Resilience

Cross-cutting factors:

HOPE

Resilience

Enabling Environment:

Policy/Laws, Economics, Natural Environment

Community:

City, Neighborhood, Town

Self:

Mental Health Challenges, Low Self-Esteem
Self-Compassion, Mastery, Exercise, Meditation

Interpersonal:

Disaster Relief Projects, Anti-Discriminatory and Anti-Racism Laws and Policies, Laws and Policies that produce equality and equity

Social Oppression, Poverty, Racism, Discrimination, Natural Disasters, Terrorism

Community Violence: Gangs, Robberies, Shootings, Homicides, Assaults, Community Sports, Community Centers, Community Recreation Centers, Community Leaders, Sexual Assaults, Sexual Abuse, Neglect

Spiritual Leaders, Teachers, Community Leaders

Parents, Family, Friends, Peers

Camp HOPE, Religious Institutions, Family Justice Centers

CROSS-CUTTING FACTORS:

HOPE

Resilience