

February, 2007

Chicago Dept of Public Health

TOWARD PROTECTIVE COMMUNITIES



Human resiliency is the process of healthy human development—whereby the individual dynamically interacts with the environment. The range of outcomes is determined by the **balance between risk factors, stressful life events and protective factors.** (*Werner & Smith, 1992*). After attending a recent World Health Organization conference in London Dr. Carl Bell, M.D., a noted Chicago psychiatrist, indicated that international interest in prevention and resiliency is high.

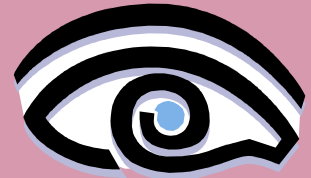
Love is not abuse!

Trauma is ubiquitous.

There is a shortage of psychiatrists.

But there are enough of us to advocate for surrounding at-risk populations with protective factors. (*Carl Bell, M.D.*)

Where there is risk.....
there is resilience.
One just has to keep an eye
open for it.



TOOLBOX OF PROTECTIVE FACTORS

- Well developed **social competencies** and **interpersonal skills**
Encourage children in conversation; support healthy friendships; LISTEN!
- Well developed **problem solving skills**
Communicate a positive attitude about solving problems; problems are to be expected and if we stick with it, we can solve them!
- A sense of **self-esteem** and **personal responsibility**— *you have power to make decisions and choices; you are responsible for what you do*
- A sense of **purpose** and **future - high, clear expectations**
Talk out loud with children about the future; make plans; think big; hope bigger!
- **Autonomy**— *you can stand on your own when you need to*
- Close **bond/attachment** with at least one person
- **Rootedness**; *opportunity to contribute in a meaningful way*
- At least one positive **coping mechanism** or strategy! *Give a child you know a journal or sketch book; meet at a special time, just the two of you, every week; leave positive, hopeful messages for them in unexpected places*

adapted from <http://www.ces.ncsu.edu/depts/fcs/smp9/resinotes.htm>

Website Resources

http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/PFA_V2.pdf

http://www.centerforthestudyoftraumaticstress.org/downloads/CSTS_Psych1stAid.pdf

http://www.nctsn.net/org/nctsn_assets/ppt/powerpoints/psychological_1st_aid.ppt

http://www.nida.nih.gov/NIDA_Notes/NNVol11N3/Protective.html

http://www.cce.umn.edu/pdfs/NRRC/capt_pdf/protective.pdf

Office of Violence Prevention: 312.745.0381