A Pathway to More Opportunities

Protective Factors for Survivors of Domestic Violence
Introducing Our Presenters

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Social Ecological Model of Domestic Violence

Source: Adapted from Michau et al. 2015 (The Lancet)
Address Risk Factors *and* Protective Factors

**Risk Factors:** conditions or attributes of individuals, families, communities, or the larger society that *increase the likelihood of poor outcomes*

**Protective Factors:** conditions or attributes of individuals, families, communities, or the larger society that *reduce risk AND promote well-being*
“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower.”
Alexander Den Heijer

Protective Factors:

• Characteristics of individuals and families, as well as social and environmental conditions

• Reduce the negative impact of risk factors

• Build individual and family strengths, promote healthy development, support the well-being of adult and child survivors of domestic violence

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5 Protective Factors for Survivors of DV

- Social, Cultural & Spiritual Connections
- Safer & More Stable Conditions
- Nurturing Parent-Child Interactions
- Resilience & Growth Mindset
- Social & Emotional Abilities
## Crosswalk:

<table>
<thead>
<tr>
<th>Protective Factors for Survivors of Domestic Violence</th>
<th>Strengthening Families Protective Factors Framework</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safer and More Stable Conditions</td>
<td>Concrete Support in Times of Need</td>
</tr>
<tr>
<td>Social, Cultural, and Spiritual Connections</td>
<td>Social Connections</td>
</tr>
<tr>
<td>Resilience and a Growth Mindset</td>
<td>Parental Resilience</td>
</tr>
<tr>
<td>Nurturing Parent-Child Interactions</td>
<td>Knowledge of Parenting and Child Development</td>
</tr>
<tr>
<td>Social and Emotional Abilities</td>
<td>Social and Emotional Competence of Children</td>
</tr>
</tbody>
</table>
Protective Factors for Survivors are Interrelated
Build Protective Factors in All Domains to Achieve Optimal Outcomes

Systems/Societal Domain
- Policies
- Interagency Partnerships

Institutional Domain
- Safer and More Stable Conditions

Interpersonal Domain
- Social, Cultural, & Spiritual Connections
- Nurturing Parent-Child Interactions

Individual Domain
- Resilience & Growth Mindset
- Social & Emotional Abilities

PROTECTIVE FACTORS FOR SURVIVORS OF DOMESTIC VIOLENCE: A PATHWAY TO MORE OPPORTUNITIES
Safer and More Stable Conditions

• Being freer from harm

• Having more predictable and consistent positive experiences

• Reducing the effects of DV by decreasing survivors’ exposure to danger and by increasing self-efficacy
Social, Cultural, and Spiritual Connections

• Having sustained relationships with people, institutions, the community, or a higher power

• Receiving needed emotional support, help, guidance, and resources

• Having feelings of trust, hope, faith, and a belief that they matter
Resilience and Growth Mindset

• **Resilience**—positive adaptation and personal growth in response to adversity

• **Growth Mindset**—confidence that you can make it through the challenges you’re face with

Both strengthen survivors’ belief in their own power to make good choices and helps healing
Nurturing Parent-Child Interactions

• Responding to & meeting the needs of a child in an affectionate and patient manner

• Having a mutual bond of trust, love, affection, and predictability

• Promoting security in children and strengthening parents’ belief in their abilities
Social and Emotional Abilities

- Managing emotions; effectively interacting and communicating with others
- Setting and achieving positive goals; making responsible decisions
- Persisting even when things are challenging; seeking help when needed
Build Protective Factors in All Domains to Achieve Optimal Outcomes

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PROTECTIVE FACTORS FOR SURVIVORS OF DOMESTIC VIOLENCE: A PATHWAY TO MORE OPPORTUNITIES
Individual-Level Strategies

• Focus on the strengths, potentials, and resourcefulness of adult and child survivors

• Reduce stressors on survivors by helping with immediate needs such as groceries, car repairs, legal issues, or health care.

• Advocate directly for survivors’ access to resources and help them overcome barriers (e.g., language and geographic barriers, racial and gender identity discrimination, etc.)

• Use supervision to actively identify implicit biases about race and gendered norms in one’s thinking, analyses, assessments, and decision making
Interpersonal-Level Strategies

• Co-design solutions with survivors

• Explore with survivors how they can connect with others to access services, resources, and opportunities

• Provide survivors’ family and friends with information on how to support a loved one experiencing DV and about their own self-care

• Identify free community and online resources an adult survivor can access for reliable parenting and child development information

• Foster stable and positive friendships and relationships for children
Community-Level Strategies

• Establish new partnerships to expand access to resources that lessen the burdens on survivors of DV and their families

• Engage community allies—such as faith leaders and school personnel—to provide meaningful support and resources to survivors

• Facilitate survivors’ access to DV and parenting support groups, playgroups, recovery groups, and other support services for parents and children, either in the community or online
Societal/Systemic-Level Strategies

• Address root causes of racial, ethnic, and gender disparities in domestic violence and other child welfare cases

• Develop contracts to provide families equitable access to DV services

• Partner with DV Coalitions in developing Family First Prevention Services plans

• Use CAPTA funds to strengthen child welfare collaboration with DV programs and enhance DV training and practice
Discussion

Please type your questions into the chat box.
Resources

For Building Protective Factors

For Child Welfare Agencies and Service Providers
https://dvchildwelfare.org/resource-library/

For Adult and Child Survivors
https://www.futureswithoutviolence.org/resources+for+kids+and+families
https://www.futureswithoutviolence.org/get-updates-information-covid-19/

Upcoming Digital Dialogues

- **November 16:** Economic Supports and CAN Prevention
  Registration Opens 10/25

New Resources from CBLCC

- Recorded sessions from the 22nd National Conference on Child Abuse and Neglect will soon be available on the NCCAN website!
Thank You!

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