



Building Resilient Families:

Protective Factors &
Emotional Well Being

Think about:

- When you've had a rough day and need to "vent," who do you call? Why?

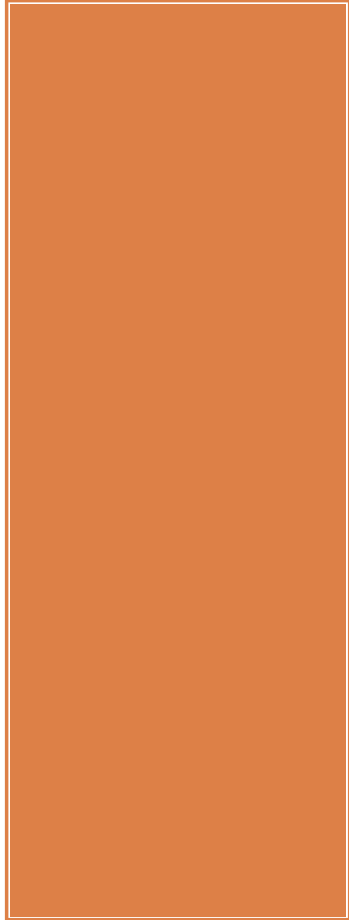


Learning Objectives

- Gain an overview of the Protective Factors and Youth Thrive Framework
- Learn the healthy habits of emotional wellbeing and the signs of emotional suffering



LET'S TALK ABOUT STRESS AND HOW IT AFFECTS OUR RESILIENCE



POSITIVE STRESS

- A part of daily life
 - Helps develop a healthy stress response system
 - Helps develop resources to overcome obstacles



TOLERABLE STRESS

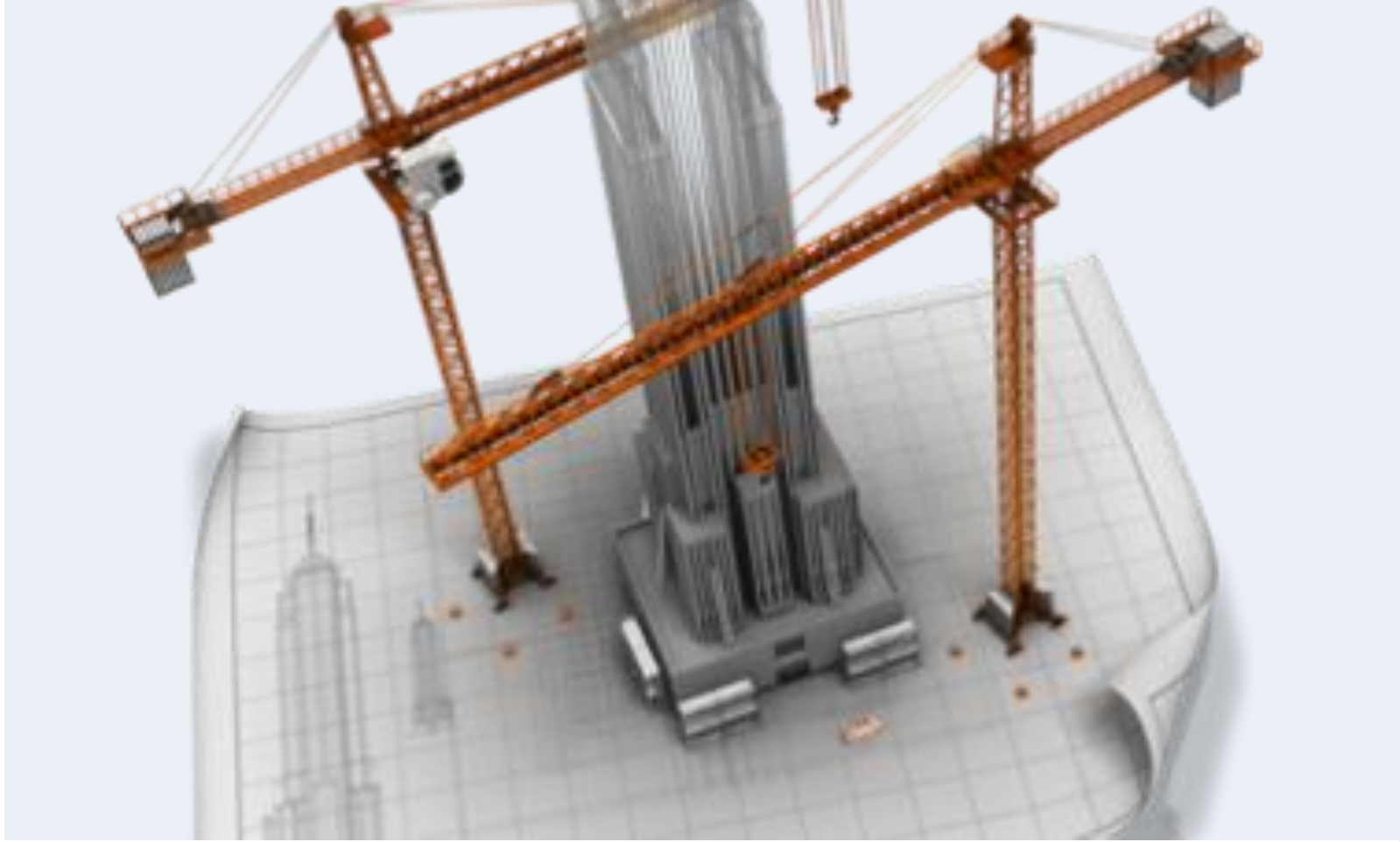
- ***What makes difficult circumstances tolerable?***
- Supportive relationships
environment
Coping skills and sense of control





TOXIC STRESS

- Prolonged adversity without nurturing support
 - Ability to manage stress severely compromised
 - Toxic stress can change brain chemistry and stress response



Protective Factors Framework

WHAT WE KNOW

Families gain what they need to be successful when key protective factors are robust in their lives and communities

Guiding Principles

- All families have strengths
- All families need support



Protective Factors alignment with Developmental Science

- The brain's primary architecture is developing in years 0-5, when family stability, skills and knowledge have the greatest impact on development. ***The brain also experiences growth and changes in adolescence; with executive function skills developing.***
- Adverse experiences at an early age create lifelong risk for multiple problems; mitigating these traumas early is most effective.

YOUTH THRIVE & PROTECTIVE FACTORS

1. Social Connections
2. Knowledge of adolescent development (parents)
3. Access to concrete support in times of need
4. Adolescent cognitive, social, and emotional competency (youth)
5. Resilience





Social Connections

WHO WOULD YOU CALL?



SOCIALLY CONNECTED PARENTS...

- Have multiple friendships and relationships
- Feel respected and appreciated
- Accept and give help
- Establish and maintain connections



SOCIALLY CONNECTED ADOLESCENTS...

- Have a trusting relationship with one competent and caring adult
- Constructively engage at school
- Build trusting relationships with positive, mutually respectful peers who have similar values.
- Connected; able to feel loved, secure, confident, valued...





*Knowledge of
Adolescent Development*

WHAT IT LOOKS LIKE: PARENTS

- Nurturing parenting behavior
- Appropriate expectations
- Positive discipline techniques
- Recognizing and responding to specific needs



WHAT IT LOOKS LIKE: ADOLESCENTS

- Understanding of adolescent development
- Essential life skills
- Developing abstract thinking & improved problem solving
- Developing mature values behavioral controls





*Concrete Supports in
Times of Need*

WHAT IT LOOKS LIKE FOR PARENTS

- Seek and receive support when needed
- Knowledge of services available
- Advocacy for self and family



WHAT IT LOOKS LIKE FOR ADOLESCENTS

- Identify needs
- Seek and receive support when needed
- Being resourceful
- Self advocacy





Social & Emotional Competence

WHAT IT LOOKS LIKE...

Fostering social and emotional competence

- Warm, consistent responses that foster strong and secure relationship
- Recognizing and capitalizing on your adolescents strengths
- Encouraging and reinforcing social and emotional skills
- Setting limits
- Recognize and address challenging behaviors, emotions.

Adolescent Cognitive & Social Emotional Competence...

- Developing executive functioning skills
- Self-regulation
- Developing character strengths
- Positive emotions
- Taking responsibility for self and decisions
- Self awareness, esteem, efficacy and compassion
- Goal setting

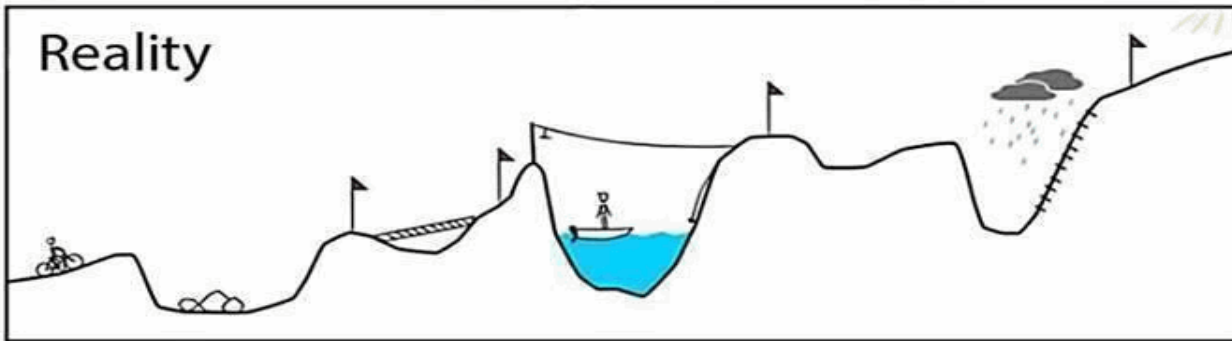


Resilience

Your plan



Reality



RESILIENT PARENTS AND YOUTH HAVE...

- Hope, optimism, self confidence
- Problem solving skills
- A willingness to ask for help
- Ability to manage negative emotions



HOW TO BUILD RESILIENCE

- Learn & practice healthy coping skills
- Build trusting relationships
- Ask for extra support when needed
- Be a good contact to others, show them:
 - ▣ That they are valued
 - ▣ Your concern for their well being
 - ▣ That help is available

Signs of Emotional Suffering

- ❑ Not feeling like you
- ❑ Agitated
- ❑ Withdrawal
- ❑ A decline in self care
- ❑ Hopelessness



Habits for Emotional Wellbeing

- Take care of yourself
- Check in with others
- Engage with family & friends
- Relax & reduce stress
- Know the **Five Signs** of emotional suffering



Final Thoughts:

- **Resilience is dynamic... and can be increased**
- **Seek help if you or a family member is struggling:**
 - ▣ **Family**
 - ▣ **Teachers**
 - ▣ **Counselors**
 - ▣ **Mentors**
 - ▣ **Therapists**



Smith Family Mission

To love, respect, and support one another,

To build an atmosphere of trust and learning,

To face life with a sense of humor and enjoy life together,

To make this house a place we want to come home to, and

To spread love and happiness to others.

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