Resilience
Disclaimer

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Children at most risk for adverse health and developmental outcomes

- Poverty
- Lead & other toxins
- Exposure to Tobacco Smoke
- Unsafe neighborhood
- Stressed Single Mother
- Experiencing Violence
- Insecurity & Anxiety
- Limited Access to Healthcare

Health Equity and Children's Rights Pediatrics; March 29, 2010;
Nate Awan

- The fifth child of an overwhelmed single mother
- Kicked out of four schools
- Took a bullet in the shoulder
- Went to prison at 18 for trying to shoot a rival gang member
Incarceration

• Disrupts life’s trajectory and fractures families

• Jail reduces work time of young people over the next decade by 25-30 percent

• Two-thirds of prisoners will offend again
Nate Awan

• While serving a three-year sentence, he resolved that he would change his fate

• With the help *Operation Exit* a program in which the city of Boston partners with unions to channel residents with criminal backgrounds into the trades

• Awan chose pipe fitting
Popular ideas about the working class are woefully out of date. Here are nine people who tell a truer story of what the American work force does today — and will do tomorrow.

INTRODUCTION BY BINYAMIN APPELBAUM

PHOTOGRAPHS BY RYAN PFLUGER

FEB. 23, 2017
Nate Awan

• Awan is 28 and currently a second-year apprentice making $30 an hour plus benefits, can become a journeyman in three years earning more money

• “You come from no money for food, nothing, to where you’re buying a house, buying a car,” he said. “Your son needs a school uniform, you can get him one.”
Dorka Sternberg

• As a teenager, Dorka Sternberg watched as Nazi officers became enraged after two youths from the underground fired a handgun at them
• They randomly picked 25 young men and women from a roundup in her Polish hometown, Czestochowa, lined them up against a wall and shot them dead.
• “I was lucky, I suppose, because I am here,”
FROM DEATH-CAMP TO EXISTENTIALISM

A PSYCHIATRIST'S PATH TO A NEW THERAPY

BY VIKTOR E. FRANKL
Resilience

• Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.
• Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever.
• Resilience is the ability to become strong, healthy, or successful again after something bad happens.
Toxic Stress

• Strong, frequent, or prolonged activation of the body’s stress response systems

• Can be averted with the buffering protection of a supportive, adult relationship.
Home-Based Early Intervention

Early Intervention and Cognitive Development

PEDIATRICS 137:4, April 2016
The Perry Preschool Program

A. Data from the Perry Program collected when the individuals were 27 years old (High/Scope). >10th percentile achievement indicates children who scored above the lowest 10% on the California Achievement Test (1970) at age 14; HS Grad indicates number of children who graduated High School on time.

Value-Added Teachers: Impacts on Student Outcomes

• Tracked one million children from a large urban school district from 4th grade to adulthood.

• Looking at the impact of a Value-Added teacher.

Long-Term Impact on Student Outcomes

- Students assigned to higher VA teachers are more successful in many dimensions:
  - more likely to attend college,
  - earn higher salaries,
  - live in better neighborhoods, and
  - save more for retirement.

Economists from Harvard and Columbia Universities…..

• ........ argue for early and sustained investments in early care and education programs,
• particularly for children whose parents have limited education and low income,
• on the basis of persuasive evidence from cost-benefit analyses that reveal the costs of incarceration and diminished economic productivity associated with educational failure

Home, Belonging and the Incarcerated Mother: A study on the effects of mass incarceration on children’s behavioral health outcomes

Urban Farming as a Model for Positive Youth Development

The effectiveness of a community-based program of nutrition education and physical activity to decrease health disparities of childhood obesity

The Role of Social Support and Adolescent's Mothers Breastfeeding Practices in North Carolina

Interactive Educational Lead Hazards Class to Children at the Boys and Girls Club in Metro Atlanta - Pilot

Factors affecting the length of stay in drug exposed infants admitted to the Neonatal Intensive Care Unit

Impact of early life housing on child behavior at age seven

A Silver Lining for High-Risk Infants: Coordinated Care for Children 0-32 Months

Neurodevelopmental Outcomes of recent exposure to DDT in children of selected communities of Zambia

Racial Disparities in Access to Municipal Water Supplies in the American South: Impacts on Children’s Health
Rates of return to human capital investment

- Preschool programs
- Schooling
- Job training

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<thead>
<tr>
<th>Rate of return to investment in human capital</th>
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<tbody>
<tr>
<td>Preschool</td>
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<td>School</td>
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<td>Post-school</td>
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Oppportunity cost of funds

Age

Skill Formation and the Economics of Investing in Disadvantaged Children
James J. Heckman in: Science June 30, 2006 VOL 312 page 1900
Resilience Promoting Factors

- Loving and supportive environment
- Positive relationships with adults and peers
- Supportive, attentive and responsible parenting
- Good education
- Healthy diet
- Healthy exposure to outdoor activities and communion with nature

Adapted from Wu et al Frontiers in Behavioral Neuroscience 2013