Liverpool CAMHS — mental health is everyone's business

RAISE — Merseyside Youth Association

RESILIENCE FRAMEWORK

BASICS

Good enough housing	Enough money to live	Being safe	Access & transport	Healthy diet	Exercise & fresh air
Enough sleep	Play & leisure	Being free from prejudice & discrimination			

BELONGING

Find somewhere for the child/YP to belong	Help child/YP understand their place in the world	Tap into good influences	Keep relationships going	The more healthy relationships the better	Take what you can from relationships where there is some hope
Get together people the child/YP can count on	Responsibilities & obligations	Focus on good times and places	Make sense of where child/YP has come from	Predict a good experience of someone or something new	Make friends and mix with other children/YPs

LEARNING

Make school/college life work as well as possible	Engage mentors for children/YP	Map out career or life plan	Help the child/YP to organise her/himself	Highlight achievements	Develop life skills

COPING

Understanding boundaries and keeping within them Instil a sense of hope	Being brave	Solving problems	Putting on rose-tinted glasses	Fostering their interests	Calming down & self soothing
Remember tomorrow is another day	Lean on others when necessary	Have a laugh			

CORE SELF

Instill a sense of hope	Support the child/YP to understand other people's feelings	Help the child/YP know her/himself	Help the child/YP take responsibility for her/himself	Fostering their talents	There are tried and tested treatments for specific problems, use them

NOBLE TRUTHS

Accepting	Conserving	Commitment	Enlisting

Adapted from Hart & Blincow with Thomas 2007 www.boingboing.org.uk