Question from M. Hedges:
Regarding the children- I would be interested to know more information regarding their successes and challenges at school. I would want to know if they are using any resources through the school system to help the children.

Answer from Presenter
These are some resources individuals may find helpful:

Collaborative for Academic, Social, and Emotional Learning (CASEL): https://casel.org/
American Psychological Association: https://www.apa.org/topics/resilience-guide-parents

Question from A. Vosburg:
Fostering Trauma-Resistant Skills-Building is a powerful concept. How do you start the process of building skills to set a positive tone and direction?

Answer from Presenter
Research seems to suggest that cognitive behavioral approaches are most effective with fostering trauma-resistant skills. Here is one resource a reader may find helpful: Developing Resilience: A Cognitive-Behavioral Approach by M. Neenan.

Question from A. Parham:
Where can we find the research on resiliency?

Answer from Presenter
Everywhere.

Here is a great starter article:


Question from A. Huff:
Are there events that increase stress?
Answer from Presenter

Of course! Stress, however, according to the American Psychological Association is the body’s response to any demand. It is important not presume a person’s stress response.

Question from J. Batina:
Is there a standardized assessment that you recommend to assess for the resiliency skills and/or posttraumatic growth? While informal assessments are invaluable, they don't help us as an agency show effectiveness to constituents.

Answer from Presenter
Resilience is contextual so the type of assessment you would conduct at an organizational, program, or intervention level would differ.

A reader may find this resource article helpful to identify tools to evaluate individual resilience:


Question from J. Batina:
Are any of these assessment, or are there other assessments designed for children and adolescents?

Answer from Presenter

The Hope Trait scale does offer a child and adolescent version. The others do not. Here is an article that summarizes available Resiliency assessments:


Question from S. Boynton:
Are most clients willing to fill out these assessments?

Answer from Presenter

Yes because they are strength-based.

Question from J. Epp:
How often can the assessments be given?

Answer from Presenter

The PSS-10 is designed to administer each month. The PSC-4 is only a screener. It is not designed for symptom monitoring. All others, BRS and PTGI, measure current perceptions of ability and beliefs. Consequently, in my opinion and practice, I use them as a part of the initial assessment and at termination.

Question from J. Batina:
I do work at a nonprofit. How can I access the post-traumatic growth inventory?

Answer from Presenter

Yes. Individual can visit this website, [https://ptgi.uncc.edu/](https://ptgi.uncc.edu/), through the University of North Carolina-Charlotte for more information.
**Question from L. Hartman:**
When would an ACE questionnaire be appropriate?

**Answer from Presenter**
ACE does not measure resilience. It provides qualitative information about exposure to adversity and potentially traumatic events.

**Question from M. Chung:**
Any recommendations for working moms who are anxious due to COVID-19 (child care, home duty, work, etc.)?

**Answer from Presenter**
Yes! American Psychological Association offers this resource: [https://www.apa.org/topics/resilience-guide-parents](https://www.apa.org/topics/resilience-guide-parents)
Additionally, any strategy to help working moms regulate their affect and manage stress.

**Question from J. Conteh:**
What types of resiliency assessments would you recommend for research?

**Answer from Presenter**
It depends on the focus of the research. A reader may find this article helpful to make a decisión about resiliency assessments:

**Question from S. Boynton:**
any recommendations for those of us in the school setting

**Answer from Presenter**
The recommendations for schools include implementing trauma-informed practices, opportunities to promote resilience, and encourage growth of students. Readers may find these resources helpful:
Review Carol Dweck’s work on Growth Mindset, which I discuss in the first webinar. This website provides a helpful overview of the theory and approach: [https://www.mindsetworks.com/science/](https://www.mindsetworks.com/science/)
