Resilience Report

Easy to use interactive tools with instant results

What is Resilience?

Resilience is the process of continual development of personal competence while navigating and negotiating with available resources in the face of adversity.

- Lyn Worsley

Why is Resilience important?

People who have happy and fulfilling lives have positive life skills that help them grow through life's inevitable challenges, rather than being damaged by them.

How do we build resilience?

The process of building resilience is through

- Negotiating with our available resources
- Developing our personal competence, and
- Facing adversity.

In Schools the Resilience Doughnut encourages staff to use existing strong relationships around each child.

With parents, the Resilience Doughnut encourages parents to focus on the interaction of their child's strengths.
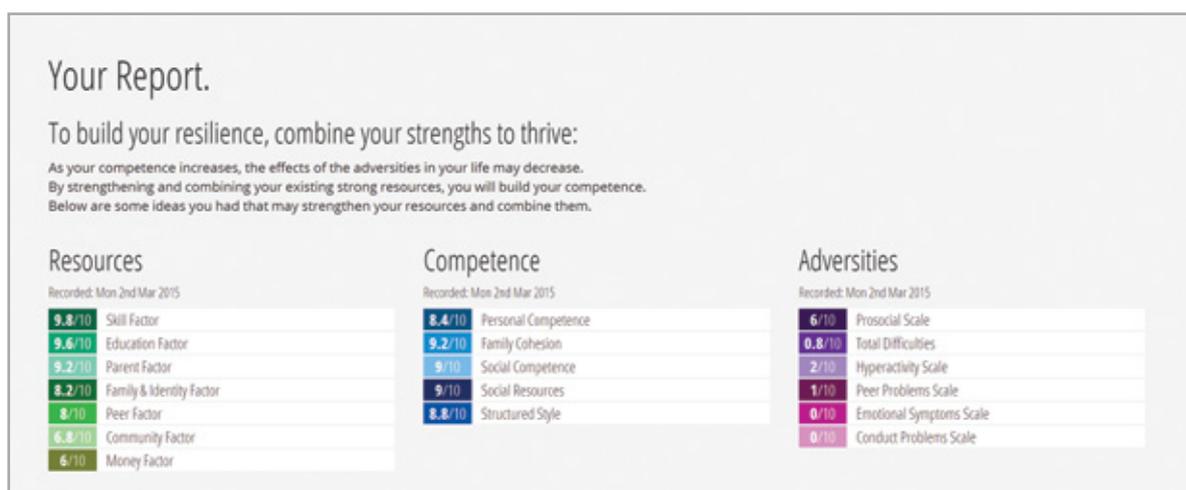
Why Measure Resilience?

- To enable students to take responsibility for their own wellbeing and learning about self

- To promote self discipline / self control

- To enable students to know what resources they have to build competence to face adversity

What is the Resilience Report?

The Resilience Report provides a snapshot of the specific resilience characteristics of young people and provides avenues for intervention and on going support.

The Resilience Report uses the Resilience Doughnut interactive tool and two validated measures to assist each person to take a snapshot of their own resilience.

Your Report.

To build your resilience, combine your strengths to thrive:

As your competence increases, the effects of the adversities in your life may decrease.
By strengthening and combining your existing strong resources, you will build your competence.
Below are some ideas you had that may strengthen your resources and combine them.

Resources		Competence		Adversities	
Recorded: Mon 2nd Mar 2015		Recorded: Mon 2nd Mar 2015		Recorded: Mon 2nd Mar 2015	
9.8/10	Skill Factor	8.4/10	Personal Competence	6/10	Prosocial Scale
9.6/10	Education Factor	9.2/10	Family Cohesion	0.8/10	Total Difficulties
9.2/10	Parent Factor	9/10	Social Competence	2/10	Hyperactivity Scale
8.2/10	Family & Identity Factor	9/10	Social Resources	1/10	Peer Problems Scale
8/10	Peer Factor	8.8/10	Structured Style	0/10	Emotional Symptoms Scale
6.8/10	Community Factor			0/10	Conduct Problems Scale
6/10	Money Factor				

Each snapshot will help individuals identify these key elements:

Resources	Competence	Adversities
Assess the strengths of their available resources using the	Measure their competence using the	Track the effect of the adversities in their lives, using the
Resilience Doughnut	**Resilience Scales for Adolescents**	**Strength & Difficulties questionnaire**
(Developed by Lyn Worsley, 2006).	*(Developed by Odin Hjemdal & Oddgeir Friborg, 2010).*	*(Developed by Robert Goodman 2005).*

What is a 'snapshot'?
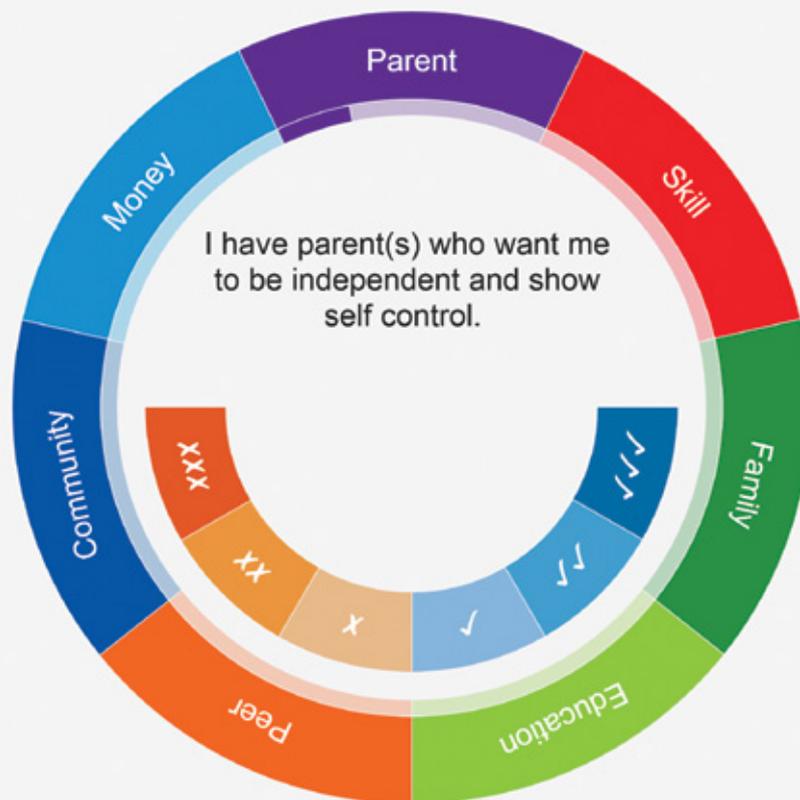
A 'snapshot' is a measure of resilience.

When an individual has taken at least one snapshot they can then view their Resilience Report.

Resilience will change over time.

By taking multiple snapshots over regular intervals a Resilience Report will be more accurate, and more useful.

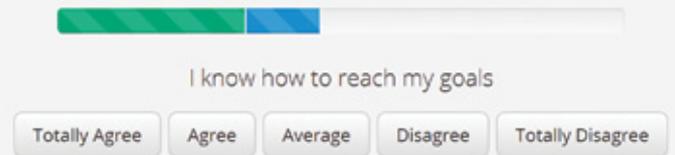Take a snapshot when really well to see which strong factors are present when coping well.

Take a snapshot when not coping to see which factors need to be combined to booster resilience.
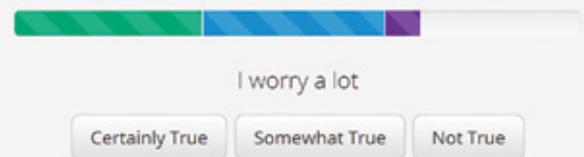
How is a snapshot is taken?

Resilience Doughnut
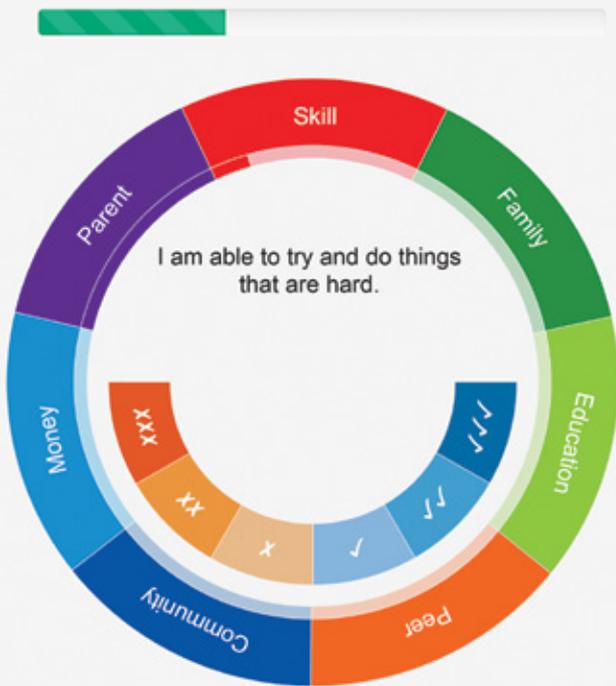
Resilience Scales for Adolescents

Strength & Difficulties questionnaire

To take a snapshot of an individual's resilience, they will complete an online Resilience Doughnut as well as two questionnaires.

The process of taking a snapshot is broken into three steps: Resources, Adversities and Competence.

Step one uses the Resilience Doughnut strengths measure. There are 7 strength factors with 10 statements in each. The participant must answer how strongly each statement is true in describing themselves. Each factor also prompts an additional written response.

Steps two and three are our survey questions. The participant is shown a series of questions and statements, as they answer they can see their progress in the green bar.

Once all three are completed the snapshot is complete, and the user can view their Resilience Report.

The Report

View scores and results.

The Resilience Report provides a measure of an individual's competence and adversities, or in other words, what they have going for them and what is working against them.

Each question in our surveys relates to a specific assessment. The report shows the scores resulting from those surveys broken down into each element.

The Competence and Adversities columns highlight potential difficulties the individual may have, and the Resources column shows the strengths available to them.

Problems are highlighted at a glance.

The report holds a great deal of information and we have added in simple markers to highlight any element that requires attention. These assessments are made using a scoring scale provided by our validated measures. The red and yellow markers in the graph, and in the first column on each snapshot, highlight and allow you to track problem areas.

See changes over time.

The report works best when there are multiple snapshots taken over regular intervals. The ideal amount of time between each snapshot will vary for each individual but as a starting point we suggest once every 6 months.

Strength comments.

Once 'The Resilience Doughnut' has determined the top three strength factors, we provide an opportunity for the individual to enter some text. We ask them what is good about that factor, why they think it is strong and what they could do to make it even stronger.

These comments has proven to be acutely valuable, acting as a resilience diary for the individual, and giving group managers specific and unique information. Some of the most powerful suggestions come from the student's themselves.

Your Report.

To build your resilience, combine your strengths to thrive:

As your competence increases, the effects of the adversities in your life may decrease.
By strengthening and combining your existing strong resources, you will build your competence.
Below are some ideas you had that may strengthen your resources and combine them.

Resources
Recorded: Mon 2nd Mar 2015

Score	Factor
9.8/10	Skill Factor
9.6/10	Education Factor
9.2/10	Parent Factor
8.2/10	Family & Identity Factor
8/10	Peer Factor
6.8/10	Community Factor
6/10	Money Factor

Competence
Recorded: Mon 2nd Mar 2015

Score	Factor
8.4/10	Personal Competence
9.2/10	Family Cohesion
9/10	Social Competence
9/10	Social Resources
8.8/10	Structured Style

Adversities
Recorded: Mon 2nd Mar 2015

Score	Factor
6/10	Prosocial Scale
0.8/10	Total Difficulties
2/10	Hyperactivity Scale
1/10	Peer Problems Scale
0/10	Emotional Symptoms Scale
0/10	Conduct Problems Scale

Comments
Recorded: Mon 2nd Mar 2015

Resilience Profile.

The data charts make it easy to assess changes over time.

Problems are highlighted at a glance.

A Of Concern

B Borderline

Each score is displayed as a number and a bar graph, so a lot of information is evaluated quickly.
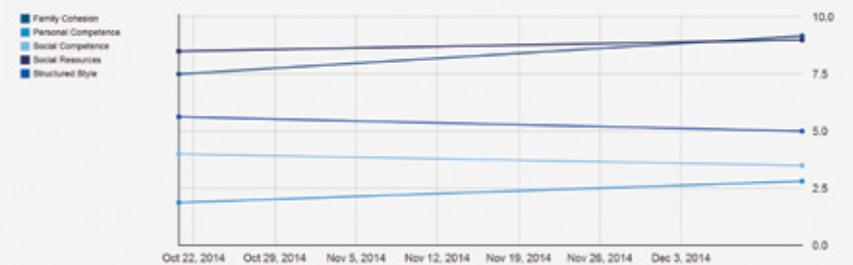
Each snapshot is available and can be quickly reviewed.

Resources

Competence

Adversities

Managing a group of people.

For use with schools and organisations.

The Resilience Report enables your students or clients to score their own Resilience. Each student can log in to the website and access their own reports. They can return at any time to get a snapshot of their resilience or access their Resilience Report.

For use with group practices

The Resilience Report enables immediate feedback of the effectiveness of group programs, individual interventions and the effect of trauma and mental health on a persons resilience.

Access to a Group Resilience Report

The Resilience Report can give a group, class, year and/or school overview of each student's resilience, highlighting any difficulties experienced so early intervention can be implemented using the Resilience Doughnut factors. An annual license is needed in order to access a whole school report, along with parental permission for selected teachers to access the student data.

The report can be on an individual, class, year, or whole school basis and alerts welfare and executive staff to students emotional, social, behavioural, and attention difficulties as well as their strengths in the Resilience Doughnut.

This valuable report is easy to use and presented with a one-page overview of the students allowing more detail to be accessed when highlighted. The report allows staff to identify the students quickly that will benefit the most from early intervention using a strengths approach. Furthermore, repeated use of the Resilience Report highlights the effectiveness of the interventions used to build student resilience, and can be used to justify the use of such interventions.

It is recommended that selected school staff be trained in the use of the Resilience Doughnut to enable the effective interventions in building each individual student's resilience during transitions and times of stress. www.theresiliencedoughnut.com.au

Resources

Each score is displayed for quick reference.

Search: [   ]

#	Date	Parent Factor	+/-	Skill Factor	+/-	Family & Identity F...	+/-	Education Factor	+/-	Peer Factor	+/-	Community Factor	+/-	Money Factor	+/-
	2015/03/02	9.8		10		9.4		10		9.4		6.8		7	
	2015/03/03	9.6		8.4		9.2		7.8		5		5.2		4.4	
	2015/03/02	9.6		6		9.2		8.2		9.6		9		7.2	
	2015/02/04	9.4		6		5.2		5		5		5.8		4.4	
	2015/03/02	9.4		5.8		9.4		9.2		5.6		7.6		2.8	
	2015/03/02	9.2		9.8		8.2		9.6		8		6.8		6	
	2015/03/02	9		9.2		9.4		9.8		8.8		5.8		8.6	
	2015/02/18	8.2	+2.2	5.4	+0.6	5.6	+2.4	6.4	+0.6	6.2	-0.4	5.8	+1.2	5.6	-0.6
	2015/03/09	8.2		7.2		7.6		4.8		5.6		4.2		4	
	2015/03/02	8.2		9.4		6.8		9		9.6		9.2		4.8	
	2015/03/02	8		5.6		7.2		6.4		2.2		3.8		3.6	
	2015/03/02	7.8		3.8		9.2		3.6		7.4		4.8		2	
	2015/03/03	7.2		5.8		4.8		5.2		7		5.4		6.4	
	2015/03/03							2		3.8		1.6		1	
	2015/03/02							1.8		5		2.2		1	

Showing 1 to 15 of 15 entries

Problems are highlighted at a glance.

▶▶ Of Concern   ▶ Borderline

Competence

Search: [   ]

#	Date	Personal Competence	+/-	Structured Style	+/-	Social Resources	+/-	Family Cohesion	+/-	Social Competence	+/-
	2015/03/02	▶▶ 1.6		▶▶ 0		▶▶ 3		▶▶ 1.3		▶▶ 1.5	
	2015/03/03	▶▶ 2.5		▶▶ 1.9		▶▶ 3		▶▶ 2.1		5.5	
	2015/03/02	▶▶ 3.1		▶▶ 3.1		5.5		5		8	
	2015/03/02	▶▶ 3.1		1.9		8		7.1		8	
	2015/03/02	▶ 4.1		▶ 4.4		7.5		5.8		▶▶ 3	
	2015/03/09	▶ 4.4		5.6		7.5		5		7	
	2015/03/02	5.3		7.5		9		8.8		7	
	2015/03/02	5.6		▶ 4.4		9		9.2		6.5	
	2015/02/18	5.9		5.6		6		5.8		5	
	2015/03/02	6.6		7.5		8.5		6.7		6	
	2015/03/03	6.9		7.5		8.5		8.8		7.5	
	2015/02/04	7.2		6.9		7		7.5		7.5	
	2015/03/02	8.4		8.8		9		9.2		9	
	2015/03/02	8.4		7.5		9		8.3		10	
	2015/03/02	8.8		6.9		9.5		9.2		9	

Showing 1 to 15 of 15 entries

Adversities

Search: [   ]

#	Date	Hyperactivity Scale	+/-	Total Difficulties	+/-	Prosocial Scale	+/-	Emotional Symptoms S...	+/-	Conduct Problems Scale	+/-	Peer Problems Scale	+/-
	2015/03/02	▶▶ 10		▶▶ 8.8		▶▶ 4		▶▶ 9		▶▶ 10		▶▶ 6	
	2015/03/03	▶▶ 10		▶▶ 7.8		▶▶ 0		▶▶ 5		▶▶ 10		▶▶ 6	
	2015/03/02	▶▶ 10		▶▶ 7.3		6		▶▶ 10		▶▶ 6		▶ 3	
	2015/03/03	▶▶ 9		▶▶ 6		8		▶▶ 5		▶▶ 8		2	
	2015/03/03	▶▶ 8		4.3		8		2		▶ 3		▶▶ 4	
	2015/02/04	▶▶ 7		▶▶ 7.8		10		▶▶ 10		▶▶ 8		▶▶ 5	
	2015/03/02	5		▶▶ 4.8		▶▶ 3		▶ 4		▶▶ 5		▶▶ 5	
	2015/03/02	4		2.3		9		3		0		2	
	2015/03/02	3		2.5		6		3		1		▶ 3	
	2015/02/18	2		2		6		1		2		▶ 3	
	2015/03/09	2		1.8		6		3		1		1	
	2015/03/02	2		0.8		6		0		0		1	
	2015/03/02	2		2.5				▶▶ 5				▶ 2	

Quickly access a group member's full Resilience Report or Profile.

User ID:

[Resilience Report] [Resilience Profile] [Print View] [Back]

#	Date	Parent Factor	+/-	Skill Factor	+/-	Family & Identit...	+/-	Education Factor	+/-	Peer Factor	+/-	Community Factor	+/-	Money Factor	+/-
####	2015/03/02	8		5.6		7.2		6.4		2.2		3.8		3.6	

#	Date	Personal Competence	+/-	Structured Style	+/-	Social Resources	+/-	Family Cohesion	+/-	Social Competence	+/-
####	2015/03/02	▶ 4.1		▶ 4.4		7.5		5.8		▶▶ 3	

#	Date	Hyperactivity Scale	+/-	Total Difficulties	+/-	Prosocial Scale	+/-	Emotional Symptoms...	+/-	Conduct Problems Scale	+/-	Peer Problems Scale	+/-
####	2015/03/02	5		▶▶ 4.8		▶▶ 3		▶ 4		▶▶ 5		▶▶ 5	

Resilience Report Account

This account allows an individual to:

- Access the Resilience Report website with an individual username and password.

- Create 'snapshots' to measure their current resilience.

- View their own Resilience Report

$6.60 per account, once off (inc GST)

An individual student registering with the program in Year 7 can continue to access the Resilience Report throughout their six years of high school.
The total cost of $6.00 is $1 per year per student.

Group Manager Account

This account allows an teachers and welfare staff to:

- Access to the Resilience Report website with a Group Manager account.

- Add, edit and remove Resilience Report Accounts for their group members.

- View the Resilience Report of any group member.

- View a Group Report of all members at once.

$1100.00 annual subscription (inc GST)

This fee is in addition to the student's individual log-in access of $6.00.

The yearly license allows teachers and welfare staff ongoing access to a Resilience report over the 6 years. A whole school Resilience report has the benefit of allowing students to score and track their resilience again, thus monitoring how they are developing and noting any changes that may impact on their resilience. Any upgrades to the tool are also included automatically with the license fee.

I'm ready to sign up!

Contact our team

Phone   (02) 9869 0377

Resilience Report

Jacqui Van de Velde

Email   jacqui@theresiliencecentre.com.au

Website   www.resiliencereport.com

Resilience Doughnut

Sue Bull

Email   sue@theresiliencedoughnut.com.au

Website   www.theresiliencedoughnut.com.au