



Building Protective Factors
Using the Social Development Strategy
Webinar

PARTICIPANT WORKBOOK

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Great Lakes (HHS Region 5)

PTTC

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At the time of this publication, Miriam Delphin-Rittmon, PhD, serves as the SAMHSA Assistant Secretary. The opinions expressed herein are the views of the presenters and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, or the opinions described in this document, is intended or should be inferred.

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ptcnetwork.org/greatlakes

Meet Your Trainer



Kris Gabrielsen, MPH, CPS
Co-director, Great Lakes PTTC

Kristen Gabrielsen, MPH, CPS is the co-director of the Great Lakes PTTC. She has worked in substance misuse prevention for over 30 years. She was the associate director of the Western CAPT, co-author of the SAPST, and co-author of the Substance Abuse Prevention textbook. Kris has delivered trainings across the United States, focusing on bridging the gap between research and practice.

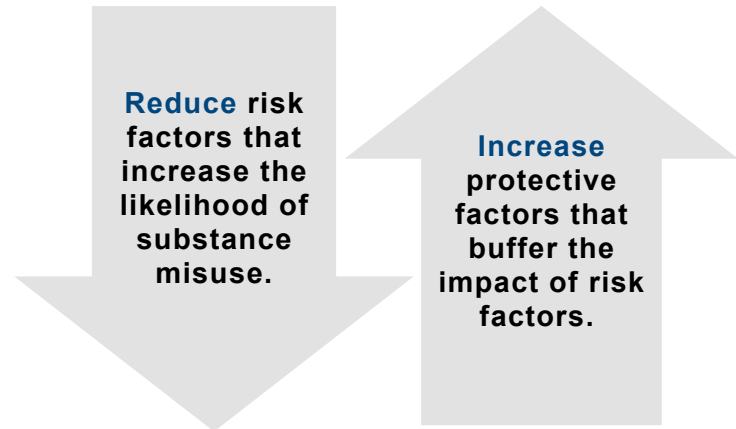
Social Development Strategy - Background

- Operationalizes protective factors
- Created by Dr. David Hawkins and Dr. Rico Catalano, University of Washington
- Theory base: Pulls from three developmental theories:
 - Social control theory
 - Social learning theory
 - Differential association theory
- Research has shown the SDS to be effective:
 - Across developmental stages, gender, race/ethnicity, and income levels
 - For different outcomes (e.g., childhood behavior problems, violence, substance use, alcohol misuse and drug use, etc.)
- Boils down the essentials to building protective factors.
- Straight forward to implement
- Can use across all contexts (e.g., school, community, family, individuals)

GOALS OF SUBSTANCE MISUSE PREVENTION

Put measures in place before there is a problem. By working "upstream," we save time, money, energy, and lives downstream.

HOW DO WE PREVENT SUBSTANCE MISUSE?



PROTECTIVE FACTORS



Create conditions for healthy youth development and well-being



Buffer the effects of exposure to risk factors



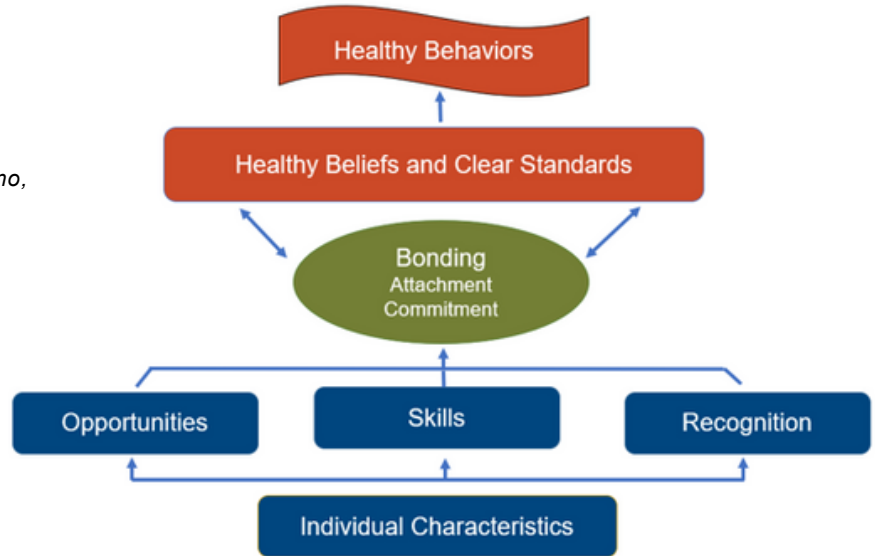
Protective factors are NOT simply the opposite or absence of risk factors

FOR MAXIMUM EFFECTIVENESS IN YOUR PREVENTION WORK

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

SOCIAL DEVELOPMENT STRATEGY

Created by Dr. David Hawkins and Dr. Rico Catalano, University of Washington



KEY POINTS TO REMEMBER FOR EACH COMPONENT OF THE SDS

Healthy Beliefs and Clear Standards

- We miss opportunities for preventive impacts by failing to convey healthy beliefs and clear standards
- Must be conveyed overtly, not assumed
- For groups, can be condition of participation
- For individuals, must be communicated

Bonding

- Opportunities, skills, and recognition together create bonding

Opportunities

Opportunities must be:

- Meaningful
- Developmentally appropriate
- Matched to the individual characteristics and interests
- A "Goldilocks" level of challenge

Skills

It is essential to provide skills to be successful at opportunities because:

- Opportunity without skill = Frustration
- Skill without opportunity = Boredom

When building skills, be sure to:

- Be intentional and realistic according to the youth's abilities, age, individual characteristics
- Break the skill into small steps
- Model the skill and provide many opportunities for practice
- Build on success; provide new challenges as youth are successful

Recognition

- Make sure the recognition is viewed as positive, not punishment!
- Recognition is most effective when it is specific to the skill a person is learning
- Focus on the positive!

Individual Characteristics

Individual characteristics are personalities and traits, such as:

- Resilient temperament
- Sociability
- Ability to learn quickly

These characteristics are important because they impact opportunities, skills, and recognition.



PUTTING THE SDS INTO ACTION ▼

- Comprehensive efforts are needed. We must strive to address multiple risk factors with multiple strategies while increasing protective factors.
- More is better when it comes to protective factors! The more organizations and individuals committed to implementing the SDS, the greater the impact we will have.

TO INSTITUTIONALIZE THE SDS ▼



Gain buy in from leaders



Train all program staff, coalition members, and volunteers in the SDS



Apply the SDS Assessment Tool regularly to ensure all parts of the SDS are being implemented

YOUR COMMITMENT TO PUTTING THE SDS INTO ACTION ▼

What action(s) will you commit to doing within 24 hours to put the SDS into action?

Submit your commitment here: <https://tinyurl.com/SDSaction2>

RESOURCES



Slide Deck: Northwest Prevention Technology Transfer Center and the Social Development Research Group. (2020). The Social Development Strategy: 5 Proven Keys to Raising Healthy, Successful Youth.

<https://pttcnetwork.org/centers/northwest-pttc/product/social-development-strategy-5-proven-keys-raising-healthy-successful>



Download the resource!



Self-paced Online Course: Prevention Science Foundation – Shared Risk and Protective Factors:

<https://healthknowledge.org/course/view.php?id=913>



Take the course!



VIDEOS



PROTECTIVE FACTORS



SOCIAL DEVELOPMENT STRATEGY



RISK AND PROTECTIVE FACTORS IN ACTION

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