

Resilient Framework – (Adapted by Cameron, Hart and Arnold-Jenkins, from Hart & Blincow 2007 - for Adult Mental Health)

	BASICS	BELONGING	LEARNING & Work	COPING	CORE SELF
RESILIENT MOVES	Good enough housing;	Find somewhere to belong; Help understand place in the world; and that others may face similar situations	Make work & learning as successful as possible;	Understanding others expectations and deciding which to meet, challenge or negotiate	Instil a sense of hope;
	Enough money to live;			Being brave;	
	Being safe;	Tap into good influences; (eg peer support)	Engage mentors	Identifying & solving problems; (reduce self blame and guilt)	Promote understanding of others
	Access & transport;	Keep relationships going; (eg educate/support partners/carers/family)	Map out career or life plan;	Putting on rose-tinted glasses; Reframing/reappraising	Help the person to know her/himself;
		The more healthy relationships the better;			
		Take what you can relationships where there is some hope;		Fostering their interests;	
	Healthy diet;	Get together people the person can count on;	Help self organisation	Calming down & self-soothing; Support reflection Not to feel overwhelmed by illness	Help the person take responsibility for her/himself; Self advocacy
	Exercise and fresh air;	Responsibilities & obligations;			
		Focus on good times and places;	Highlight achievements;	Remember tomorrow is another day;	Foster talents;
	Enough sleep;	Make sense of where the person has come from;		Lean on others when necessary;	
	Leisure and work occupations	Predict good experience of someone/ something new;	Develop life skills;	Have a laugh;	There are tried and tested approaches for specific problems, use them;
		Make friends and mix			
Foundations/Resilient Roots					
ACCEPTING <i>Interpersonal skills Empathy</i>	CONSERVING <i>Interpersonal skills Trust</i>	COMMITMENT <i>Ongoing support issues</i>		ENLISTING <i>Self (eg not passive), Family, Friends, MH profs, GP</i>	

