Protective Factors with Latin Youths
Resilience Implementation

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A holistic trajectory of recovery leading to achieving one's full potential facilitated by protective factors across time is Resilience.
Resilience is seen when we are immersed in positive influences across Ecological Systems protectively acting together to offset Trauma & Risk Factors.

These Protective Factors range from individual assets to environmental influences across daily life.

How do we assess and address them with Hispanic youths?
Protective Factors

- Self Value
- Self Regulation
- Hopeful Future Goal Setting
- Problem Solving
- Supportive Belief Structure
- Family
- Friends
- Academic Support
- Active Diversion
- Supportive Community (Culture/Nation)
- Fewer and less severe additional stressors
Challenges Unique to Migrant Children

- Children of migrant workers are some of the most disadvantaged children in agricultural areas in FL
- May have limited proficiencies in English
- Moving multiple times during the school year
- Immigration status
- Poverty
- Lack of consistent resources
elysai
Ease your mind.
Protective Factors
Latin Cultures

Americas:
Migrant youths: Family, problem solving, cultural traditions
Elysai: Silence

Spain/Portugal:
Elysai: Games, Communication, Music, Pets, talking, gratitude, friends, jokes
Positive Relationships & Coping Activities as Protective Factors

- Positive Relationships
- Effective Communication
- Quality Time
- Promote
- Affection
- Effective Communication
Coping Activities as a Protective Factor

Activities

Passive Hobbies
Sleeping
Coloring
Sports

Active Hobbies
Sports
Escala de Resiliencia a Trauma para Niños
Una Medida de Factores Protectores

Nombre ___________________________ Fecha de Nacimiento ___________________________

Grado ___________________________ Escuela ___________________________

Etnia ___________________________ Género:  □ Chica  □ Chico

Cuando te ocurre algo muy difícil, ¿Qué es lo que más te ayuda?

 Favor hacer un círculo a la contestación más cercana a cómo se relaciona contigo:

  5 = Siempre  4 = Muy a menudo  3 = A veces  2 = Rara vez  1 = Nunca
In addition to diagnostic measures, include Resilience Assessment: What are your best protective factors?
Resilience = Strengthening:

1. Pre-frontal cortex: planning, personality, empathy/seeing other’s points of view, and logical problem solving.

2. Superior Temporal Gyrus (added in purple): hearing, language impacting and forming social cognition through therapy.

Mahan & Ressler (2012)
Look at paired associations that help us prevent further trauma. Keep those that are safe and needed as protective factors.

1. Mindfulness before cognition (Perry, 2018)

2. Choose which associations are alerting you to danger.

3. Unpair unhelpful Associations.
What protective factor did you already have with you during the trauma?

Your smaller you could not know what you know now.
“As an adult diagnosed with complex PTSD, I had no clue that my protective factors were at work as a child and throughout adulthood.”

~ childhood emotional, sexual, and physical abuse survivor and witness to intimate partner violence between parents.
What protective factor can you now bring into your trauma-based paired association?
Protective Factor Implementation:

Self Value: How can you show affection for yourself? How do you get up and keep going each morning?

Self Regulation: Reflecting. Find a quiet space to calm down, breathe, & relax. Letting out emotions, crying if needed. If down upregulate, if heightened, down regulate.

Hope/Goals: Learn something new or practice a skill you want to improve. Using hope for things to get better.

Family: Connect to family traditions. Practicing traditions from country of origin. Send each other encouraging texts. Show affection to family members.

More Resilience Interventions

**Spirituality:** Find someone to pray with. End each group or individual session with deep breathing and mentalizing success.

**Academics:** Learn something new today. Find an uplifting book to read.

**Activities:** Take care of a pet, find a game online or with a friend you can play. Find music that expresses feelings or helps calm you down. Find a sport you enjoy.

**Community:** Connect with Hispanic culture and activities. Find online communities to join and connect.
We are seeing a new protective factor!

Affirmations

Practitioners (APSAC):
- “Being heard”
- “Encouraging words”
- “Empathetic listening”
- “Positive reframing”

Hispanic Youths:
“Thanks”
• Resilience Briefs available:
  https://www.apsac.org/covid-19
  https://www.avahealth.org/

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