

Protective Factors with Latin Youths Resilience Implementation

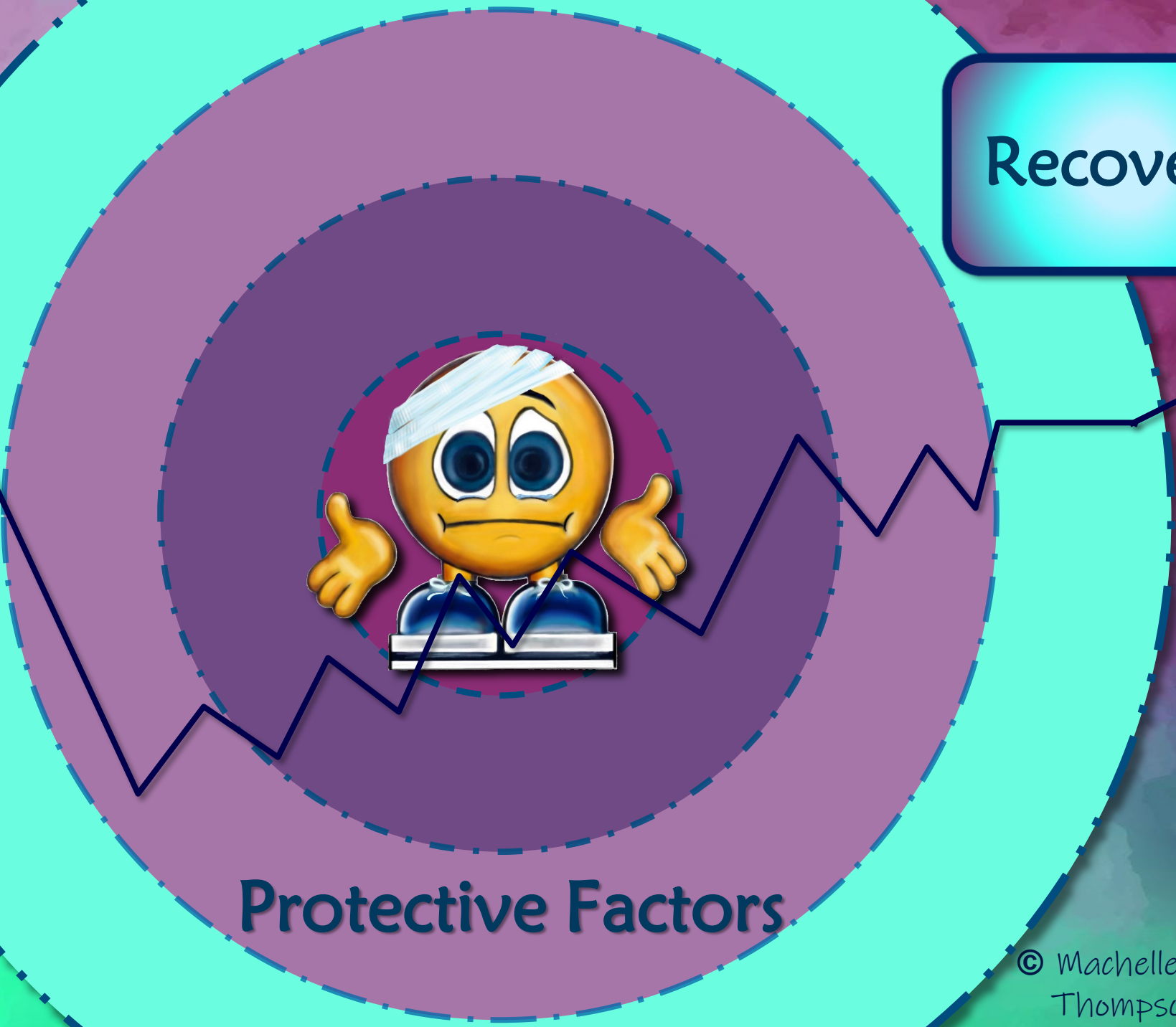
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Traumatic
Event(s)
ACEs

Recovery



A holistic
trajectory
of recovery
leading to
achieving ones
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

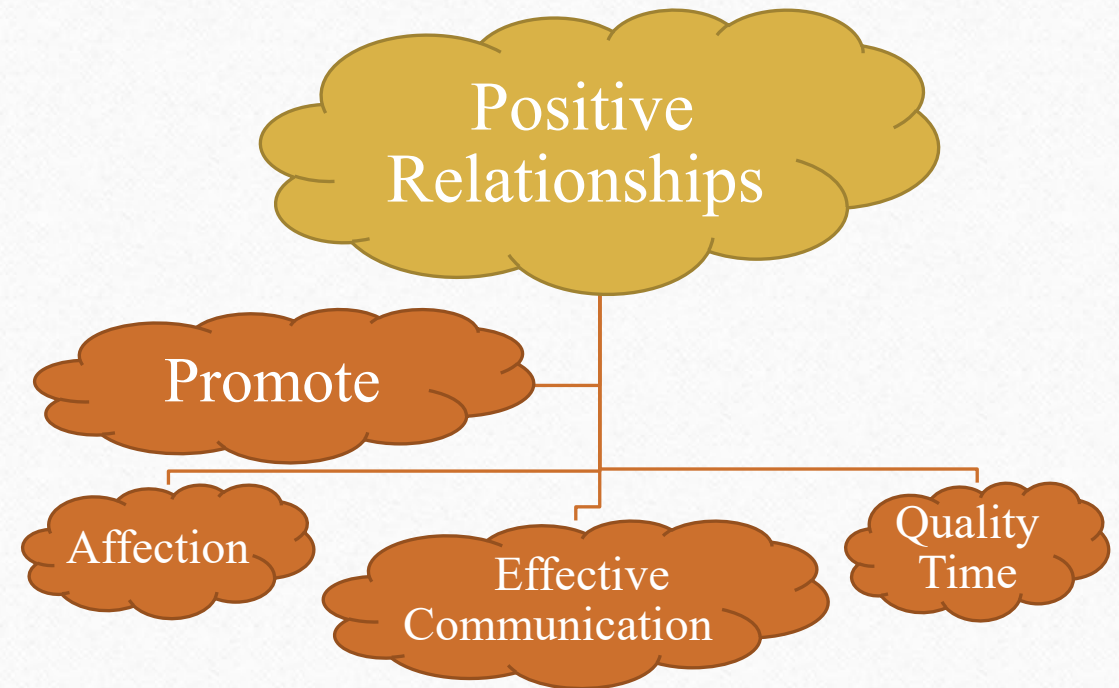
Spain/Portugal:

Elysai: Games, Communication,
Music, Pets, talking, gratitude,
friends, jokes



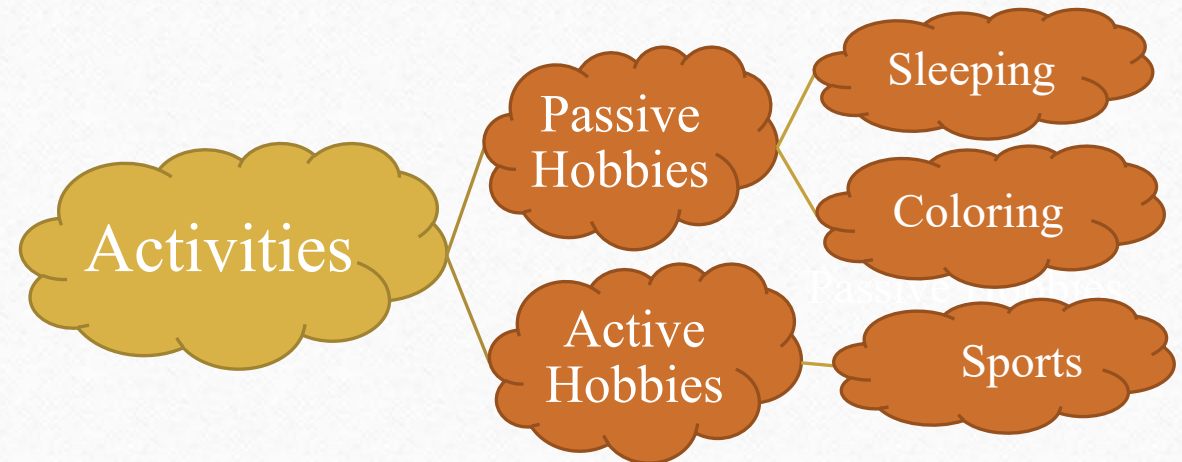


Positive Relationships & Coping Activities as Protective Factors





Coping Activities as a Protective Factor



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?

Please circle the answer closest to how each sentence relates to you:



5=Always



4=Very Often

3=At Times

2= Seldom



1=Never

Self-Value

Things about me:

My Answer:

1) I like myself.	5	4	3	2	1
2) I am a good person no matter what happens.	5	4	3	2	1
3) I can help out.	5	4	3	2	1
4) I can do good things.	5	4	3	2	1
5) Mostly, I am pretty cool.	5	4	3	2	1
6) I love being me.	5	4	3	2	1
7) I care about myself.	5	4	3	2	1

Sensorimotor cortex

Function: Coordination of sensory and motor functions
In PTSD: Symptom provocation results in increased activation

Thalamus

Function: Sensory relay station
In PTSD: Decreased cerebral blood flow

Parahippocampal gyrus

Function: Important for memory encoding and retrieval
In PTSD: Show stronger connectivity with medial prefrontal cortex; decreases in volume

Anterior cingulate cortex

Function: Autonomic functions, cognition
In PTSD: Reduced volume, higher resting metabolic activity

Prefrontal cortex

Function:
- Emotional
- Regulation
In PTSD:
- Decreased gray and white matter density
- Decreased responsiveness to trauma and emotional stimuli

Orbitofrontal cortex:

Function: Executive function
In PTSD: Decreases in volume

Amygdala

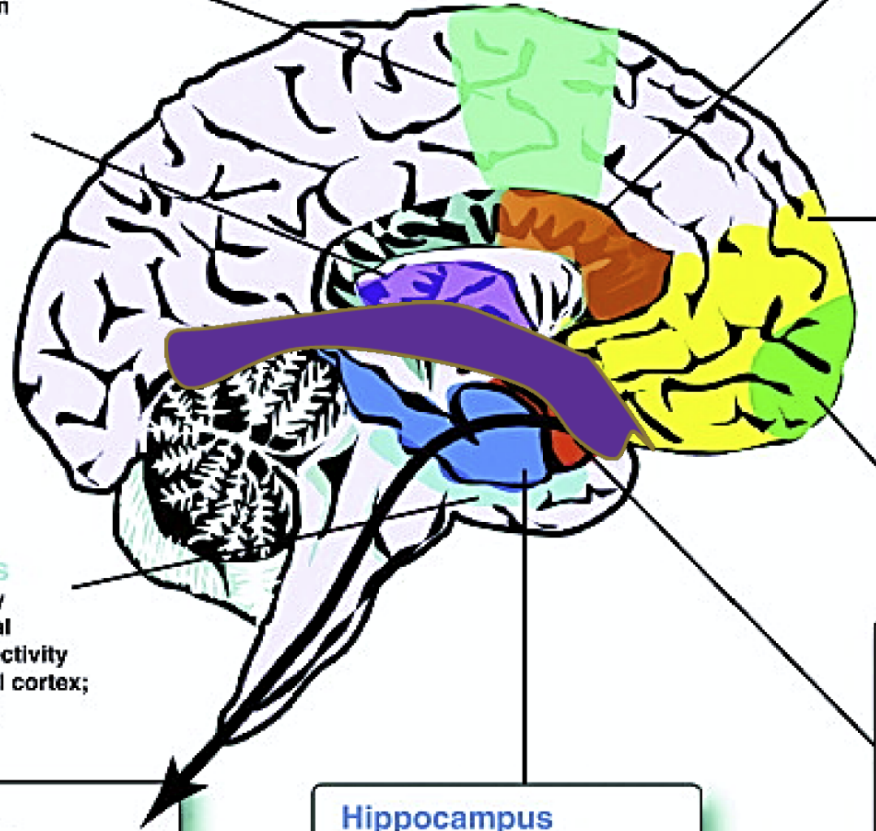
Function:
- Conditioned fear
- Associative learning
In PTSD:
- Increased responsiveness to traumatic and emotional

Hippocampus

Function:
- Conditioned fear
- Associative learning
In PTSD:
- Increased responsiveness to traumatic and emotional stimuli

Fear response

Function:
- Evolutionary survival
In PTSD:
- Stress sensitivity
- Generalization of fear response
- Impaired extinction



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)
Fear conditioning, synaptic plasticity & the amygdala: Implications for posttraumatic stress disorder. Tan, et. al, 2016



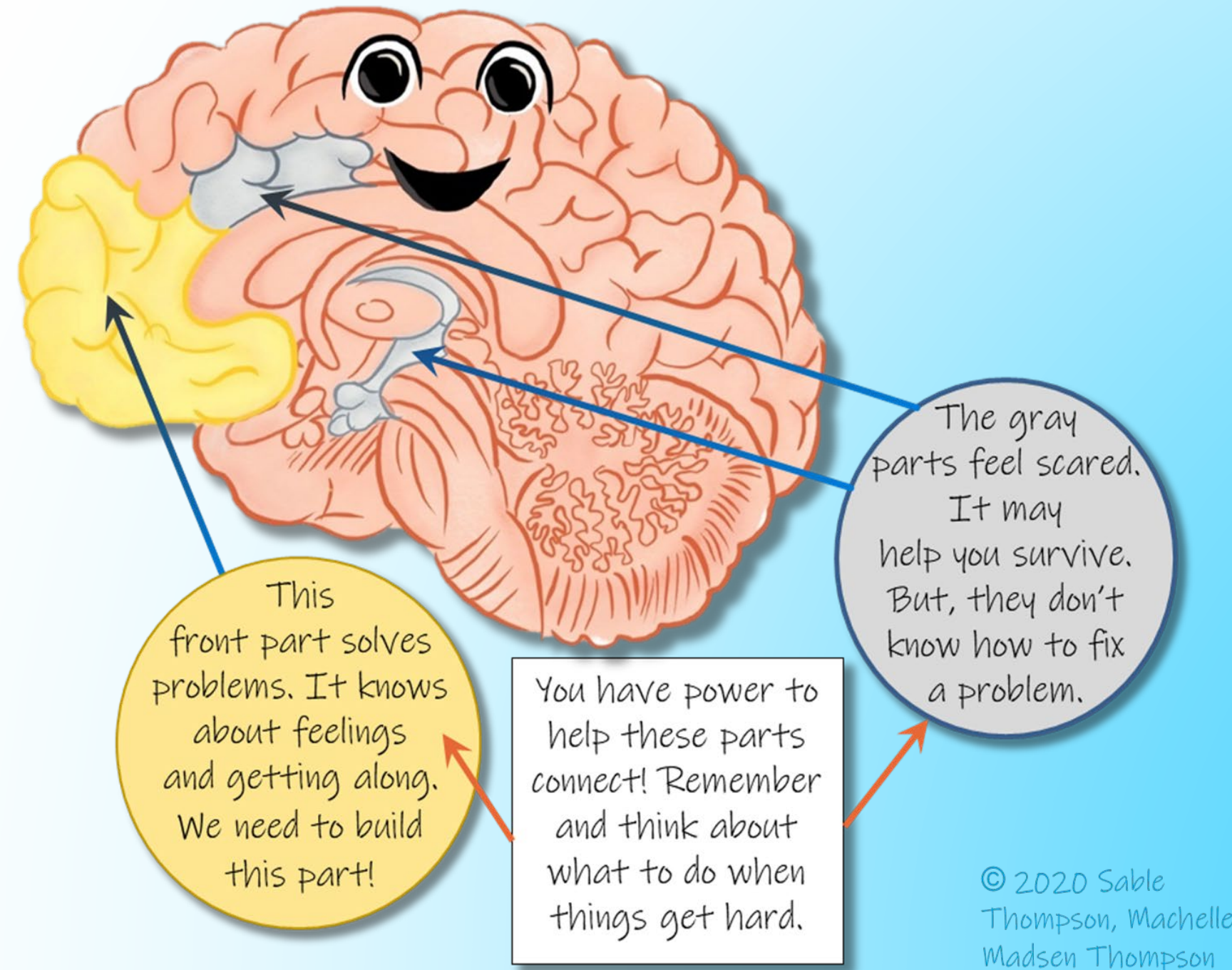
The Great Sort

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.





Your smaller you could
not know
what you know now.

What protective factor did
you already have with you
during the trauma?



“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.

Friends: Interactive & online gaming, Zoom a friend who lives far away. Talk out a hard situation. Babysitting.

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 (APSSAC):

- "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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