



Great Lakes (HHS Region 5)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

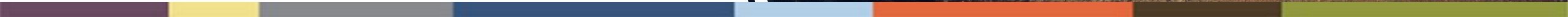
Building Protective Factors Using the Social Development Strategy

Kris Gabrielsen, MPH, CPS
December 5, 2023

Introduce Yourself in the Chat



Our Path for Today



Participant Workbook

Building Protective Factors
Using the Social Development Strategy
Webinar

PARTICIPANT WORKBOOK

December 5, 2023



www.pttcnetwork.org/greatlakes



Prevention Focuses “Upstream”

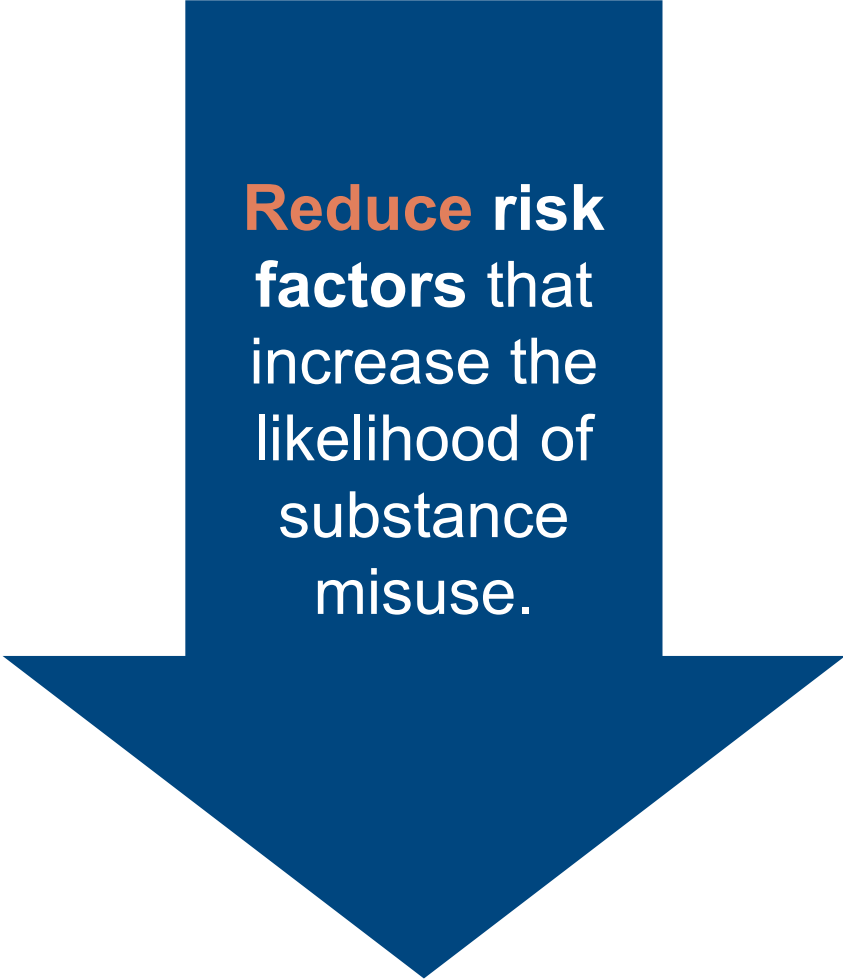


Goal of Substance Misuse Prevention

Put measures in place *before* there is a problem.



How Do We Prevent Substance Misuse?



Reduce risk factors that increase the likelihood of substance misuse.



Increase protective factors that buffer the impact of risk factors.

Video on Risk and Protective Factors





Quiz: Pre-Test

Protective Factors...

Create conditions
for healthy youth
development and
well-being

Buffer the effects
of exposure to
risk factors

Protective factors are
NOT simply the
opposite or absence
of risk factors

What do
you see?



For Maximum Effectiveness...

Implement strategies that both enhance protective factors and reduce priority risk factors

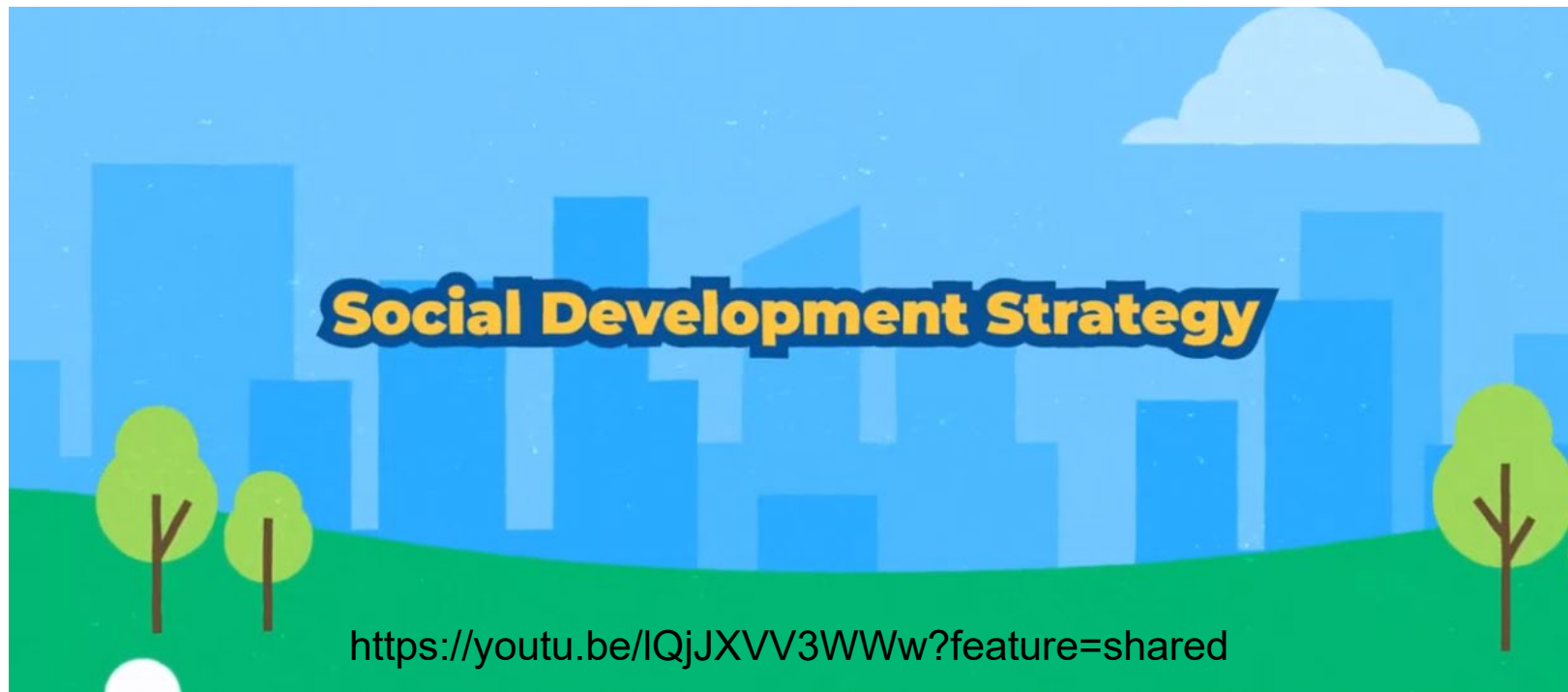


So the question is...

How do we build protective factors in youth?

The Social Development Strategy

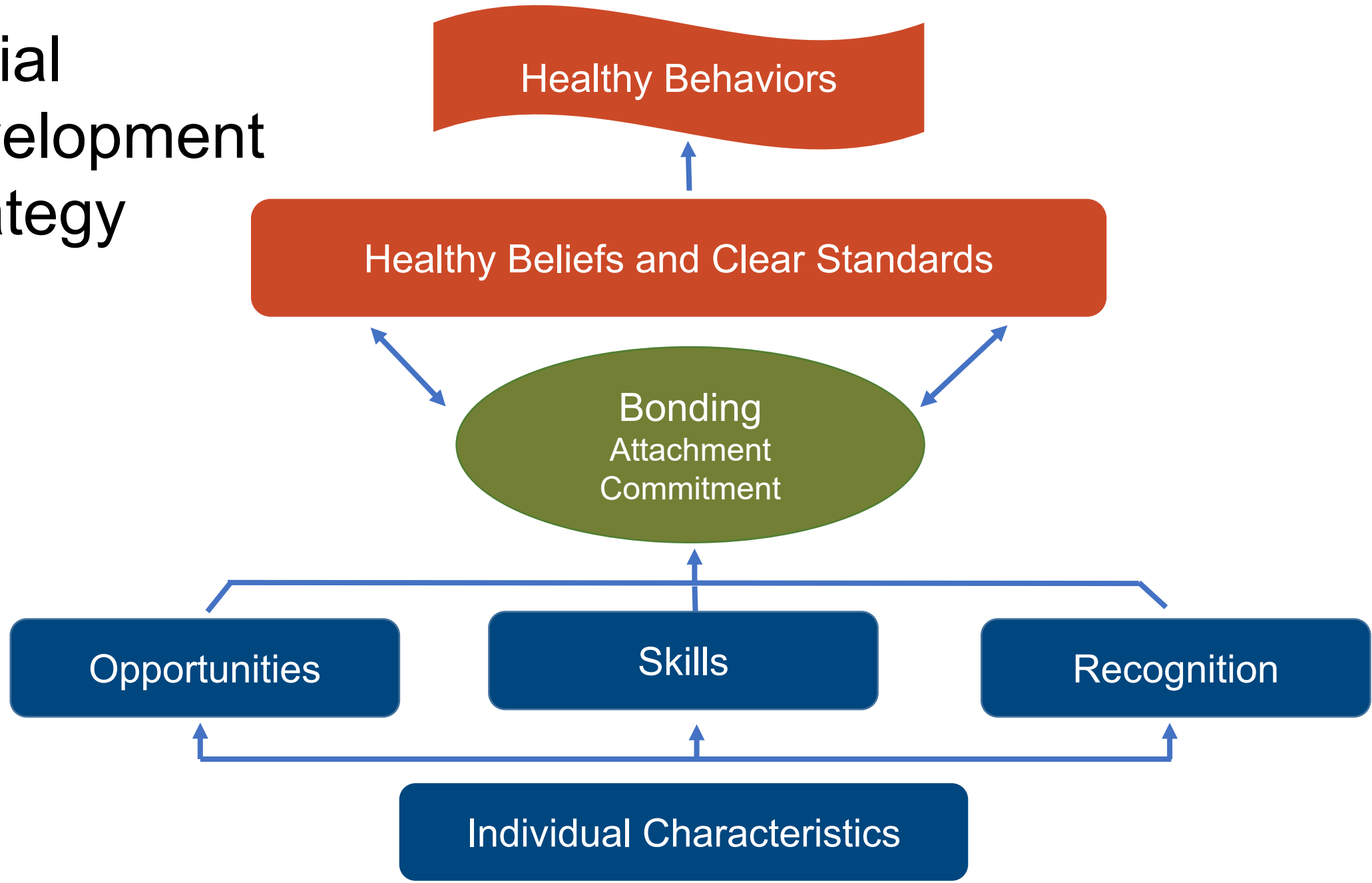
Video on Social Development Strategy



The Social Development Strategy
enables us to....

Operationalize protective factors

Social Development Strategy



Theory
Base of
the SDS

Pulls from three
developmental theories

The SDS is Evidence- Based

Research has shown the SDS to be effective:

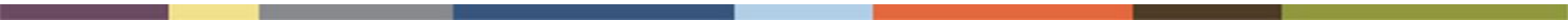
- Across developmental stages, gender, race/ethnicity, and income levels
- For different outcomes

But What About...

Other protective factor frameworks in the prevention field?

The *many* lists of protective factors?

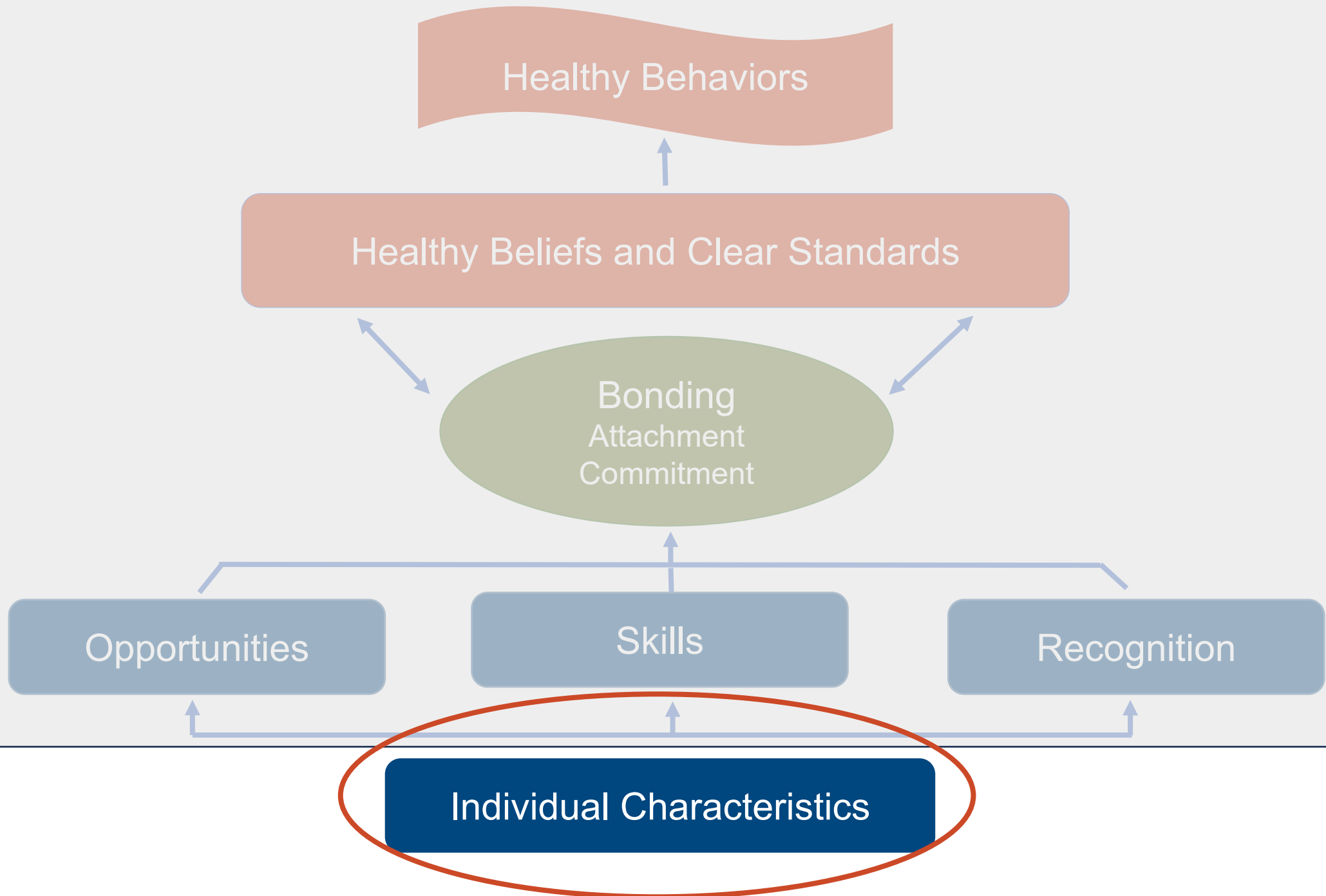
Why I love the SDS
(and I think you will too!)



Questions?



The Impact of Individual Characteristics



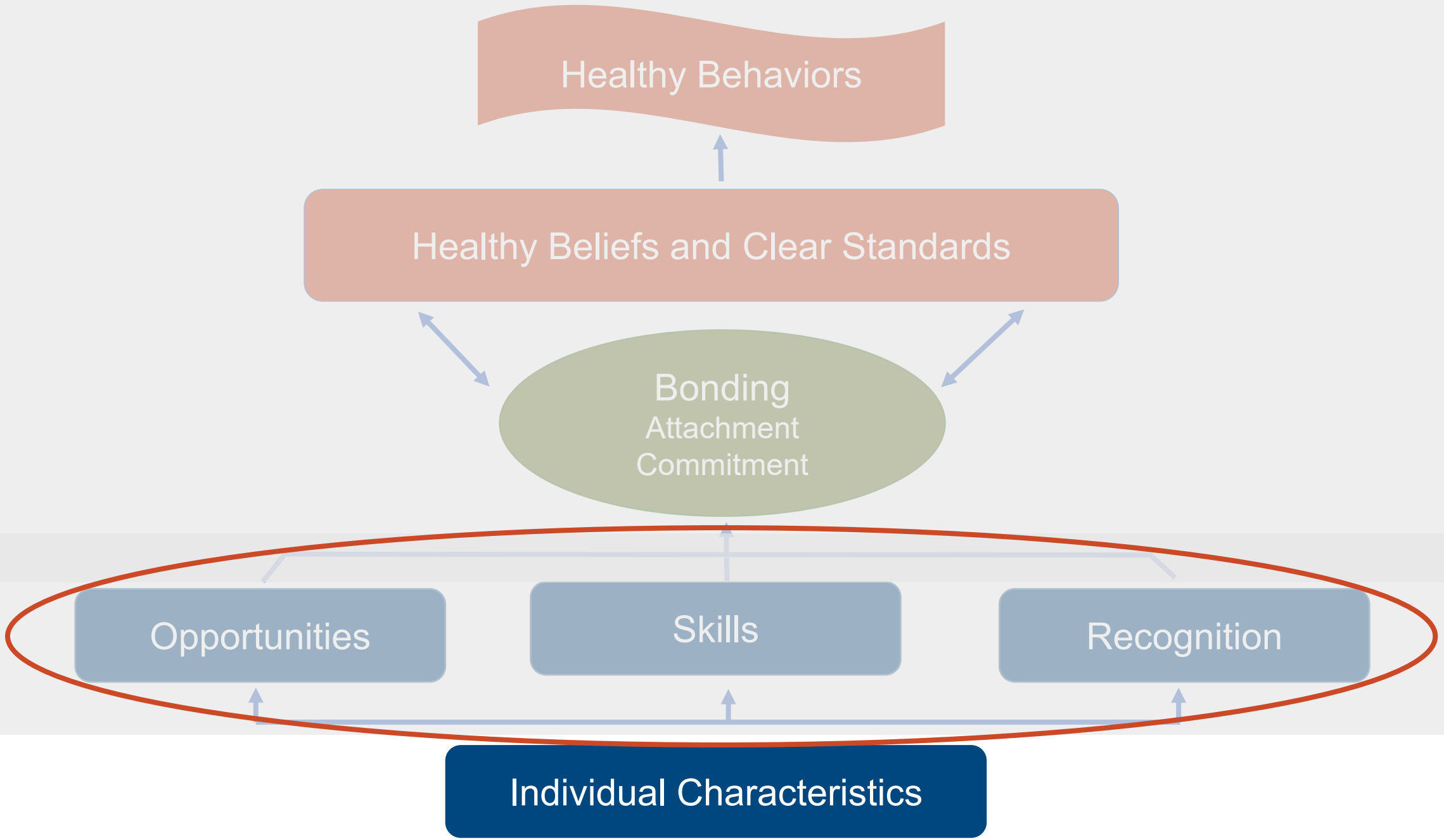
Individual Characteristics Are...

Personalities and traits, such as a resilient temperament, sociability, and ability to learn quickly



Why Are These Characteristics Important?

Key Ingredients: Opportunities, Skills, and Recognition



Healthy Behaviors

Healthy Beliefs and Clear Standards

Bonding
Attachment
Commitment

Opportunities

Skills

Recognition

Individual Characteristics

Key Ingredients

It takes all three!



Opportunities Considerations

Meaningful

Develop-
mentally
appropriate

Matched to
individual

“Goldilocks”
level

Skills Considerations

Opportunity
without skill =
Frustration

Skill without
opportunity =
Boredom

Skills: Keep in Mind

- Be realistic
- Break into small steps
- Model, then practice
- Build on success



Recognition

Provide *consistent* recognition for:

- The opportunities they take ***and***
- The skills they are learning and using



Recognition: Keep in Mind

Make sure they view the recognition as positive, not punishment!

Most effective when it is specific to the skill they are learning

Focus on the positive

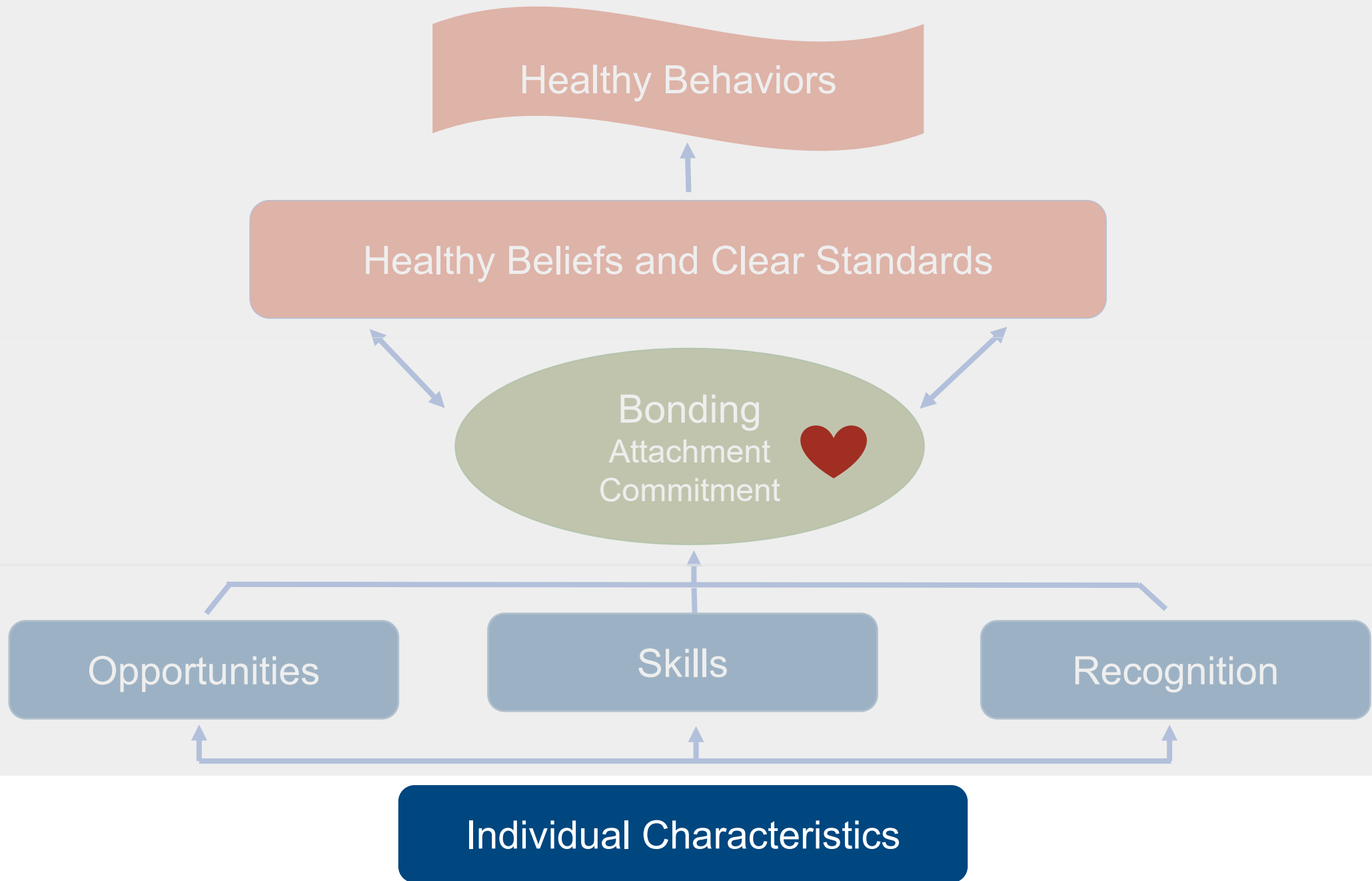
O/S/R in Action?



Pause for
Questions



Bonding: The "Heart" of the SDS



Bonding to Positive Influences

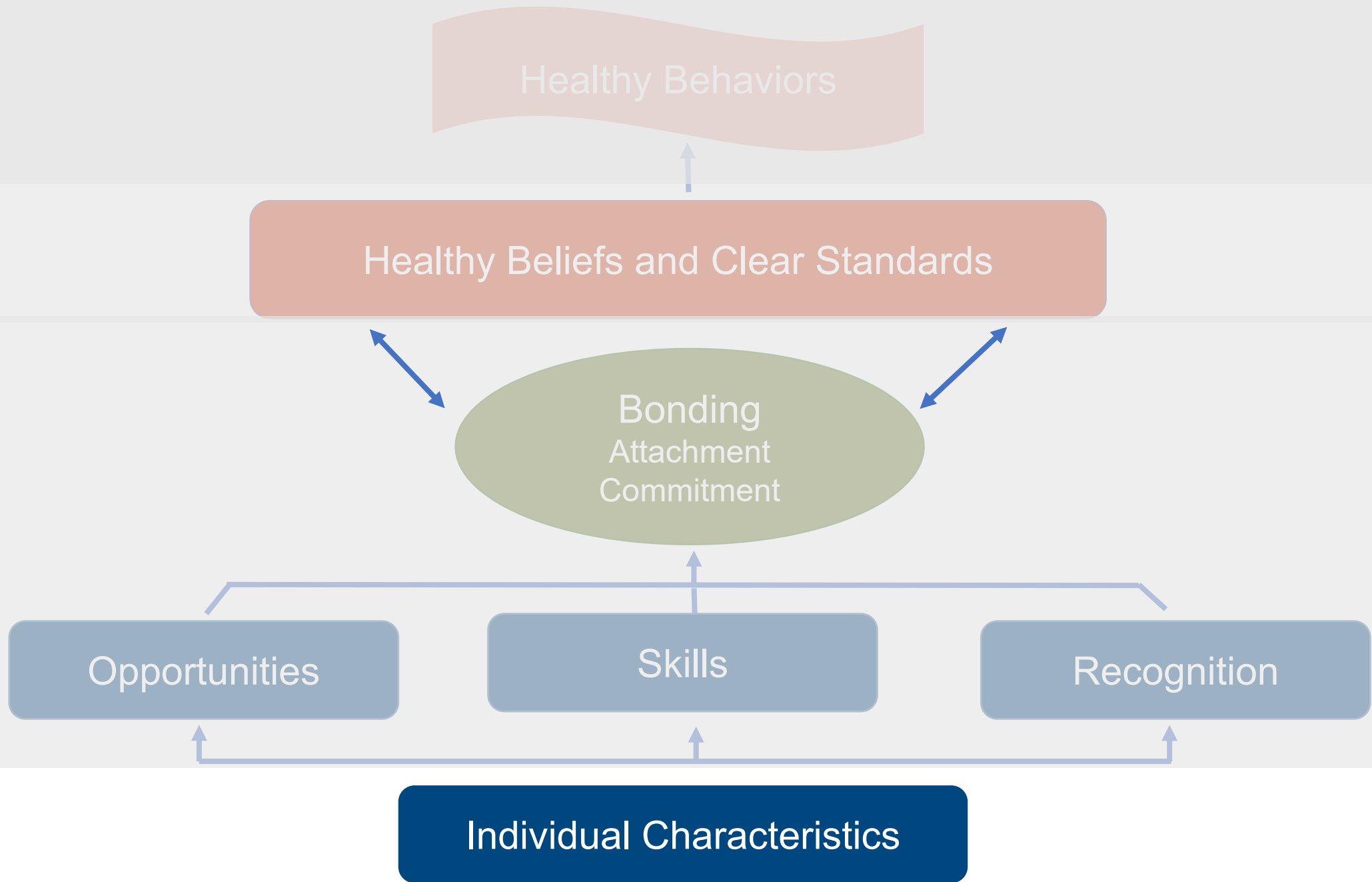
Opportunity, skills, and recognition ***together*** create a bond -- attachment and commitment.



SDS in Action – Bonding?



The “Secret Sauce”: Healthy Beliefs and Clear Standards



Don't Stop at Bonding!

We miss opportunities for preventive impacts by failing to convey healthy beliefs and clear standards.

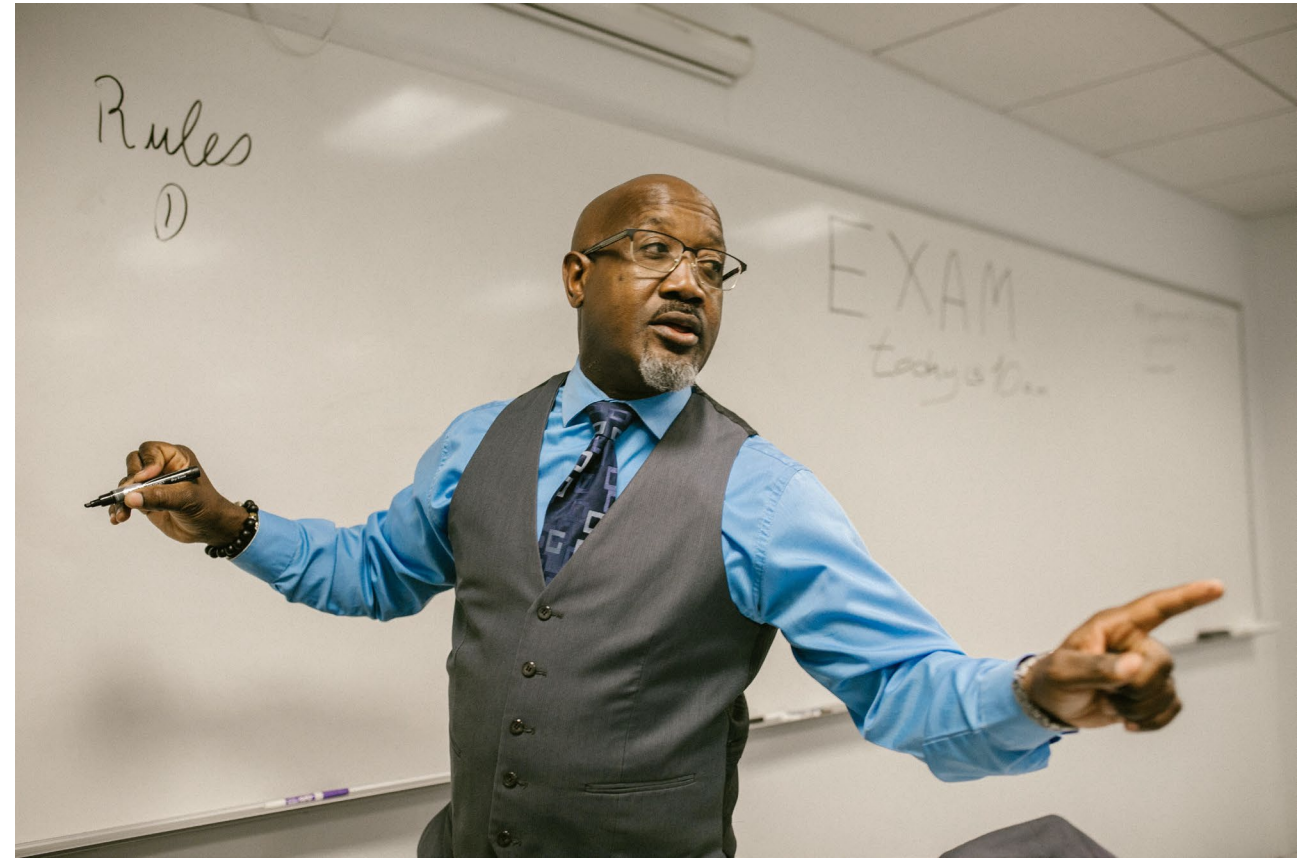
Examples of Healthy Beliefs and Clear Standards

Clear “no use”
statements

Clearly
communicated belief
that substance use is
harmful to youth

Conveying Healthy Beliefs and Clear Standards

Must be conveyed overtly, not assumed.



Groups: Conveying Healthy Beliefs and Clear Standards

Works well when it is a condition of participation to comply

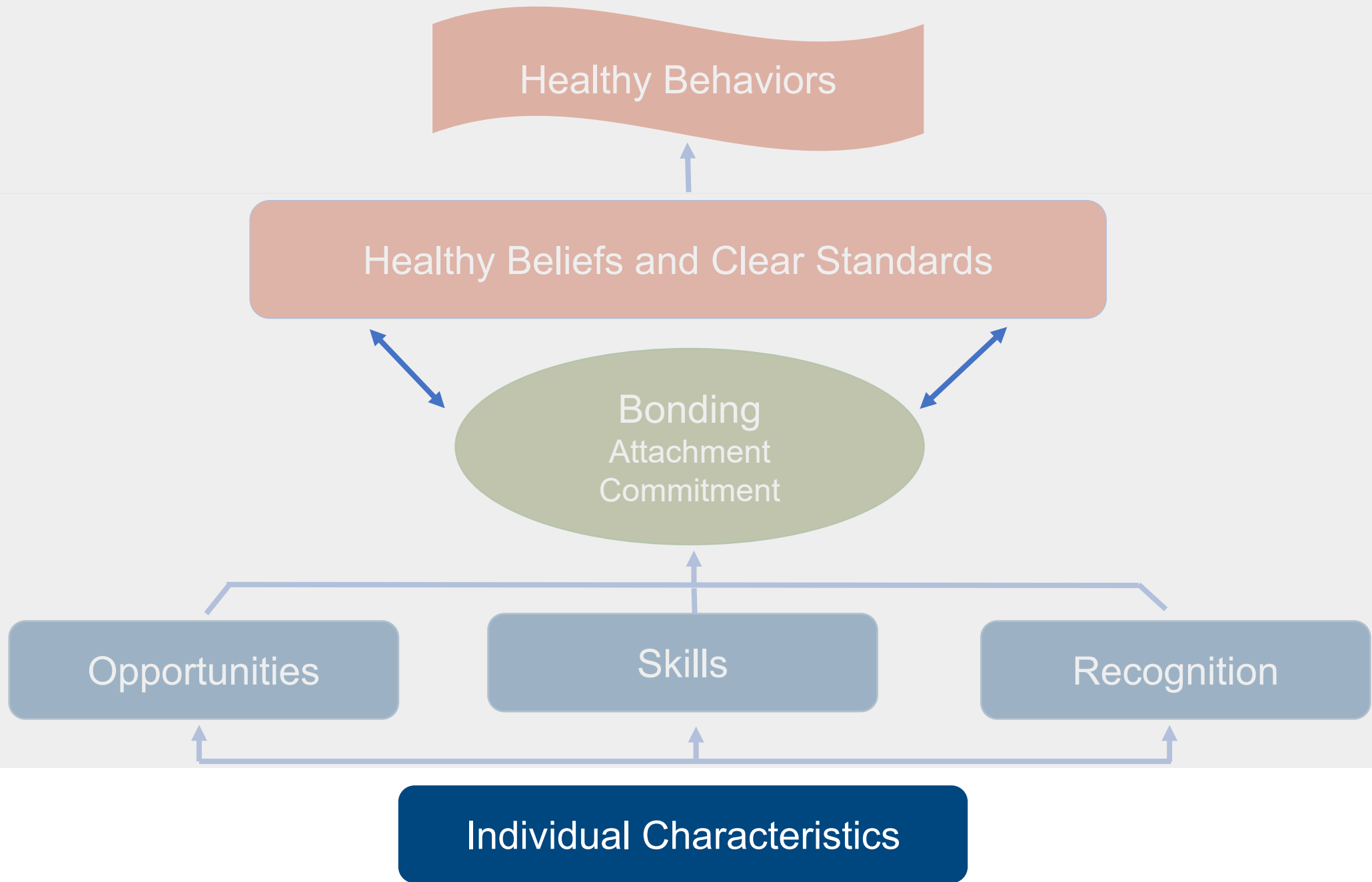


Healthy Beliefs/ Clear Standards?



What If...

Healthy beliefs and clear standards are
NOT conveyed?



Outcome of Successfully
Implementing the SDS...

Healthy Behaviors

Any
Questions





Quiz: Post-Test

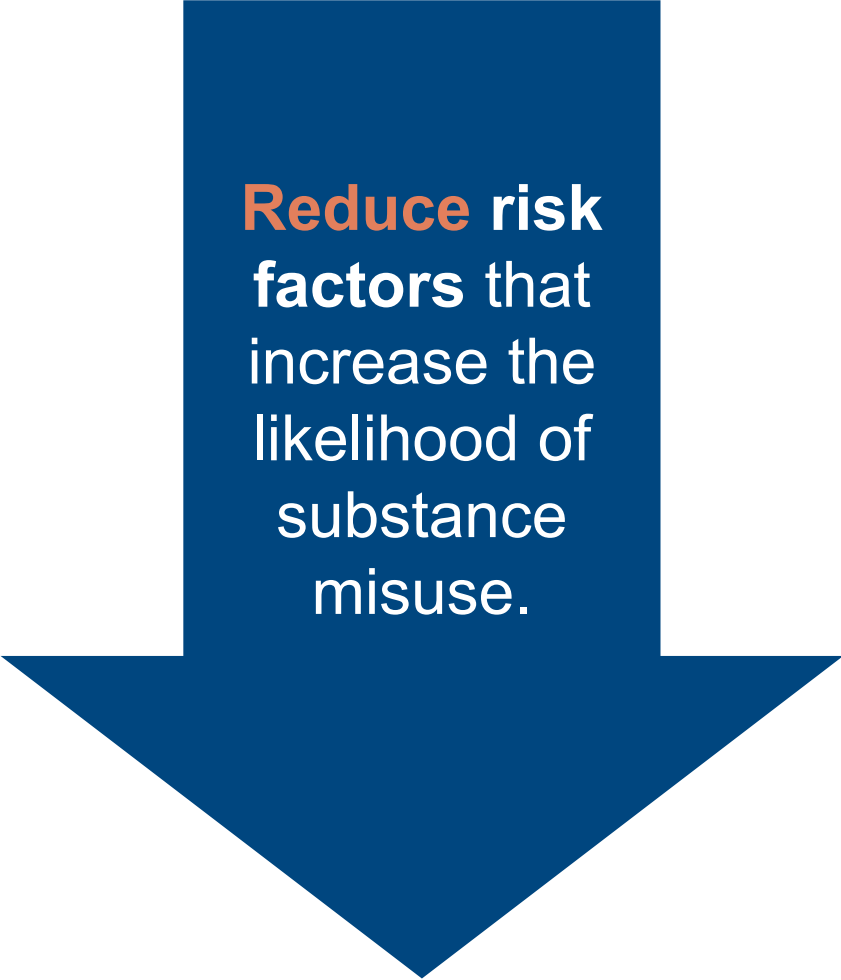
Putting the SDS into Action



Video – Risk and Protective Factors



We Must Ensure Our Prevention Efforts...



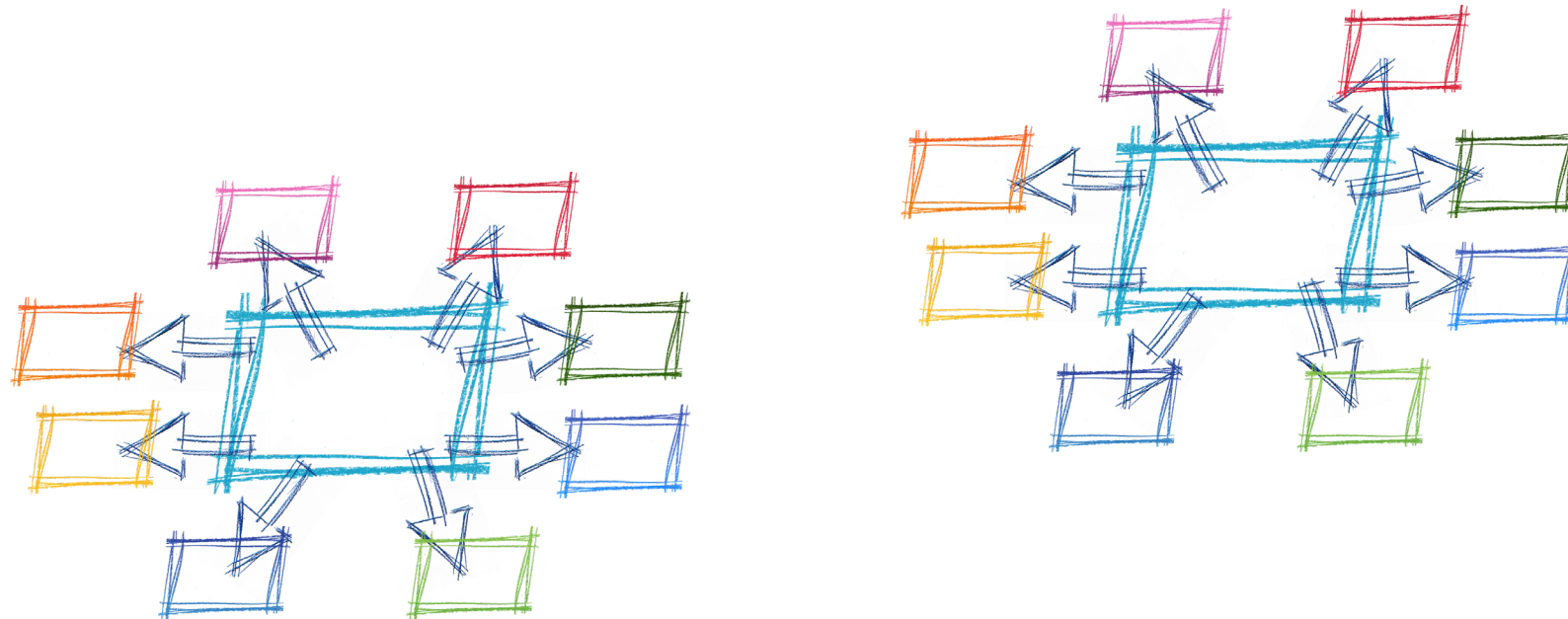
Reduce risk factors that increase the likelihood of substance misuse.



Increase protective factors that buffer the impact of risk factors.

Comprehensive Efforts Needed

Strive to address multiple risk factors with multiple strategies while increasing protective factors



More Is Better



Assess Current Strategies



Social Development Strategy Assessment Tool

Use the following checklist for each prevention strategy with which you work. Check “yes” or “no” to indicate which elements of the Social Development Strategy (SDS) are being implemented. In the right-hand column, describe what is or is not being done for each element.

Once the checklist is complete, reflect on how many (if any) elements of the SDS are not being implemented within the strategy. Note what actions can be taken to add these elements to the strategy to ensure protective factors are created.

Name of Strategy: _____

	Yes	No	Description
Opportunities			
Are meaningful opportunities being offered?			
Are the opportunities developmentally appropriate?			
Are the opportunities matched to participants' individual characteristics and interests?			
Is there a “goldilocks” level of challenge (not too hard, not too easy)?			
Skills: Are the skills being taught...			
Matched to youth’s abilities?			
Developmentally appropriate?			
Providing quick successes for youth?			

Institutionalize the SDS

Gain	Train	Apply
Gain buy-in from leaders	Train all program staff, coalition members, and volunteers in the SDS	Apply the SDS Assessment Tool regularly

Possible Next Steps

- ✓ Have a “water cooler” chat with a colleague for 15 minutes to share what you learned during the webinar
- ✓ Examine the framework/list of protective factors your organization/coalition uses to identify if they are research-based
- ✓ Download the PowerPoint slide deck to conduct your own SDS training
- ✓ Create a list of program staff, coalition members, volunteers, colleagues that might be interested in getting trained on SDS and schedule a date for the training
- ✓ Complete the SDS Assessment Tool on at least one prevention strategy being implemented in your community



What is Your Commitment to Putting the SDS into Action TODAY?

- What will you commit to doing within ***24 hours***?
- <https://tinyurl.com/SDSaction2>

Upcoming Great Lakes PTTC Trainings

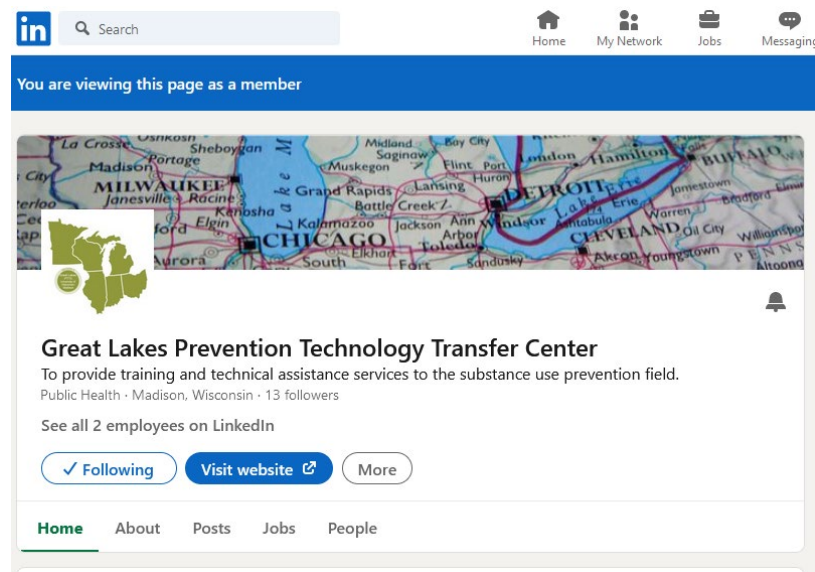
<https://tinyurl.com/GLPTTCevents>

- **Applying Continuous Quality Improvement to Your Prevention Work**
December 12, 10-11:30 CT
- **Deep Dive into Prevention Ethics** (*Pre-requisite: Foundation in Prevention Ethics*)
First Thursday of each month, January through June, 9:30-11 CT
- **Risk Factors for Youth Substance Misuse**
January 9, 10-11:30 CT
- **Drug Trends**
January 25, 10:30-Noon CT
- **Make the Magic Happen in a Meeting: Meeting Facilitation Skills** (*limited spots available*)
February 8, 1-4 CT
- **Sustainability Planning for Substance Misuse Prevention**
February 15, 1-2:30 CT
- **Virtual SAPST** (*enrollment limited to Region 5; open until filled*)
February 26, 29, March 4 and 11

Like and Follow Us for the Latest Info!

LinkedIn

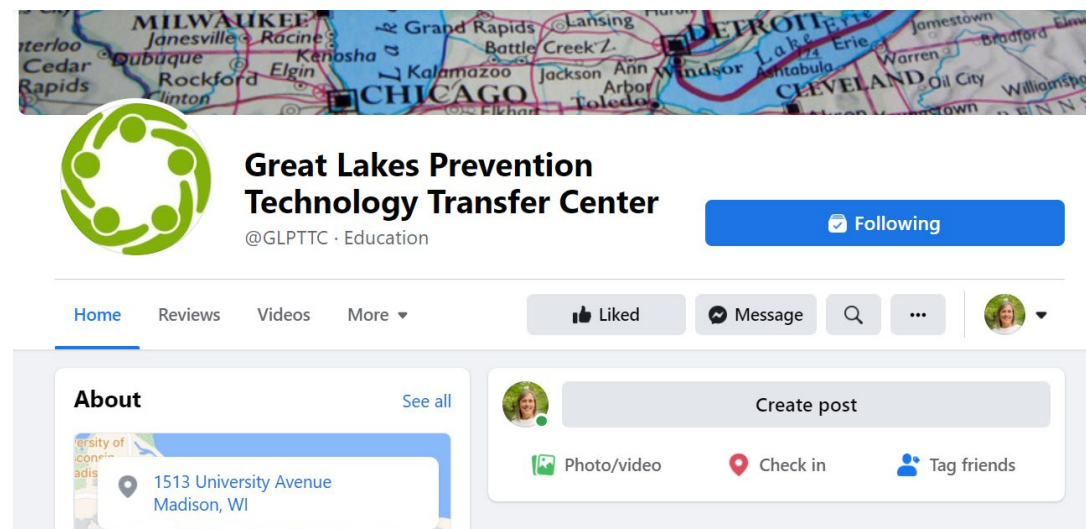
@glpttc



The screenshot shows the LinkedIn profile page for the Great Lakes Prevention Technology Transfer Center. At the top, there is a navigation bar with icons for Home, My Network, Jobs, and Messaging. Below this is a search bar and a blue banner that reads "You are viewing this page as a member". The profile header features a map of the Great Lakes region with a green circular logo containing stylized figures. The profile name is "Great Lakes Prevention Technology Transfer Center" with the tagline "To provide training and technical assistance services to the substance use prevention field." and location "Public Health · Madison, Wisconsin · 13 followers". There are buttons for "Following", "Visit website", and "More". The bottom navigation bar includes "Home", "About", "Posts", "Jobs", and "People".

Facebook

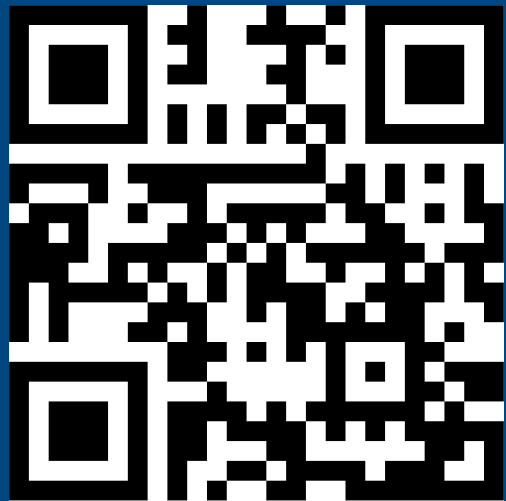
@glpttc



The screenshot shows the Facebook profile page for the Great Lakes Prevention Technology Transfer Center. The profile picture is a map of the Great Lakes region with a green circular logo. The profile name is "Great Lakes Prevention Technology Transfer Center" with the tagline "@GLPTTC · Education" and a "Following" button. The navigation bar includes "Home", "Reviews", "Videos", and "More". There are buttons for "Liked", "Message", and a search icon. The "About" section shows the address "1513 University Avenue, Madison, WI". The "Create post" section includes options for "Photo/video", "Check in", and "Tag friends".

Please Complete
the Evaluation Form

<https://ttc-gpra.org/P?s=204337>



**WE WANT
YOUR FEEDBACK**



Great Lakes (HHS Region 5)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Thank You!

References

Haggerty K. & McCowan K. (2018). Using the Social Development Strategy to unleash the power of prevention, *Journal of the Society for Social Work and Research*, 9(4), 741-763.

Hawkins JD, Kosterman R, Catalano RF, Hill KG, Abbott RD. (2005). Promoting Positive Adult Functioning Through Social Development Intervention in Childhood: Long-term Effects from the Seattle Social Development Project. *Arch Pediatr Adolesc Med*;159(1):25–31. doi:10.1001/archpedi.159.1.25

Hawkins JD, Kosterman R, Catalano RF, Hill KG, Abbott RD. (2008). Effects of social development intervention in childhood 15 years later. *Arch Pediatr Adolesc Med*,162(12):1133–1141. doi:10.1001/archpedi.162.12.1133

Hawkins JD, Smith B, Hill KG, Kosterman R, Catalano RF & Abbott RD. (2007) Promoting Social Development and Preventing Health and Behavior Problems during the Elementary Grades: Results from the Seattle Social Development Project, *Victims & Offenders*, 2:2, 161-181, DOI: [10.1080/15564880701263049](https://doi.org/10.1080/15564880701263049)

Kim BKE, Gloppen K, Rhew I, Oesterle S, Hawkins JD. (2015). Effects of the Communities That Care prevention system on youth reports of protective factors. *Prevention Science*, 16(5), 652-662.

Kosterman R, Haggerty K, Hawkins JD. (2010). Long-term effects of social development intervention. *Better: Evidence-Based Education*, 2(2), 6-7.