

# **The Five Factors on the front lines**

Strengthening Families through the  
Five Protective Factors



# Session Overview

- Explore the Five Protective Factors
- Understand how the Five Factors build resilience and well-being
- Learn how understanding socio-economic culture and a trauma-focused approach can help
- Practice strategies to mitigate burnout



# The Five Protective Factors

- Parental Resilience
- Social Connections.
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Children's Social and Emotional Competence





# The Role of Each Factor

- Parental Resilience: Overcoming adversity
- Social Connections: Building networks for support
- Knowledge of Parenting: Understanding child development
- Concrete Support: Providing material assistance
- Emotional Competence: Strengthening children's emotional skills

# The Five Protective Factors

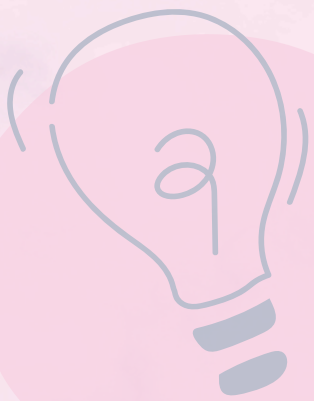
Which is the  
most  
challenging to  
implement?

# The impact of socioeconomics

- Understanding economic class differences
- Impact of poverty on family dynamics
- Bridging the gap between cultural differences







# Practical Tips

- Acknowledge the impact of poverty
- Build trust through relationship
- Address immediate needs
- Empower with resources and knowledge
- Normalize seeking help
- Foster social connections / support
- Build Resilience
- Encourage long-term planning

# The importance of connection

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"Well if I were  
You-Know-Who, I'd  
want you to feel cut  
off from everyone  
else. Because if it's  
just you alone you're  
not as much of a  
threat"

”





# Preventing Burnout

Connection and Hope

Strategies for preventing burnout



# Ways to Feel Better

*Whisper Beep Boop*

**Hold your nose and say sneep snoop**

**USE YOUR DEEPEST  
VOICE AND SAY  
BEEDLE-DEE-BOOP**

***GET ANGRY AND YELL BUBBLES***



# Q&A and Key Takeaways

- Reflect on how you will apply these factors in your work
- Are there changes you need to make based on cultural understanding?
- Identify immediate action steps to reduce burnout





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Maven: one who understands and shares timely and relevant knowledge with others