Increasing the resilience of Māori and New Zealand European adolescents through Adventure Education Programs (AEPs): A pilot study.

Damian Scarf
damian@psy.otago.ac.nz
resilience

Post-disaster indigenous mental health support: Tangata whaırora networks after the 2010-2012 Ōtautahi/Christchurch earthquakes

Article type: Journal article
Key words: disasters, mental health, resilience, support networks, social network analysis
Author(s): Simon Lambert
DOI: 10.20507/MAJournal.2016.5.1.6
Read online: MAI_Jml_Vol5_Lambert_final.pdf

Community-Based Responses to High Rates of HIV among Indigenous Peoples

Article type: Journal article
Key words: HIV, Indigenous Peoples, resilience, Community-based responses
Author(s): Clive Aspin, Mera Peinehira, Alison Green and Linda Tuhiiwi Smith
Read online: MAI_Jml_V3_iss2_Aspin.pdf

Conceptualising the Link Between Resilience and Whānau Ora: Results From a Case Study

Article type: Journal article
Key words: resilience, whānau ora, Case study
Author(s): Amohia Boulton and Heather Gifford
Read online: MAI_Jml_V3_iss2_Boulton.pdf

End-of-Life Care and Māori Whānau Resilience

Article type: Journal article
Key words: Caregiving, culture, Palliative Care, resilience, Whānau
Author(s): Tess Moeke-Maxwell, Linda Nikora and Ngahuia Te Awekotuku
Read online: MAI_Jml_V3_iss2_Maxwell.pdf

Māori and Indigenous Views on R & R: Resistance and Resilience

Article type: Journal article
Key words: resilience, resistance, Maori, Indigenous, wellbeing
Author(s): Mera Peinehira, Alison Green, Linda Tuhiiwi Smith and Clive Aspin
Read online: MAI_Jml_V3_iss2_Peinehira.pdf

Māori and the Christchurch Earthquakes: The Interplay Between Indigenous Endurance and Resilience Through Urban Disaster

Article type: Journal article
Key words: resilience, Disaster risk reduction, Indigenous communities, Set-theory
Author(s): Simon Lambert
Read online: MAI_Jml_V3_iss2_Lambert.pdf
SIAH

Spirit of New Zealand

R. Tucker Thompson
Measures of Social Connectedness

Odds (lnOR) of Decreased Mortality

Smoking >15 Cigarettes/day

0 v >6 Drinks/day

Exercise

BMI

Air

Holt-Lunstad et al. (2014)
SIAH
% likelihood of relapse (Wave 5)

Group memberships Gained (Wave 3)

Cruwys et al. (2013)
Time Hand Submerged (sec.)

Number of Salient Groups

1
3
5

Jones & Jetten (2013)
FAMILY IDENTIFICATION

DEPRESSION

SATISFACTION WITH LIFE

PERCEIVED STRESS

FAMILY CONTACT

-.40

.37

-.23

Sani et al. (2012)
MEASURES

Resilience Scale

1. When I make plans I follow through with them.
2. I usually manage one way or another.
3. I feel proud that I have accomplished things in my life.
4. I usually take things in my stride.
5. I am friends with myself.
6. I feel that I can handle many things at a time.
7. I am determined.
8. I have self-discipline.
9. I keep interested in things.
10. I can usually find something to laugh about.
11. My belief in myself gets me through hard times.
12. I can usually look at a situation in a number of ways.
13. My life has meaning.
14. When I am in a difficult situation, I can find my way out of it.
15. I have enough energy to do what I have to do.
MEASURES

Social Support

- How supportive to you personally have you found your Watch Group to be throughout the voyage?
- How supportive to you personally have you found the crew to be throughout the voyage?
- Think about the Watch Group member who you have felt the most supported by over the course. How supportive to you personally have you found this person to be throughout the voyage?
- Think about the Watch Group member who you have felt the least supported by over the course. How supportive to you personally have you found this person to be throughout the voyage?

Centrality of Identity

- I am like the other members of my group
- I identify with this group
- This group is an important reflection of who I am

Sense of Belonging

- I feel included in this Watch Group
- I feel well integrated into this Watch Group
- I feel a sense of belonging with this Watch Group
# Results

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Scarf et al. (2016)
RESULTS

Centrality → Belonging → Resilience T3
Centrality → Resilience T1
Centrality → Resilience T4
Belonging → Resilience T3
Resilience T3 → Resilience T4
Resilience T1 → Resilience T4

Scarf et al. (2016)
RESULTS

- Centrality
- Belonging
- Resilience T3
- Resilience T4

- Centrality → Belonging: 0.51**
- Belonging → Resilience T3: 0.45**
- Centrality → Resilience T4: 0.10 (-0.17†)
- Resilience T3 → Resilience T4: 0.34**

- Belonging → Resilience T3: 0.25*
- Resilience T3 → Resilience T4: 0.21†
R. TUCKER THOMPSON

- 13-18 year olds from the Northland region of New Zealand
- Low socio-economic indicators
  - Lower educational achievement
  - Higher unemployment and lower average wage

- New Zealand’s Ministry of Education
  - Decile 1 represents the 10% of schools nationally with the highest proportion of students from low SES communities
  - Far North Decile 1 represents 42.9% (Decile 2 = 47.6%)
  - Northland Decile 1 represents 28.2% (Decile 2 = 25.6%)

- The Trust actively seeks additional funding to ensures that many young people from families, often living in “grinding poverty” (according to one deputy-principal) are given a chance to experience an opportunity that would otherwise be impossible for them to access.
$n = 54$
28 females
Mean age $= 15 \text{ y } 4 \text{ m}$
Range $= 13 \text{ y } 3 \text{ m} \text{ to } 17 \text{ y } 11 \text{ m}$

$n = 37$
27 females
Mean age $= 15 \text{ y } 2 \text{ m}$
Range $= 13 \text{ y } 2 \text{ m} \text{ to } 17 \text{ y } 2 \text{ m}$
MEASURES

Psychological Resilience (10 items)

Self-Esteem

- I have high self-esteem

Outlook

- I look forward to the future with hope and enthusiasm
- When things are going badly, I am helped by knowing they can't stay that way forever
- When I look to the future, I expect I will be happier than I am now
- I have great faith in the future
- I can look forward to more good times than bad times

Social Identity and Belonging

- I identify with other members of my voyage group
- I feel included in this voyage group
- I feel well integrated into this voyage group
- I feel a sense of belonging with this voyage group

Social Support

- How supportive, to you personally, have you found the other members of your voyage group to be throughout the voyage?
RESULTS

Resilience Scale Sum

Time 1          Time 2

Māori

NZ European
# RESULTS

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Acceptance fosters a range of pathways that lead towards resilience
- Uncertainty is reduced
- People gain a sense of purpose
- Relational value is achieved
- Friendships emerge

Sense of belonging also fulfils a fundamental human need.

“Identity is a necessary prerequisite for mental health” Durie et al. (2009)
R. Tucker Thompson Sail Training Trust
Jane Hindle
Pauline Moretti
Crew
Youth

Tia Neha
Jill Hayhurst
Mike Boyes
Hitaua Arahanga-Doyle
Jackie Hunter

Thank You