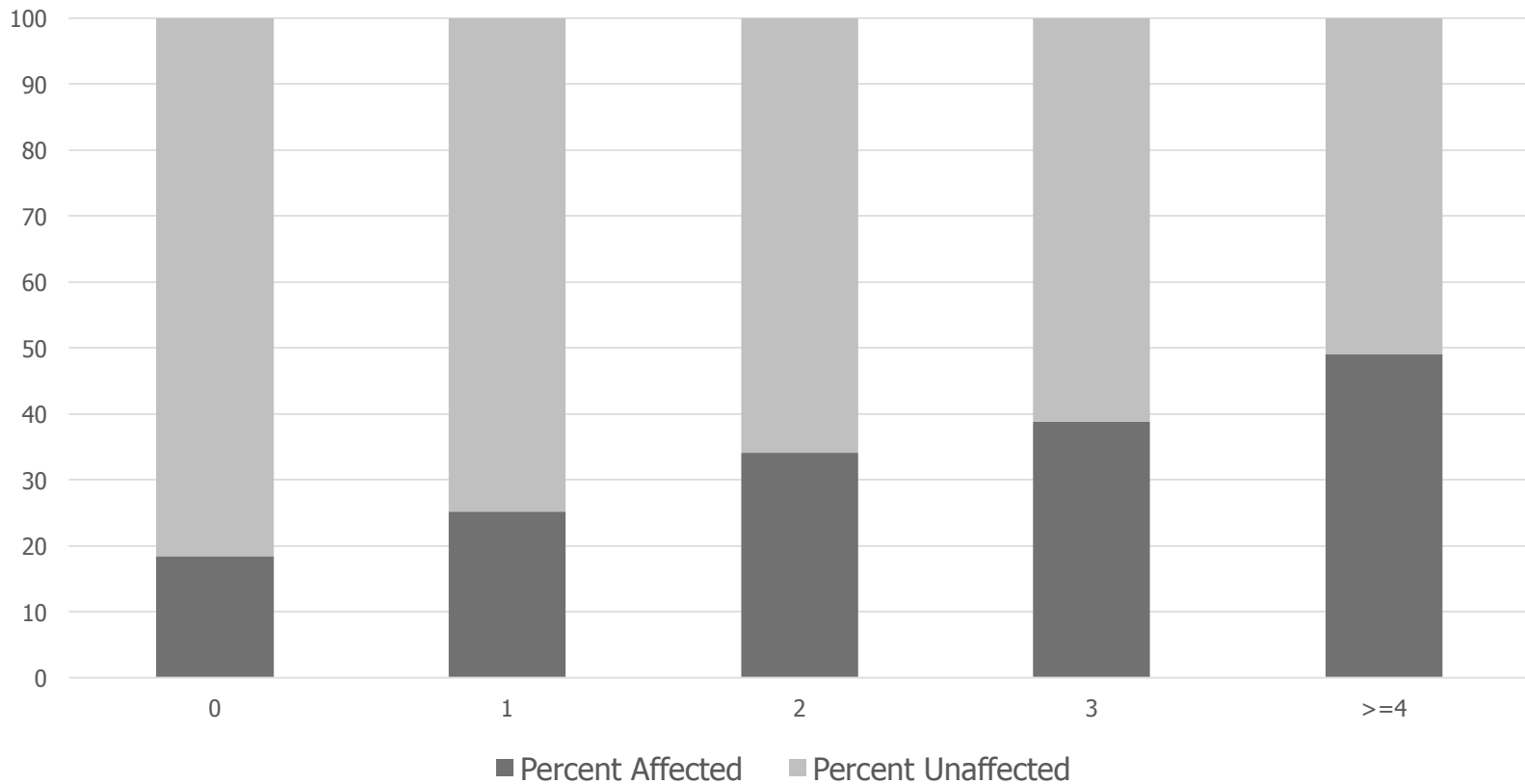
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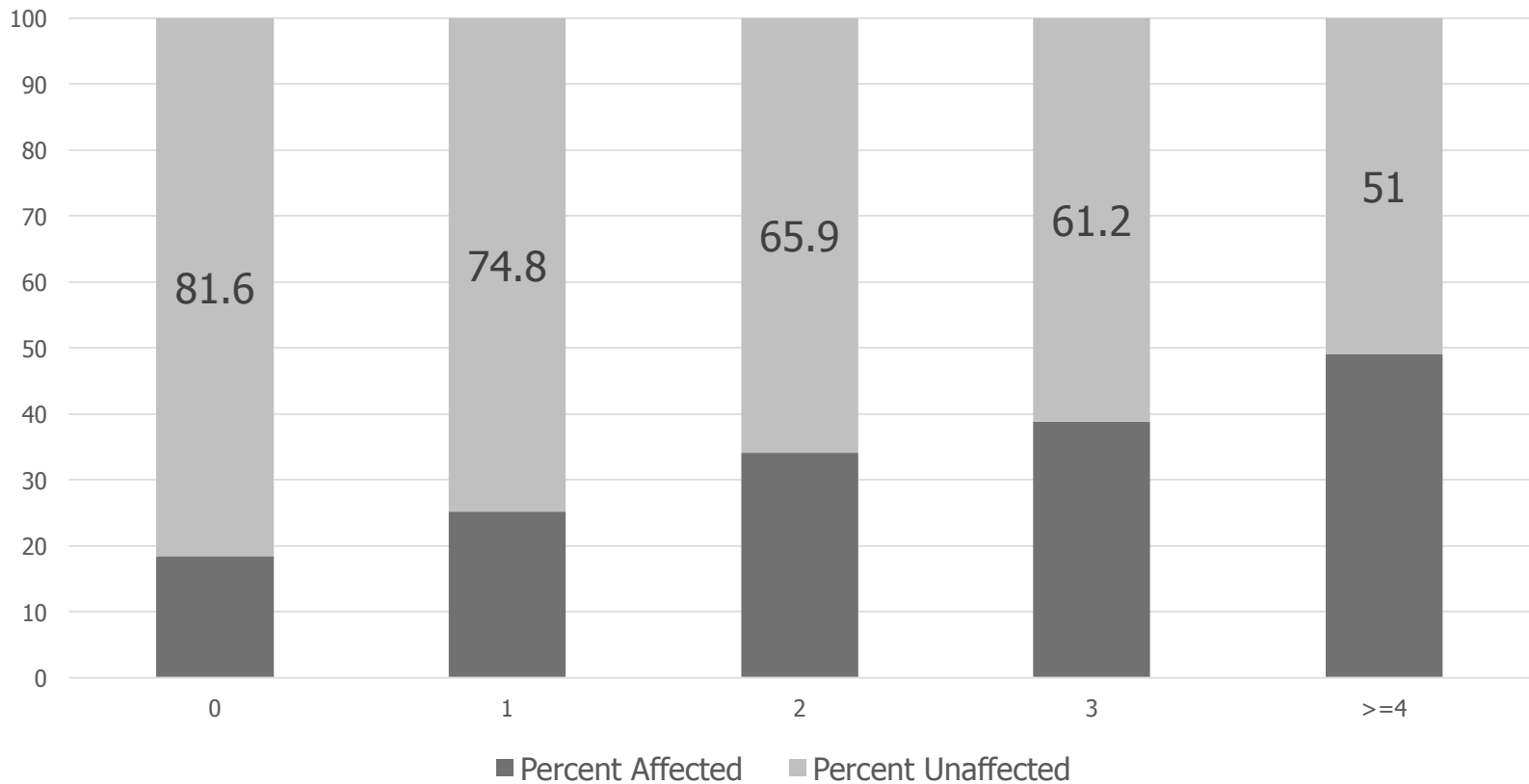
Percent Prevalence of Depressed Affect vs ACE Score

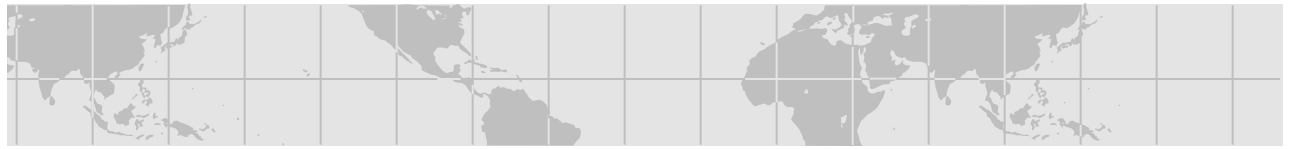


Anda, R. F., Felitti, V. J., Bremner, J. D., Walker, J. D., Whitfield, C., Perry, B. D., ... Giles, W. H. (2006). The enduring effects of abuse and related adverse experiences in childhood: A convergence of evidence from neurobiology and epidemiology. *European Archives of Psychiatry and Clinical Neuroscience*, 256, 174–186.



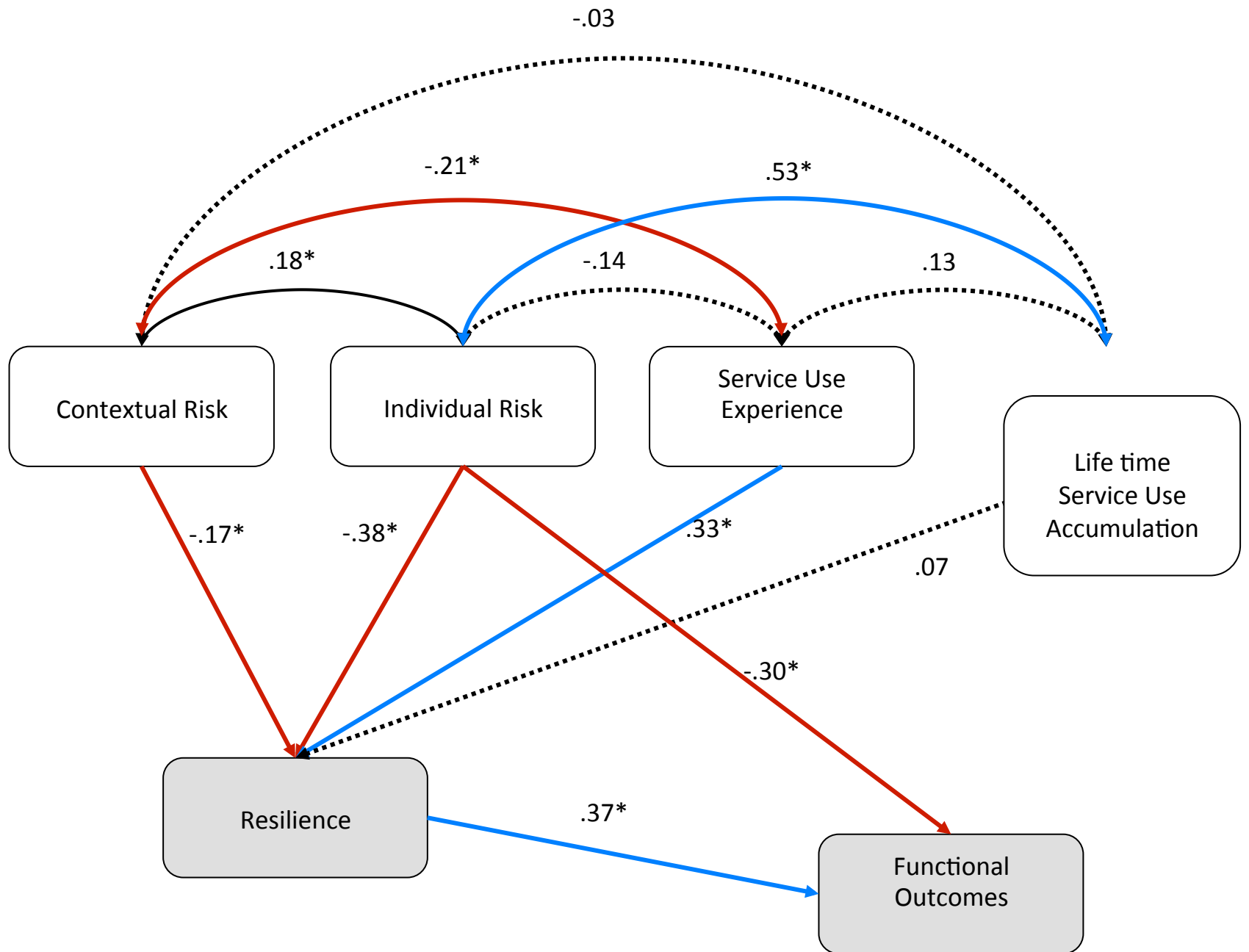
Percent Non-Prevalence of Depressed Affect vs ACE Score



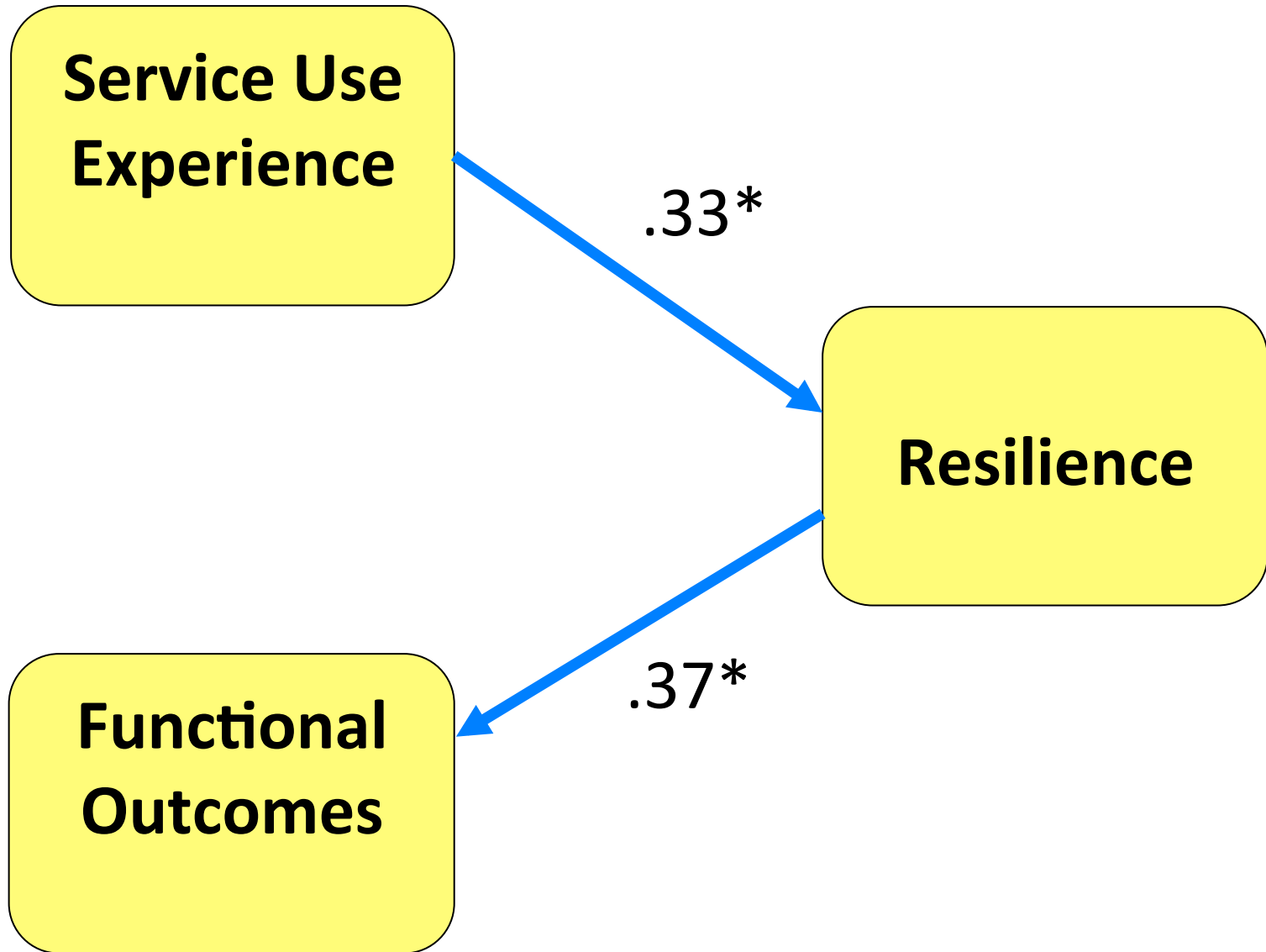


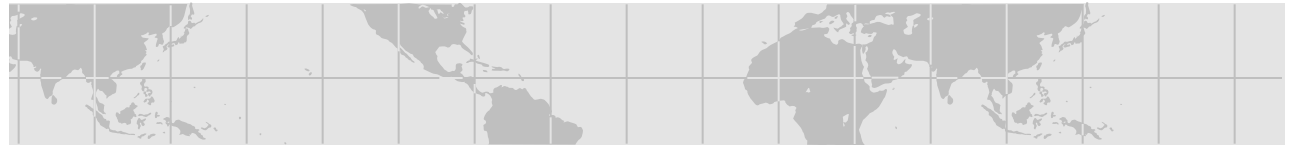
Resilience is...

✦ *In the context of exposure to significant adversity resilience is our capacity to **navigate** and **negotiate** for the resources we need to do well.*



Ungar, M., Liebenberg, L., Armstrong, M., Dudding, P., & van de Vijver, F. J. R. (2012). Patterns of service use, individual risk factors and contextual, and resilience among adolescents using multiple psychosocial services. *Child Abuse & Neglect*, 37(2-3), 150-159.





Nine Things All Children Need

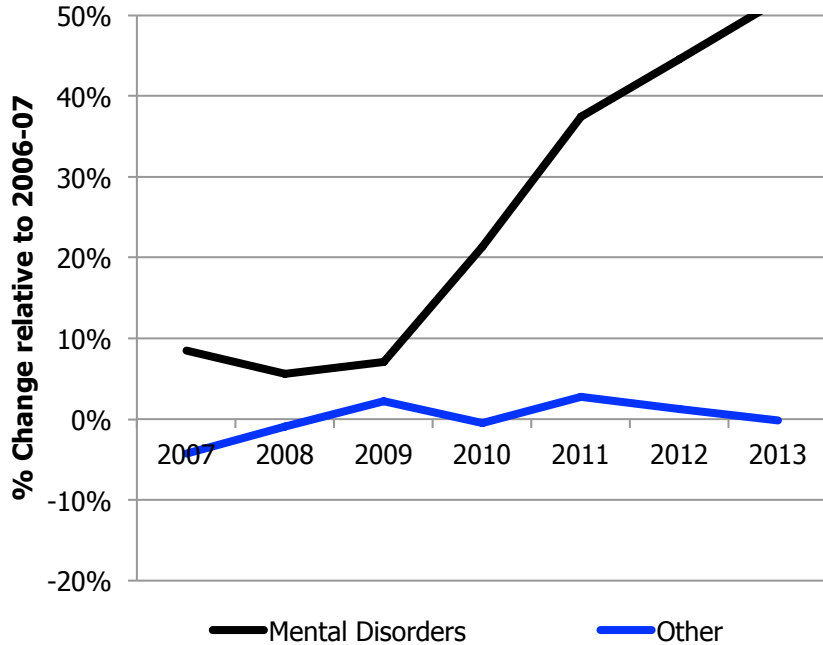
1. Structure
2. Consequences
3. Parent-child connections
4. Lots and lots of strong relationships
5. A powerful identity
6. A sense of control
7. A sense of belonging/culture/spirituality/life purpose
8. Rights and responsibilities
9. Safety and support

Increase in health service use: % change in rates per 100,000 population since 2006-07.

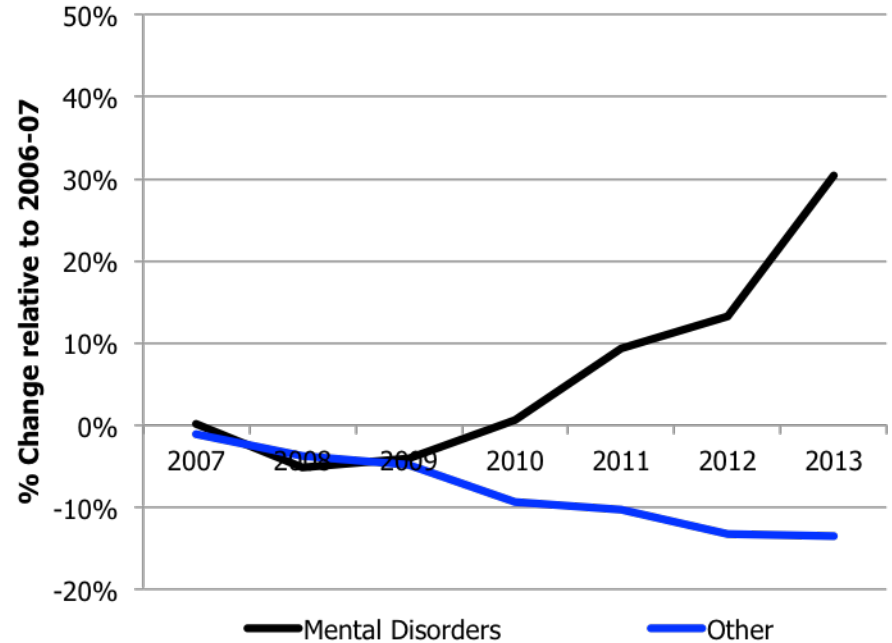
Rate of ED visits for children and youth aged 5-24 for mental disorders is up 44% since 2006-07.

Rate of hospitalizations for children and youth aged 5-24 for mental disorders is up 30% since 2006-07 – this is compared to a 13% *decrease* in all other hospitalizations.

Patients in the ED for Mental Disorders



Inpatient Hospitalizations for Mental Disorders



Source: Discharge Abstract Database, CIHI, 2014.
Hospital Mental Health Database, CIHI, 2013
National Ambulatory Care Reporting System, CIHI, 2014
Note: Based on Main Problem and MRDX



Exercise: Assessing my resources for resilience:

✚ Structure:

☒ "There are people in my life who expect me to _____."

✚ Consequences:

☒ "When I don't meet expectations, I know that _____ will happen."

✚ Parent-Child, and Other, Relationships:

☒ "I can reach out to my _____ to get help when I need it."



✚ Identity:

- ✚ "I feel respected for what is special about me when I'm with/at/doing _____."

✚ Power and control:

- ✚ "In my _____ I get to participate in making decisions that affect my _____."

✚ Belonging, spirituality (sense of cohesion):

- ✚ "At my _____ people miss me when I'm not there."



✿ Sense of culture

- ✿ “There are places such as _____ where I can celebrate my culture and beliefs.”

✿ Rights and Responsibilities (social justice):

- ✿ “When I’m with others at my _____ I feel treated fairly.”
- ✿ “When I’m with _____ I am responsible for myself/others.”

✿ Safety and Support:

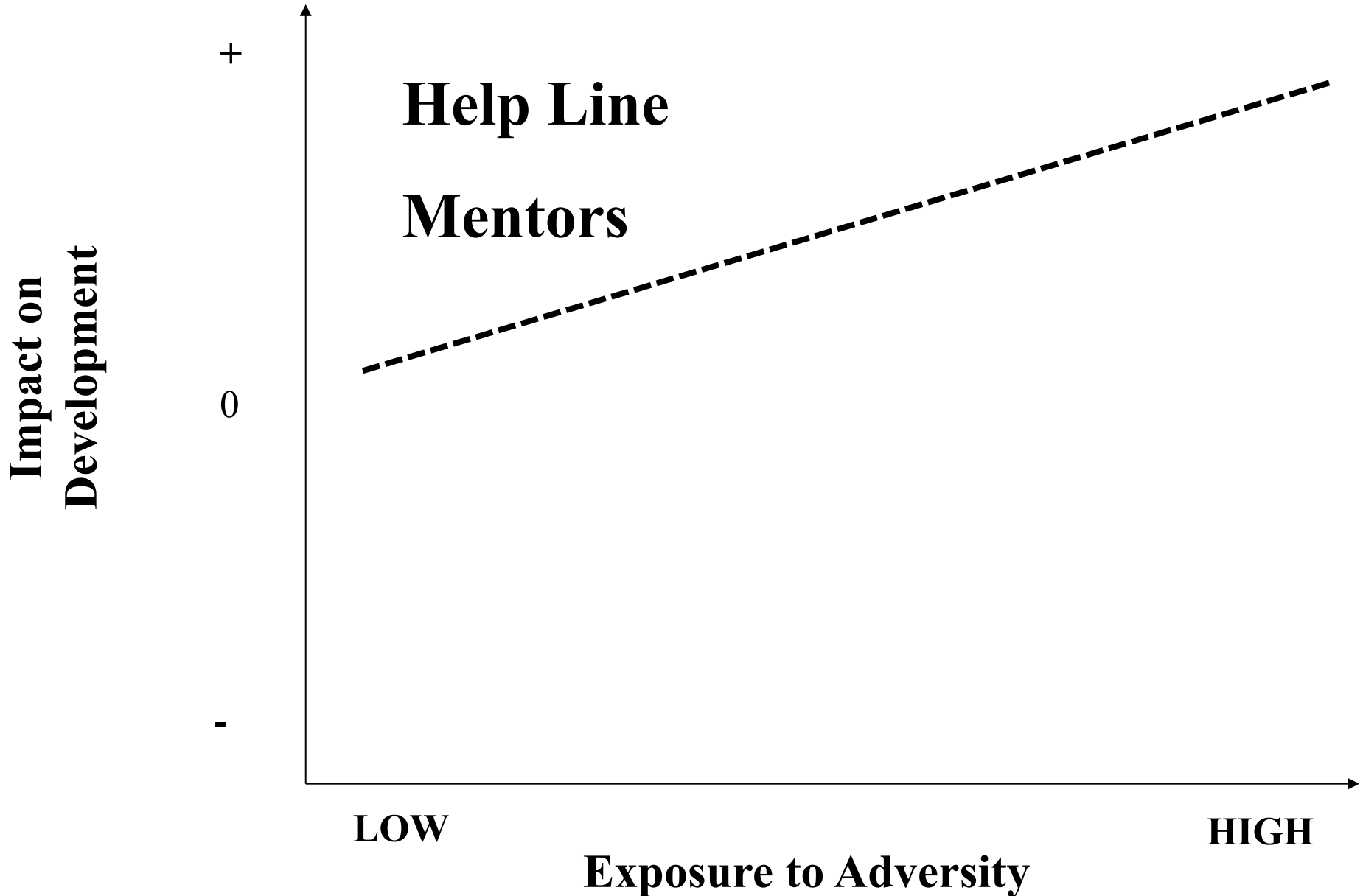
- ✿ “I am well-cared for by _____.”
- ✿ “I feel safe when I’m with/at _____.”



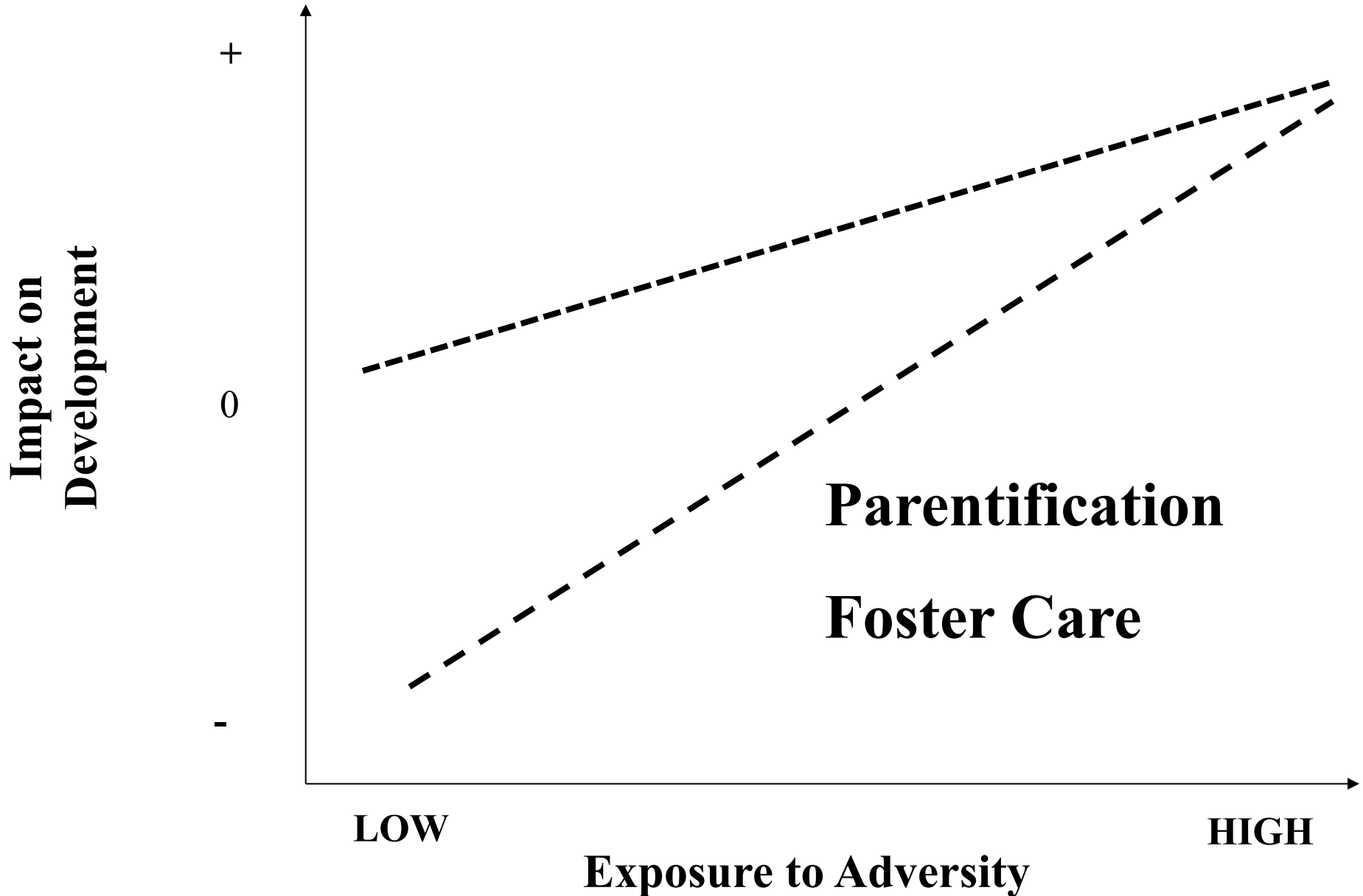
*The principle of **Differential Impact***

- ✚ The greater a child's exposure to adversity, the more these 9 Protective Factors and Processes matter

Differential Impact of Protective Factors and Processes



Differential Impact of Protective Factors and Processes



Thank you!

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