



Refugee Services National Partnership for Community Training

Gulf Coast Jewish Family & Community Services

Resiliency & Self Sufficiency

NPCT is the technical assistance program of the Florida Center for Survivors of Torture

Objective

To recognize, promote, and measure resiliency and self sufficiency in working with traumatized refugees and torture survivors.

Resilience Defined

- Positive adaptation by individuals despite experiences of extreme adversity (Schoon, 2003)
- The process of, capacity for, or outcome of successful adaptation despite challenging or threatening circumstances (Masten, 2008)
- A construct connoting the maintenance of positive adaptation by individuals despite experiences of significant adversity (Luthar, 2000)

Overview

- What does resiliency look like?
- Resiliency involves independent characteristics or resources as well as a community perspective
- How can resilience be reinforced and supported through case management?

Measuring resilience

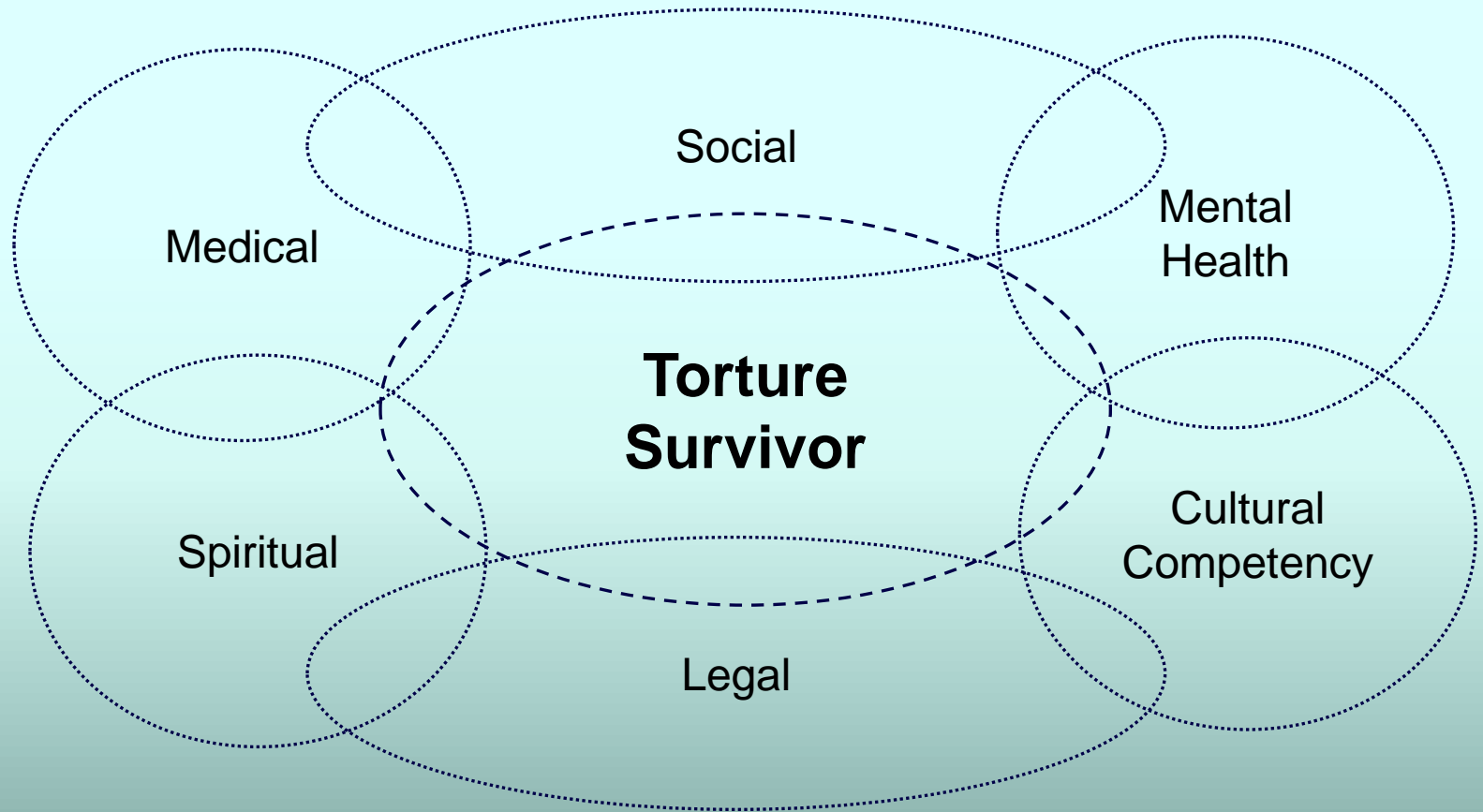
- Tools that measure resilience often look at the following:
 - Ability to adapt
 - Connection to family or friends / sense of belonging
 - Sense of security
 - Ability to cope
 - Sense of Hope
 - Sense of life meaning

Therapy vs. Therapeutic



- Three aspects of Self-Healing: Work, Altruism, Spirituality

Ecological Perspective



National Partnership for Community Training's service domains, adapted from Quiroga and Jaranson (2005) Politically-motivated torture and its survivors: a desk study review of the literature. *Journal of Rehabilitation of Torture Victims and Prevention of Torture*, p. 40

From an ecological perspective...

- Introduction to our role within the community
- Establishing trust and linkages to the community
 - Partnerships with schools, churches, community groups
- Empowering individuals
 - Assist in developing or enhancing sense of belonging

Contextual

- Can be helpful to assist an individual to put their experience into context
- “What is wrong with me” to “what happened to me”
 - Individual vs. shared experience
 - Return of Self Control and return of role within family or community
 - Incorporates self-healing and coping strategies

Supporting & Reinforcing resilience through case management

- In the next section we will look at the relationship between self sufficiency and resilience in:
 - Housing
 - Education
 - Employment
 - Community Resources
 - Social Supports

Housing

How does housing impact resiliency?

Barriers

- Client's fears
- Housing availability
- Relationships between groups of refugees living within the same community

Options/ Resources

- Increase knowledge with housing / neighborhood orientation
- Avoid negative transference
- Create feeling of safety-physical and emotional
- Empowerment: temporary circumstances that the client has the ability to control

Education

How does education impact resiliency?

Barriers

- Adult Learning
 - Prior educational experience
 - ESL class availability
 - Recertification options
- A child's experience
 - Prior educational experience
 - Teachers expectations
 - Parent's expectations
 - Acculturation issues

Options/ Resources

- Vocational learning
- Introduce teachers and parents
- School based interventions
- School activities
- Using traditional learning methods from country of origin

Employment

How does employment impact resiliency?

Barriers

- Transferring qualifications
- English language skills
- Expectations
- Acculturation process
- Cultural competency
- Mental Health / Physical health concerns there of can impact attendance
- Issues of mistrust
- Avoidant behaviors can result in passivity

Options/ resources

- Promotes sense of Purpose & meaning
- Develops new skills
- Creates social connections
- Provides opportunity to learn about new community and new culture

Community Resources

How do community resources impact resiliency?

Barriers

- Language
- Fear
- Transportation
- Lack of knowledge or understanding

Options

- Provide additional resources
 - Food pantries
 - Community engagement
 - Clubs and activities
 - Places of worship
 - Learning opportunities
 - Libraries

Family and Friends

Barriers

- Desire for youth to fit into their new culture
- Parental interaction with school
- Cultural norms and expectations

Options / Resources

- School engagement / sense of belonging
- ESL classes for parents
- Strength of family and community

Self-Sufficiency & Resiliency

- Housing, employment and education are all roads to self-sufficiency. But they are also ways to re-enforce resiliency
- Each individual we work with enters the room with personal resources. With each step they take towards self-sufficiency, they increase their knowledge about their new environment, they increase their connections within the community – they increase the personal resources that make them resilient.



Refugee Services

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...Advancing Promising Practices in the Torture Treatment Field

**For more technical assistance information,
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In partnership with Harvard Program in Refugee Trauma (HPRT) and the Bellevue/NYU Program for Survivors of Torture, National Partnership for Community Training (NPCT), is a program of Gulf Coast Jewish Family and Community Services.