

Fostering Family Resilience With Housing Instability

The Impact of Housing Instability on Families: Investing in Social Protection Systems and Parenting Programs Session II: Promoting Lasting Impact

Doha International Family Institute in collaboration with the Permanent Mission of the State of Qatar to the UN, the Ministry of Administrative Development, Labour and Social Affairs (Qatar), the Division for Inclusive Social Development, United Nations Department of Economic and Social Affairs (DISD / UNDESA), UNICEF and the International Federation for Family Development (IFFD)

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RESILIENCE

Strengths in Overcoming Adversity

Coping + Adaptation + Positive Growth

More than Surviving;

(Re)Gain Ability to Thrive

Become Stronger, More Resourceful

- Common Misconceptions of Resilience:
Not: “Just bounce back!” “Just be Positive!”
- With Crisis & Persistent Multi-stress Conditions:
Suffering, Struggle, and Setbacks
-- Resilience involves Struggling Well
- May not be able to “go back to normal,”
Need to construct “new normal” for adaptation
e.g. Life Before / After
Overcome hardships, challenges
Reorient and Rebuild lives: “Home Building”
Regain the ability to thrive

Advances in Resilience Science: Multi-level Systemic Processes

- Eco-Systemic Influences: Holistic Perspective
 - Individual < **Family** < Community < Socio-Cultural
- Developmental Perspective
 - Varied Challenges & Pathways in Adaptation Over Time
- Dynamic Processes: We can Build Resilience
 - Strengthen Family Capacities for Resilience

Varied Pathways in Housing Instability

- Family struggles/ larger socio-economic forces
- Lack of affordable housing; eviction
- Job and Financial Insecurity; poverty
- Forced migration / internal displacement
 - War, conflict; Major Disasters, Climate change
- Frequent residential mobility: ↑ Family instability
- Ongoing Interaction: Individual – Family – Socioeconomic Influences; Cascade effects

Family Impact with Housing Instability: Crisis and Ongoing Multistress Challenges

- Loss of “home” - Safe haven, sense of belonging, caring, security
- Family separations; loss of significant bonds, disconnections from extended kin, social support and community roots.
- Temporary housing & multiple moves disrupt family functioning:
 - Parenting & relational stresses
 - Loss of stability–security, predictability, control / agency.
- ↑ risks: Health /MH struggles, family conflict, abuse/neglect; parenting stresses; family fragmentation, break-up.
- ↑ child maladaptive development; education lag, dropout

Housing Instability: SYSTEMIC PERSPECTIVE

- Affects the entire family: all family members, relationships, and family functioning
- Ongoing stressors compound distress, dysfunction
- Family processes influence the adaptation of all members
their relationships, and
the future viability of the family unit

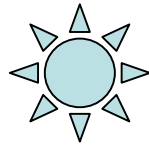
Family Resilience Framework

Build family capacity to overcome multistress challenges

Strengthen key family processes & relational bonds

for coping and positive adaptation:

Become more resourceful in meeting future life challenges



- Framework informed by 3 decades research and practice experience
- Resilience orientation guides intervention, prevention, research
- Range of applications, intervention formats:
 - Family Consultation; Brief Counseling
 - Multi-family Groups; Workshops; Community Forum

Strengthening Family Resilience: Vital Connections



- **Immediate Family Bonds**
- **Extended Family Network**
- **Social Support & Community Links**
 - **Cultural & Spiritual Resources**

BUILDING FAMILY RESILIENCE

KEY PROCESSES

Belief Systems

1. Making Meaning of Crisis & Challenge
2. Positive Outlook: Hope – Master the Possible
3. Transcendence & Spirituality

Organizational Resources

4. Flexibility / Stability
5. Connectedness/Cohesion;
6. Kin, Social, & Economic Resources

Communication Processes

7. Clear information about situation / possibilities
8. Sharing Struggle and Appreciation /Joy / respite
9. Collaborative Problem-solving / Proaction

FAMILY BELIEF SYSTEM

1. **Meaning-Making of Crisis & Challenges**

- Contextualize Distress; De-pathologize
- Gain Sense of Coherence ~ As Shared Challenge:
Comprehensible, Manageable, & Meaningful

2. **Positive Outlook ~ Hope**

- Focus on strengths, potential
- Active Initiative, Perseverance
- Master “Art of the Possible”
 - Accept what is beyond control; Tolerate Uncertainty

3. **Transcendence / Spirituality**

- Shared Values, Purpose, Cultural roots
- Spiritual Resources ~ Shared Beliefs & Practices
- Transformation: Learning, Change, Growth
- Compassion → Actions to benefit others

Organizational Resources

4. **Flexibility -- to Adapt**

- Provide Stability -- Structure, Reliability, Family Time, Space
- Leadership - Nurture, Guide, Protect
- Couple / Co-Parents: Mutual Respect, Coordination

5. **Connectedness –Cohesion**

- Mutual Support
- Collaboration, Teamwork
- Commitment and caregiving



6. **Social & Community Supports**

- Navigate, Negotiate for Resources, Rebuilding Lives
- Policies and Programs to Support Family Resilience

Communication Processes

7. Clear, Consistent Information

8. Share Feelings; Respect Differences

- Suffering, Struggle, Hopes & Fears
- Pride, Appreciation, Joy & Humor Amid Hardships
 - Refuel Spirits, Strengthen Bonds

9. Collaborative Problem-Solving & Proaction

- Learn from setbacks, Celebrate Gains
- Proactive Approach: Planning, Prevention, Prepare for Future

Policy and Program Recommendations to Strengthen Family Resilience

- Expand focus and investment:
 - From individual to family-centered approaches
 - From problem focus to building family strengths and resources
 - To support family processes for positive adaptation of all family members and the family unit:
 - to overcome barriers and challenges they face
 - to rebuild lives, stable financial and living conditions
 - to link with community and cultural resources
 - to forge viable lives, build stable homes to thrive
- Adapt programs to fit cultural / social contexts and adverse challenges families face
- Collaborative Approach: With families and communities in planning, implementation, and evaluation

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