# Resilience Matrix Guide

## What are the factors relating to the child/young person that increases their vulnerability?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Vulnerability** | **Yes**  **(x)** | **No**  **(x)** | **Don’t Know**  **(x)** |
| 1 | Is the child between 0 and 5 years? |  |  |  |
| 2 | Does the child have a disability, significant or chronic illness? Specify: |  |  |  |
| 3 | Does the child/young person present as fearful to any adult? |  |  |  |
| 4 | Is the child/young person engaging in self harm, substance misuse and dangerous sexual or other risk taking behaviour? |  |  |  |
| 5 | Does the child have asylum seeking status? (They are vulnerable as a result of their life experiences and absence of support networks) |  |  |  |
| 6 | Does family or child identify areas of vulnerability that are not included in the list above? If so please list: |  |  |  |
| 7 | Do the professionals who know the child or family identify areas of vulnerability that are not included in the list above? (e.g. child is a young carer) If so please list: |  |  |  |

**Additional notes:**

*When completed, plot your responses on the Vulnerability/Resilience matrix – by marking the number of ‘Yes’ responses on the* ***lower*** *section of the vertical axis.*

## What are the factors relating to the child/young person that increases their resilience?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Resilience** | **Yes**  **(x)** | **No**  **(x)** | **Don’t Know**  **(x)** | **N/A due to age**  **(x)** |
| 1 | Does the child/young person have a strong attachment to a main carer? |  |  |  |  |
| 2 | Does the child/young person have good self-esteem? |  |  |  |  |
| 3 | Is the child/young person sociable and does he/she interact appropriately for his/her age and development? |  |  |  |  |
| 4 | Does the child/young person have friends? |  |  |  |  |
| 5 | Has the child/young person experienced positive parenting? |  |  |  |  |
| 6 | Is the children/young person comfortable with their physical appearance? |  |  |  |  |
| 7 | Does the child/young person have talents and/or interests? |  |  |  |  |
| 8 | Does the child/young person take part in play, leisure and/or sport activities |  |  |  |  |
| 9 | Does the child/young person have a positive experience of nursery or school? |  |  |  |  |
| 10 | Does family or child/young person identify areas of resilience that are not included in the list above? If so please list: |  |  |  |  |
| 11 | Do the professionals who know the child or family identify areas of resilience that are not included in the list above? If so please list: |  |  |  |  |

**Additional notes:**

*When completed, plot your responses on the Vulnerability/Resilience matrix – by marking the number of ‘Yes’ responses on the* ***upper*** *section of the vertical axis.*

## What are the factors relating to the parent or caregiver, and their environment that increase the risk to the child/young person?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Adversity** | **Yes**  **(x)** | **No**  **(x)** | **Don’t Know**  **(x)** |
| 1 | Are there any previous or current child protection issues relating to any member of the family? If the issues are current please follow local CP procedures. |  |  |  |
| 2 | Is either parent/carer experiencing domestic abuse? |  |  |  |
| 3 | Is either parent/carers ability to meet the child’s needs impaired due to mental illness, physical or additional support needs? |  |  |  |
| 4 | Are there strained relationships at home between parent/carers? |  |  |  |
| 5 | Is either parent/carer experiencing a high level of stress? |  |  |  |
| 6 | Does either parent/carer have unrealistic expectations of the child, or act in a negative way toward them? |  |  |  |
| 7 | Does either parent/carer have poor caring relationship with the child or young person? |  |  |  |
| 8 | Does either parent/carer have a substance misuse problem? |  |  |  |
| 9 | Is either parent/carer under 21 years? |  |  |  |
| 10 | Is the physical environment chaotic, hazardous or unsafe? |  |  |  |
| 11 | Is the environment overly sanitised, where child’s needs are not recognised? |  |  |  |
| 12 | Does family or child identify areas of adversity that are not included in the list above? If so please list: |  |  |  |
| 13 | Do the professionals who know the child or family identify areas of adversity that are not included in the list above? Is so please list: |  |  |  |

**Additional notes:**

*When completed, plot your responses on the Vulnerability/Resilience matrix – by marking the number of ‘Yes’ responses on the* ***left hand*** *section of the horizontal axis.*

## What are the factors relating to the parent or main carer, and their environment that protect the child/young person and decrease the risk?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Protective Environment** | **Yes**  **(x)** | **No**  **(x)** | **Don’t Know**  **(x)** | **N/A**  **(x)** |
| 1 | Is the parent/carer supportive of the child/young person? |  |  |  |  |
| 2 | Does the parents/carer respond appropriately to the child’s physical needs? |  |  |  |  |
| 3 | Does the parent/carer respond appropriately to the child’s emotional needs? |  |  |  |  |
| 4 | Is the parent/carer willing to engage meaningfully in planning for the child? |  |  |  |  |
| 5 | Does the parent/carer understand the need for change? |  |  |  |  |
| 6 | Is the parent confident that the family can make any necessary changes? |  |  |  |  |
| 7 | Does that family have good networks and relationships in their extended family and/or community who will help to support the child/young person? |  |  |  |  |
| 8 | Does the family or child identify areas of strength which they can evidence and that are not included in the list above? If so please list: |  |  |  |  |
| 9 | Do the professionals who know the child or family identify areas of strength that are not included in the list above? If so please list: |  |  |  |  |

**Additional notes:**

*When completed, plot your responses on the Vulnerability/Resilience matrix – by marking the number of ‘Yes’ responses on the* ***right hand*** *section of the horizontal axis.*

*A sample model is included at Appendix 1.*

*Now join the marks on each of the four axes of the diagram.*

# Explanation

A resilient child living in a protective environment will be represented by a shape located predominantly in the top right hand quadrant of the matrix.

A vulnerable child living in an adverse environment will be represented by a shape located predominantly in the bottom left hand quadrant of the matrix. If this is the pattern you have identified you should consider whether this child is suffering significant harm, and seek advice from social work department.

A vulnerable child in a protective environment will be represented by a shape located predominantly in the bottom right hand quadrant of the matrix.

A resilient child living in an adverse environment will be represented by a shape located predominantly in the top left hand quadrant of the matrix.

Most children will demonstrate aspects of both vulnerability and resilience and live in environments which include both protective and adverse factors, but the diagram will show which are the dominant factors for this child.

**Any additional comments on the completed matrix**

# Resilience/Vulnerability Matrix

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of Child:** |  | **Date of Completion:** |  |

Resilience

**11**

**10**

**9**

**8**

**7**

**6**

**5**

**4**

**3**

**2**

**1**

Vulnerability

Protective

Environment

Adversity

**16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**1 2 3 4 5 6 7 8 9 10**

# Analysis

**What needs to change in order to make the situation safer and healthier for the child?** The aim is to strengthen and build on the resilience and protective factors and diminish vulnerability.

|  |  |
| --- | --- |
| **Question** | **Response** |
| Are the protective factors outweighed by the adversity factors? |  |
| List the factor(s) which are the most significant for the child and describe the likely impact on their wellbeing if they remain unmet? (Address each separately) |  |
| Specify what needs to change to strengthen resilience and their protective environment? |  |
| What is the capacity of the family to achieve this change? |  |
| What does the child/young person and family want to happen? |  |
| What would indicate that progress is being made? |  |
| Is there any other information you need to complete this tool? |  |
| Actions? Outcomes from this analysis must be shared with the parent and young person |  |

**Links to the planning process**

On completion of this assessment model, the information should be used to contribute to the ongoing decision making and planning process.

# Appendix 1

**Risk and Resilience Model**  *Daniel B and Wassell S (2002) Assessing and Promoting Resilience in Vulnerable Children*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | **Resilience**   * Good attachment * Good self-esteem * Sociability * Achieving in school | * Flexible temperament * Problem solving skills * Positive parenting * Attends and enjoys school |  | |
| s  **Resilient Child**  **High Adversity** | |  | | **Resilient Child**  **Protective Environment** | |
| **Adversity**   * Life events/crises * Serious illness * Loss/bereavement * Separation/family breakdown | * Domestic violence * Asylum seeking status * Serious parental difficulties e.g. drug abuse/alcohol misuse * Parental mental illness |  | | **Protective environment**   * Supportive school experience * One supportive adult * Additional help with behaviour and learning | * Community networks * Leisure activities * Talents and interests |
| **Vulnerable Child**  **High Adversity** | |  | | **Vulnerable Child**  **Protective Environment** | |
|  | | **Vulnerability**   * Poor attachment * Minority status * Young age * Disability * History of abuse | * Innate characteristics in child/family which threaten/challenge development * A loner/isolation * Institutional care * Early childhood trauma * Communication difficulties * Inconsistent/neglectful care |  | |