

# Maryland Resilience Rating Scale

## A Companion to the Maryland Resilience Poster

Maryland Mental Hygiene Administration (MHA) Resilience Committee

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### Part I

The following are skills and strengths that people can develop through the support and example of their families and communities. Success and/or gains in these areas also have to do with age, developmental stage, cognitive ability, temperament, perception, and life events. Research shows that these factors promote resilience and are the basic foundation for good mental health.

**Instructions:** Please choose to rate either yourself, your child, or your family. Remember to keep the person/people being rated consistent for all the items. Using the scale below, please rate how often you feel that you, your child, or your family demonstrate(s) each component of resilience:

1 = *never*      2 = *almost never*      3 = *sometimes*      4 = *most of the time*      5 = *all of the time*

#### **Sense of Competency**

- Belief that one can successfully accomplish goals
- Determination and persistence
- Ability to make independent decisions
- Ability to take independent action
- Self-motivation
- Pride in activities
- Healthy risk taking
- Task completion

#### **Caring & Respect of Self & Others**

- Feeling for what another person is going through
- Giving others the benefit of the doubt
- Honesty
- Giving back – helping out
- Ability to compromise
- Healthy friendships
- Development of morals/values

#### **Problem Solving & Coping Skills**

- Development and evaluation of alternative solutions
- Help-seeking when needed
- Willingness to admit and learn from mistakes
- Ability to soothe oneself
- Belief that one's actions can affect outcomes
- Accepting instruction and constructive criticism
- Sense that challenges can be understood, managed, and meaningful

#### **Optimism & Hope for the Future**

- Sense of humor

- Future orientation
- Belief that things can get better
- Joy in accomplishments
- Positive view of self and others
- Playfulness, creativity, and exploration
- Love of learning

**Ability to Reframe Stress, Disappointment, & Adversity**

- Viewing challenges as opportunities
- Understanding how perception influences outcomes
- Tolerance of frustration and uncertainty
- Improvisation – resourceful, creative problem-solving
- Positive development and growth in the face of challenges
- Flexibility
- Hardiness/endurance

**Sense of Purpose & Meaning**

- Spirituality – higher purpose
- Belief that one’s life matters
- Connection to cultural heritage and traditions
- Knowing that you can make a difference
- Feeling loveable
- Activities that bring fulfillment
- Self-improvement
- Connection to the natural world

**Part II**

The following are things that families and communities can do to help people be more resilient, develop strengths, and feel valued.

**Instructions:** Please choose to rate the presence of these social supports in either your, your child’s, or your family’s life, using the scale below:

1 = *never*      2 = *almost never*      3 = *sometimes*      4 = *most of the time*      5 = *all of the time*

- Positive, secure relationships
- Nurturing, encouraging relationships
- High but realistic expectations
- Providing a sense of belonging
- Respect for boundaries
- Sense of safety and trust
- Meaningful opportunities for involvement
- Consistency and fairness
- Structure and limit setting
- Providing comfort in times of distress
- Communities that support children and families
- Modeling ways to be resilient
- Belief that all people can be successful