

# Re-imagining the role of Community in Resilience

World Café | 24 May 2022

Rotary Centre for the Arts | Syilx Nation (Kelowna, BC)



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**Suggested Citation for this Booklet**

Plamondon, K. & Shahram, S., on behalf of the CLARITY Project team (2022).Reimagining the role of community in resilience. CLARITY World Cafe Booklet. 24 May 2022: Rotary Centre for the Arts, Syilx Nation Territory (Kelowna, BC).



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# Community Led Action for Resiliency Important throughout Youth

Upstream, community-based youth suicide prevention

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## Community Partners

Blenk Family Fund, KGH Foundation, Interior Health

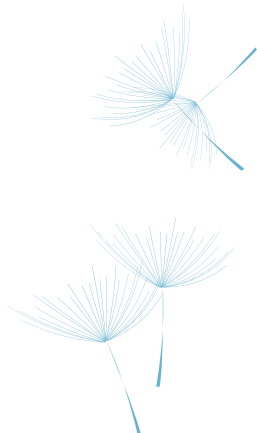
## CLARITY Advisory

The CLARITY Advisory is made up of representatives from Central Okanagan organizations, community members and young adults with expertise and passion for supporting thriving youth. This includes people with lived experience, representatives from the Foundry, CMHA, School District 23, and RCMP, among others. Advisory members bring their wealth of experience, the breadth of their networks and their passion for making our communities stronger to guide CLARITY Project activities.

The CLARITY Partnership Charter, currently under development with Youth Advisors, will set the future direction for CLARITY's long-term youth-led advisory.

## Youth Research Assistants & Graduate Students (2022)

Ms. Erin Delfs, Ms. Kaydan Grouette, Ms. Meaghan Hagerty



**KGH**FOUNDATION



**THE UNIVERSITY  
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**SSHRC**  **CRSH**  
Social Sciences and Humanities Research Council  
Conseil de recherches en sciences humaines





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A large, stylized illustration of dandelions in shades of blue and teal. The dandelions are shown in various stages of blowing, with many seeds floating in the air. The stems are long and thin, curving upwards. The overall style is clean and modern.

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Information

## Phase 1 (2019-2020)

### Literature Review

What evidence is available about resilience and youth suicide prevention?

## Phase 2 (2021)

### Deliberative Dialogue Study

How do youth and caring adults understand concepts of resilience?

## Phase 3 (2022)

### Awareness Building

How can we support synergy and harmony among community partners interested in upstream, community-based resilience?

#### Activities

Exploring youth governance models,  
Creating a partnership charter  
Sharing stories of resilience by making a youth-led documentary

## Phase 4 (2022+)

### Extend Partnership

Collaboratively design upstream intervention(s) to cultivate community resilience

Documentary Screenings  
Pursue research funding

The **CLARITY Project** began in 2018 as a community-driven act of care and **response** to the tragic loss of young people in the Okanagan due to suicide. Suicide is the second-leading cause of death among youth in Canada and the world, with rates highest among Black, Indigenous, people of colour and LGBTQIA2+ youth. Resilience, a dynamic process of adapting and feeling hopeful in the face of trauma or hardship, is often named as protective against youth suicidality. Although evidence shows that not all youth present the same (or any) risk factors, youth suicide prevention efforts often rely on biomedical, episodic interventions targeting high-risk youth. These **targeted approaches look downstream, reacting to youth already in crisis**, cultivating resilience through exposure to harm.

**CLARITY challenges conventional notions of resilience and youth suicide prevention by looking upstream and to community-building.** It shifts the concept of resilience away from something born out of exposure to trauma, and toward something that is created together in community. By listening for direction and inviting partnership, CLARITY is a long-term research initiative that aims to serve Central Okanagan communities, families, and youth to intervene on systems and structures that create barriers to resilience and put youth at risk in the first place.

CLARITY uses research and dialogue to create the foundations for community resilience and action, inviting shared commitments to creating places of belonging, where young people can thrive as active contributors to their communities. CLARITY invites people, groups, and organizations to come together, actively co-designing upstream, inclusive, and universally accessible initiatives and supports that can wrap around all youth and spark collective action for youth wellbeing.



The next pages are infographic highlights from our CLARITY literature review and deliberative dialogue study.

For more details, you can find the published literature review here:

Shahram SZ, Smith ML, Ben-David S, Feddersen M, Kemp TE, Plamondon KM. Promoting “zest for life”: A systematic literature review of resiliency factors to prevent youth suicide. *J Res Adolesc.* 2021;31(1):4–24.

Available online:

<https://onlinelibrary.wiley.com/doi/full/10.1111/jora.12588>



Youth suicide prevention through

# RESILIENCE

## Results of a systematic literature review

Suicide is a leading cause of death among youth globally. While much research has focused on identifying and intervening on individual 'risk' factors of youth suicide, less is known about preventing youth suicide risk before it occurs. Understanding and promoting youth resilience to suicide is a promising direction. Based a [systematic literature review](#), The CLARITY\* project has identified five main contributors to youth resilience in the context of suicide prevention. Our main findings and research gaps that will guide future research are presented below.

### Assets

Derived from within the individual

### Coping Skills

Knowing ways to cope with difficult moods and emotions.



### Zest for Life

Having an interest or positive engagement in life.



### Positive Self Appraisal

Having a strong sense of self and a belief in one's ability to succeed in situations or tasks.



### Intersectionality

Age and life transitions; Sex and Gender Considerations

GAP #3

GAP #1

GAP #2

### Resources

Derived from the individual's interaction with their external environment

### Inclusive Environments

Feeling safe in social environments (e.g., schools and neighborhoods) that are free from discrimination and racism.



### Social Support Systems

Having a strong and broad social support system through family, friends, community and school.



## RESEARCH GAPS:

- 1 How does a young person's access to resources influence their assets?
- 2 How can we cultivate resilience at the community level to support youth?
- 3 How do diverse youth experience resilience? How can we include their voices & perspectives more meaningfully?

# Re-Imagining Resilience

## Results of a deliberative dialogue study

A review of the literature about resilience and youth suicide prevention showed that inclusive environments and social support systems are important. Little is understood about how to promote these community-based resources for resilience in ways that honour youth voices. We shared results of the literature review with youth (ages 15-24) and caring adults, and invited them to make art to share their ideas in conversations about how social climate, inclusive environments, and belonging contribute to resilience. We asked how communities could be part of promoting resilience.

## Safe Places

### Look like...

open to all + free food and drinks for everyone + adults available with no expectations + intergenerational + access to nature or the natural environment + intimate and welcoming

&

### Feel like...

soft place to land + contribute and collaborate + process thoughts + positivity & strength-based + adults who check in & provide support + feel vulnerable, "lightness" + express silliness & humour + connect through interests & experiences + inclusive

## Social Climate

Social climate is the perceptions of a social environment that tend to be shared by a group of people. It involves feelings of safety in social settings (e.g., neighbourhood, school). It includes freedom from exposure to racism, violence, or other signals and acts of exclusion.



## Social Belonging

Social belonging is a sense of relatedness connected to a positive, lasting, and significant interpersonal relationship. It is about feeling like part of a community, connected to 'your people'. The need for belonging extends across generations.

\*CLARITY: Community-Led Actions for Resiliency Important Throughout Youth.

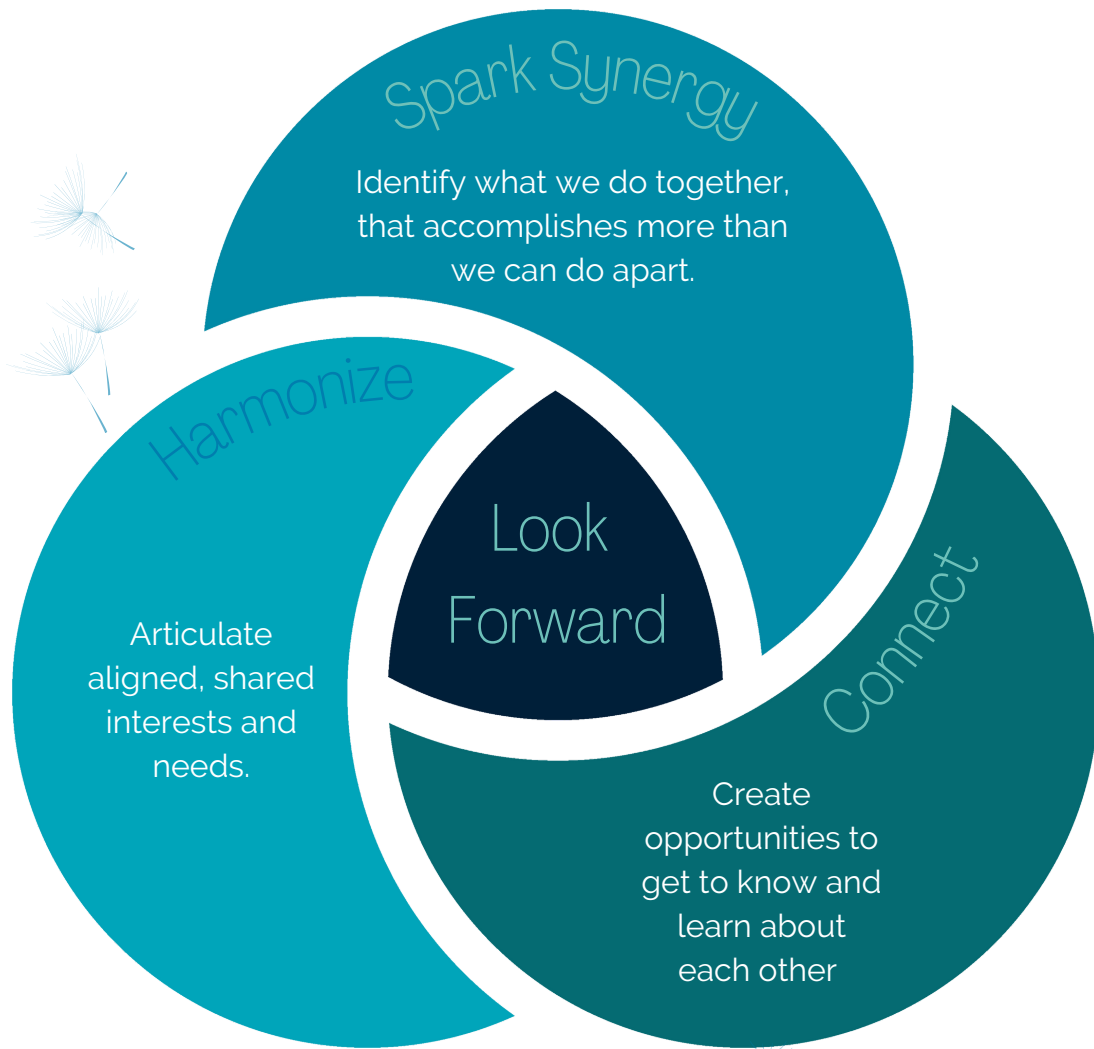
@the\_clarity\_project

The CLARITY Project is building a youth-led research partnership to design, implement and evaluate community actions that promote youth resilience to suicide.

Suggested Citation: Shahram, S.Z., Plamondon, K.M., Buhler, H. (2021) *Youth Suicide Prevention through Resilience*. CLARITY Project. [<https://blenkfamilyfund.ca/clarity/>]



# Today's Goals



Spark Synergy

Identify what we do together, that accomplishes more than we can do apart.

Harmonize

Articulate aligned, shared interests and needs.

Look Forward

Connect

Create opportunities to get to know and learn about each other



# Agenda

24 May 2022  
1000 - 1300 (+ Lunch)



## 10:00 - 10:35 am Introduction & Welcome

We will take time to start the day in a good way. You'll have a chance to introduce yourself to others at your table, hear some highlights about CLARITY, and instructions for our day.

## 10:35 - 12:00 pm World Café (12 min, 6 cycles)

To learn more about this style of workshop, visit the [World Café Method website](#).

Through a series of table conversations, you will join six conversations, each with a unique focus and a new group of people. Each table will have a designated host-facilitator and note taker. You are welcome to write and draw ideas at each table!

## 12:05 - 1:00 pm Closing Comments & Graphic Recording

We will hear highlights from table hosts, and invite you to share any reflections, reactions or big insights you want to share! A mural of the conversation will unfold as we talk.

## 1:00 - 2:00 pm Lunch to stay or take away

We welcome you to stay and join us for lunch, if you are able--and if you are hungry, but cannot stay, we have lunch ready for you to take with you!

# Synergy & Harmony

## Table Topics

As you move through each cycle of table conversations, you will be invited to explore specific topics related to CLARITY. Some of the tables focus on building awareness about concepts central to community resilience, and others focus on understanding our collective strengths and interests. In this section, you'll find a brief summary of what we hope each table topic will explore.



### Table 1

#### Youth Supports in our Community: Synergy Mapping

Synergy is interactive. It means that **collective efforts are more powerful and more transformative** than what we can accomplish separately.

At this table, we offer a beginning map of the resources, supports and initiatives that play a role in cultivating community resilience. We invite you to add to the map, extending it to show the amazing ways many groups are coming together to support thriving youth (and thriving community)!

#### Service Providers' Needs

Many supports and services for youth are provided by not-for-profit organizations that rely on government grants or philanthropy. Sometimes organizations with shared goals are in competition for scarce resources. Sometimes systems and funding structures lead to duplication of effort.

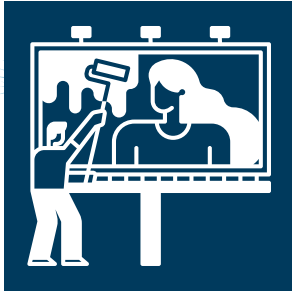
We are interested in identifying ways in which research funding might serve to promote community resilience while also responding to community needs. At this table, we invite people to explore needs and possibilities for **harmonizing responses** (e.g., shared youth advisory council).



### Table 2







## Table 3

### Social Climate

Recent stories in our community highlight some of the ways in which a social climate of intolerance and exclusion that can fuel tension and violence that harms youth.

How can we **work together to cultivate a social climate that promotes community resilience**? What interventions might invite people to come together in community to reconstruct a social climate that promotes thriving, belonging, and connectedness?

### Social Belonging

Social **belonging is a basic need**, as important as food, shelter, sleep and safety. Intuitively, humans understand that experiences of belonging are important for promoting resilience. How do we create belonging, together? What is needed, in our community, to cultivate social belonging?

How can we cultivate social belonging across generations?



## Table 4



## Table 5

### Imagining Resilience-Promoting Place

in CLARITY dialogues, we heard from young people that they need safe places to be, connect, and feel part of something bigger than themselves. They offered ideas about welcoming places (see highlights).

What are your **wishes for places, or place-making**, to promote resilience, hope, belonging, and wellness for youth (and everyone!) in our community?

### Giving Life to the Concept of Community Resilience

CLARITY illuminates the concept of community resilience as a collective action, rather than an individual characteristic or trait.

What inspiring examples of community action, community building, place-making for belonging help us to understand **how to cultivate community resilience**? What can we learn from these examples? How can we come together in building community, connection, belonging and resilience? .



## Table 6



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# Next Steps

Create & Share  
World Café Report

Spring 2022

Summer - Fall 2022

Partnership Charter  
& Youth Advisory

Winter - Spring 2023

Documentary Making  
& Film Screening

Summer 2023

Implement Co-Designed  
Community-Building as  
Resilience Intervention(s)



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## Find us online!



<https://blenkfamilyfund.ca/clarity/>



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