



UNDERSTANDING THE POWER OF POSITIVE CHILDHOOD EXPERIENCES AND ATTACHMENT IN PROMOTING RESILIENCE

Resources for Healthcare Providers

- [Child and Youth Resilience Measure & Adult Resilience Measure](#)
- HEADSSS Assessment: Risk and Protective Factors ([via PathwaysBC](#))
- [Mental Health Foundations](#): resources and opportunities for clinicians, caregivers & individual/couples inspired by Emotion-Focused Family Therapy and beyond
- [Motivational Interviewing Online Course](#) by UBC CPD
- [Validating and Invalidating Statements and Curious Questions](#) by Dr. Mervyn
- [Validating and Invalidating Statements and Curious Questions](#) by BC Guidelines
- [Webinar Recording: Supporting Children & Youth Who Use Substances: Implementing a New Clinical Care Pathway in Practice](#) by UBC CPD
- Youth Substance Use Pathway ([via PathwaysBC](#))

Resources for Youth & Caregivers

- [BounceBack](#): a free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry.
- [Capturing Health and Resilience Trajectories \(CHART\) Lab: Youth Development Instrument \(YDI\)](#): online, self-reported questionnaire that collects population-level youth development data, which may be broadly used to better understand the developmental trends, health, and well-being of adolescents in BC.
- [Confident Parents: Thriving Kids](#): offers two program streams to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges.
- [How to Talk So Kids Will Listen & Listen So Kids Will Talk](#) by Adele Faber & Elaine Mazlish (Book – [View on Goodreads](#))
- [Mental Health Foundations](#): resources and opportunities for clinicians, caregivers & individual/couples inspired by Emotion-Focused Family Therapy and beyond
- ONTRAC - Support for Transition from Pediatric to Adult Care (on [PathwaysBC](#) or on [BC Children's](#))
- [Re-Release: When Parenting Gets Tough...](#) by BC Children's Hospital Kelty Mental Health Resource Centre (Podcast Episode)
- [Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too](#) by Adele Faber & Elaine Mazlish (Book – [View on Goodreads](#))
- [Taming Worry Dragons](#): a creative approach to Cognitive Behavioural Therapy (CBT) that is designed to help anxious children learn how to cope with their worries.

- What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers by Adele LaFrance and Ashley P. Miller (Book – [View on Goodreads](#))

Other Resources

- [CHART Social Connection Toolkit](#) (in development): a toolkit of strategies and initiatives that foster social connectedness in school communities. Share your ideas by June 30, 2025 – whether it's a classroom practice, a school-wide initiative, or a community event.
- [Feelings First](#): a campaign to introduce important concepts around Social and Emotional Development in the early years, to parents and caregivers across British Columbia.
- [Government of Canada: Article 12 of the Convention on the Rights of the Child and Children's Participatory Rights in Canada](#)
- More Than a Bird Paperback by Liz Huntley (Book – [View on Goodreads](#))
- [PACEs Connection](#)
- [Planet Youth](#): Dedicated to supporting communities worldwide through data-driven upstream prevention for a healthier future
- [The Human Library](#): creates a safe space for dialogue where topics are discussed openly.
- [What Is Emotional Invalidation?](#)

Articles

- Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels [published correction appears in JAMA Pediatr. 2019 Nov 1;173(11):1110. doi: 10.1001/jamapediatrics.2019.4124.]. *JAMA Pediatr.* 2019;173(11):e193007. doi:10.1001/jamapediatrics.2019.3007 ([View](#))
- Felitti VJ, Anda RF, Nordenberg D, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. *Am J Prev Med.* 1998;14(4):245-258. doi:10.1016/s0749-3797(98)00017-8 ([View](#))
- Ponton E, Singh T, Carwana M, et al. Who is in Your Waiting Room? Social Determinants of Health and Adverse Childhood Experiences in Pediatric Surgery Clinics. *J Pediatr Surg.* 2024;59(9):1828-1834. doi:10.1016/j.jpedsurg.2024.04.001 ([View](#))
- Samji H, Long D, Herring J, Correia R, Maloney J. Positive childhood experiences serve as protective factors for mental health in pandemic-era youth with adverse childhood experiences. *Child abuse & neglect.* 2024:106640-106640 ([View](#))