Bringing Protective Factors to Life

Social Connections

Statewide Webinar
Thursday | April 16, 2020 | 3:30pm – 5:00pm EST
Welcome

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A recording of this webinar and associated materials will be available at www.PreventChildAbuseFL.org

For additional questions or comments, please email: Chris Lolley at clolley@ounce.org or Nydia Ntouda at nntouda@ounce.org
EVERYONE CAN MAKE #GREATCHILDHOODS HAPPEN. ESPECIALLY YOU.
Moderators

Ms. Sarah C. Sheppard, B.S.
Certified Recovery Peer Specialist (CRPS)
Statewide Recovery Integration Specialist
Substance Abuse Mental Health Program Office
Florida Department of Children and Families
Ms. Maria A. Long, B.A., M.Ed.
Certified Community Health Worker (CCHW)
Community Outreach Perinatal Educator (COPE)
CityMatCH Leader & Consultant
Advisory Board Member to Be Strong Families
Getting to Know You

Using the “Question Box”, please share:

• Where you’re from:
  ✓ County

• If you’re representing as a:
  ✓ “Name of Agency” Member
  ✓ Community Member
  ✓ Parent
Conversation Norms

• **Speak from your own experience/Speak your truth** - Use “I” statements. Speak and own your truth, trusting that your voice will be heard and your contribution respected.

• **Listen attentively & deeply** - Allow others to speak. Listen to what is said; listen to the feeling beneath the word. Strive to achieve a balance between listening and reflecting, speaking and acting.

• **Suspend judgement** - Set aside your judgements. By creating a space between judgements and reactions, we can listen to each other, and to ourselves, more fully.

• **Maintain confidentiality/Create a safe place** - The stories stay, the lessons may leave.
The Change is Now!

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

– M. Scott Peck
Protective Factors Framework

Tools to Navigate the Journey

www.cssp.org
Parental Resilience  | Being strong and flexible.
Social Connections  | Parents need friends.
Concrete Support in Times of Need  | Everybody needs help sometimes.
Knowledge of Parenting & Child Development  | Being a great parent is part natural and part learned.
Social & Emotional Competence of Children  | Parents need to help their children communicate.

**Note:** Nurturing & Attachment are included within each factor.
What are Protective Factors?

Attributes or conditions of individuals, families, communities, or the larger society that reduce or eliminate risk and promote healthy development and well-being of children and families.

Protective factors can:

• Help ensure children and youth function well at home, in school, at work, and in the community – today and into adulthood.

• Serve as a buffer – helping parents, who might otherwise be at-risk of abusing/neglecting their children, find inner strength, resources, supports, and/or healthy coping strategies that allow them to parent effectively, even under stress.
What We Know:

Families thrive when protective factors are robust in their lives and communities.
Building Protective Factors

✓ Take Care of Yourself.

✓ Commit to being a Strong Parent.

✓ Build a healthy relationship with each of your children.
Social Connections

(Parents Need Friends)
Social Connections

Positive relationships that provide emotional, informational, instrumental, and spiritual support.

What does it look like:

• Multiple friendships and supportive relationships with others.
• Feeling respected and appreciated.
• Accepting help from others and giving help to others.
• Skills for establishing and maintaining connections.
Social Connections

Examples

- Having friends, family members, neighbors and others who will provide:
  - Emotional support (e.g. affirming parenting skills)
  - Instrumental support (e.g. providing transportation)
  - Informational support (e.g., providing parenting information)
  - Spiritual support (e.g., providing hope and encouragement)
Having friends, family members, neighbors and others who:

- Help solve problems.
- Help buffer parents from stressors.
- Reduce feelings of isolation.
- Promote meaningful interaction in a context of mutual trust and respect.

Having a sense of connectedness that enables parents to feel secure, confident, and empowered to “give back” to others.
Using the “Question Box”, please share:

Who are the social connections that assist you with being a good parent and how do they do it?
Social Connections

Why is it important?

- Social connections are **important regardless of age or life stage**.

- Social connections are **essential for parents** – having someone to talk to or someone to lean on in times of need – can help to reduce stress and improve the ability to cope with challenges and frustration.

- Caring relationships with other adults **will improve parenting and promote a stronger, happy and healthier parent-child relationships**.
Social Connections

Why is it important?

- Are most valuable when they provide both emotional support and practical assistance:
  
  - **Emotional support** – when a caring adult listens to your feelings and frustrations, understands them, and offers comfort.
  
  - **Practical assistance** – when caring adults offer to help you around the house, care for your children, or provide transportation.
Social Connections

By coming together (in-person or virtually)...

- Helps families build, sustain, and value connections.
- Creates an inclusive environment.
- Facilitates mutual support.
- Promotes engagement/participation in family and community activities.
Social Connections

How can we maintain social connections in a time of social distancing?

- **Calling**
  - Listen here
  - Speak here

- **Texting**

- **Writing**

- **Social Media**

- **Video Call/Conferencing**
Using the “Question Box”, please share:

What are creative ways you have been able to maintain social connections for yourself? For your children?
<table>
<thead>
<tr>
<th>Components of Healthy Relationships</th>
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<tbody>
<tr>
<td>Love</td>
<td>Negotiation &amp; Fairness</td>
</tr>
<tr>
<td>Safety (physical, emotional, cognitive, spiritual)</td>
<td>Non-Threatening Behavior</td>
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<tr>
<td>Trust &amp; Support</td>
<td>Economic Partnership</td>
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<td>Honesty &amp; Accountability</td>
<td>Mutual Respect</td>
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<tr>
<td>Shared Responsibility</td>
<td>Responsible Parenting</td>
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Components of Unhealthy Relationships

- Use of Power and Control
- Use of Economic Abuse
- Use of Isolation
- Use of Coercion and Threats
- Use of Intimidation
- Minimizing, Denying and Blaming
Social Connections

Key to Promoting Resiliency

www.futureswithoutviolence.org
Using the “Question Box”, please share:

Based on a current challenge your family is facing, how is the Social Connections protective factor involved, or how should it be involved?
When Spiders Unite, They Can Tie Up A Lion!

----African Proverb
Moving Forward

How has today’s experience impacted you?
Community Cafés create safe spaces and time for meaningful conversation and learning.

All parents are encouraged to participate and bring their experience, strengthen, and hope.

We are working with partners to bring Cafés virtually.

To bring protective factors to life in your community, please contact Chris Lolley at Prevent Child Abuse Florida.
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Please join us next Thursday, April 23, 2020 at 3:30pm EST

For Bringing Protective Factors to Life!