

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

VARIABLES

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

Resilience / Vulnerability Matrix

INTERVENTIONS

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

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

**RESILIENT CHILD
HIGH ADVERSITY**

Resilience

**VULNERABLE CHILD
PROTECTED**

Adversity

Life events / crises serious
Illness, loss / bereavement
Separation / family
Domestic abuse
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

Vulnerability

**VULNERABLE CHILD
HIGH ADVERSITY**

**RESILIENT CHILD
PROTECTED**

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