FAMILY Resilience

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COMMUNITY PARTNERSHIP OFFICE

TACOMA PUBLIC SCHOOLS

EVERY STUDENT. EVERY DAY.

DEFINITION

- Family possess unique and innate qualities, strengths, and skills that enable them to adapt to life's challenges despite the increasing diversity and complexity of family structures (i.e. divorce, re-marriage, single-parent household, common-law relationship) (Benzies & Mychasiuk, 2008).

- Family resilience is "the ability of a family to respond positively to an adverse event and emerge strengthened, more resourceful and more confident" (Simon et al., 2005).

- Family resilience can also be described as characteristics, dimensions, and properties which help families to be resistant to disruption in the face of change and adaptive in the face of crisis" (McCubbin & McCubbin, 1988).

Family Resilience

Beliefs

Shared beliefs help family members find **meaning** in adversity, cultivate hope and a **positive outlook**. They can be tied to faith or **spirituality**, giving individuals a bigger purpose. They help members see the crisis as a transformative opportunity for growth and foster a "can-do" attitude.

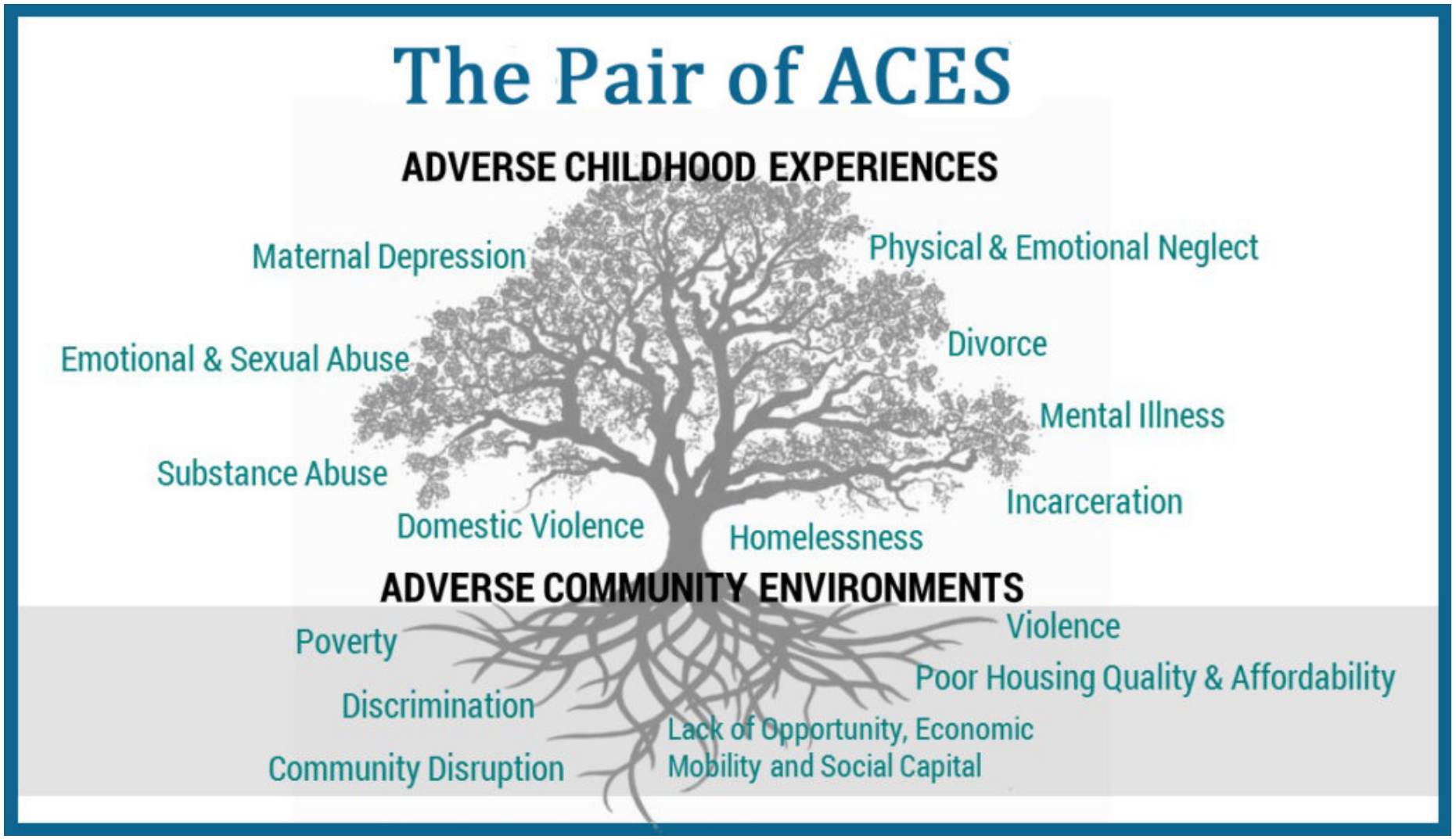
Organization

Refers to family structure, mutual support and **connectedness**. Resilient families possess both **flexibility** and stability – they are open to change, while remaining nurturing and dependable. Their connectedness enables them to establish security and collaboration within the family, and their **social networks** in times of need.

Communication

Communication is open and **clear**, tolerant and encouraging. **Emotions** and opinions are expressed freely, fostering a proactive and collaborative spirit of **problem-solving**. Family members can approach adversity with empathy and resourcefulness.

The Walsh Family Resilience Framework (Walsh, 2011)


The Pair of ACES
ADVERSE CHILDHOOD EXPERIENCES
Maternal Depression
Physical & Emotional Neglect
Emotional & Sexual Abuse
Divorce
Mental Illness
Substance Abuse
Incarceration
Domestic Violence
Homelessness
ADVERSE COMMUNITY ENVIRONMENTS
Violence
Poverty
Poor Housing Quality & Affordability
Discrimination
Lack of Opportunity, Economic Mobility and Social Capital
Community Disruption

PUT ON YOUR
OWN MASK FIRST

- Graduate Tacoma COVID 19 Directory
- LINCOLN HIGH SCHOOL COMMUNITY RESOURCE CENTER COVID-19 RESOURCE GUIDE
- School Supply Distribution

Asian Pacific Cultural Center Volunteers!
School Supply Distribution

KIDS CREATING CHANGE
Helping Kids Make Meaningful Change

KIDS CREATING CHANGE WEBINARS

JOIN US IN LEARNING
ABOUT
"Anti-Racism"

Join Kids Creating Change as we talk about what racism is and how to safely stand up for others

FRIDAY,
June 5, 2020
10:30am PST

Register by
Friday at 9:30am
to receive your zoom link
sessions are 35 minutes

POWERED BY CMT SCOOTER GRANT children's museum of Tacoma

A Pandemic within a Pandemic

COVID-19 will eventually pass, but how will we finally cure the pandemic of racism?

Symptoms

Disproportionate Deaths
40 Million Unemployed
Housing Instability
Inequitable Access to Care

COVID-19 laid bare underlying inequity

Belief in White Supremacy Empowered by Structural Racism

Root Cause

Center for Community Resilience
Milken Institute School of Public Health