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Effect of the VOLANTIN resilience promotion program on children with an alternative residential system

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ABSTRACT

Internationally, there are resilience promotion programs applied to children in residential alternative care with favorable results. The application of the resilience promotion program “VOLANTÍN” has shown to be effective in different groups of school-age children, favoring the development of resilience. **Objective:** To describe the results of the implementation of the “VOLANTÍN” program on the level of resilience, self-concept, and emotional symptoms in children aged 7-12 years in residential alternative care (foster care). **Subjects and Method:** descriptive, longitudinal study. The “VOLANTÍN” program was implemented in a sample of 15 foster children between 7-12 years old. The variables measured were the “Escala de Resiliencia Escolar” (ERE), the Piers-Harris Children’s Self-Concept Scale, the Anxiety Self-report for Children and Adolescents (AANA), and the Children’s Depression Inventory (CDI) at the beginning, at the end, and 3 months after the end of the program, and then were analyzed statistically by nonparametric test. **Results:** At the beginning, the end, and three months after the program implementation, there was a significant increase in the total scores of ERE (p0.045), subscales “networks-models” (p0.002) and “external resources” (p0.018); and Self-concept (p0.005), subscales “behavior” (p0.045) and “popularity” (p0.03). AANA total scores decreased significantly (p0.004) as well as the subscales “panic/somatic” (p0.025) and “generalized anxiety” (p0.009). CDI scores decreased, but not significantly. **Conclusion:** The application of the resilience promotion program “VOLANTÍN” increased resilience and self-concept scores and decreased anxious symptoms in children aged 7-12 years.

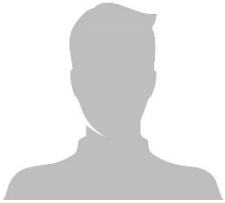
BIOGRAPHY (upto 200 words)

Child and adolescent psychiatrist from the University of Chile, graduated in 2021. Currently working in the Child and Adolescent Neuropsychiatry Unit of the Angol Hospital, Chile. Committed to reducing vulnerability, promoting resilience and healthy development trajectories in children and adolescents.



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