

Promoting Healing and Resilience in Stressful Contexts

Generation and Integration of Youth Knowledge

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Overview

- Brief intro and how we approach these questions
- Brief summary of systematic reviews on protective factors in context of exposure to violence
- Introduce youth participatory approaches to building strengths and supports, understanding challenges

My Approach & Context for Work

- Clinical/community psychologist
 - Strengths-based, collaborative, ecological systems & settings frames
- Key resilience, developmental, participatory influences:
 - Masten, Luthar, Cowen, Kliewer, Herman, Pynoos, Fine, Ginwright, García Coll, Suarez-Orozco, Weinstein, Zimmerman
 - ACES life experiences, C. American Human Rights Commission, East PA in community violence crisis, India CBO's

Research on Violence & Mental Health

- Risk and protective factors for PTSD, depression, behavior problems- amenable to intervention
 - Meta-analysis of risk & protective factors for PTSD (Ozer et al. *Psych Bull* 2004; *Psych Sciences*, 2004)
 - Child mental health in context of domestic violence (Lieberman et al., *Dev and Psychopathology* 2006)
 - Protective factors for PTSD, depression, aggression for adolescents experiencing community violence (e.g. Ozer & Weinstein, 2004, *JCCAP*; Ozer, 2005 *J. Adolescent Res*, Ozer et al. 2017, *JCCAP*)

Systematic Review Findings

- Social supports matter, but....
- Ecosystem beyond families and “how” underexplored
 - Ozer et al. 2017 - $n=29$: Most attention to family factors in literature, show protective-stabilizing pattern
 - Updated reviews, e.g. Yule et al. 2019: $n=118$ - consistent effects for family support, still less research on school & community

Engaging Youth Experts to Understand and Intervene

- Prompts us to seek local insider expertise and nuances:
 - Lived experience of violence, support, coping, resistance
 - Potential strengthening of research validity and impact
- Support local efforts to strengthen healing and resilience
- Especially those that support agency of young people

Community-Based Participatory Research as Orientation

- “With” rather than “On”: Those affected generate knowledge in inquiry to promote health & equity
- Shared power over decisions and processes
- Cyclical integration of research & action
- Who creates & what “counts” as knowledge

Young People's Leadership and "Voice"



Youth-Led Participatory Action Research

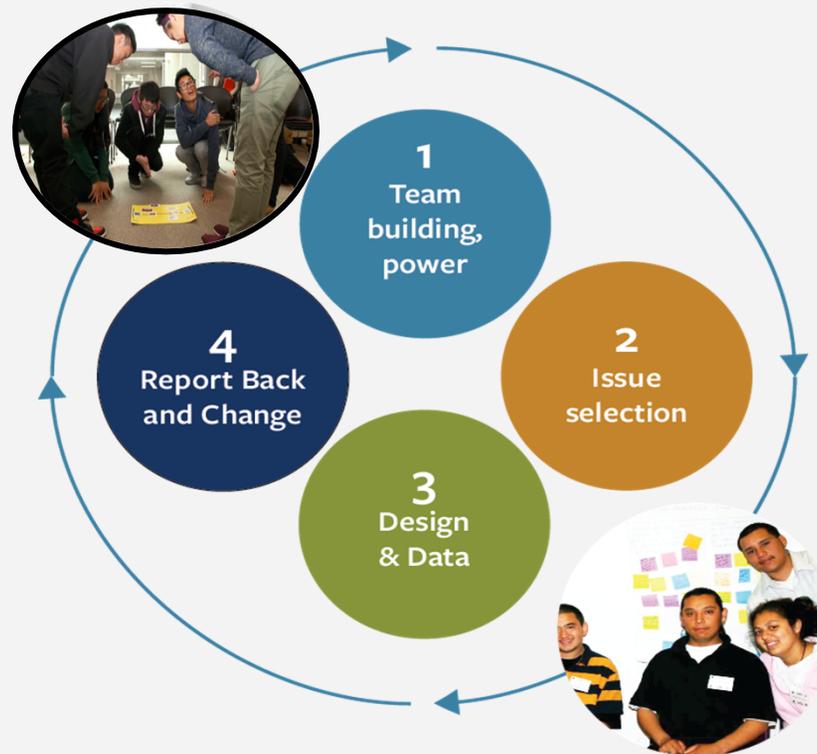
- Research-action cycle
- Equity focus
- Youth lead
- Adults often support
- See [YPAR Hub](#)



Photo credit:
University of Denver
Bridge Project

Multiple Phases of YPAR

Photo credit/permissions: SF Peer Resources



Participatory Context for YPAR

- RYSE Listening Campaign (Watson, Aceves-Iñiguez, Dhaliwal, 2016) with Berkeley consultation
 - Experiences of Richmond young people burdened by multiple forms of violence
 - 368 community surveys, 65 focus groups
 - Gang violence, home violence, shooting, bullying, sexual violence identified as impactful
 - Young people identified smoking weed as key coping strategy for dealing with violence
 - Easier to access weed than a trusted adult; adults brought risks of reporting, consequences
- Findings inspired young people to conduct YPAR research on topics such as:
 - Mental health/coping strategies
 - Gender and sexual-based violence
 - Academic support
 - LGBTQ+ safety

Background and Approach (Dashia)

During my senior year of HS, I was fortunate to take part in a YPAR and Y-Plan project in Richmond, CA

- Youth Participatory Action Research (YPAR)
 - Topic: Gender and Sexual Based Violence
- Y-Plan (Youth City Planning)
 - Topic: Environmental Justice and Air Quality

YPAR on Gender and Sexual Based Violence

- Topic, Issue, Purpose
- Research Question:
 - How are young people impacted by gender and sexual violence?
 - What supports do young people need?
- Data Collection
 - 130 surveys
 - 10 interviews & 3 focus groups



YPAR on Gender and Sexual Based Violence

Key findings:

- 80% male-ID; 40% female-ID feel safe
- Students either didn't know what sexual and gender-based violence was or **normalized** it despite extreme forms of violence
- Equity and intersectionality

Conclusion/Action - Conducted focus groups with identity groups, shared findings with community



Questions To Consider

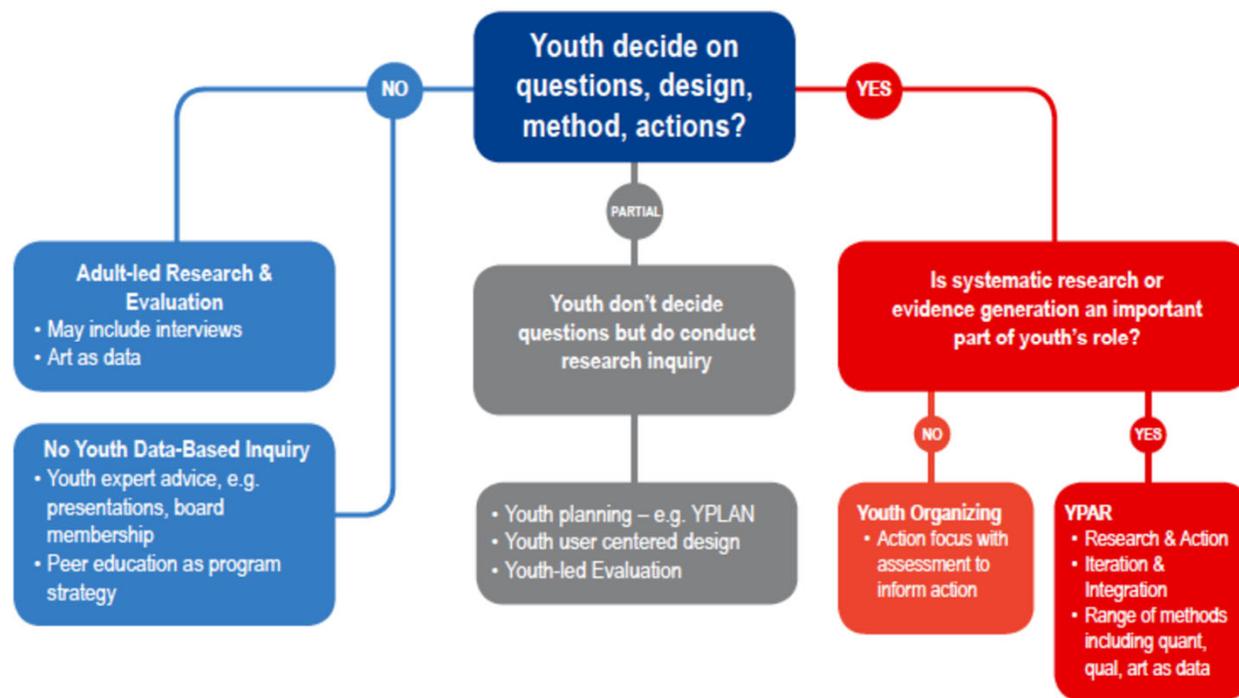
- Thank you for being in conversation with us
- Opportunities and challenges for integration of participatory approaches to promote child wellbeing?
- Create meaningful rather than “performative” youth participation in research and action in this area?

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Social - Ecological Developmental Perspective

- Youth development in context:
 - How settings shape behavior and health?
 - Improving settings can lead to stronger long-term impact than individual focus alone
- Develop competencies, attachments
 - Solid base for coping with stressors
- Strengthen resources and relationships
- Collaborative/participatory approaches

“Mapping” Youth Participation Approaches



(from Ozer 2020 AJCP, “Youth Participatory Approaches to Health Equity: Conceptualization and Illustration”)

