Protective Factors
Pathways to more opportunities
Learning Agenda

• **Learn** about the science of resilience.

• **Describe** five protective factors that reduce the negative impacts of domestic violence on adult and child survivors of domestic violence and promote their healthy development and well-being.

• **Explore** opportunities for strengthening systems of care to incorporate protective factors for survivors.
What experiences and conditions are essential to a healthy and happy childhood (and life)?
What are **Protective** Factors for Survivors of Domestic Violence?

Individual and relational attributes, as well as environmental and social conditions, that:

- Reduce the impact of DV risk factors
- Establish conditions that support safety, healing, and well-being of both **adult and child survivors**
- Build individual strengths
- Promote healthy development
- Enable primary and secondary prevention
PROTECTIVE FACTORS FOR SURVIVORS OF DOMESTIC VIOLENCE

- Social, Cultural & Spiritual Connections
- Resilience & Growth Mindset
- Safer & More Stable Conditions
- Social & Emotional Abilities
- Nurturing Parent-Child Interactions
The Brain Explained...in 3 minutes
Environments influence our health, happiness, safety, and success

Positive interactions & conditions
- Body
- Mind
- Emotions

Negative interactions & conditions
- Body
- Mind
- Emotions

Behaviors
We can build resilient &
growth promoting environments

ON PURPOSE

BY DESIGN
Poll Question

• Where do you see opportunities in your work to build ON PURPOSE and BY DESIGN healing experiences and promotive conditions for children and families impacted by violence, based on what you've heard so far?
Our brains are NOT hard wired or reactive but interconnected!
How do we make sense and meaning of things?

- **Environment**
  - Positive and negative stimuli
  - Stress
  - Intervention responsivity
  - Parenting

- **Genes**
  - Polygenic continuous trait
  - Heritability ~50%
  - Dopamine
  - Serotonin

- **Brain**
  - Insula
  - Prefrontal
  - Cingulate cortex
  - Amygdala

- **Increased emotional reactivity**
- **Awareness of environmental subtleties**
- **Affect Behavior Cognition**

**Increased**
- Greater depth of processing
What influences our decision and actions?

Facial recognition

Empathy
• What program and organizational/policy touchpoints provide opportunities to introduce new meaning through intentional design of experiences and conditions of service design? How might you repair past harm or experiences and conditions to promote resilience and wellbeing?
So...context matters that much, huh?
How deep does all this go?

A rat mother regularly licking her pups, giving them lots of space to nestle into her underside.

A rat mother barely licking her pups and providing almost no tactile stimulation.
How far back does all this go?
Chat Question

• How do you account for cultural relevance and historical trauma in your prevention, response, and program designs?
Every Profession Has Its Own Language

Language of Protection
Language of Empowerment
Language of Well-being
Chat Question

• What are the professional norms that influence how you practice/work and what professional norms drive your decision making?
Let’s try it/practice!! 🤔
How might protective factors be integrated into your work?
<table>
<thead>
<tr>
<th>Protective Factors Alignment Tool</th>
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<tbody>
<tr>
<td>Decision or Recommendation:</td>
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<tr>
<td>Safer &amp; More Stable Conditions</td>
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<tr>
<td>Nurturing Parent-Child Interactions</td>
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<td>Social &amp; Emotional Capabilities</td>
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<td>Resilience &amp; Growth Mindset</td>
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How does your decision or recommendation align with the protective factors?

How does your decision or recommendation work against the protective factors?
• Do you think this matrix could help you assess if and how your program strategies and policies are enabling protective factors?
What’s On Your Radar

- A human centered design technique > discovery in design
- People organize items within domains based on their significance
- Like a radar, significance is interpreted by proximity to the center.
- Things outside the outer rim are blips of no concern
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- Nurturing Parent-Child Relationships
- Social & Emotional Abilities
Poll Question

• Do you think the "What's on Your Radar" activity could help you assess the significance of protective factors in your current program and policy design?
7 Learning Points and Quick Wins

Healing is possible. Resilience is built. Context matters!

Protective factors are design principles to be used ON PURPOSE.

Decision making is highly vulnerable to bias

Full spectrum thinking is necessary to address bias
7 Learning Points and Quick Wins

FULL SPECTRUM DECISION MAKING IS ACHIEVED BY TAKING A LANDSCAPE VIEW, THROUGH CROSS-SECTOR COLLABORATION, AND IS ALSO A TEAM ACTIVITY

DON’T DO BUSINESS AS USUAL – THINK OUTSIDE THE BOX AND THE BUILDING!

PROTECTIVE FACTORS AS AN EQUITY STRATEGY DEPENDS ON HOW WILLING AND PREPARED YOU ARE TO DESIGN THE EXPERIENCES AND CREATE THE CONDITIONS THAT MITIGATE THE NEGATIVE EFFECTS OF TRAUMA AND PROMOTE WELLBEING
For more information, please visit:

• Futures Without Violence: https://www.futureswithoutviolence.org/

• Promising Futures: https://promising.futureswithoutviolence.org/

• QIC-DVCW: https://dvchildwelfare.org/
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Your feedback is valuable to us and helps inform our programming! Please fill out this short survey :)  
https://www.surveymonkey.com/r/ZLSYMHY
Thank You

Questions?