

Protective Factors that Support Resilience Across Cultures

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Traumatic
Event(s)
ACEs

A holistic
trajectory
of recovery
leading to
achieving one's
full potential
facilitated by
protective factors
across time is

Resilience



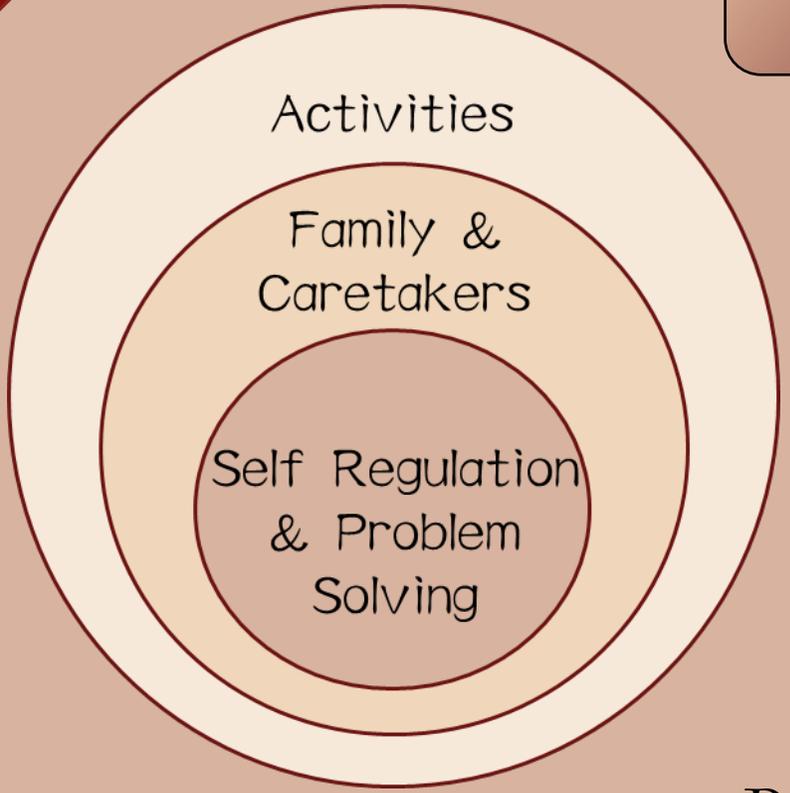
Protective Factors

Recovery



**Demonstrations, Shootings,
COVID, Natural Disasters, Fires
We need Protective Factors Too.**

Traumatic Event



Predominant Protective Factors of Resilience



Protective Development

Simple Intra-regulation & Dependent relationships

Integrated relationships & Existential



Motor 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

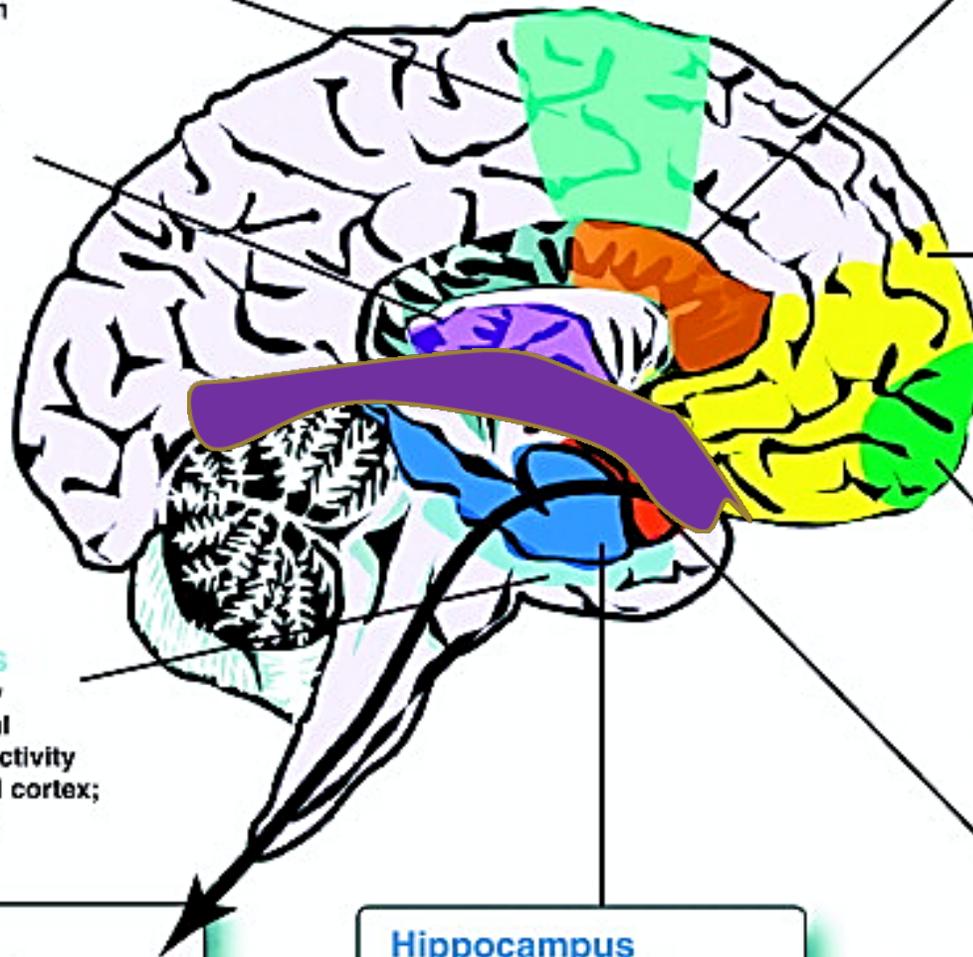
Prefrontal cortex
Function:
- Emotional
- Regulation
In PTSD:
- Decreased gray and white matter density
- Decreased responsiveness to trauma and emotional stimuli

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.

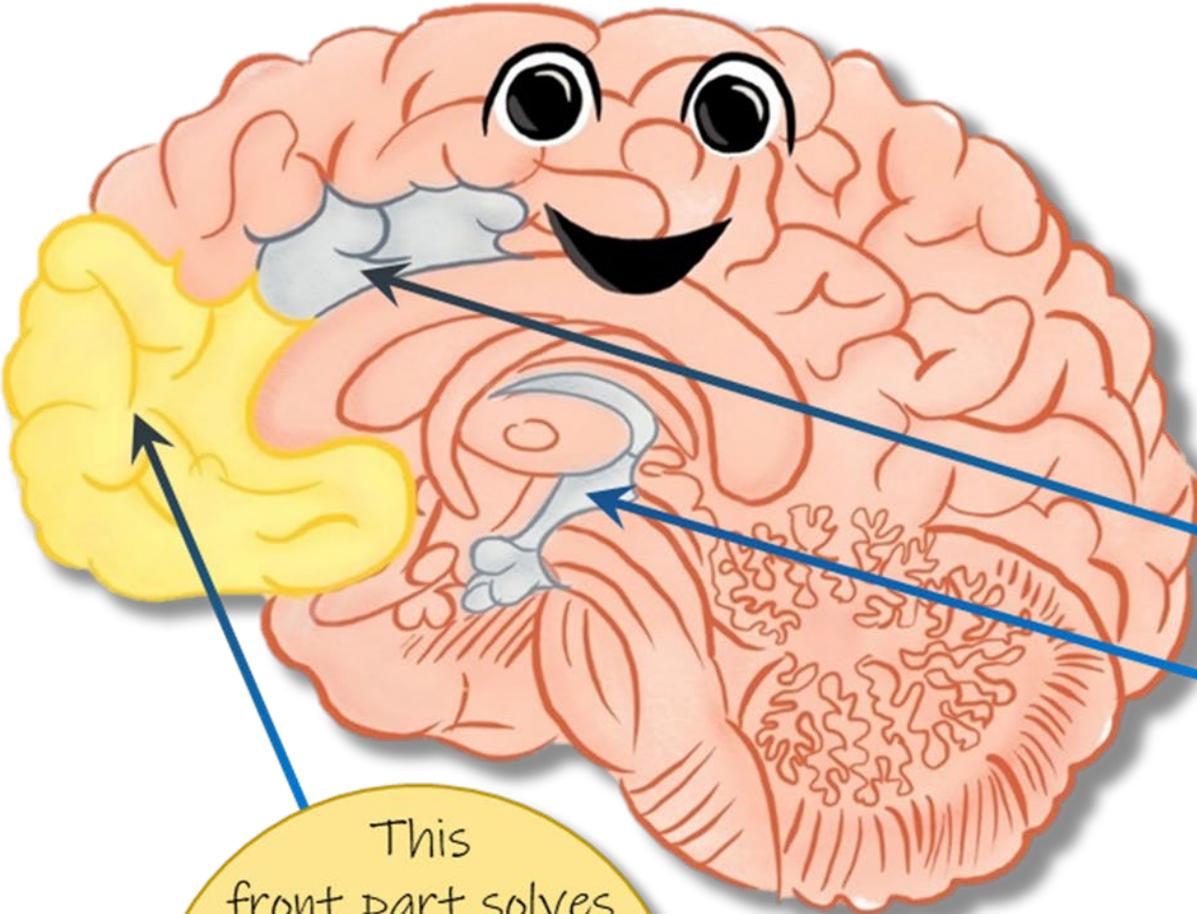
2. Superior Temporal Gyrus (added in purple): hearing, language impacting and forming social cognition through therapy.

Mahan & Ressler (2012)

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



Our explanation of the research to children to emphasize Protective Factors.



This front part solves problems. It knows about feelings and getting along. We need to build this part!

You have power to help these parts connect! Remember and think about what to do when things get hard.

The gray parts feel scared. It may help you survive. But, they don't know how to fix a problem.

Helpful Resources

- [Psychology Today, 2019](#)
- [Harvard Health, 2018](#)
- [Mahan & Ressler, 2015](#)

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



The TRSC demonstrates strong psychometric properties for reliability ($\alpha^{\text{stratified}} = .96$), validity, and distinct factor structure across foster care and general population samples.

Half self-identified as ethnic minorities. Scores are supported as relevant across varied children. Gender and ethnicity did not significantly influence scores. Other groups across the world are showing positive outcomes (Madsen Thompson, Abell, Killian, 2020 under revision).

Trauma Resilience Scale for Children

A Measure of Protective Factors

Name _____ Ethnicity _____

Birthday _____ Gender _____

Grade _____ School _____



When something really hard happens, what helps you the most?

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



5=Always



3=At Times



1=Never

4=Very Often

2= Seldom

Protective Factors & Resilience Across Cultures

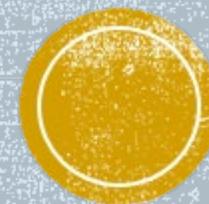
"They thought that the bullet would silence us.
But they failed...
weakness, fear, and
hopelessness Died.
Strength, Power,
and Courage was Born.

Malala Yousafzai, speaking to the UN on her 16th birthday after being shot on her way to school.



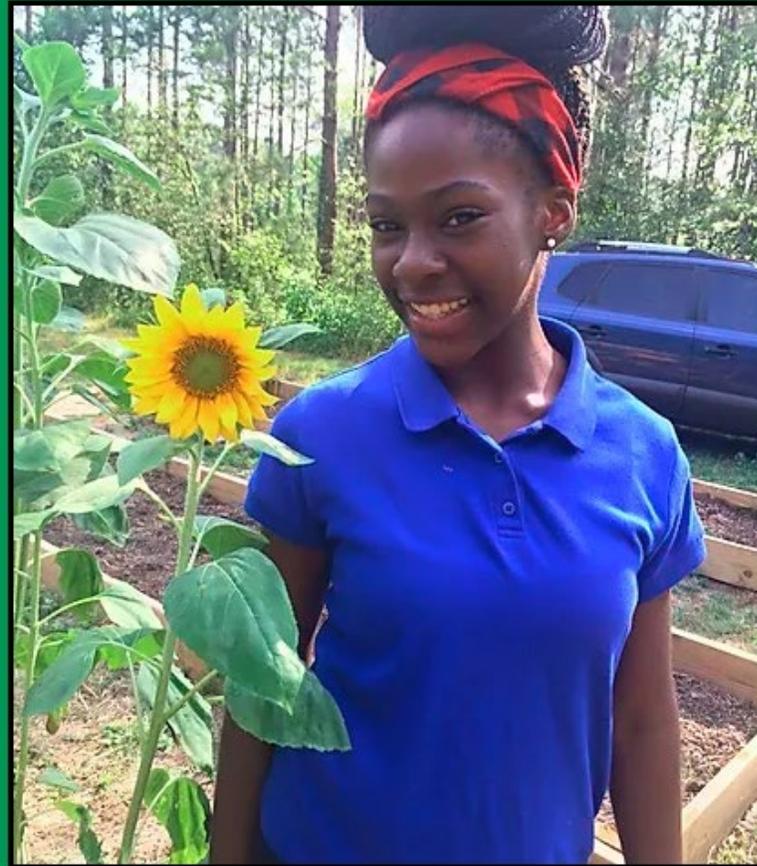
"Pick up our books and our pens...
the most powerful weapons."

"When the whole world is
silent, even one voice
becomes powerful."



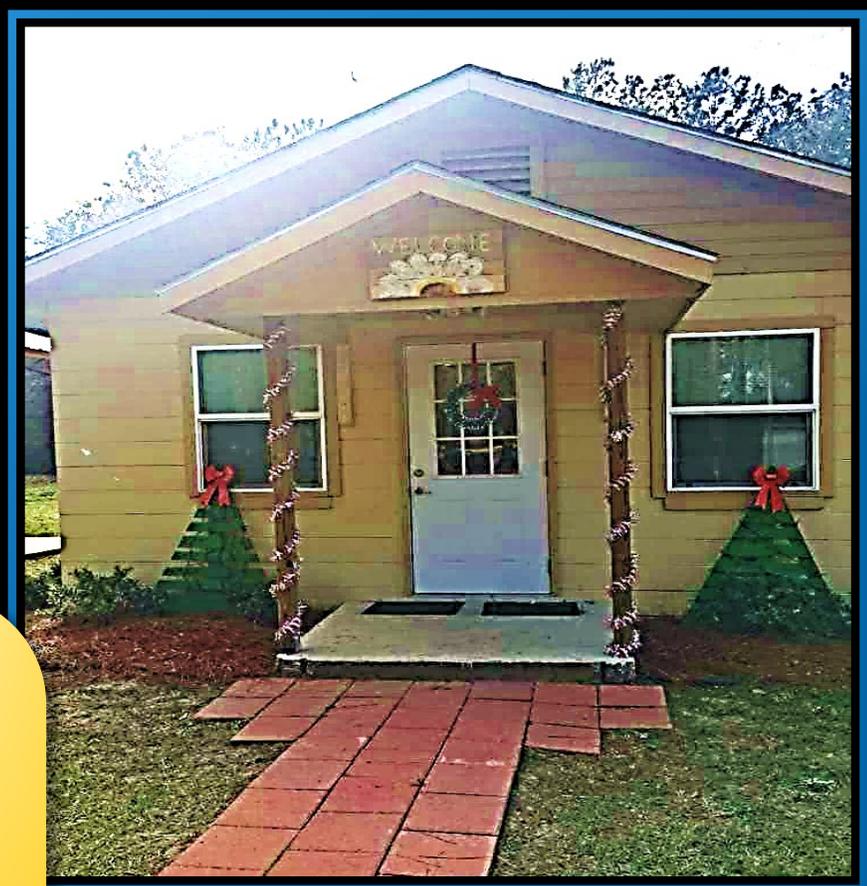
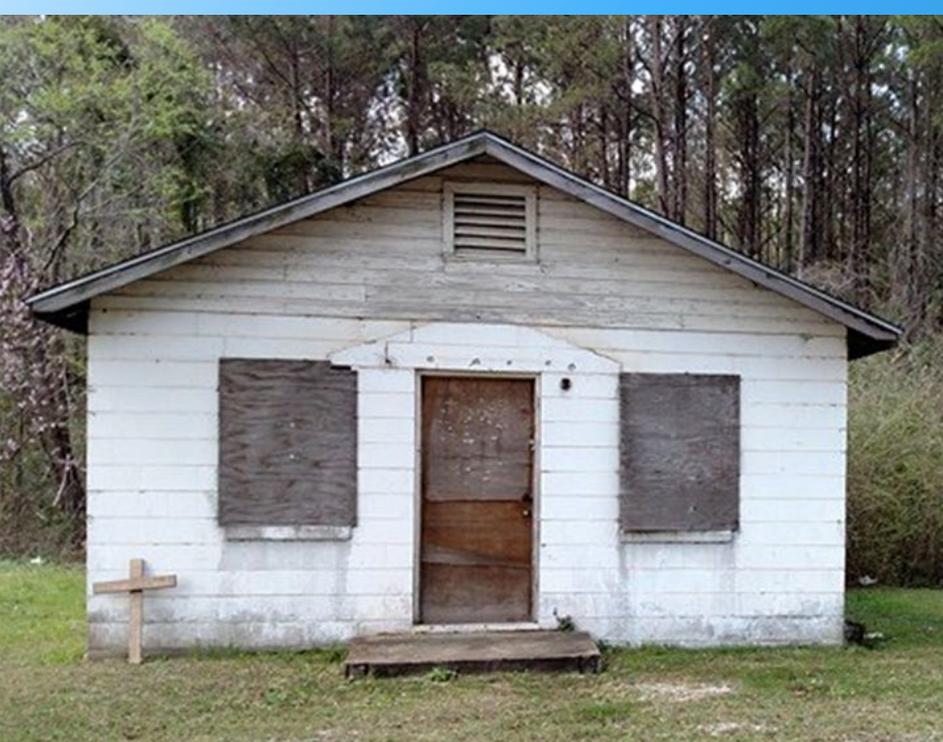


SHADETREE FARM IS BACK IN BUSINESS



Gretna, FL Resilience Work





Hope, Goals, Problem Solving, Community, Family, Friends, Supportive Beliefs, Activity Involvement. Transforming an abandoned building into a computer lab.



Hartsfield Elementary School students auditioned to perform at Carnegie Hall in New York City. They became the youngest choir to ever be invited. A Title One school, they raised funds for a year. Their trip was canceled due to destructive Hurricane Michael. Then, with community help, February 2020, their dream came true!





Challenges Unique to Migrant Children

- Children of migrant workers are some of the most underserved children in agricultural areas in North Florida.
- Many have limited proficiencies in English
- Moving multiple times during the school year
- Immigration status & law changes
- Poverty
- Lack of resources



Strong Protective Factors

- Family, problem solving, cultural traditions



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

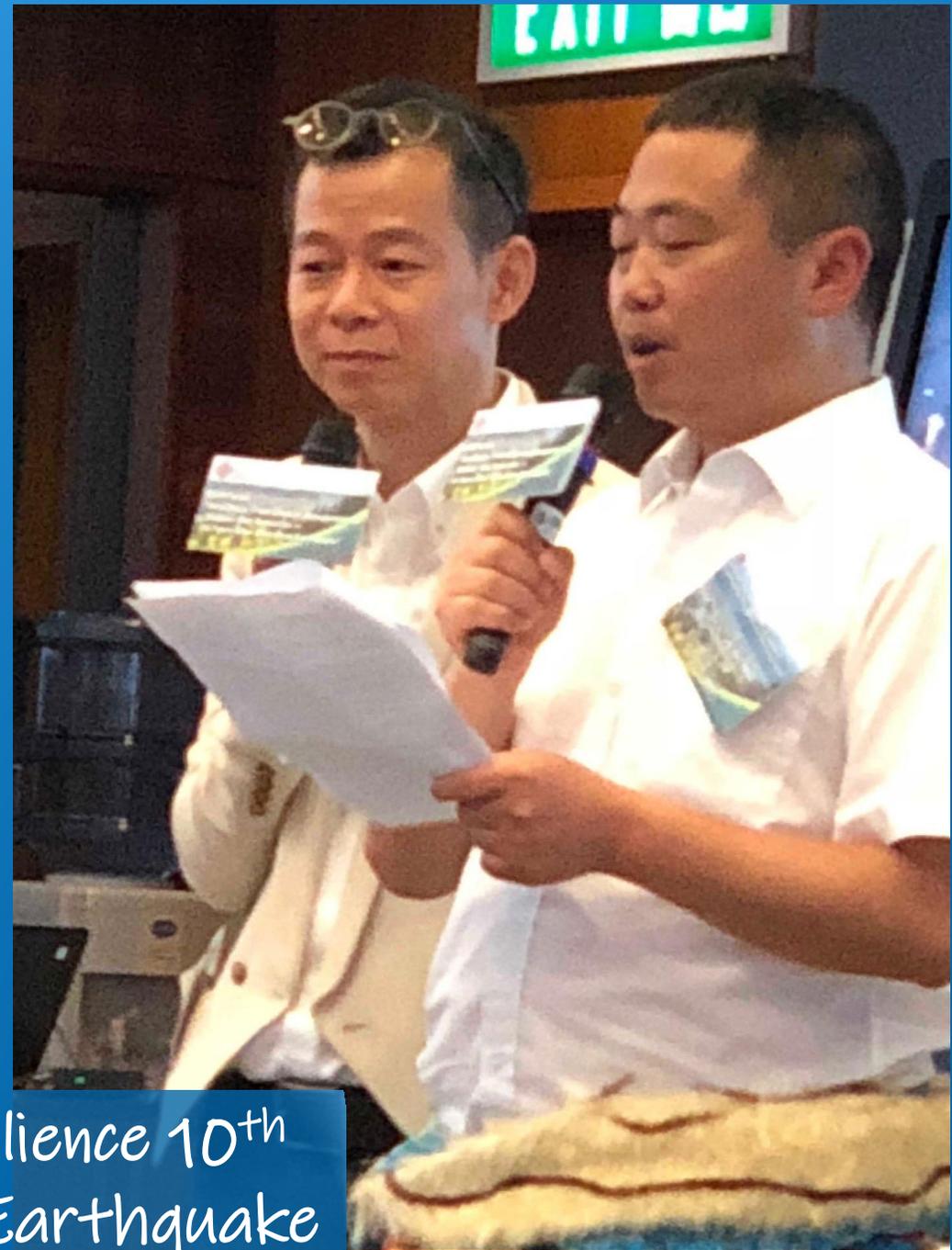


1 = Nunca



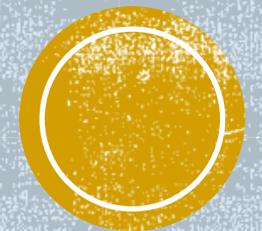


UN Celebration of Resilience 10th
Anniversary Wenchuan Earthquake



	Pinyin	English Translation	Reference	Primary Discipline
恢复力	Hui Fu Li	Return to normal; Recovery capability	(吴光华, 1993)	Disaster and public safety Ecological environment Agriculture
抗逆力	Kang Ni Li	Resist; combat;	(吴光华, 1993)	Disaster and public safety Psychology
弹性/弹力	Tan Xing / Tan Li	Elasticity; flexibility;	(吴光华, 1993)	Engineering Urban studies Economy
韧性	Ren Xing	Toughness; ductility	(吴光华, 1993)	Urban studies Disaster and public safety United Nations

Chinese Resilience



Timothy Sim, Junlei Yu 2018, 吴光华, W. G. 1993. 汉英大辞典 = Chinese-English dictionary, 上海市, 上海市: 上海交通大学出版社.



1 = 从不

2 = 很少



3 = 有时

4 = 经常



5 = 总是

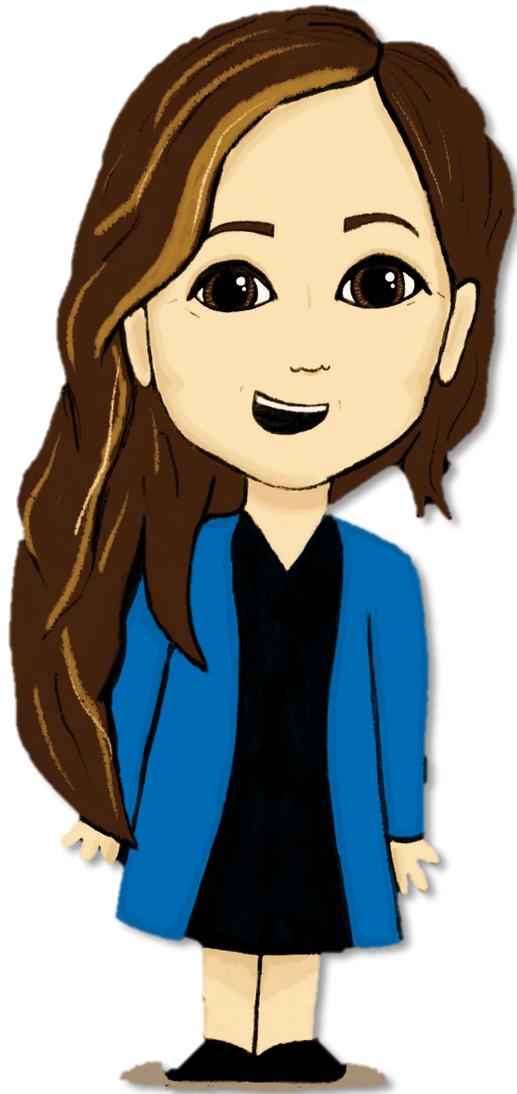
社会

关于我：

我的回答：

1) 我在我的社区感到安全。	
2) 我为我们的文化感到骄傲。	
3) 当我有困难时，社会会保护我。	
4) 当我遇到困难时，社会各界会保护我。	
5) 社会能够支持我。	
6) 当我遇到困难时，我可以向社会求助。	
7) 我的文化让我变得更强大。	
8) 我的社区帮助我开阔眼界。	



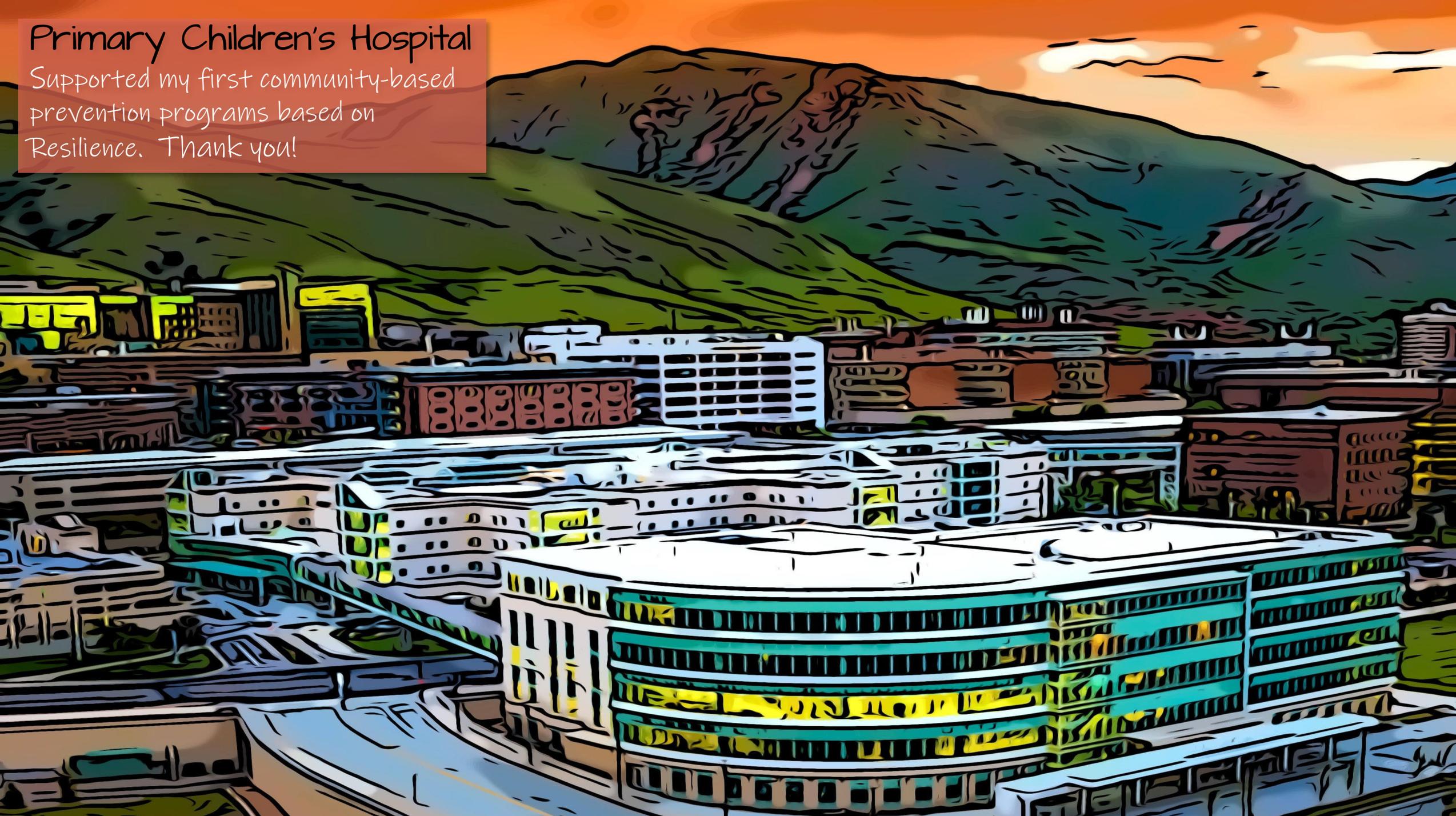


Hi! I'm Dr. Machelles!
Here are some things
that might help with
COVID19.

Resilience Briefs &
Online Interventions



Primary Children's Hospital
Supported my first community-based
prevention programs based on
Resilience. Thank you!



A new virus related to SARS is the culprit in China's mysterious pneumonia outbreak, scientists say



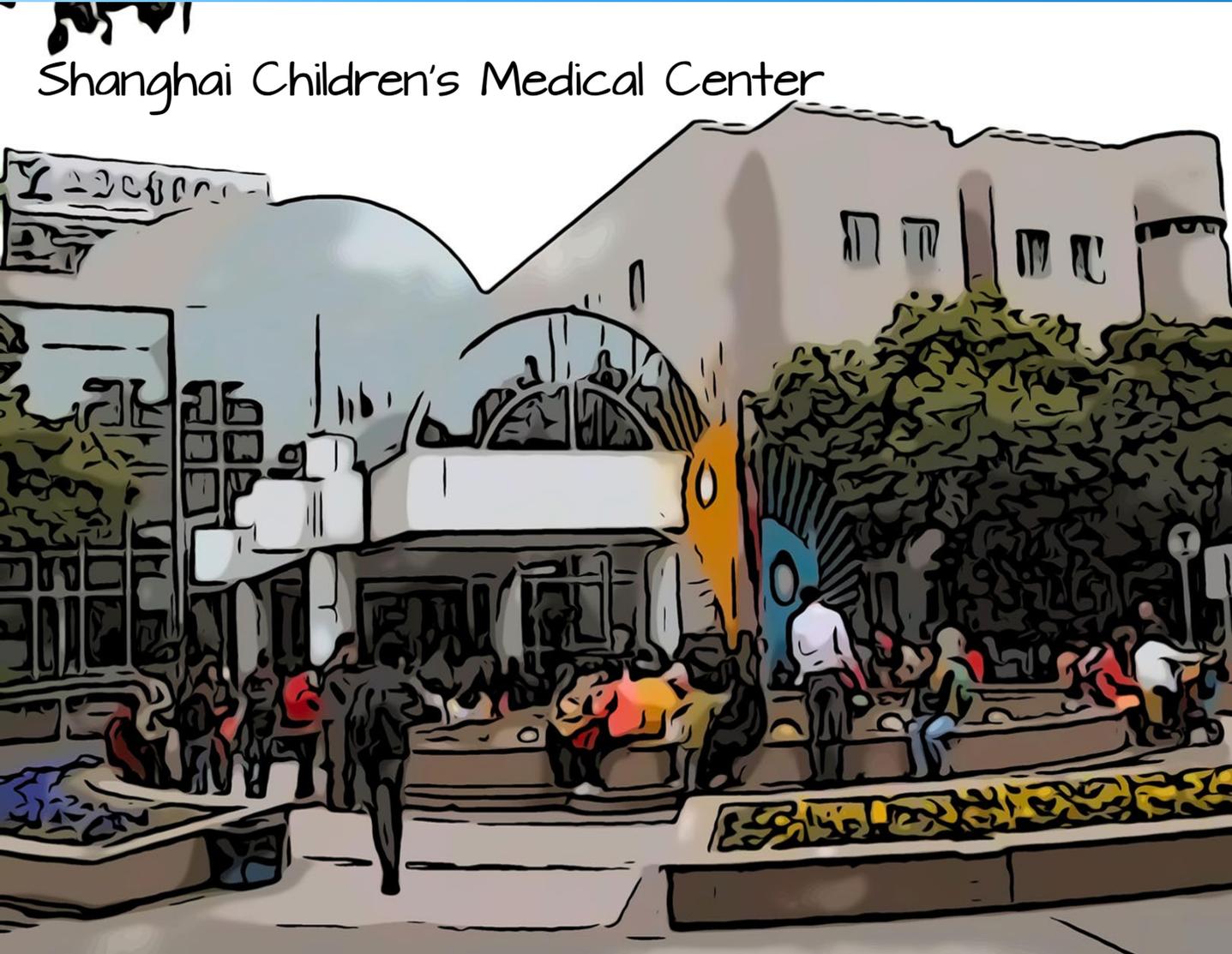
By Nectar Gan, CNN

🕒 Updated 5:38 AM ET, Thu January 9, 2020



Inspiration from the Devastation

Shanghai Children's Medical Center



Hello Kan,

I have very sad news. I am forwarding a message from the president of Florida State University. Today, my university just suspended all travel to China due to the U.S. Centers for Disease Control and Prevention recommendations.

I have heard that I might be able to petition for essential travel, but that may or may not be approved.

Do you have any ideas?

I miss everyone there.

Have a wonderful day, and please stay safe.

Kind Regards,

Machelle

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.

Yet...

How do we teach them to Children during COVID?



WHO Director-General's opening remarks at the media briefing on COVID-19 - 11 March 2020



Because of my research in China, I felt worried about my friends. Most people around me felt okay. At first, we were safe here in the U.S.

11 March 2020

Good afternoon.

In the past two weeks, the number of cases of COVID-19 outside China has increased 13-fold, and the number of affected countries has tripled.

There are now more than 118,000 cases in 114 countries, and 4,291 people have lost their lives.

Thousands more are fighting for their lives in hospitals.

In the days and weeks ahead, we expect to see the number of cases, the number of deaths, and the number of affected countries climb even higher.

WHO has been assessing this outbreak around the clock and we are deeply concerned both by the alarming levels of spread and severity, and by the alarming levels of inaction.

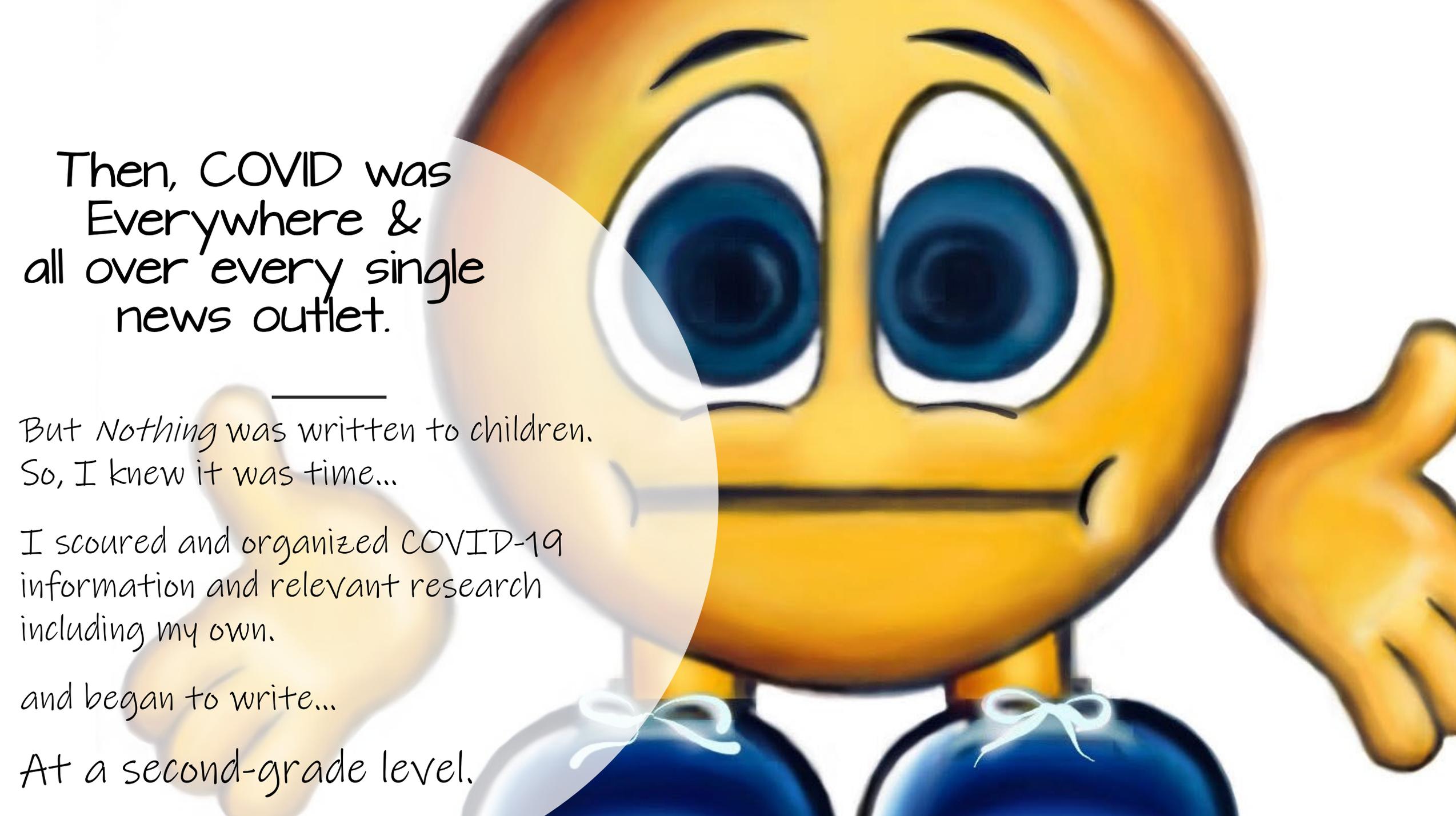
We have therefore made the assessment that COVID-19 can be characterized as a pandemic.

Pandemic is not a word to use lightly or carelessly. It is a word that, if misused, can cause unreasonable fear, or unjustified acceptance that the fight is over, leading to unnecessary suffering and death.

Describing the situation as a pandemic does not change WHO's assessment of the threat posed by this virus. It doesn't change what WHO is doing, and it doesn't change what countries should do.

We have never before seen a pandemic sparked by a coronavirus. This is the first pandemic caused by a coronavirus.

And we have never before seen a pandemic that can be controlled, at the same time.



Then, COVID was
Everywhere &
all over every single
news outlet.

But *Nothing* was written to children.
So, I knew it was time...

I scoured and organized COVID-19
information and relevant research
including my own.

and began to write...

At a second-grade level.

Mar
19
Thu

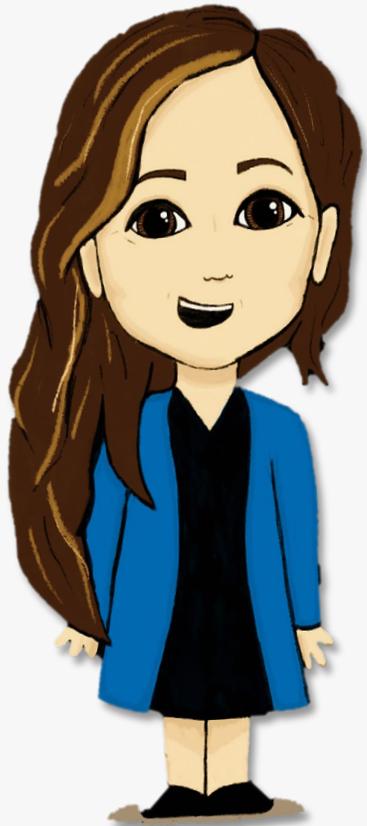
AVA Board Meeting - Jacksonville, FL ...

[View on Google Calendar](#)

When Thu Mar 19, 2020 12pm – 4:30pm (EDT)

Where Zoom Meeting: Call info: 646-558-8665 Meeting ID: 286-371-6807 or via computer <https://zoom.us/j/2863716807>

Who Aggi Tiwari (afytiwar2012@gmail.com), Barbara Knox, Brooks Keeshin, Marie Christensen...



I began reaching out to Professionals and organizations like AVA, APSAC, and ACEs Connection. All of them helped me get information out to practitioners!

Hello AVA board members,

Here is the link to the most recent pdf. I made a couple of changes from the one above due to some private messages that I just received. The Flesch Kincaid Readability puts all of the information at an early 2nd-grade reading level. Without the title and footnote, it is at a late first-grade level. I put "early reader level" at the bottom so parents know. For very young children, parents can address each point one at a time.

Our goal is to continue writing these weekly. All writing is my own, the information is all research-supported, but not taken from others' specific work, so I am officially giving you all permission to freely print and distribute any way you see fit. I would personally like to thank Pastor Chris Erde from First Presbyterian Church in Quincy, Florida who is helping us with funding for artists and physical distribution.

Through all of this, it was so needed to see all of your faces and talk about our vital work. I am so very thankful for all of you.

Best!

Machelle

The First COVID Resilience Brief....



Resilience for Children & Families: Coronavirus

Right now, things seem really different. Maybe your school is closed. You might not be seeing friends or going to your activities. This can feel rough.

Resilience means figuring out how to get through hard things!

My name is Dr. Machel. I have helped children around the world feel better after a trauma.

This is me with my friend Haiqi. We helped kids in a huge children's hospital in China.

If someone you love gets sick, they might go to the hospital and meet people like us. We support them when they feel sad or scared.



3 Things you can do to be healthy! It's as easy as **ABC**

Stay far A part. Being at home all day is hard. But it keeps people safe.

Talk to friends and family who do not live in your home by phone or video if you can.

When you have to go out, stay **5** giant steps away from people.

You might need to use a louder voice to talk far away.

Kids, sometimes, do not seem sick at all, even if they have the virus.

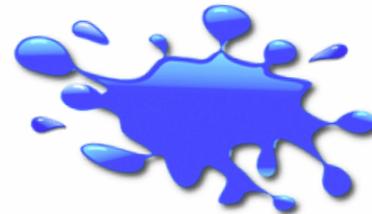
BLUE paint! Clean your hands. Before and After every place you go.

Imagine doors, your nose & things you touch have blue paint all over them.

You need to wash that off before you get Blue Paint Everywhere. Yuck!

Sing your ABCs while you wash your hands, fingernails, and wrists.

When you finish the song, you are good to go!



Cover your Cough. Sneeze or cough into a tissue. Throw it away fast.

Oh, no. More blue paint. Quick! Wash your hands.

We ended up
with ten
Resilience Briefs
with many
professionals
helping us.

Here are a
couple more of
them...

Hope & Community

Written to help children, especially those of color, to find resilience following the media reports of deaths and shootings.



Resilience for Children & Families: Being Brave When Things are Hard.



It's Dr. Machelé. We have very special guests today. I met Dr. Rodney Hammond when I was two. He helps us to be safe. Rev. Dr. Latricia Scriven helps us find strength & peace.

Dr. Rodney writes books and films to stop violence. He was a director at the CDC. He helped our country be safer. When I was small, I liked his bell bottom pants. I now know, he was changing the world. He told me then, "Little by Little, that's what it takes." When times get hard, take **1** thing at a time.

Ruby Bridges

was so brave! When she was 6, school was tough. Some people yelled, Go away! She was a small hero. You might have courage too. Find a brave adult.



Listen to their story.

Rev. Dr. Latricia was an education professor. Now, she is head pastor at church. She and her husband run the African American Family Enrichment Institute. They help people be their best. She knows people who have been hurt. She helps people feel better with love.

Kids told us community gives them strength. What group helps you?

1. Dr. Rodney remembers when Dr. King died. He was very angry. But he still had choices.
2. So, he went to university. He was brave, the first black Ph.D. school psychology student. Studying helped him focus. How can you focus?
3. He says: When you get an opportunity, put it to good use. At times, it seems there is no place to go. You might feel angry or helpless. Keep Going. Learn to survive.
4. Think now about how to get out of a situation that might lead to violence. How can you stay safe?
5. The way things look now, don't always tell you the way things will be.
6. Rev. Dr. Latricia says own the total of your emotions. Psalm 139: "How can we praise God in a strange land?" Let your song show your love, fear, peace, anger, joy, and deep lament.
7. She says: Do your absolute best with the tools you have to work with.
8. Don't figure out how to be. Focus on being. Be you and life is easy. Light everything up!
9. Our joy cannot be taken. Joy is full! It can be resistance. As an act of faith, keep your hope.

Dr. André Thomas is inspired by Spirituals to write music. As a kid, he went to school alone like Ruby. Nobody talked to him until music class. He played piano for kids singing as one voice. Now, people play his music world wide!



Shapes in this African kogolafini have meanings. Watch Kente Weavers. Weave a paper Kente or Andinkra cloth.



Supported Academic Achievement

Written to help children return to safe learning.

All Ten Resilience Briefs for Children with active links

Available on APSAC website or by email:

machelle@thompson.org

Resilience for Children & Families: Be Your Best & Safe at School



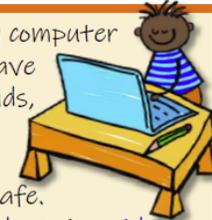
We have **2** guests today! Dr. Maria runs programs to help kids succeed. Many are from [other countries](#). Dr. Gale taught 4th-6th grade for 18 years! At the University, she helps people learn how to teach kids like you!



Dr. Maria directs education programs for kids. She works with schools to help new English speakers. Some kids are from families who work hard in U.S. farms. But they must move around a lot. She helps them be [safe and study well](#).

You might learn by computer at home. If you have class with other kids, wash your hands. Wear a mask. This keeps us all safe.

- Johns Hopkins kids **5** tips [Video](#).
- Teens Advice on wearing [Masks](#).
- Parents: [American Academy of Pediatrics](#)



Dr. Gale taught over 1000 kids at **4** elementary schools with kids like you. She has been my friend for a long time. Now, she runs a program at a University. She is a Professor who helps adults learn to be good teachers and leaders.

Kids said they like help with school. Who can help you?

1. Dr. Gale says you can succeed! Set goals. Ask an adult at home, school, or church. Ask a sibling, friend, or neighbor. We all need help sometimes.
2. At times, all kids have a hard time remembering. Try to learn facts using music! Here's a fun [Planets](#) song!
3. We learn by reading. Have fun with free [read.gov](#) books!
4. To learn math try [Kahn Academy](#) or free games [KenKen](#) or [Prodigy!](#) Learn about the world with [National Geographic Kids](#) or [Lizard Point](#) games!
5. Make reading fun with books you love like comics, jokes, and sites like [PBSKids](#).
6. To build educational resilience, take care of you! Here is a place to help [Second Step](#).
7. Dr. Maria says, believe in yourself. Sometimes things get really hard. Put on your strong self. Believe you can do well in school! You've got this!
8. If you feel stress, ask a teacher. Can you squeeze a small ball or take a little break?
9. Some subjects can be hard. You may be good at one thing. Your friend is good at another. Help each other out!
10. Set a goal every day. Do just a bit better than last time.

Learn one new word a day! Try a fun [app dictionary](#) or [WordSmyth](#) for K-12th



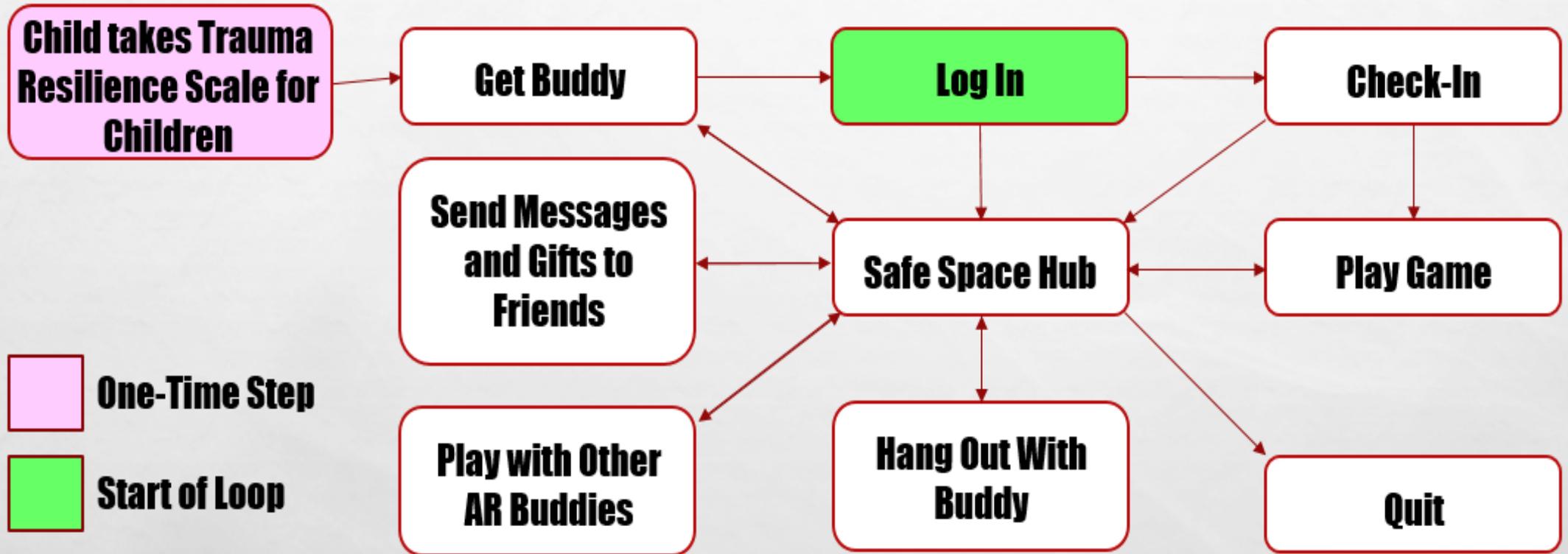
Teachers: You were already a child's first responder after hard events. Now, you put your lives on the line so they can learn. We are so grateful.

Resilience
Implementation:
My Little Buddy
Resilience App
in progress



© Octivity,
Hongren
Jerry/Yan,
RiseResilient
2020

CORE GAMEPLAY LOOP



The app will start with full TRSC assessment which will be accessible throughout Protective Factor gameplay.

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



5=Always



3=At Times



1=Never

4=Very Often

2= Seldom

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

BOX HEAD

Self-Regulation

When he is angry or happy, breads will pop out from his head

He can walk like a toy rob

When he feel only, sad or scare, the body will shrink into his head. the legs will shrink into his body.

FOX BABY

Hope & Goals

- Positive
- Goals
- Happy
- Friendly

Happy Dance

Supportive Friendships

When it happy, he can blow up and fly away like a balloon. when it sad, it will shrink.

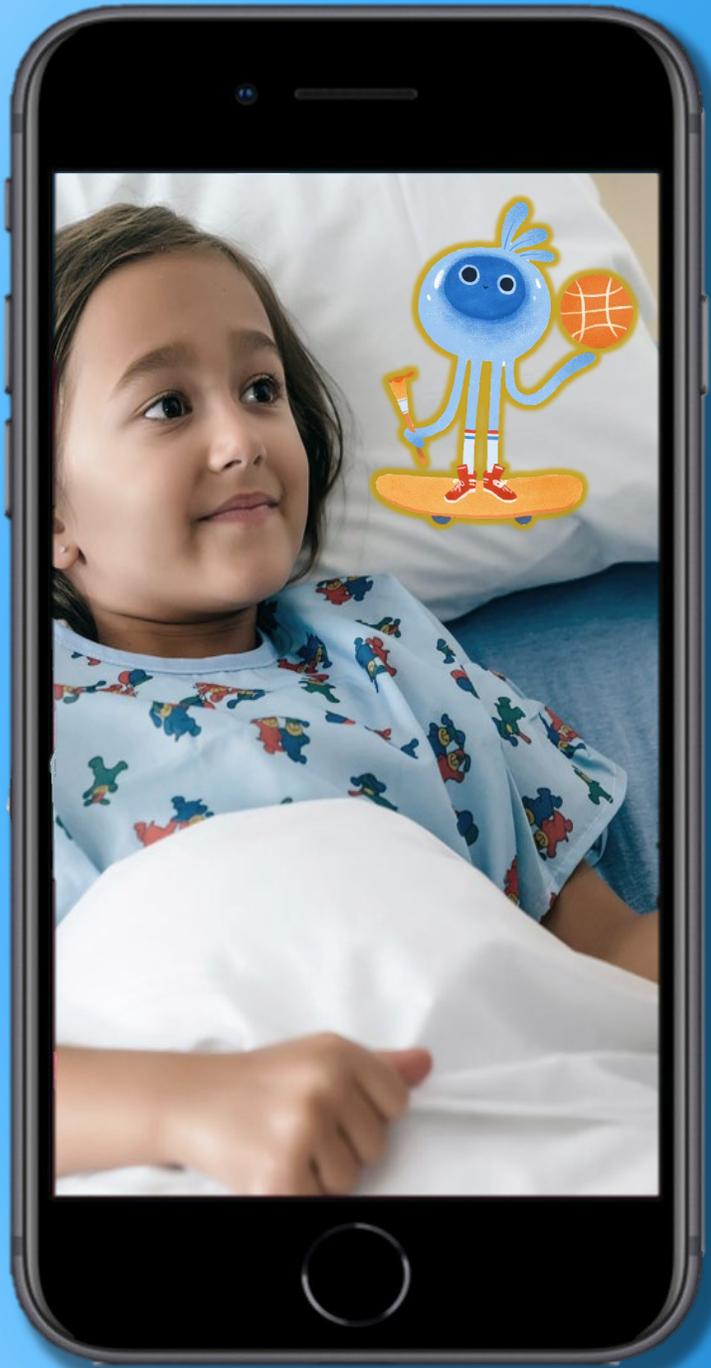
CANDY

Self-Value & Feelings

When he is sad, his head will squash and melt

When he is happy, he will stretch, like a lollipop





Activity:

Activity
Protective
Factor
AR Visiting
Buddy



Protective Factor Implementation: Online Ideas for Intervention

- **Self Value:** What makes you strong internally? How do you keep going each morning despite distancing.
- **Self Regulation:** Remember that all of us are stressed. Find a space to calm down and either connect with a supportive person or take time to be alone.
- **Goals:** Set one goal each day to learn something new.
- **Family:** Connect to a family member outside your home online or by phone each day.
- **Friends:** Interactive online gaming, Zoom "happy hour," reaching out to second level friends & groups.
- **Spirituality:** Make time for mindfulness each day. Yoga (ex. greentreeyoga.com includes outreach for trauma, children, professionals, and caregivers). Connect with online faith outreach. Call someone to pray with each day.
- **Academics:** Learn something new today. Reach out to a teacher to thank them as we reopen schools.
- **Activities:** Treatment Goals include walking, writing, drawing, Zoom music/art/writing collaborations.
- **Community:** Find online communities to join and connect. Find positive gaming, gardening, bookclubs and other at home activities you can share in groups.

Inspiring Music:

Broadway touring company Dear Evan Hansen: <https://www.youtube.com/watch?v=10msPMEick>

Resilience Briefs available:

<https://www.apsac.org/covid-19>

<https://www.avahealth.org/>

E-Book Coming!

Many Thanks:

Valentina Iturriaga, Florida State University College of Social Work, University of Central Florida: Florida Interactive Entertainment Academy, Quincy First Presbyterian Church, Pastor Chris Erde, Shanghai Children's Medical Center, Team Firestorm, Matt Thompson, Brand XR, GameSpace Orlando, Jerry Hongren, APSAC, AVA, ACEs Connection, Rachel Smith Starling, Sable Thompson, Victor Vieth, Judy Arthur, Arnekua Jackson, C. Marc Madsen, Yael Calhoun, Rodney Hammond, Latricia Scriven, Gale Neal, Maria Pouncey, Fold.It, Dave Corwin, APSAC, AVAhealth, ACEsConnection, U.S. Fulbright, Mimi Graham, Karen Oehme, Jim Clark.

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