

Youthline, resilience and the CYRM-12

Overview

What is resilience and why is Youthline interested?

When faced with adversity, some young people endure, while others respond through risky and sometimes self-destructive behaviour. Resilience is the ability of a young person to respond positively to adversity by accessing health-enriching resources from individual, interpersonal and community sources. Resilience also includes the ability to interact positively with others for these resources.

A top priority for Youthline is for young people to be supported in their resilience and ability to thrive, their knowledge of where to go to get help, and their ability to help others. Building on its involvement in the Pathways to Resilience Project, Youthline has embraced the concept of resilience to facilitate the organisation's alignment with its vision: to create communities which relate to the needs of young people, respond to them, and support them to achieve their potential.

The Child and Youth Resilience Measure (CYRM)

The CYRM was developed by the International Resilience Project (coordinated by Michael Ungar and colleagues at Dalhousie University in Canada) to measure resilience in young people. Designed to measure resilience across a range of backgrounds, the CYRM suite is a youth resilience measurement system that has been internationally validated in a number of cultures.

Youthline's adoption and operationalisation of the CYRM has involved much discussion and careful weighing of empirical evidence to determine its suitability and usefulness to Youthline, its services, and in particular, the young people it measures. A brief version of the CYRM suite—the 12-item CYRM-12—was chosen on the grounds of best fit with Youthline's larger compilation of measures, and increased relevancy of its items to the organisation. The process of operationalisation includes incorporating the CYRM into existing evaluation processes in Youthline's clinical services, youth programmes, and volunteer pathways. A copy of the CYRM-12 is detailed opposite.

Recommended reading

- Liebenberg, L. & Ungar, M. (2013). The CYRM-12: A brief measure of resilience. *Canadian Journal of Public Health, 104(2)*: e131-e135.
- Ungar, M. & Lienbenberg, L. (2011). Assessing resilience across cultures using mixed methods: construction of the Child and Youth Resilience Measure. *Journal of Mixed Methods Research, 5(2)*: 126-149.
- The Resilience Research Centre website: <http://resilienceresearch.org/>
- The Pathways to Resilience Project website: www.youthsay.co.nz

Moving forward

The concept of resilience resonates with Youthline, the Youth Development Strategy Aotearoa, and positive youth development in general. The CYRM-12 will thus be useful in informing Youthline about its alignment with these frameworks and how to better support the young people entering and exiting its care.

The question that remains is how Youthline will move forward as a positive youth development entity to develop and strengthen its services to influence resilience.

Child and Youth Resilience Measure (CYRM-12)

To what extent do the sentences below describe you? Circle an answer for each statement.

	Not at all	A little	Some-what	Quite a bit	A lot
I am able to solve my problems without harming myself or others	1	2	3	4	5
I know where to go in the community to get help	1	2	3	4	5
Getting an education is important to me	1	2	3	4	5
I try to finish what I start	1	2	3	4	5
I have people I look up to	1	2	3	4	5
My parents/caregivers know a lot about me	1	2	3	4	5
My family stands by me during difficult times	1	2	3	4	5
My friends stand by me during difficult times	1	2	3	4	5
I have opportunities to develop skills that will be useful later in life	1	2	3	4	5
I am treated fairly in my community	1	2	3	4	5
I feel I belong at school	1	2	3	4	5
I enjoy my cultural and family traditions	1	2	3	4	5