Using Science to Understand the Effects of Adversity and Build Resilience
Join the National Conversation on Child Abuse and Neglect

cantasd.acf.hhs.gov

Speakers

PRESENTER

Jack P. Shonkoff, M.D.
Julius B. Richmond FAMRI Professor of Child Health and Development, Harvard T.H. Chan School of Public Health and Harvard Graduate School of Education
Professor of Pediatrics, Harvard Medical School and Boston Children’s Hospital
Director, Center on the Developing Child at Harvard University

MODERATOR

Nilofer Ahsan
Lead, Knowledge & Partnerships
CANTASD

Effective learning, resilience, and lifelong physical & mental health

School failure, risky behaviors, chronic illness, and shorter lifespan

Stressors
Parents
Genes
Supports
The Biology of Stress Explains How Adversity Gets Under the Skin and Affects Development
Understanding Individual Variation: Why Do Some Children Overcome Hardship While Others Do Not?

Source: Noble et al. (2007)
Resilience Can Be Strengthened by Supportive Relationships and Skill-Building

- Supportive community services
- Responsive relationships
- Increasing sense of mastery
- Faith and cultural traditions
- Strengthening adaptive skills
Science Could Be Leveraged to Guide Better Timing of Interventions: Early Life Stress Can Accelerate the Maturation of Fear Circuits

Source: Callaghan & Richardson (2012)
Matching Services to Needs Requires Rethinking the Definition of an Evidence-Based Program

<table>
<thead>
<tr>
<th>Current Approach</th>
<th>What We Should Ask:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Significant mean effect earns evidence-based status</td>
<td>Why did this work so well for these children and families?</td>
</tr>
<tr>
<td>Why did this work so poorly for these children and families?</td>
<td></td>
</tr>
</tbody>
</table>
Matching Services to Needs Requires Rethinking the Definition of an Evidence-Based Program

Join the National Conversation on Child Abuse and Neglect

cantasd.acf.hhs.gov

Build a suite of programs and policies **across sectors** that matches different strategies to different resources, needs, and outcomes.

Scale effective strategies for similar subgroups.

Design and test new approaches for these subgroups.
A Vibrant and Increasingly Effective Field Requires a Full Spectrum of Engagement

Basic quality issues that must be addressed

Meeting standards and increasing access

Delivering state of the art interventions

Adapting and scaling promising new strategies in existing systems

Generating and testing new approaches and policies across sectors

(Adapted from Everett Rogers, *Diffusion of Innovations*, 2003)
Discussion

• Please type questions into the chat box.

cantasd.acf.hhs.gov
Building on the science you’ve learned today, this NCCAN Master Session will pull out three simple science-based principles you can use to design better practices and policies in child welfare...

... so you can identify areas for action that have the greatest potential to increase impact for young children and their families!

April 24–26, 2019

NCCAN Live-Streamed Sessions
- 3 Plenary Sessions
- 6 Master Sessions
- [https://nccan.acf.hhs.gov](https://nccan.acf.hhs.gov)
Join the National Conversation on Child Abuse and Neglect

cantasd.acf.hhs.gov

www.developingchild.harvard.edu

@HarvardCenter

Using Science to Understand the Effects of Adversity and Build Resilience • February 21, 2019 • TRAUMA & RESILIENCE
Thank You & Next Steps

• Download the handouts to learn more. Click on the files in the “Handouts” box on your screen.

• Do you have innovative ideas, questions or concerns about trauma and resilience? Tell us about your work. Send an e-mail to hello@CANTASD.org with “Trauma and Resilience” in the subject line.

Upcoming:

March 20: Are the Words "Toxic Stress" Toxic? Re-thinking the Narrative About Early Life Stress

April 11: Workforce Well-being—Centering Yourself to Better Support Others

April 17: Integrating Mindfulness to Support Well-Being and Resiliency