

Title

Blackpool's Resilience Revolution: A Whole-Town Approach to Promote Mental Health and Resilience in Young People

Abstract

This presentation focuses on the role of coproduced, whole-town prevention and intervention approaches to promoting resilience in young people and communities living in socioeconomically disadvantaged contexts using the Resilience Revolution: HeadStart Blackpool (RR:HS) as a case study.

Blackpool is one of the most socioeconomically challenged areas in the United Kingdom, with high levels of poverty, unemployment, rising physical and mental health issues, and low educational outcomes. Funded by the National Lottery, the RR:HS is a partnership of Blackpool Council, University of Brighton, and Boingboing Resilience CIC, with Blackpool's young people, families and communities involved as co-leaders of the programme. The RR:HS adopts a social justice-oriented understanding of resilience, where young people and allies across the town consider resilience as 'beating the odds whilst changing the odds' (Hart et al., 2016): beating the odds and overcoming adversities, while also challenging the systems or structural inequalities that are causing these adversities in the first place. This keynote address brings together cutting-edge research to explore the role of the RR:HS in promoting resilience and well-being in Blackpool's young people.

Links

Resilience Revolution: www.rrblackpool.org.uk

Centre of Resilience for Social Justice: www.brighton.ac.uk/crsj

Boingboing Resilience: www.boingboing.org.uk/

Researcher Profile – Dr Buket Kara: <https://research.brighton.ac.uk/en/persons/buket-kara>