

New Training - The Resilience Scale: A Tool for Change



Resilience is the ability to adapt and remain healthy in the face of adversity and can be strengthened or weakened over time in response to our experiences.

The Resilience Scale tool, developed by the AFWI, helps to illustrate how three factors interact to determine our capacity for resilience: adversities, positive supports, and acquired skills and abilities.

This 90-minute training video, presented by Dr. Teresa Killam, reviews the key metaphors of the Brain Story with a focus on how the [Resilience Scale metaphor](#) can be used as a practical tool to assess and monitor resilience in individuals.

Training has been made available in three formats:

- For physicians (approved for CME credits by the RCPSC)
- For Brain Story learners (new module 20 added)
- For general interest learners

START THE TRAINING TODAY

New Resource - A Real-Life Application of the Resilience Scale



In a newly released video resource, Superintendent Mike McCauley of the Alberta Royal Canadian Mounted Police (RCMP) shares his personal story through the lens of the Resilience Scale - a core concept of the Brain Story. He illustrates how positive supports in his life helped buffer the adversities he faced, strengthening his capacity for resilience. Mike's story depicts how potential sources of toxic stress can be buffered to tolerable stress.

[WATCH THE VIDEO HERE](#)

2025 Building Resilience Symposium



On June 17, 2025, the Palix Foundation hosted the Building Resilience Symposium, bringing together leaders from across sectors to explore how science, policy, and practice can work together to improve outcomes and build resilience across the lifespan.

The day highlighted recent progress in embedding the [Brain Story and Resilience Scale Framework](#) throughout Alberta, and opened the door to conversations about how

data-driven insights can support stronger strategies in areas where science implementation is still emerging.

Sessions throughout the day focused on science, implementation, and evaluation and concluded with a dynamic roundtable discussion featuring The Honourable Rick Wilson, Minister of Mental Health and Addiction, in conversation with community leaders from across the province. The thoughtful engagement from all attendees helped make the event both productive and inspiring.

We're deeply grateful to the many partners who continue to advance this work. Your contributions are helping to embed the Brain Story and Resilience Scale Framework not only across Alberta, but beyond.

We also wanted to share that we're in the early stages of planning a broader event this fall to continue building on the conversations and momentum from the symposium. In the meantime, we encourage you to continue supporting this work by prioritizing the delivery of in-person Resilience Scale Masterclass training across the province. Virtual training options are also available when in-person delivery isn't feasible.

You can [click here to learn more](#). To schedule a Resilience Scale Masterclass for your team, please email contact@palixfoundation.org.

Children's Healthcare Canada Conference



On April 14th, Claire Niehaus, Scientific Associate for the Palix Foundation, had the opportunity to present on behalf of the Alberta Family Wellness Initiative, sharing an introduction to the [Brain Story and Resilience Scale Framework](#) at the [Children's Healthcare Canada Conference](#) in Ottawa, Ontario.

It was an inspiring few days of listening and learning alongside leaders, practitioners, and advocates from across the country who are all committed to improving the health and well-being of children and youth in Canada.

Thank you to Children's Healthcare Canada and all their sponsors, including [CHEO](#), for hosting such a wonderful event. We are energized and eager to continue our important work of building more resilient individuals, families, and communities.

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