

## *Resiliency*



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May 22, 2006. Kapisa Province,  
Afghanistan. UN Photo/Eskinder Debede.  
Young girl in Kapisa Province. CC license.  
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- **Queensland BRiTA Futures** is programming for children and youth who have migrated to Australia from a non-English speaking country as well as for those who are second and subsequent generations of Australians from culturally and linguistically diverse (CALD) backgrounds and those with a recent refugee background. There is a program for students in Grades 5, 6, and 7, and there is one for those aged 12 to 18 years. See the following:
  - <[www.health.qld.gov.au/pahospital/qtmhc/projects.asp](http://www.health.qld.gov.au/pahospital/qtmhc/projects.asp)>
  - <<http://amh.e-contentmanagement.com/archives/vol/9/issue/3/article/4000>>
- **CommunityMatters** is a booklet that is part of the Mind Matters resource suite. Topics covered include identity, culture, and community as well as how these relate to students' mental health. See <[www.mindmatters.edu.au/whole\\_school\\_approach/community\\_matters\\_draft.html](http://www.mindmatters.edu.au/whole_school_approach/community_matters_draft.html)>.
- **Resilience and recovery after war: Refugee children and families in the United States** is a report from the American Psychological Association (APA) Task Force on the Psychosocial Effects of War on Children and Families Who are Refugees from Armed Conflict Residing in the United States. See <[www.apa.org/pubs/info/reports/refugees.aspx](http://www.apa.org/pubs/info/reports/refugees.aspx)>.
- Raymond, R. (2005). *The mental health impacts of trauma on refugee young people and therapeutic interventions promoting resilience: A background paper for the Hopes Fulfilled or Dreams Shattered? From Resettlement to Settlement Conference, November 23 to 28, 2005*. The Resilience Research Centre (RRC). This document deals with the psychological effects of trauma on refugee youth and the developmental issues that may arise. Resettlement issues are also discussed as well as therapeutic interventions to help these youth heal. See <[www.crr.unsw.edu.au/media/File/Refugee\\_Resilience.pdf](http://www.crr.unsw.edu.au/media/File/Refugee_Resilience.pdf)>.
- **The Resilience Project** studies how young people cope with adversity; more specifically, the social and physical factors that increase the likelihood of resilience (e.g., family, neighbourhood, community, school, culture, political forces, and economic forces). See <[www.resilienceproject.org/index.html](http://www.resilienceproject.org/index.html)>.

- Ungar, M. (2006). *Strengths-based counselling for at-risk youth*. Thousand Oaks, CA: Corwin Press.
- Ungar, M. (Ed.). (2005). *Resource for working with children and youth: Pathways to resilience across cultures and contexts*. Thousand Oaks, CA: Sage Publications. ISBN 1412904056
- Yohani, S. C., & Larsen, D. J. (2009). Hope lives in the heart: Refugee and immigrant children's perceptions of hope and hope-engendering sources during early years of adjustment. *Canadian Journal of Counselling*, 43(4). This document draws attention to the role of hope in the resettlement process and future life outcomes of refugee youth.  
See <<http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc/article/viewFile/631/731>>.