

ARIZONA STATE UNIVERSITY

# Community Partners for Improving Science-Based Resilience

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## OUTLINE

- 1. INTRODUCTION
- 2. WHAT CONSTITUTES RESILIENCE?
- 3. ANALYZING STORIES OF RESILIENCE IN COPING
- 4. BUILDING A RESILIENCE EVALUATION TEAM

## **1. INTRODUCTION**

- Over 15 years ago, in 2004 the most *impactful article* that I have written was an article on *"The Cultural Adaptation of Prevention Interventions,"* published in the journal, *Prevention Science*.
- According to *Google Scholar*, as of now it has received over 1,000 citations, indicating that something about this article "struck a chord" with many scholars.
- One of the important messages in this article captured the sentiments of a Spanish-speaking community resident, who stated, "*Para que sirve la ciencia, si no nos ayuda?*" Translated, this states, "*What good is science, if it doesn't help us?*"
- This sentiment expresses the concern that scientific findings must be transported to help communities, or else it is essentially useless to residents of these communities.

#### **Dissemination & Implementation Science**

- In about the year 2005, the area of *Dissemination and Implementation Science* (D&I) was emerging. This science was developed to, *"inform and improve the quality of health, delivery of service, and utilization and sustainability of evidence-based tools and approaches"* (NIH Funding Opportunity Announcement 19-274, p. 3)
- Dissemination Research: this research area was developed to study how to take scientific findings to the community (going to scale), which aims to "communicate and integrate knowledge for audiences including practitioners and other stakeholders, to improve health services."

(NIH Funding Opportunity Announcement 19-274, p. 3)

<sup>•</sup> Retrieved from Grants.Gov, Finding Opportunity Announcement: *Dissemination and Implementation Research for Health*, (PAR-19-274).

#### **Dissemination & Implementation Science**

- Implementation Research: this area was developed to create *new knowledge* on the implementation of an *evidence-based interventions (EBIs)* using, "scientific strategies to adopt and integrate evidence-based interventions (EBIs) into various clinical and community settings."
- This also includes the *adaptation* of an EBI for *improving "function and fit," (integrability)* for full implementation with *diverse community groups* and within *various service delivery settings*

Needed: EBIs that "Fit" Community Needs and Preferences

- Important D & I issues for improving research and practice with various communities includes:
  - Developing conceptual frameworks having a cultural focus, to inform the design, planning, and moving "to scale" of various evidence-based interventions (EBIs)
  - This aims to improve intervention:
    - Engagement facilitating involvement,
    - Acceptability intervention appeal,
    - Practicability (convenience),
    - Feasibility ease of implementation,
    - Integrability (fit within a delivery setting) (Alvidrez et al., 2019), as well as
    - Sustainability resources to sustain its delivery over time

Alvidrez et al. (2019). Building the evidence base for informed planned intervention adaptations by practitioners serving health disparity populations. *American Journal of Public Health, 109* (51), S94-S101.

## 2. WHAT CONSTITUTES RESILIENCE?

- In simple terms, resilience is, the ability to "bounce back from adversity."
- Under this Stress-Coping-Resilience Paradigm, resilience consists of effective problem-solving coping that actively resolves a difficult life problem
  - This paradigm examines the individual's:
    - Cognitions: their *thinking* during the most stressful period of this problem
    - Emotions: the emotions experienced
    - Behaviors: the actions that they took to resolve the problem, and
    - Stress-Related Growth: What they learned and how changed, their *personal growth* from grappling with this very stressful life event

#### An Integrative Mixed Methods Approach

- Our use of the Integrative Mixed Methods methodology (Castro, Kellison, Boyd & Kopak, 2010) allowed an in-depth analysis of complex ways of coping based on the stories of diverse groups that responded to a very or extremely stressful life event
- Needed now is the analysis of the stories of various individuals who exerted a proactive role in effectively solving a difficult and very stressful life problem
- A thematic analysis of purposefully selected criterion groups (leaders, community residents, users of hard drugs) generated thematic patterns of adaptive and maladaptive coping and related expressions of resilience

 Castro, F. G., Kellison, J. G, Boyd, S. J., & Kopak, A. (2010). A methodology for conducting integrative mixed methods research and data analyses. *Journal of Mixed Methods Research*, *4*, 343-360.

## 3. ANALYZING STORIES OF RESILIENCE IN COPING

- A Social Participatory Research approach can be used to establish a Resilience Evaluation Team that will examine and interpret the meaning of these thoughts, feelings, and behaviors as they coped in efforts to solve their difficult life problem
- These analyses can inform the design of an improved Resilience Building EBI, by a process of
  - integrating "top-down," scientific knowledge from existing theory and research, with a
  - "bottom up" data analysis of the diverse life experiences of various individuals in effectively resolving a difficult life problem

## 4. BUILDING A RESILIENCE EVALUATION TEAM

- A Resilience Evaluation Team would consist of community stakeholders serving as key informants from their own community to inform theory and practice towards developing a more effective resilience-building intervention, an "EBI," also designed for effective "fit and function" within local communities, by meeting the needs and preferences of community residents
- The contributions of the *Resilience Evaluation Team* would involve
  - Reviewing and rating cases on ways of coping with a very difficult and stressful life problem,
  - Advising on the design of an adapted EBI,
  - Advising on the development of a new resilience building study,
  - Advising on adapting and refining the EBI for *optimization* and increased *effectiveness*,
  - Participation as a member of a *future resilience intervention development* study.

#### Invitation to Join This Team

- We invite interested persons to contribute actively to this communityinformed research implementation effort for:
  - integrating science and community needs,
  - rating coping effectiveness in resolving a difficult life event
  - developing an *enhanced resilience building EBI* as also designed for *implementation* within local community-based agencies
- The goal is to establish a team process for improving EBI development and implementation as optimized for greater effectiveness in building resilience among individuals and families
- If interested would love to hear from you. Contact me, *Professor Felipe González Castro* at the *ASU Center for Health Promotion and Disease Prevention*, within the Edson College of Nursing and Health Innovation at <u>Felipe.Castro@asu.edu</u>.
- Thanks for listening