

# Interventions That Foster Resiliency

Based on the research of Emmy Werner and Ruth Smith,  
From their book, Overcoming the Odds: High Risk Children From Birth to Adulthood.

- Engage youth in acts of required helpfulness.
- Provide bonding similar to an extended family.
- Be an optimistic, caring leader/counselor/facilitator.
- Encourage participation.
- Provide more intensive intervention for those most “vulnerable”.
- Focus on assessing protective factors, competencies, strengths, and sources of environmental support in addition to assessing weaknesses, deficits, and risk.

*From other speeches and writings of Emmy Werner:*

- Assure that a caring connection continues once a young person leaves your classroom/office/support group/program.
- Avoid referring to children as “high risk”; always use the terminology “from high risk environments” if identification is needed.

-- Nan Henderson, MSW