

Building Resilience to address social isolation

David Kelly



THE WELLBEING
AND RESILIENCE
CENTRE

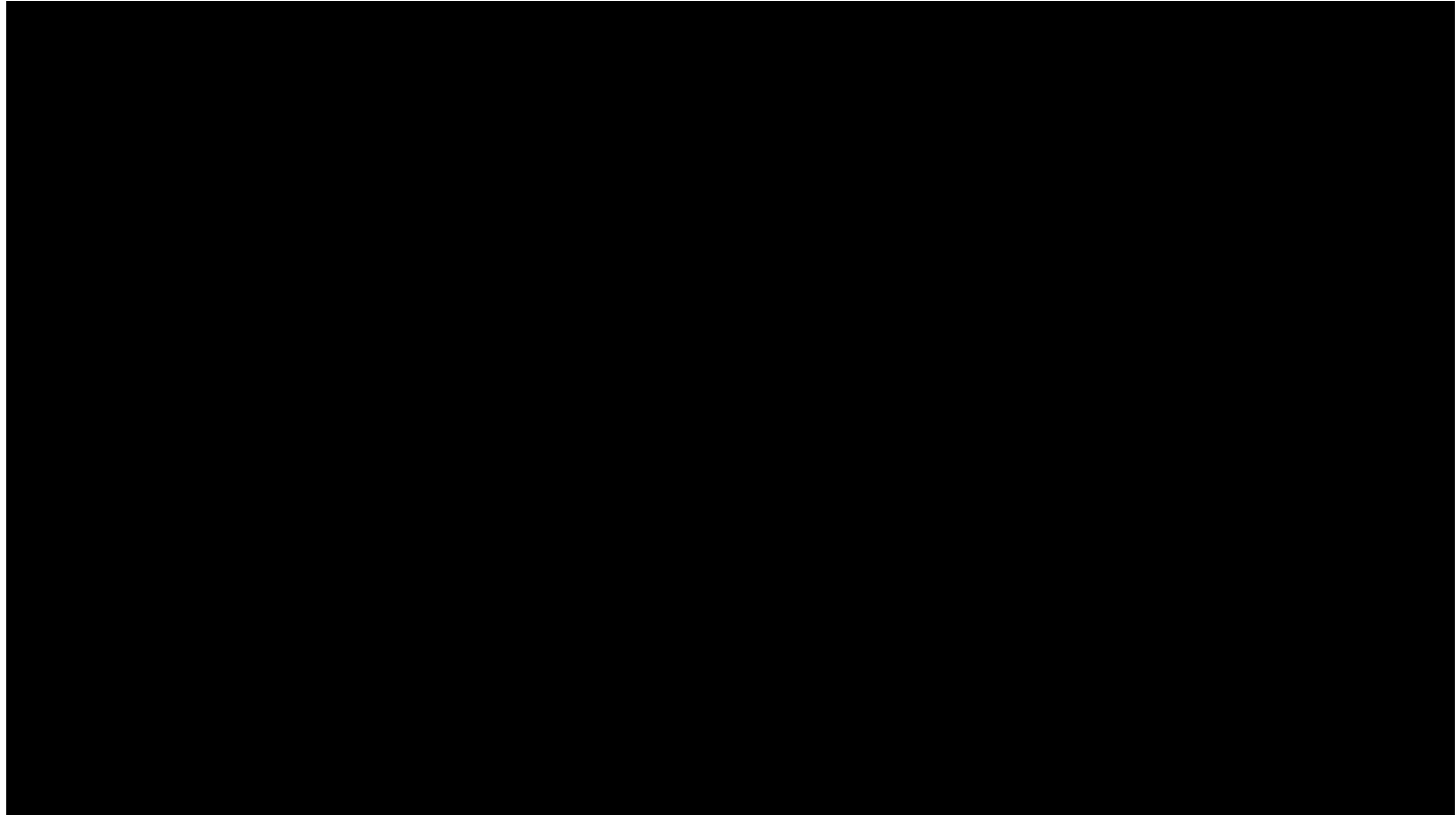




“... people want to live meaningful lives, to cultivate what is best within themselves and to enhance their experience of love, work and play ”

Professor Martin Seligman, 2011

A word from Martin



Positive (mental) health (and) wellbeing (for) a (resilient) society.

Position (South) Australia (as) the (State) of (Wellbeing)

Measure (the) wellbeing (of) all (South) Australians (and) beyond

Teach, (build) and (embed) wellbeing (science)

Generate (and) publish (research) on (how) to (build) wellbeing (efficiently, at) scale, across (the) life (course)

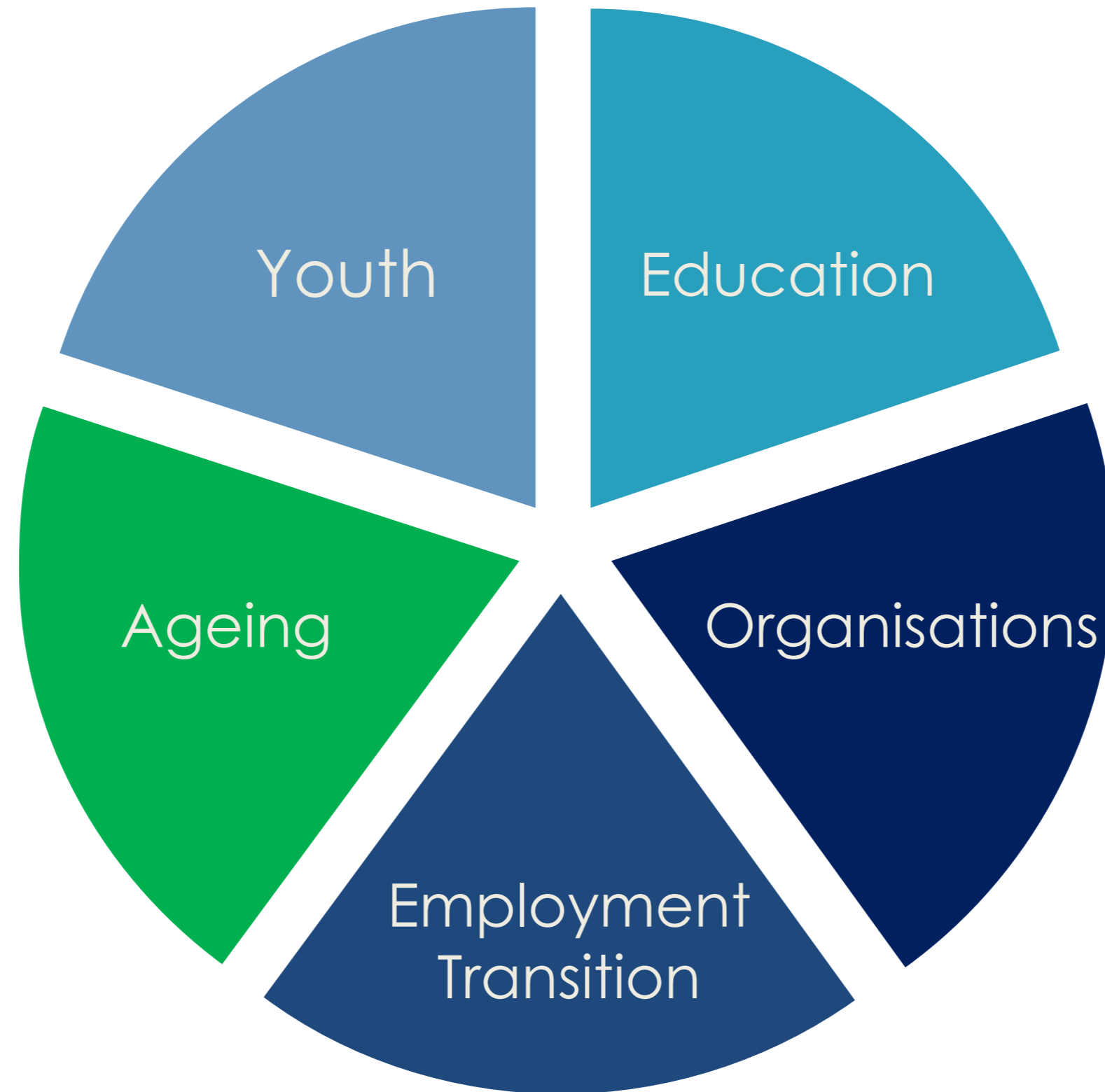
LEAD

MEASURE

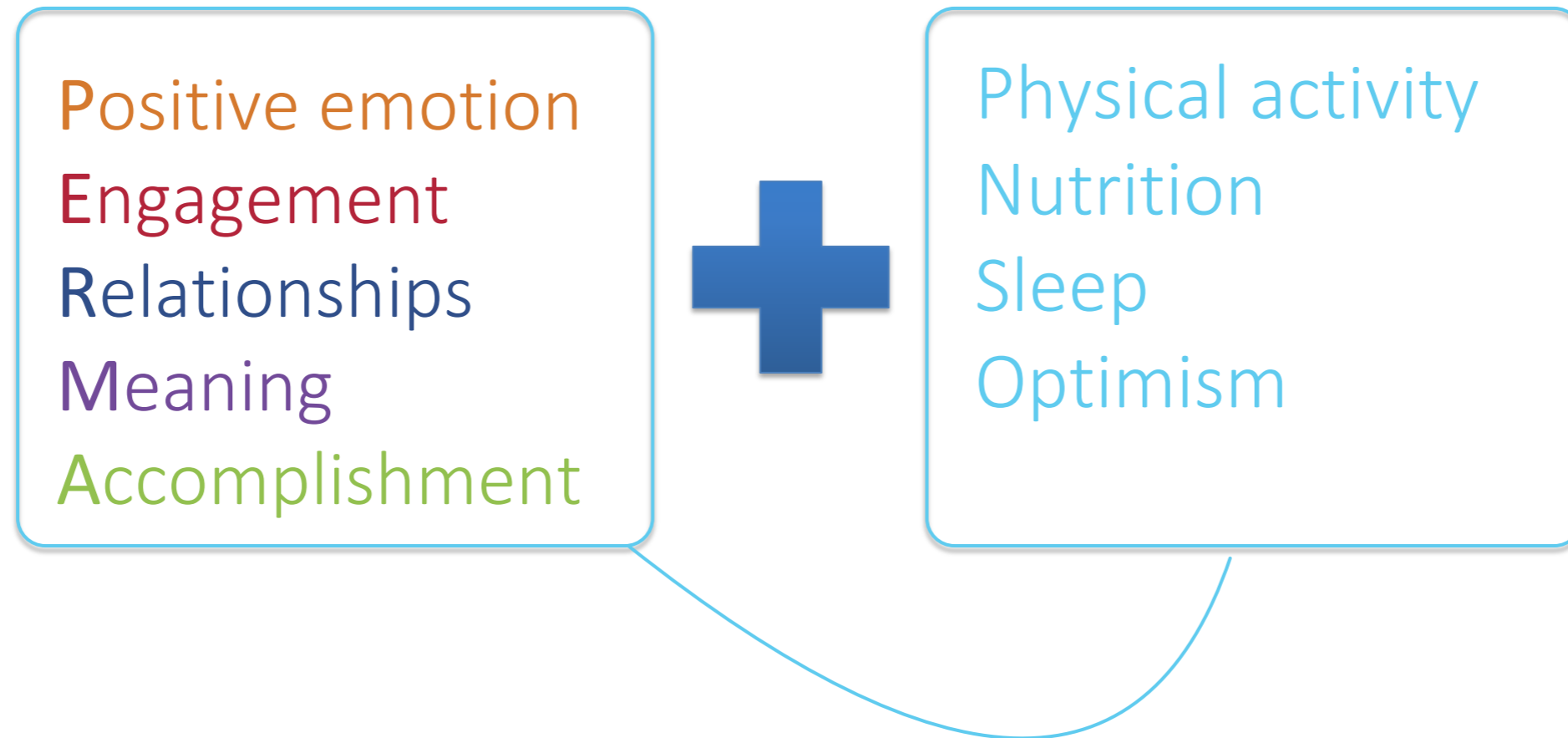
BUILD (((EMBED

RESEARCH

Projects across the life course



Measure through PERMA+



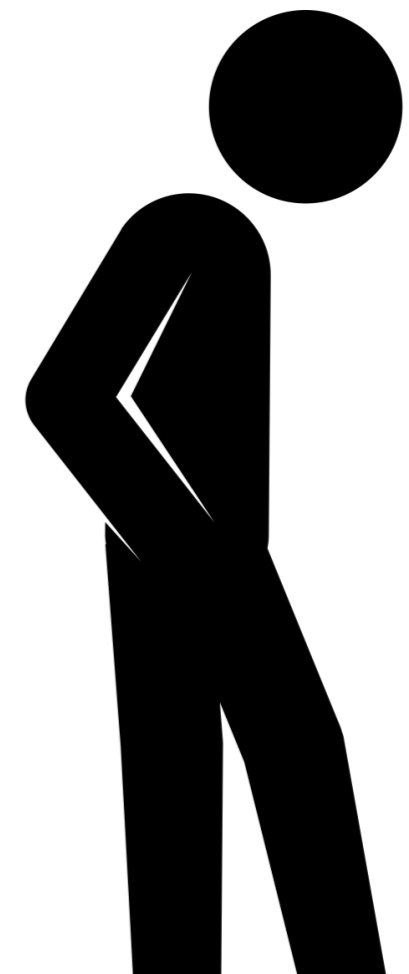
What is ...?

SOCIAL ISOLATION

Is an **objective** state that arises in situations where a person does not have enough people to interact with

LONELINESS

is the **subjective** experience of distress over not having enough social relationships or not enough contact with people



“

We live in the shadow of our evolutionary history. Physical pain protects the individual from physical dangers. Social pain, also known as loneliness evolved for a similar reason: because it protected the individual from the danger of remaining isolated

”

John Cacciopo

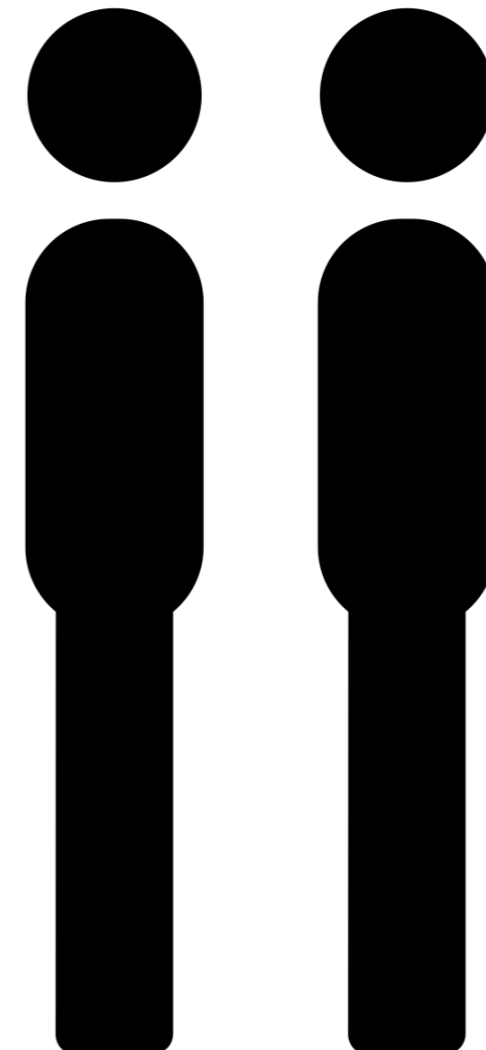
What's social closeness?

SOCIAL CLOSENESS

a belief or perception about a person's degree of embeddedness in a social network or networks:

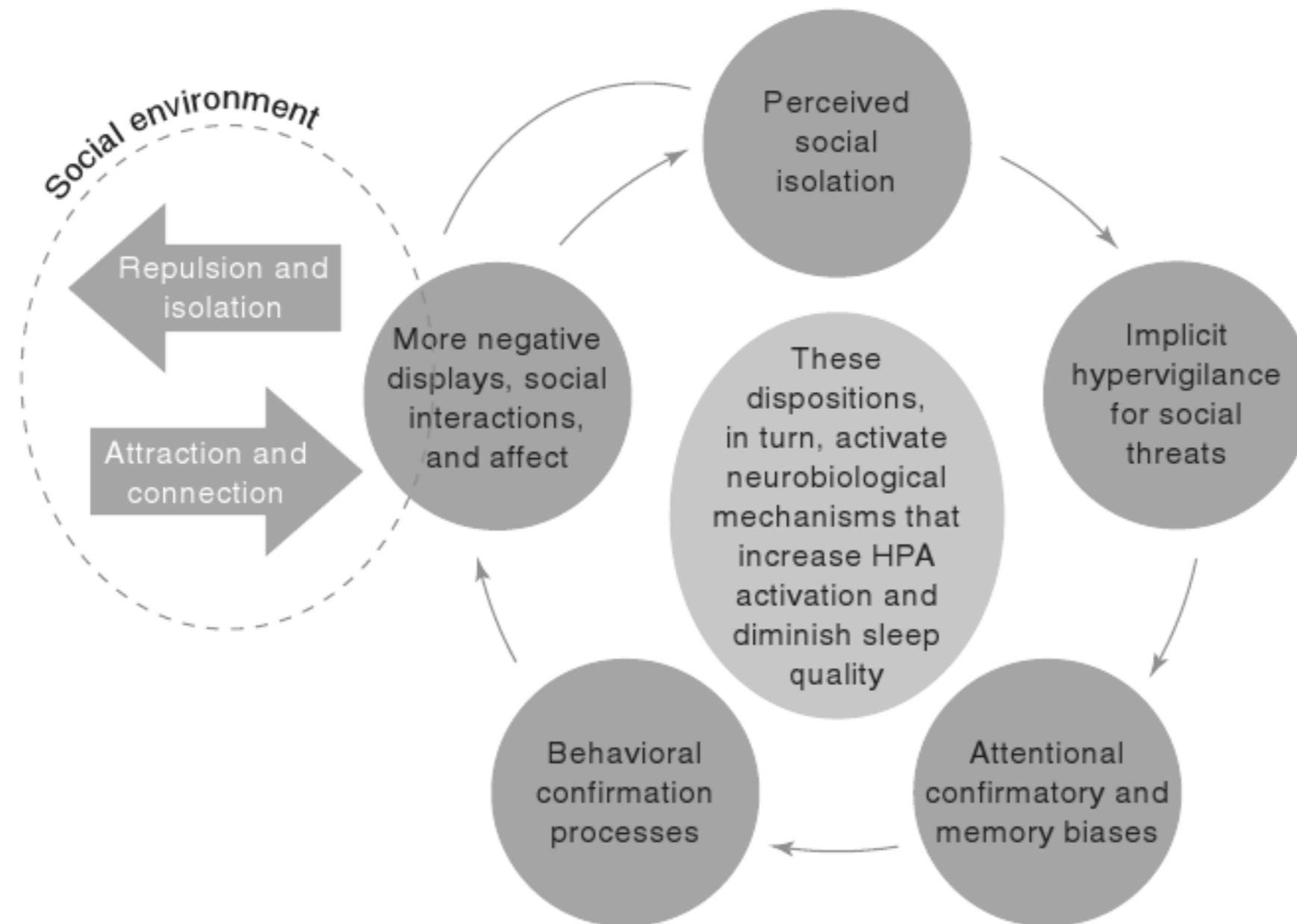
- A psychological need
- A bodily nutrient
- A critical element in stress and coping

Fredrickson and Kok, 2009

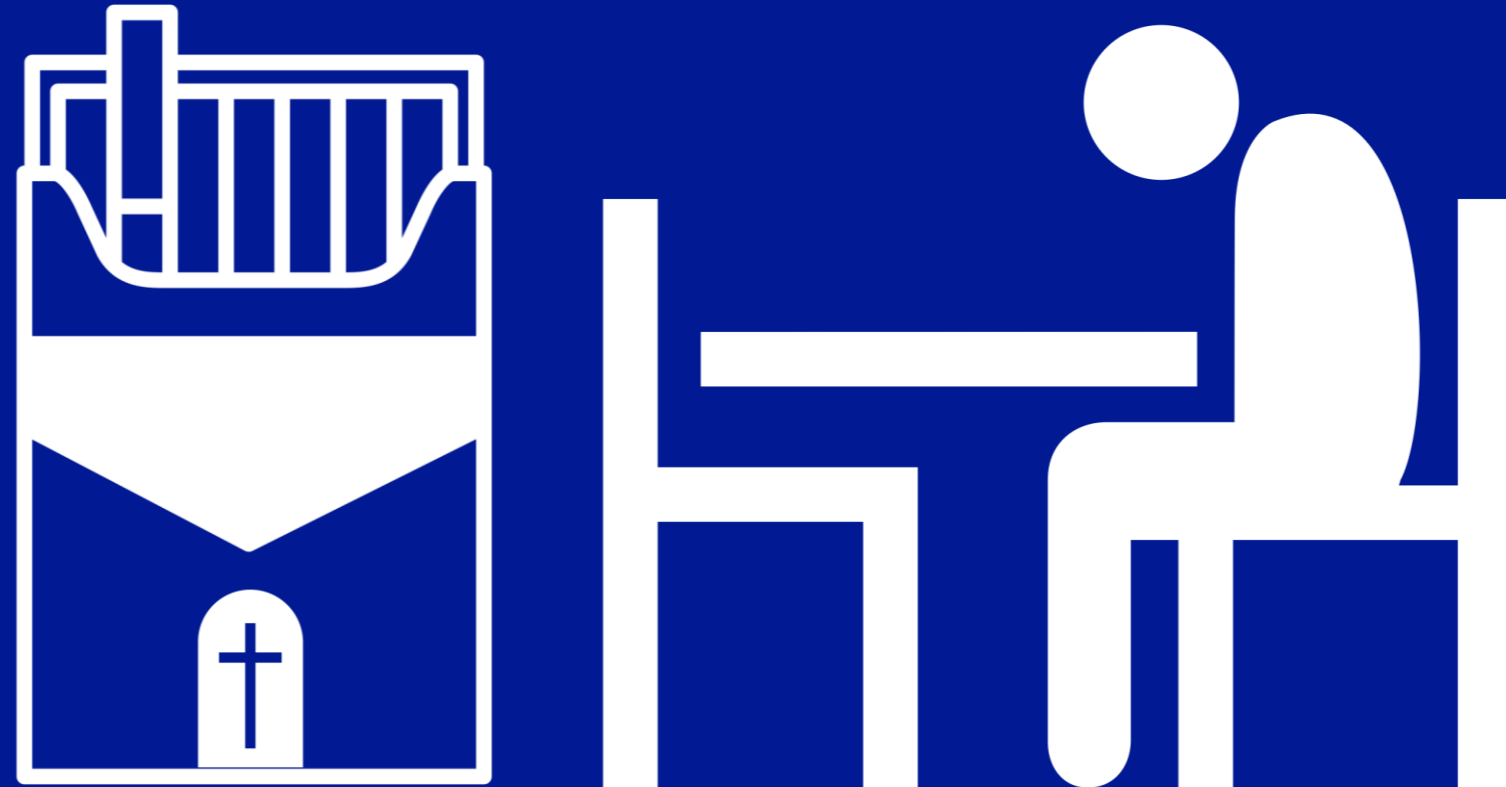


What we know

Maladaptive social cognitions can create a **self-fulfilling prophecy** of increasingly negative interactions with others



More deadly than smoking



Larger Cortisol response which contributes to inflammatory processes that play a role in hypertension and atherosclerosis

Higher risk of coronary heart disease and high blood pressure

Associated with depressive symptoms

Poor sleep quality

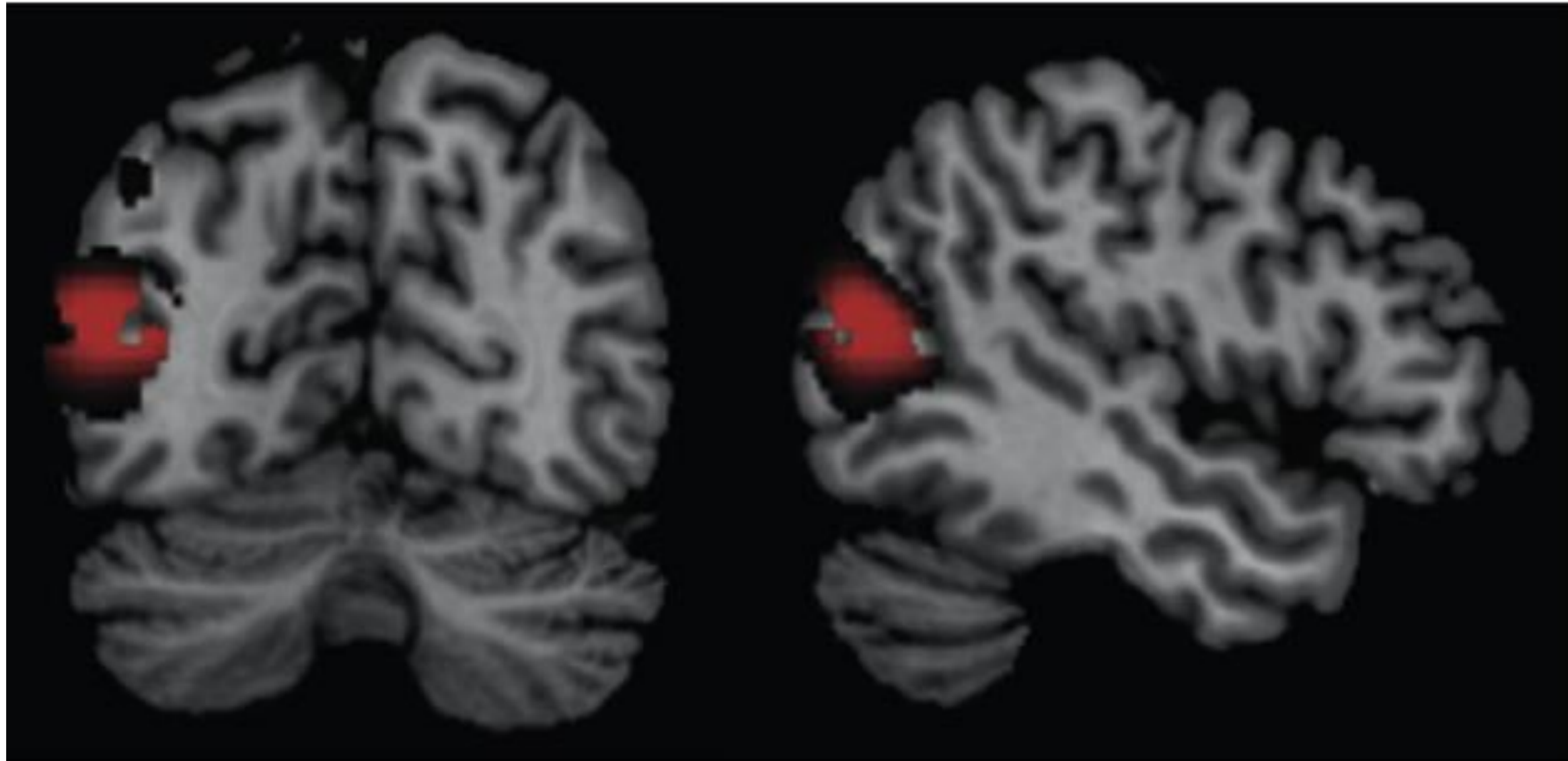
Impaired executive control

Contributes to cognitive decline and dementia

Greater likelihood of admission to a nursing home

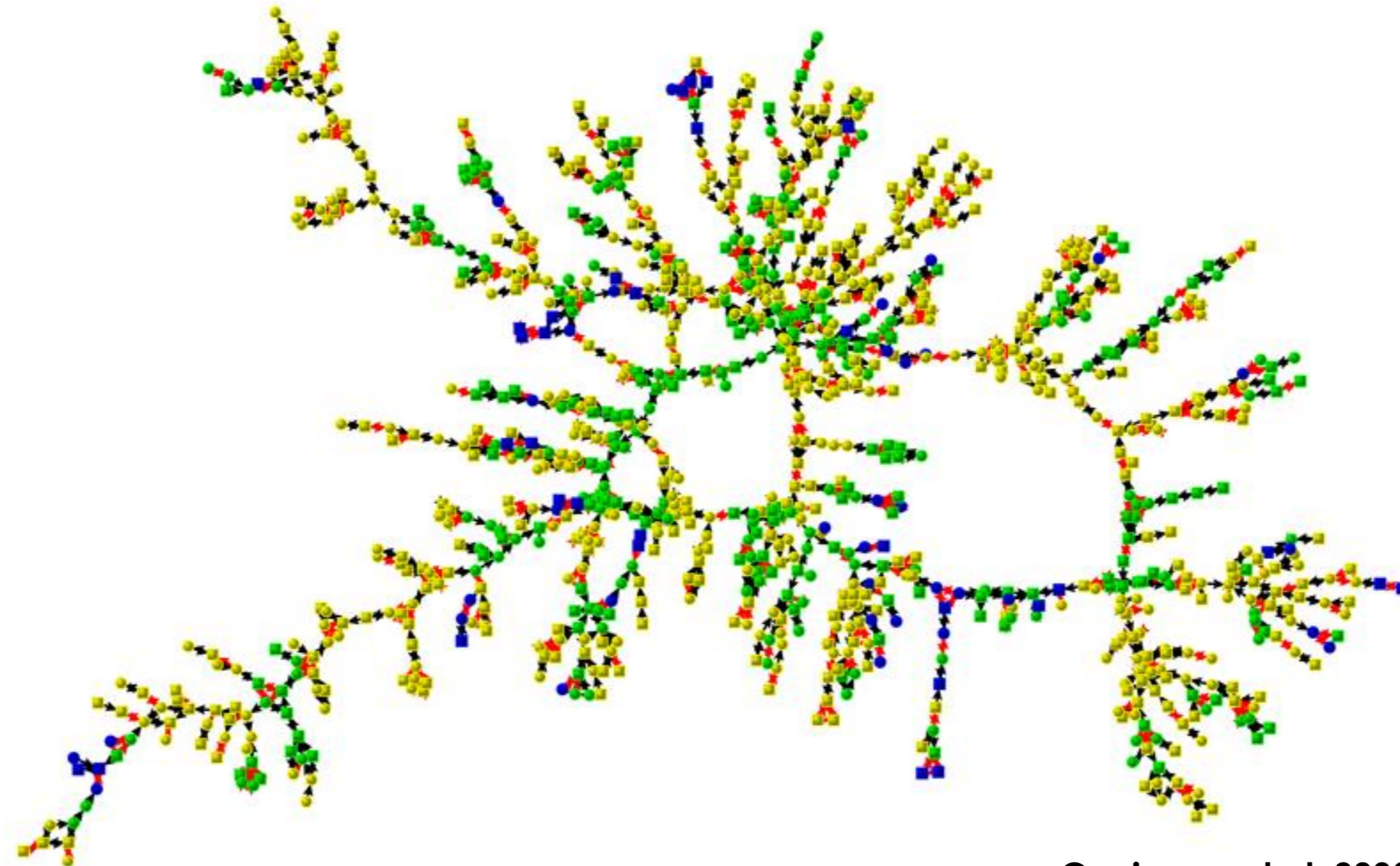
Visible in the brain

Lonely individuals have less gray matter in the left posterior superior temporal sulcus (pSTS)—an area implicated in basic social perception and the processing of social cues.



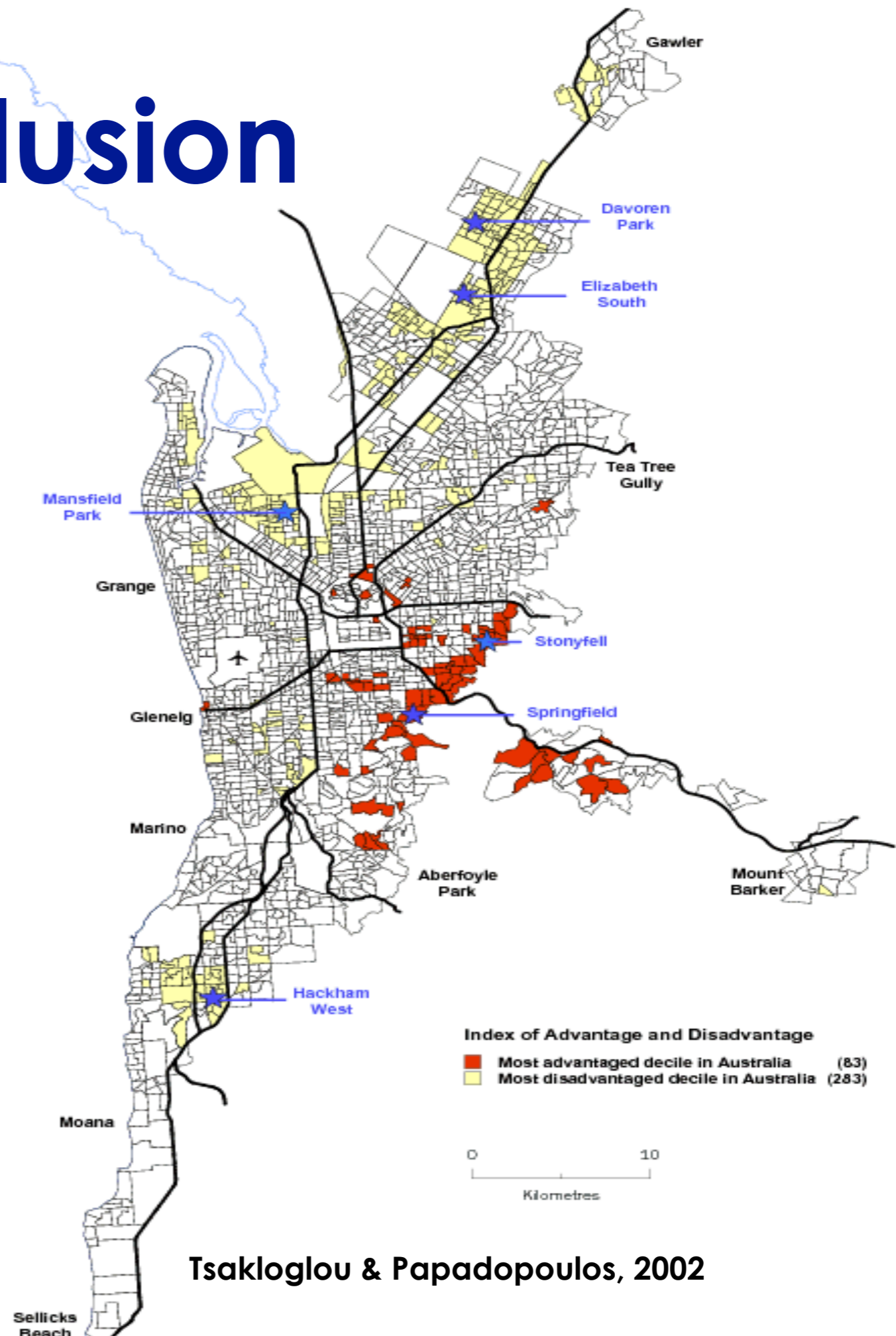
Lonely attracts lonely

A longitudinal study of the social networks of the multigenerational Framingham Heart Study, reveals clustering in loneliness and a relationship between being peripheral and feeling lonely



Linked to social exclusion

- ▶ **Multidimensional** - disadvantage at both the personal and community level;
- ▶ **Deprivational** - a lack of capacity to choose the freedoms identified in Sen's concept of capability deprivation - freedom to live long and healthy lives, freedom to economically, politically and socially participate in society, and freedom from violence (Sen, 2000);
- ▶ **Dynamic** - exclusion related to both the individuals current situation and their prospects for the future;
- ▶ **Systemic** - social exclusion lies beyond the narrow responsibility of the individual.
- ▶ **Relational** - implying disconnection with the rest of society, inadequate social participation, lack of social integration and lack of power



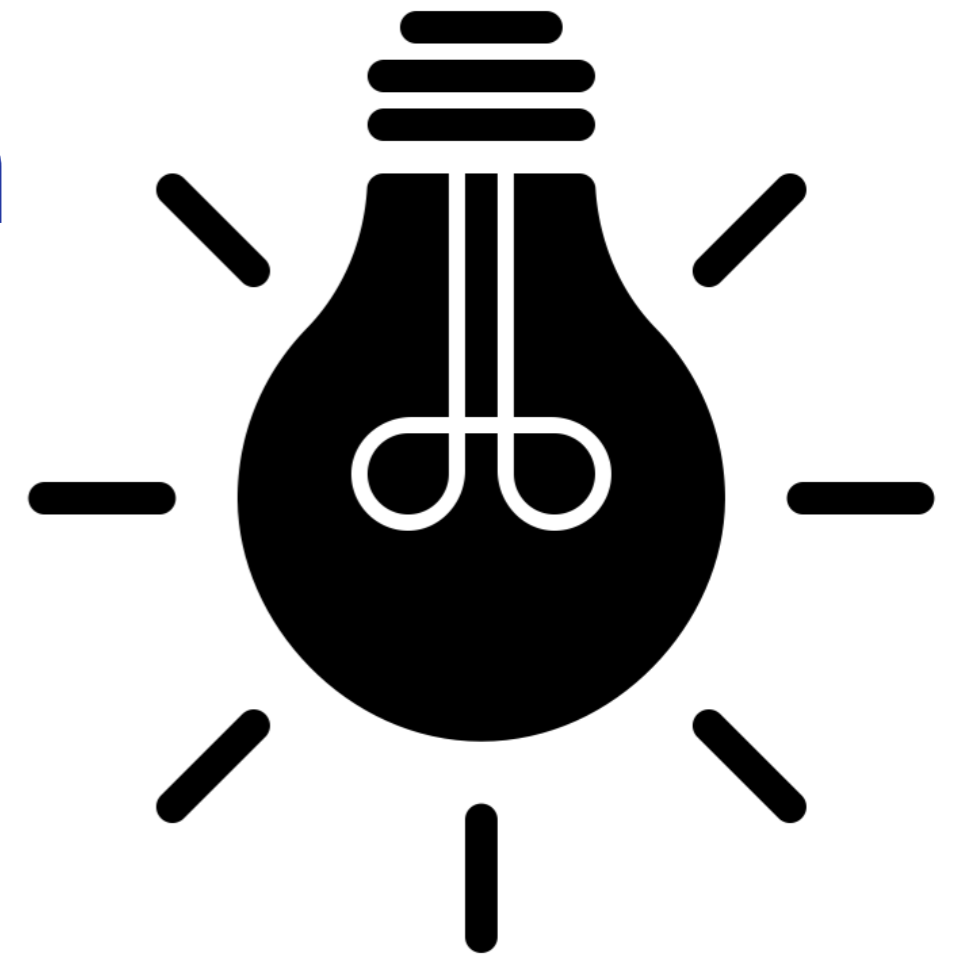
Tsakloglou & Papadopoulos, 2002

What works with Social Isolation

The most effective interventions to address and prevent social isolation were:

- Group interventions with a focused educational intent
- Strategies that enabled participant input
- Those that were developed within an existing service or embedded within existing neighbourhoods or communities

CITRA, 2007



Our process



LEAD

▶ Partner agencies
Set up project team
Recruit participants



MEASURE

▶ Participant's wellbeing measured using the PERMA+ Survey



BUILD

▶ TechWerks trainer the trainer training for partner staff
Contextualisation and translation learning design
Staff teach wellbeing and resilience skills in community workshops



EMBED

▶ Staff support participants to integrate and embed wellbeing and resilience skills using a range of strategies



RESEARCH

▶ Participant's wellbeing is re-measured
Growing research and new skills focused offers

How it works

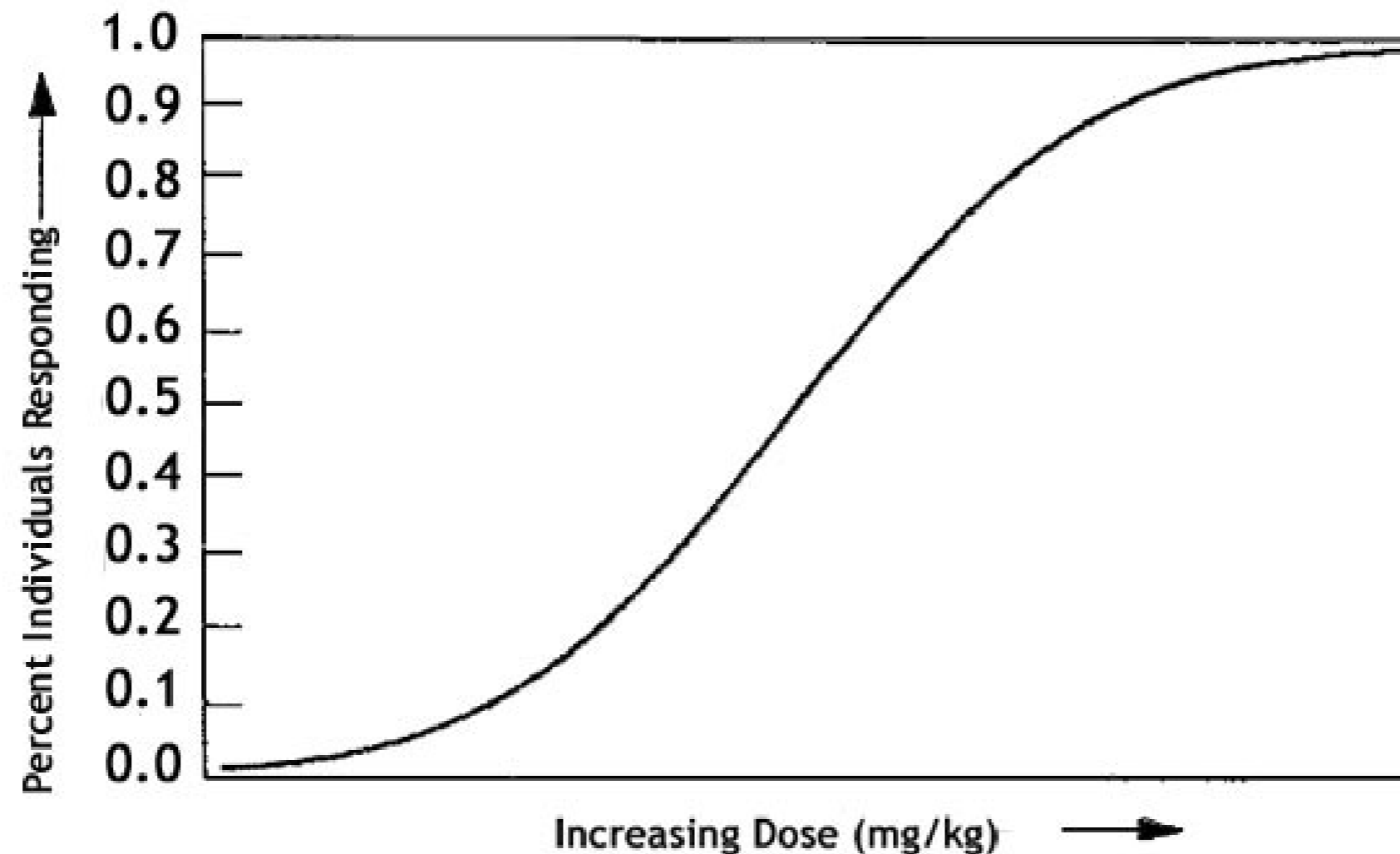
8 week community wellbeing learning program



EMBED is key

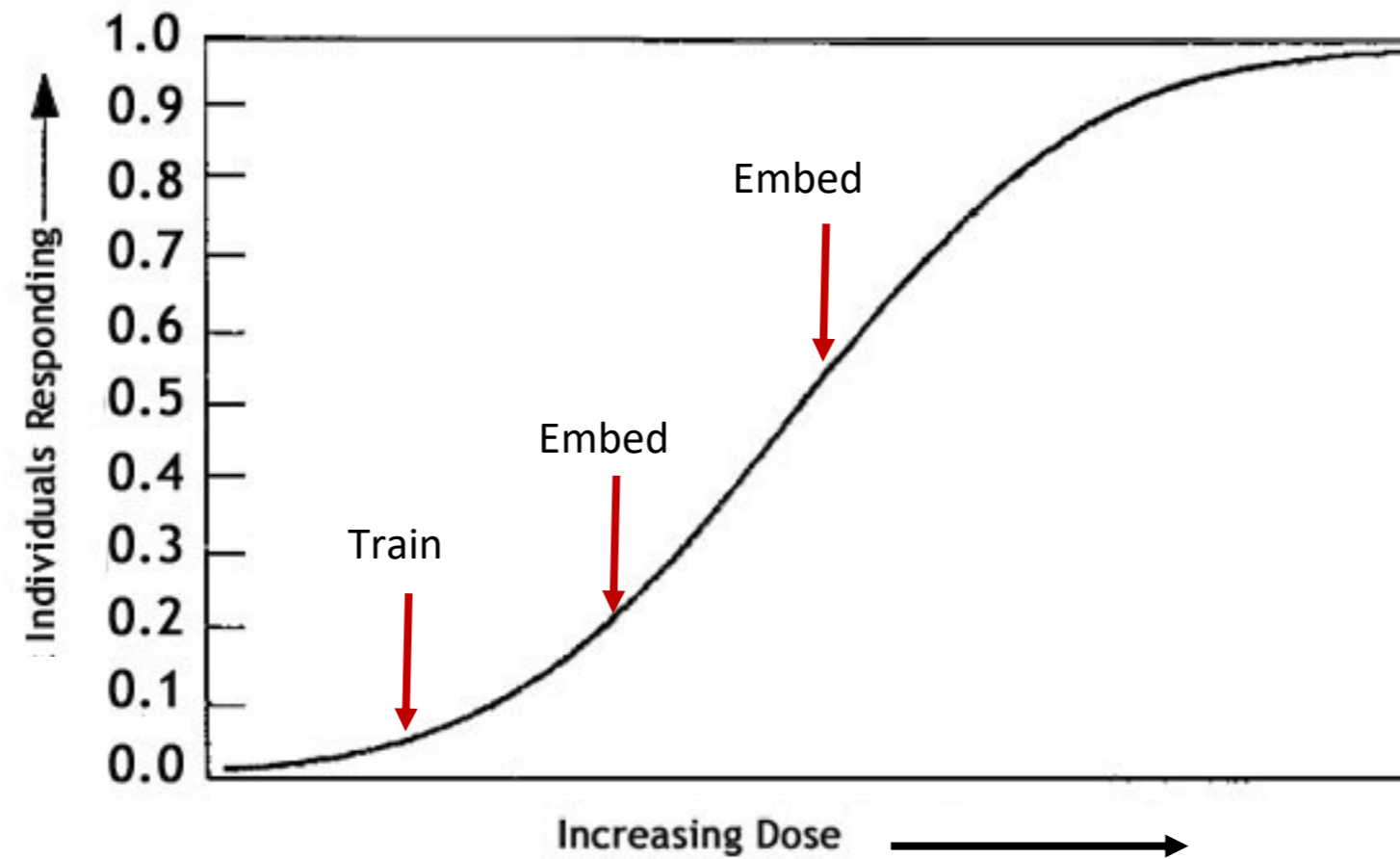
a sufficient dose of the intervention (resilience skills) is required in order to achieve the required response (improved wellbeing).

Dose and Response



EMBED is key

Dose and Response



Hope theory

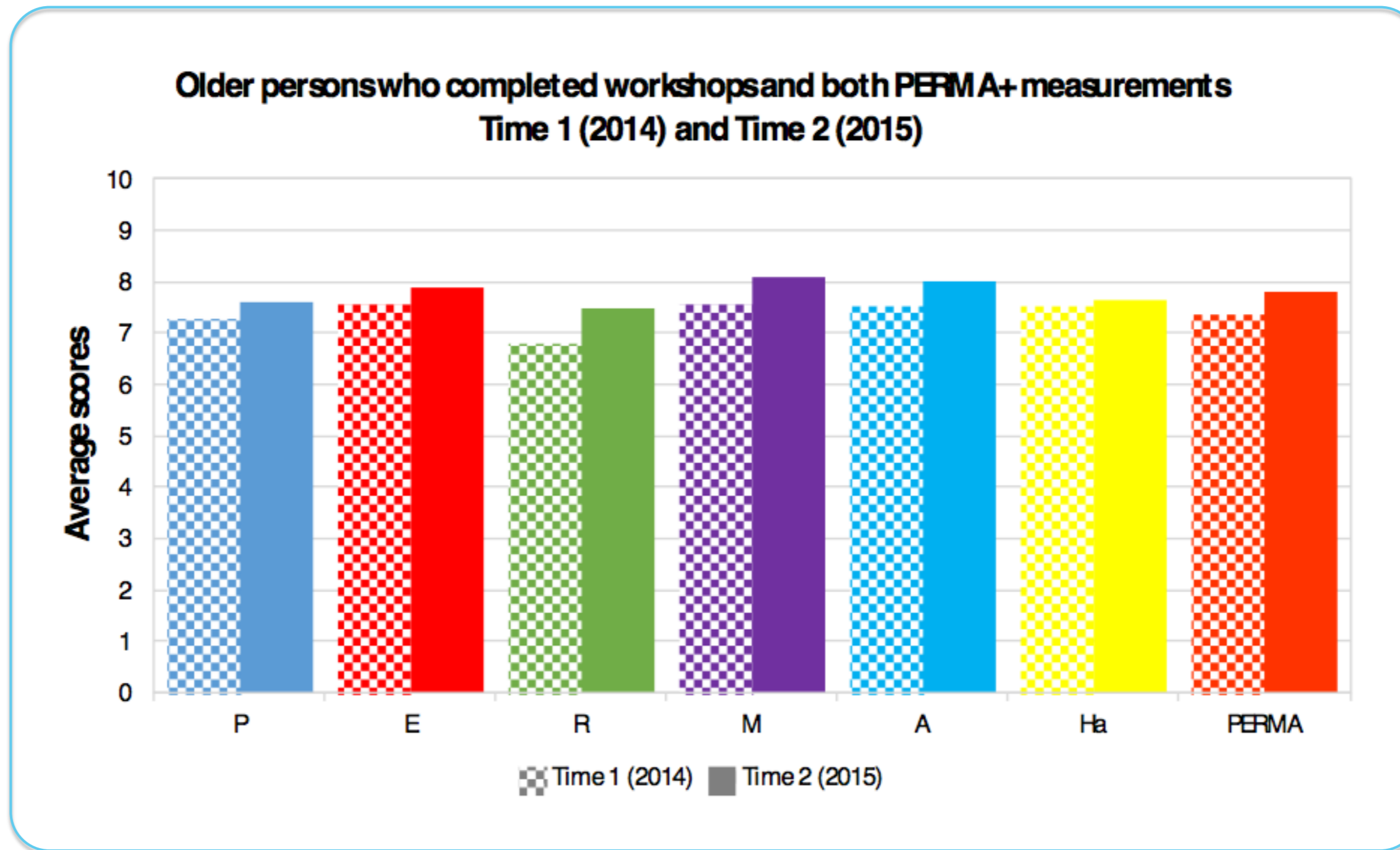
HOPE THEORY

Hope Theory emphasises goal-directed thinking, where a person uses both:

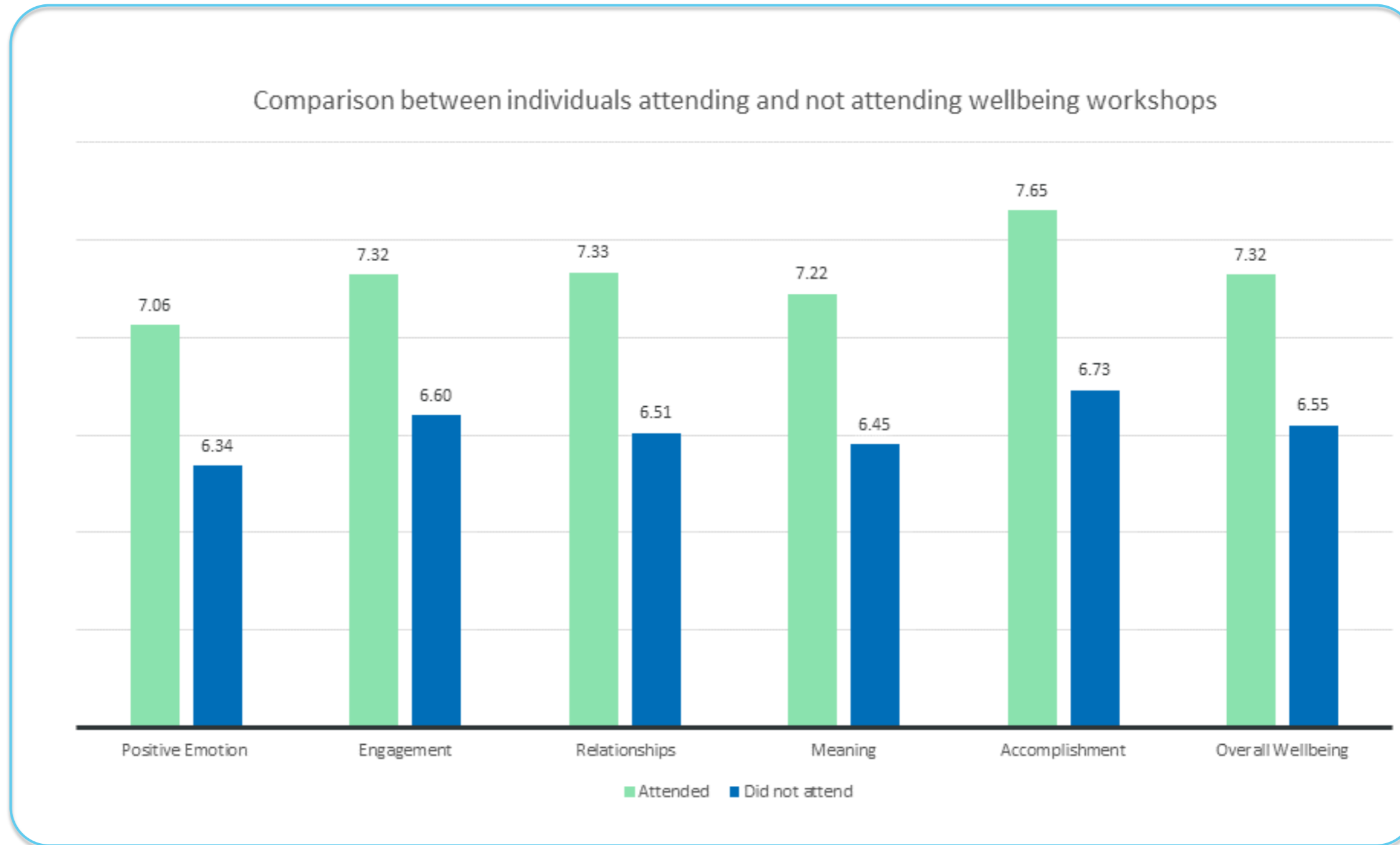


- **pathways thinking** (the perceived capacity to find different routes to their desired goals);
- **agency thinking** (the necessary motivation to use those routes).

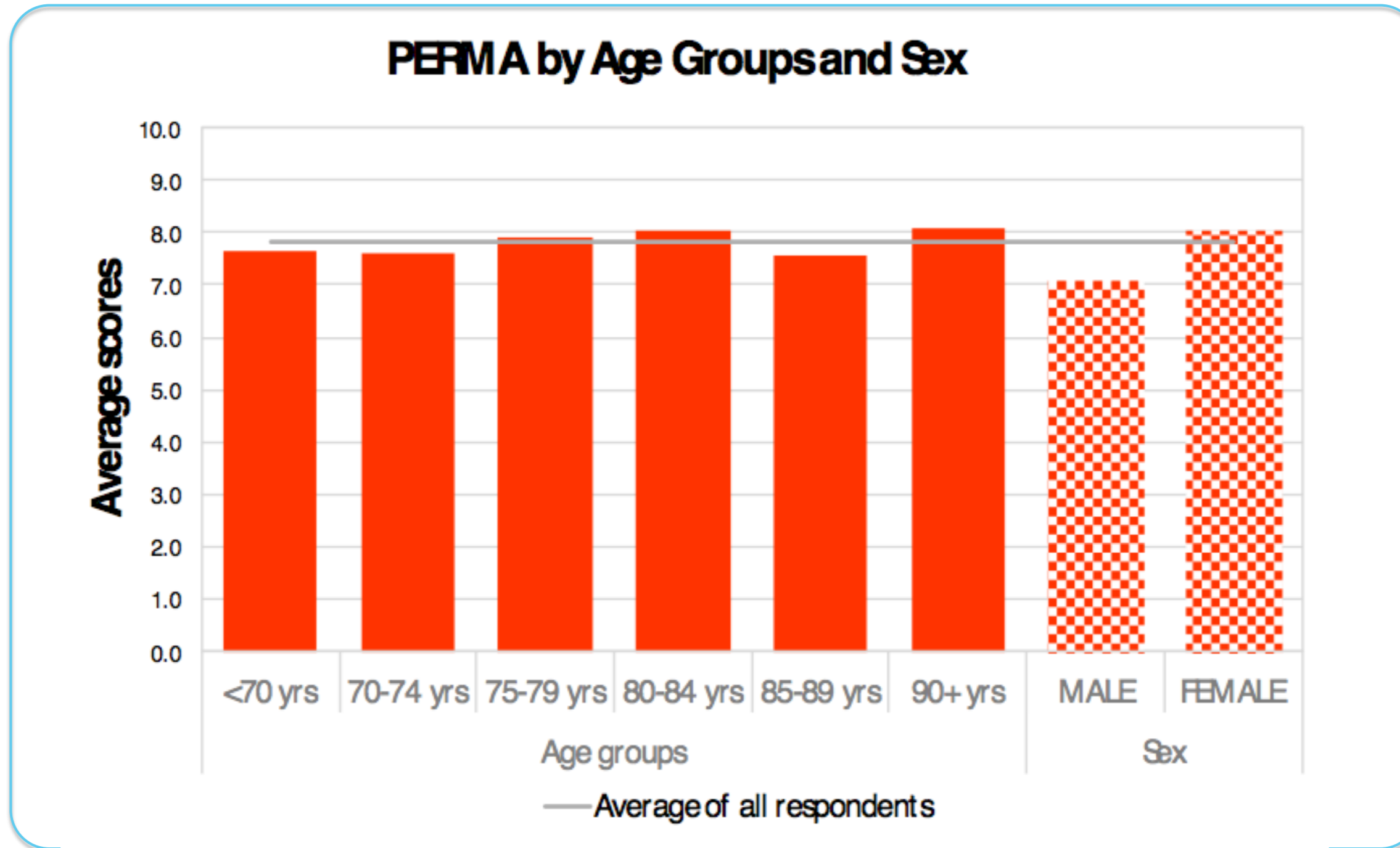
Change in PERMA+



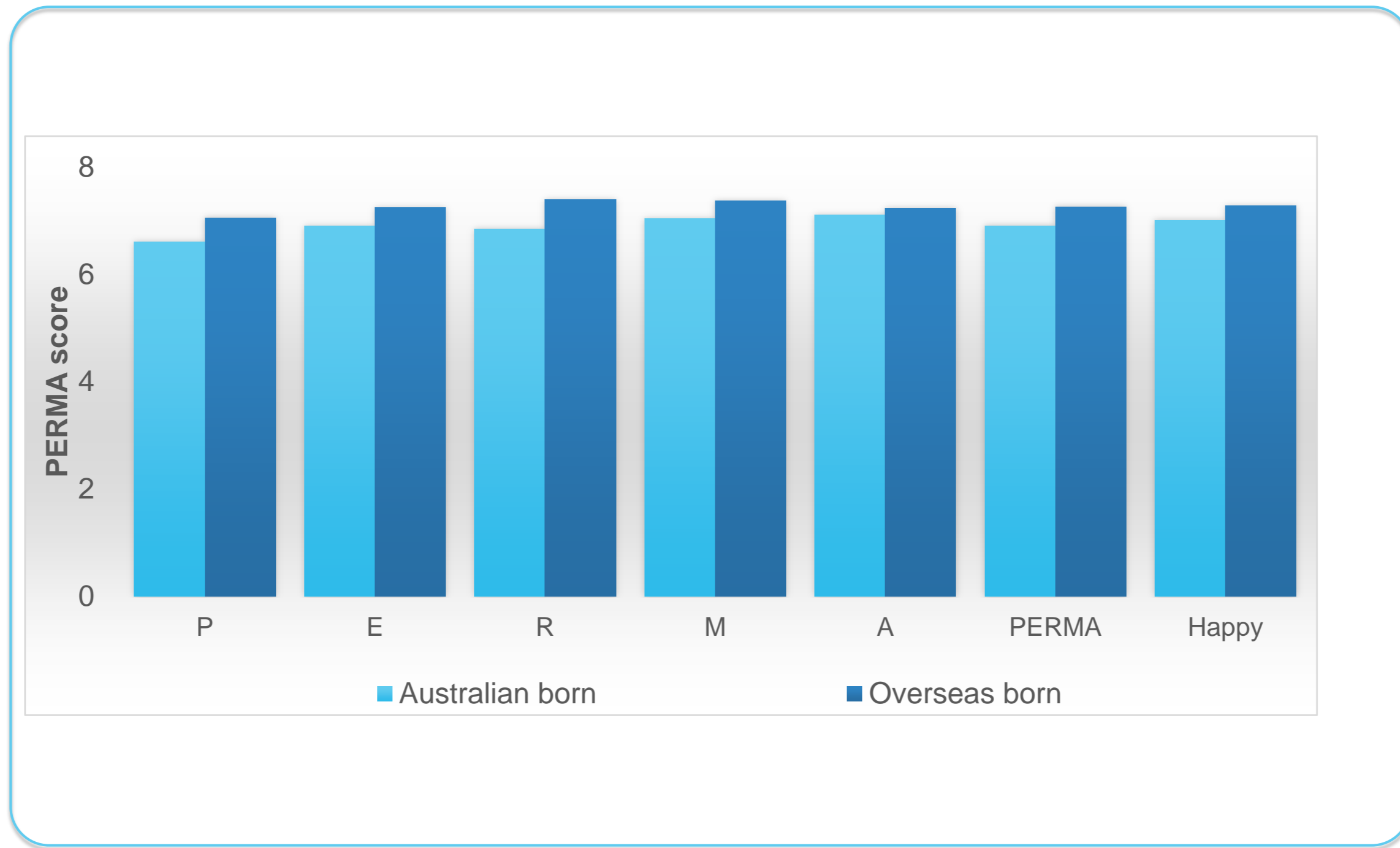
Change in PERMA+ in 2017



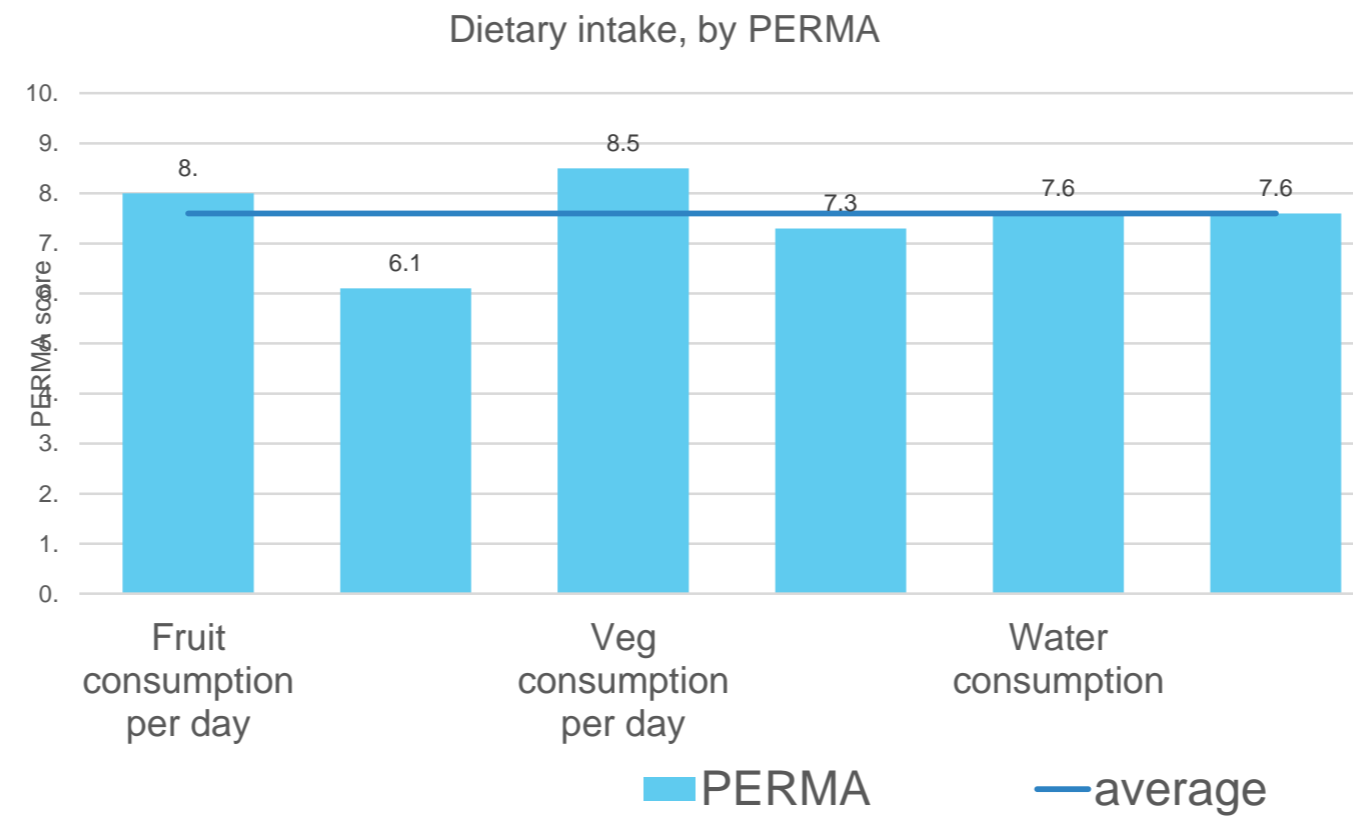
PERMA by Age & Gender (T2)



PERMA by country

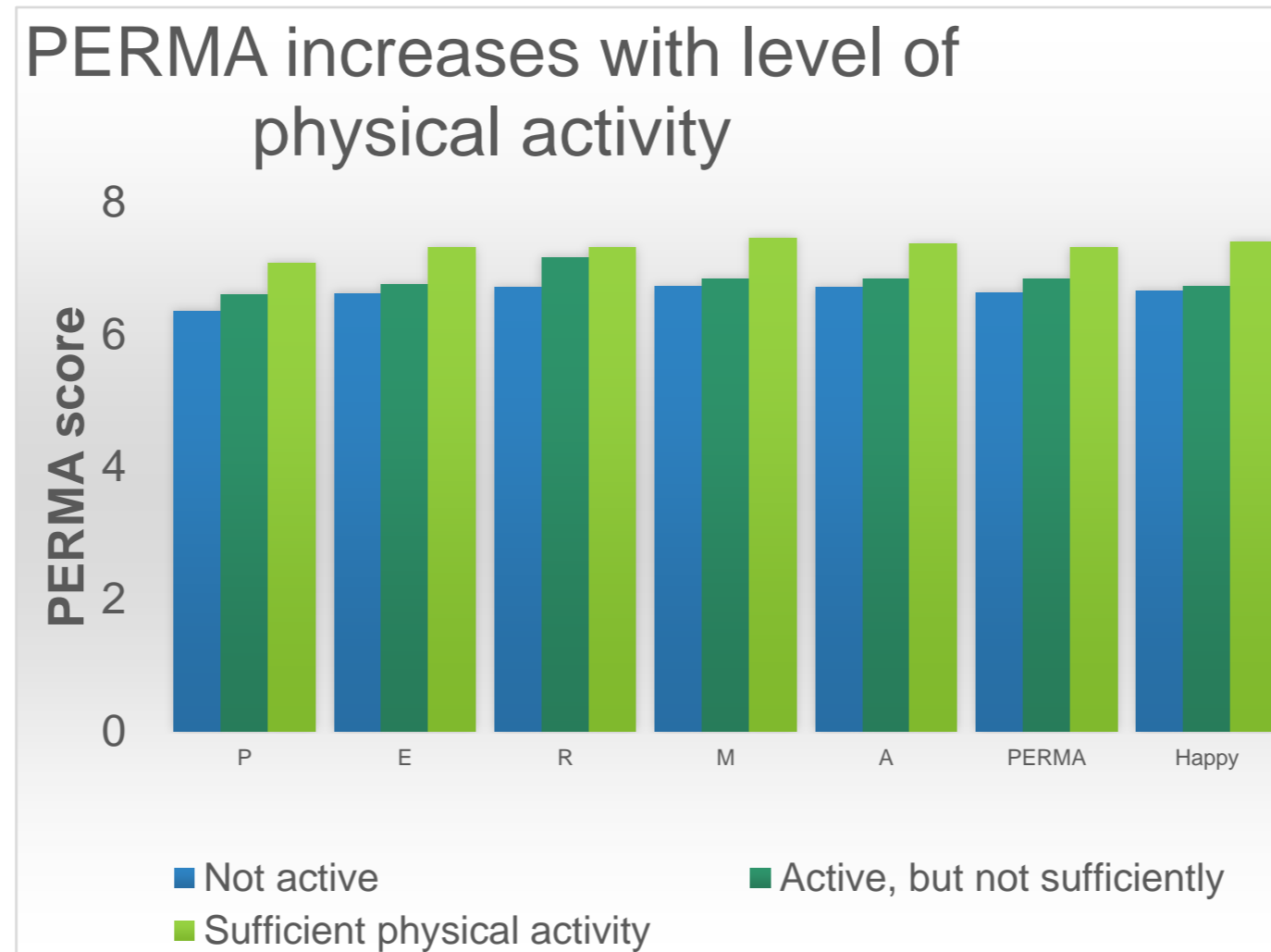


PERMA by dietary intake

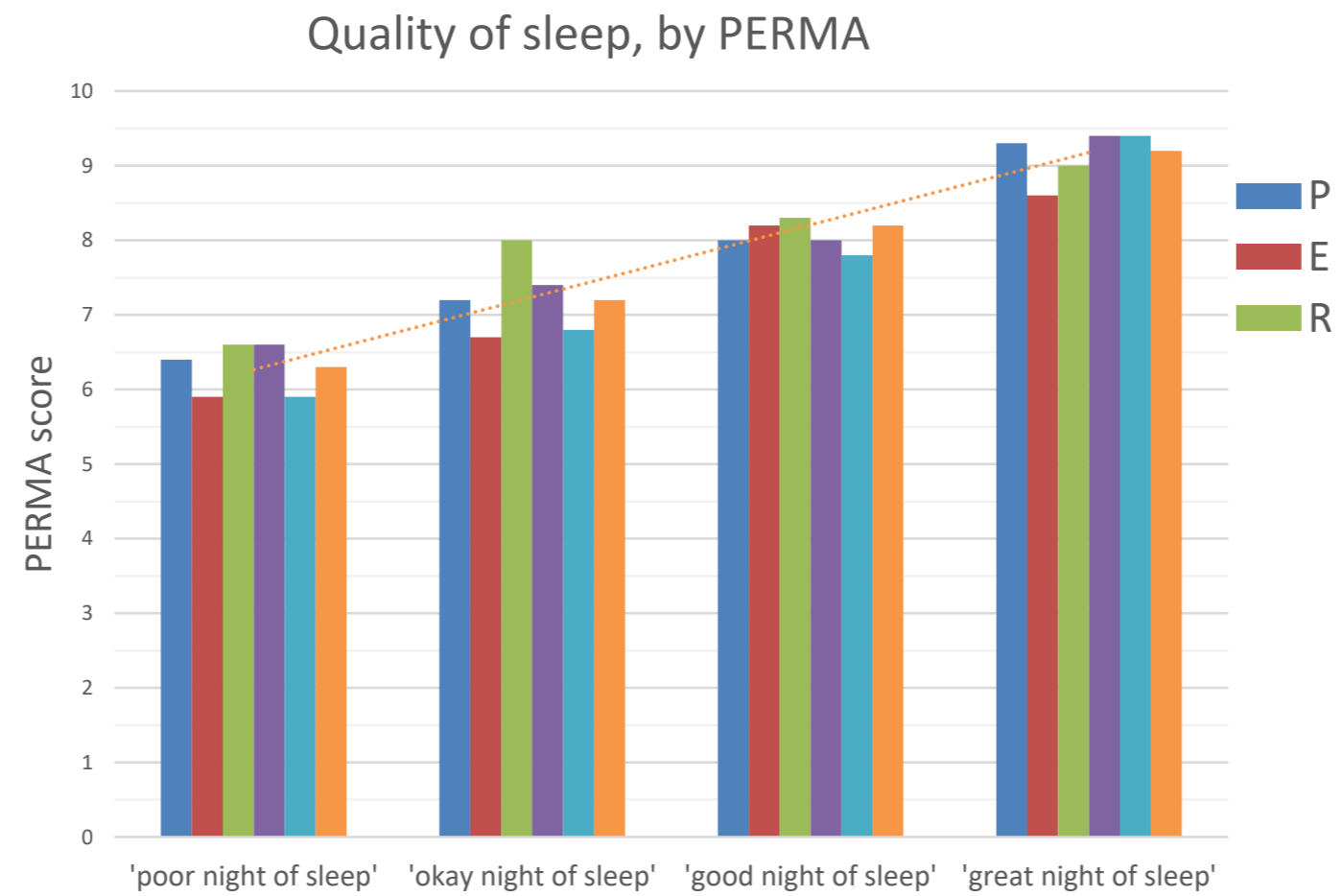


* Statistically significant difference

PERMA increases with exercise



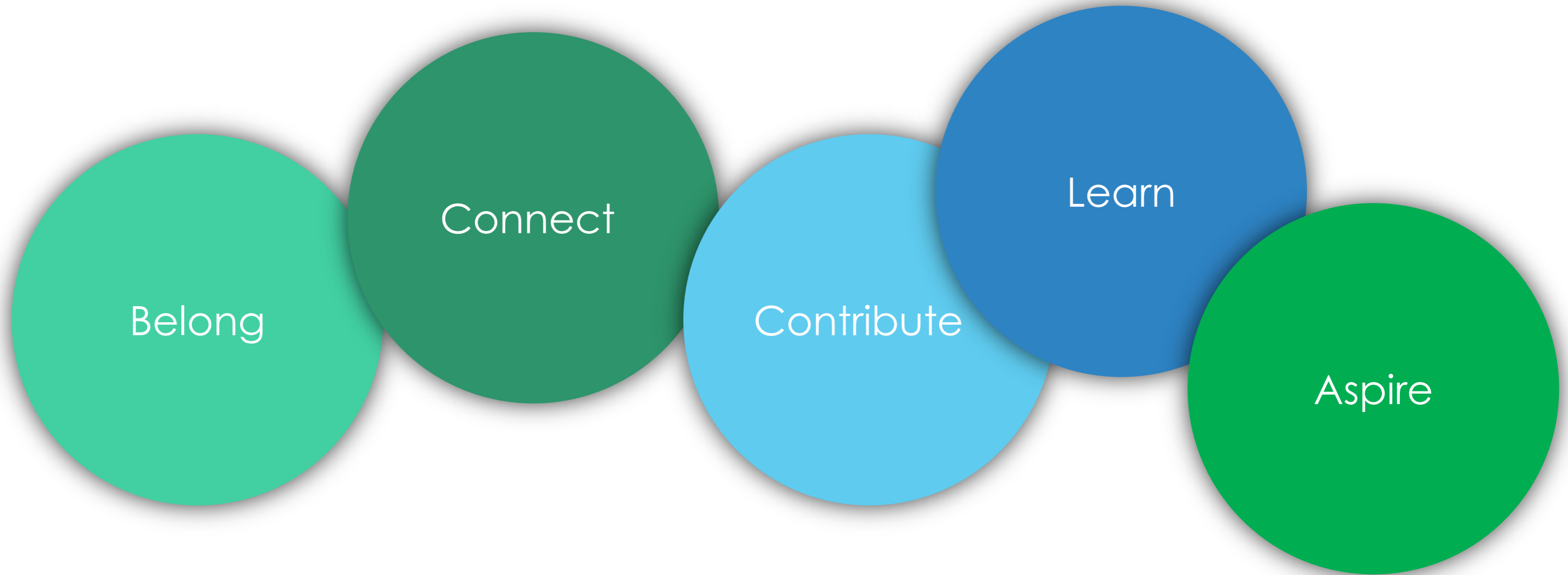
PERMA and sleep



Focus group key findings

- Engaged as respected adult learners - supporting research
- They get the 'skills' - new champions
- Sense of purpose and confidence
- Engaging in their communities
- Profound changes in personal outcomes

The Critical Enablers



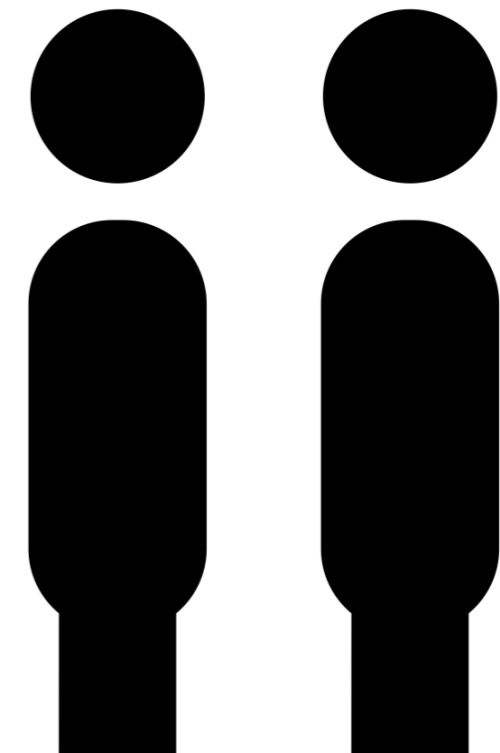
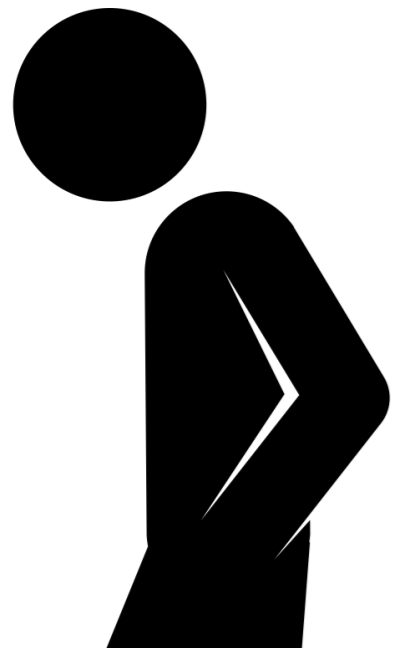
How to increase Social Closeness?

LONELY

- CBT to address negative thoughts & habits
- Techwerks Skills to improve interpersonal connections and empathy
- Opportunities for social interaction

NON LONELY

- ↑ Perceived responsiveness – Active Constructive Responding
- ↑ Mindfulness- Loving Kindness Meditation
- ↑ Gratitude



Loving kindness



Thank you

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Community and Youth

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