

Building Resilience in the African American Family

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WHAT IS RESILIENCE?

- According to the American Psychology Association: “It’s the process of **adapting** well in the face of **adversity**, **trauma**, **tragedy**, **threats**, or even **significant sources of stress** – such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.”

THINGS THAT MAKE YOU WANT TO GO...HMMM?

Have you ever thought about:

- How our ancestors withstood the trauma of the body stealing they experienced?
- The pain of not seeing their families?
- The pain of abuse and neglect they received?
- The pain of not being able to speak or be understood in their own language?

HOW DID THEY GET THROUGH IT?

**They had hope – They
decided to live.**

Components of Hope:

Believe there is a reason to live

Believe that your future will be better

Believe that your children would have a
better future than themselves

**They decided on the
*Dimensions of Wellness***

DIMENSIONS OF WELLNESS (DAWSON)

Existence: See me! Validate who I am and what I have experienced.

Survival: Day to day living; not sure where I might lay my head; will the lights be on when I get home, etc.

Resilience: This is not just a bounce-back but walking through adversity and still standing in the end.

Thriving: My family is ok. We have food. We have a place to live. Paycheck to paycheck. I am ok.

Flourishing: It's about more than me. My community is well. We are all doing well.

SELF-CARE (DAWSON)

Conscious and purposeful engagement in ways that promote your own physical, mental, social, emotional, and spiritual health.

Types of Self Care

- Physical
- Mental
- Social
- Emotional
- Spiritual

WHAT IS A PROTECTIVE FACTOR?

Protective factors are conditions or attributes in individuals, families and communities that promote the health and well-being of children and families.



(Strengthening Families and Prevent Child Abuse, cssp.org)

STRENGTHENING FAMILIES - FIVE PROTECTIVE FACTORS

1. Parental Resilience

- The ability to recover from difficult life experiences are sometimes strengthened by, and even transformed by, those experiences. Knowing how to manage stress in healthy ways.

STRENGTHENING FAMILIES - FIVE PROTECTIVE FACTORS

2. Social Connections

- Positive relationships that provide emotional, informational, instrumental, and spiritual support.

STRENGTHENING FAMILIES - FIVE PROTECTIVE FACTORS

3. Knowledge of Parenting and Child Development
 - Understanding child development and parenting strategies that support physical, cognitive, language, social, and emotional development. What kind of parent do you want to be?

STRENGTHENING FAMILIES - FIVE PROTECTIVE FACTORS

4. Concrete Support in Times of Need
 - Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

STRENGTHENING FAMILIES - FIVE PROTECTIVE FACTORS

5. Support and Emotional Competence of Children
 - Family and children's interactions that help the children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

A SIXTH PROTECTIVE FACTOR

6. Nurturing and Attachment

- When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection. (U.S. Department of Human Services)

PARENTAL RESILIENCE

Demonstrate	Demonstrate in multiple ways that parents are valued.
Honor	Honor each family's race, language, culture, history, and approach to parenting.
Encourage	Encourage parents to manage stress effectively.
Support	Support parents as decision-makers and help build decision-making and leadership skills.
Help	Help parents understand how to buffer their child during times of stress.

STRENGTHENING FAMILIES - STRATEGIES

Respond to
family crises

Value and
support parents

SOCIAL CONNECTIONS

Help	Help families value, build, sustain and use social connections.
Create	Create an inclusive environment.
Facilitate	Facilitate mutual support around parenting and other issues.
Promote	Promote engagement in the community and participation in community activities.

STRENGTHENING FAMILIES – STRATEGIES

Facilitate friendships and mutual support.



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

- Model developmentally appropriate interactions with children
- Provide information and resources on parenting and child development
- Encourage exploration of parenting issues or concerns
- Provide opportunities to try out new parenting strategies
- Address parenting issues from a strength-based perspective



STRENGTHENING FAMILIES – STRATEGIES

Strengthening parenting



CONCRETE SUPPORT IN TIMES OF NEED

1

Respond immediately when families are in crisis.

2

Provide information and connections to other services in the community.

3

Help families to develop skills and tools they need to identify their needs and connect to supports.

STRENGTHENING FAMILIES - STRATEGIES

Link families to services
and opportunities

Observe and respond to
early warning signs of
child abuse and neglect.

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

- Help parents foster their child's social emotional development
- Model nurturing support to children
- Include children's social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development seems to need support



STRENGTHENING FAMILIES – STRATEGIES

Facilitate children's
social and emotional
development



WHAT MAKES YOUR FAMILY STRONG?

- **Parental Resilience:** Exercise flexibility and develop *inner strength*.
- **Social Connections:** Make a Friend: *Connecting* with friends builds a support system and makes your family strong.
- **Knowledge of Parenting and Child Development:** Learn to be *YOUR* child's expert. Being a great parent is part natural and part learned. Parental education makes your family strong.
- **Concrete Support in Times of Need:** *Ask for HELP!* Meeting your needs through community support and resources makes your family strong.
- **Social and Emotional Competence of Children:** Give your child *words to express* how they feel. Teaching your child to effectively communicate and interact builds positive relationships and makes your family strong.
- **Nurturing and Attachment:** When parents and children have strong, warm feelings for one another, children *develop trust* that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Thank you for attending.

For more information on AZCAAR and the work we do, please visit azcaar.org

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References: *Strengthening Families*, Center for the Study of Social Policy, cssp.org