



Community Planning to Foster Resilience in Children

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Children live in a world of ever-increasing stress factors, including global terrorism, pervasive exposure to violence, increasing substance use, and economic and social instability. To help them maneuver successfully through such a challenging world to adulthood, community-based resilience interventions are becoming more important than ever. Currently, resilience-based interventions are expanding to examine not only the internal strengths children and adolescents bring to a variety of situations, but also to explore how to leverage community and family resources in the context of a culturally diverse world.

Community Planning to Foster Resilience in Children reviews a variety of innovative approaches and actions that can be used at the community level to promote resilience in children and adolescents. Key themes throughout the book focus on how to:

Shift the paradigm from illness to strengths and health.

Assess and improve environments to minimize harmful influences and increase protection.

Adapt to and build on strengths of cultural and linguistic variation in an increasingly diverse society.

Move toward collaborative approaches that involve youth, families, schools, and community members who partner at all levels of program conception, implementation, evaluation, and improvement.

For researchers, clinicians, and students, Community Planning to Foster Resilience in Children will be an essential tool in their efforts to promote the health and success of youth.

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