#BuildingResiliency19
RESILIENCE IS ABOUT RELATIONSHIPS

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A Few Implications:
- No artificial distinction between physical and mental wellness
- Biological changes due to an on-going & cumulative dance between eco/bio
- Judging those changes as adaptive / maladaptive depends on the context
- To improve developmental outcomes, we must first change the context!!!!!!

“WHEN A FLOWER DOESN’T BLOOM, YOU FIX THE ENVIRONMENT IN WHICH IT GROWS, NOT THE FLOWER”

Alexander Den Heijer
Promoting Relational Mode

“In order to develop normally, a child requires progressively more complex joint activity with one or more adults who have an irrational emotional relationship with the child. Somebody's got to be crazy about that kid. That's number one. First, last and always.”

- Urie Bronfenbrenner
Caregivers in Survival Mode

STEP 1: Provide Social Supports, Meet Caregiver Deficiency Needs

Caregivers in Relational Mode

STEP 2: Develop Safe, Stable and Nurturing Relationships with Child

Child in Relational Mode

STEP 3: Promote Developmentally Appropriate Play

Scaffolding of New Skills

Social Determinants of Health, Unmet Caregiver Deficiency Needs

Healthy Child Attachment to the Caregivers

Foundational Social, Emotional & Language Skills
Nationally, only **40.3 %** of children are “flourishing” (curious, complete tasks, are in control when faced with a challenge)

Percent flourishing, by Family Resilience & Connection

<table>
<thead>
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<th>All children:</th>
<th>0 or 1</th>
<th>2 or 3</th>
<th>4 – 6</th>
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<td>21.5</td>
<td>38.1</td>
<td>51.5</td>
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<table>
<thead>
<tr>
<th>Number of ACEs:</th>
<th>0</th>
<th>1</th>
<th>2 or 3</th>
<th>4 – 9</th>
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<tbody>
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<td>26.8</td>
<td>44.3</td>
<td>57.6</td>
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<tr>
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<td>36.6</td>
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<td>16.8</td>
<td>30.6</td>
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<td>11.9</td>
<td>21.6</td>
<td><strong>30.5</strong></td>
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Bethell et al., 2019. *Health Affairs* 38:729-737

**IF WE ARE ONLY LOOKING AT ADVERSITY, WE ARE MISSING THE POINT:**
**ALL KIDS NEED RELATIONAL HEALTH TO FLOURISH**
No ACEs

1 ACE

2-3 ACEs

4-8 ACEs

Kids can thrive despite adversity

Bethell, Jones, Gombojav Linkenbach and Sege. Positive Childhood Experiences... JAMA Pediatrics 2019
SUMMARY:

1) Kids are like chameleons: they adapt to their context.

2) Changing the context requires a 2-gen policies.

3) Resilience is about relationships (not always parental):
   - SSNRs buffer adversity when it occurs
   - SSNRs build the child’s capacity for resilience: to respond to future adversity in an adaptive, healing, and even growth-promoting manner.