

Protective Factors

Pathways to more opportunities

Q|C Domestic Violence
in Child Welfare

Advancing an Adult & Child Survivor-Centered Approach

Promising Futures

FUTURES
WITHOUT VIOLENCE



Learning Agenda

- **Learn** about the science of resilience.
- **Describe** five protective factors that reduce the negative impacts of domestic violence on adult and child survivors of domestic violence and promote their healthy development and well-being.
- **Explore** opportunities for strengthening systems of care to incorporate protective factors for survivors.

What are the conditions and experiences that are essential for a happy, healthy childhood (and life)?



PROTECTIVE FACTORS FOR SURVIVORS OF DOMESTIC VIOLENCE



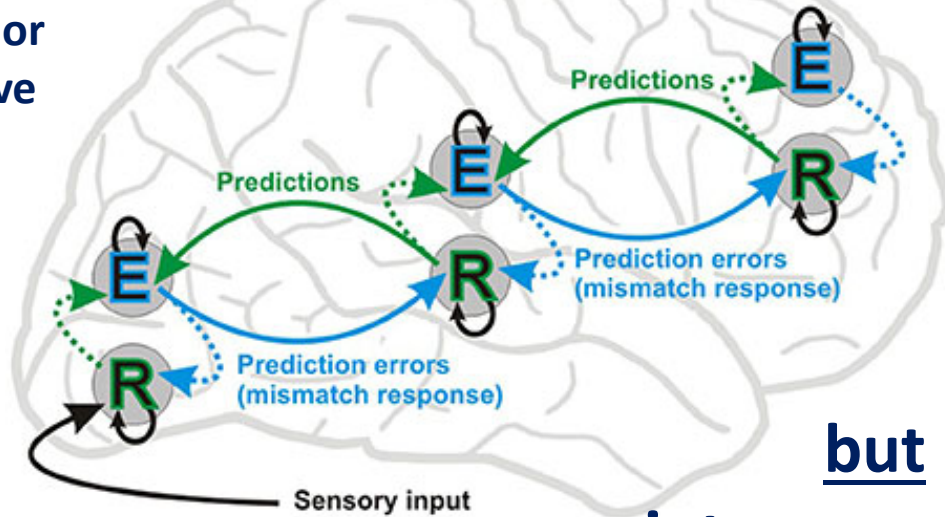


The Brain Explained

...in 3 minutes

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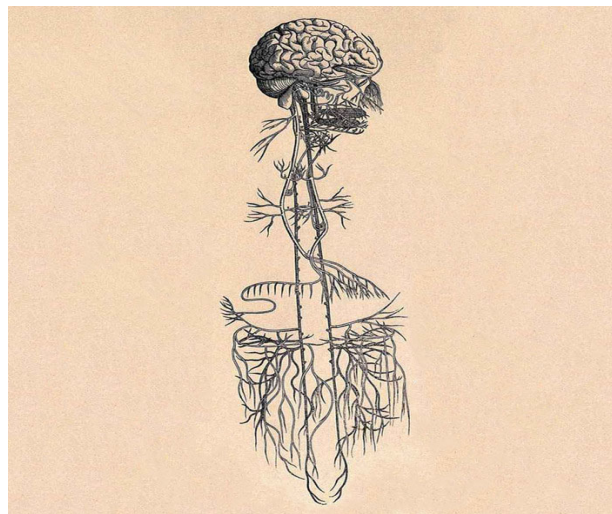
Our brains are
NOT hard
wired or
reactive



Our brains are not reactive...ever...*really*?...YES!

The vagus nerve extends all the way from our brain stem, to our tongue, vocal chords, heart, lungs, and internal organs.

- Communication between brain and gut
- Vagal response reduces stress.
- Reduces heart rate and blood pressure
- Stimulates digestion
- Decreases inflammation
- Fear management



How do we make sense and meaning of things?

Hypothalamus

Thyrotropin-releasing hormone
Dopamine
Growth hormone-releasing hormone
Somatostatin
Gonadotropin-releasing hormone
Corticotropin-releasing hormone
Oxytocin
Vasopressin

Thyroid

Triiodothyronine
Thyroxine

Pineal gland

Melatonin

Pituitary Gland

Anterior pituitary

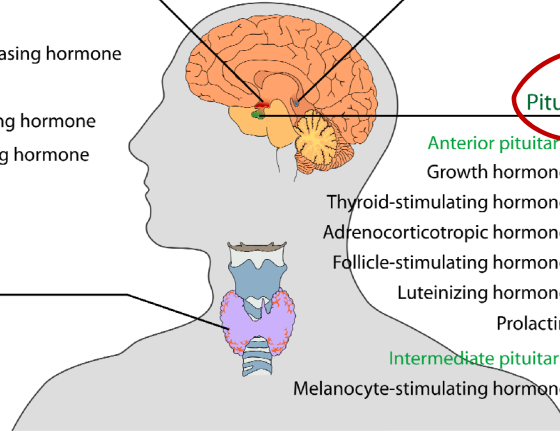
Growth hormone
Thyroid-stimulating hormone
Adrenocorticotrophic hormone
Follicle-stimulating hormone
Luteinizing hormone
Prolactin

Posterior pituitary

Oxytocin
Vasopressin
Oxytocin (stored)
Anti-diuretic hormone (stored)

Intermediate pituitary

Melanocyte-stimulating hormone

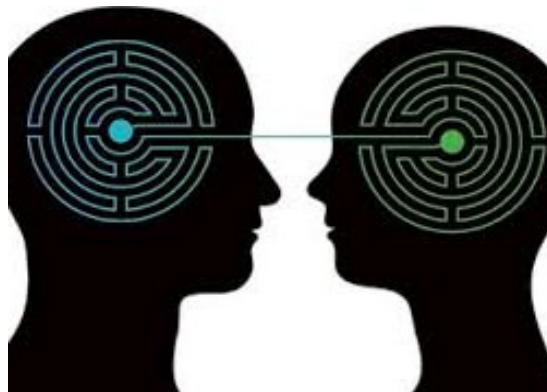


What influences our sense making, decisions, and actions?

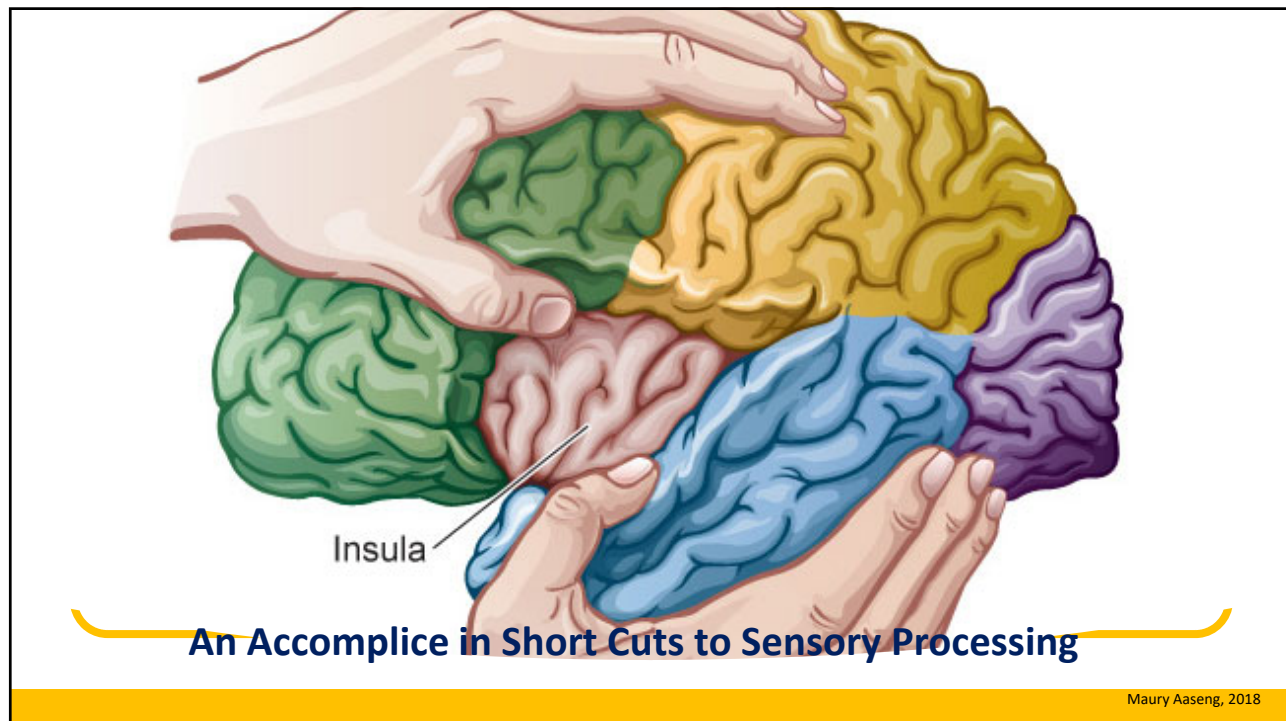
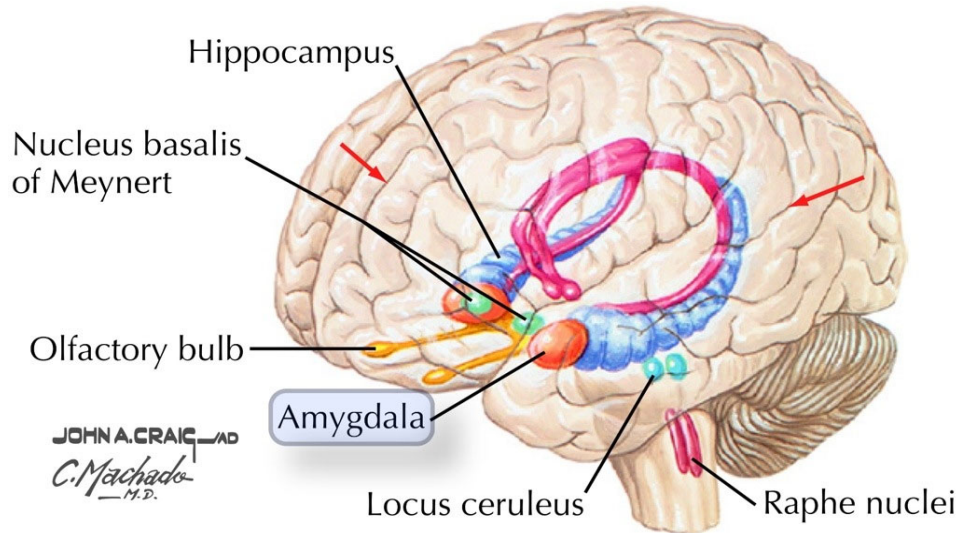
Facial recognition



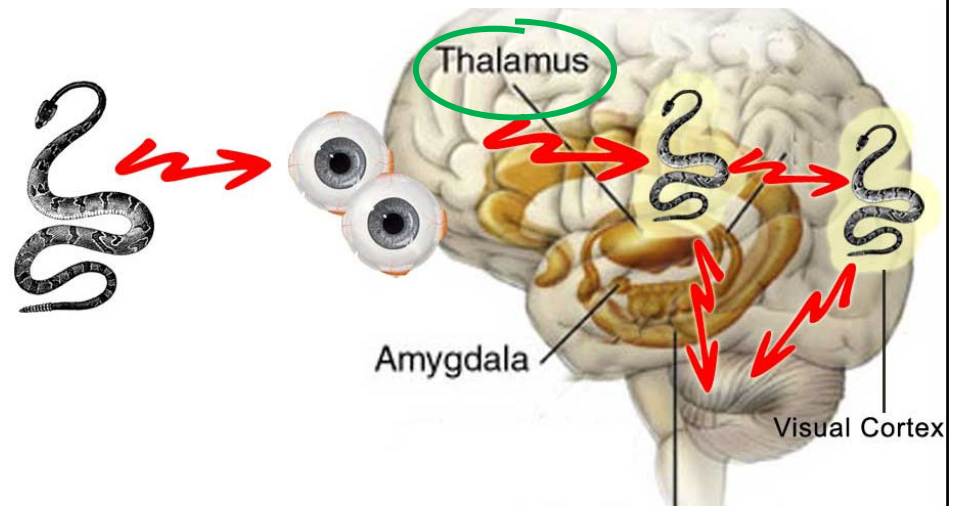
Empathy



So...context matters that much, huh?



And...we all take short cuts...



Useful for survival

Not so much for decision making in complex, ambiguous environments

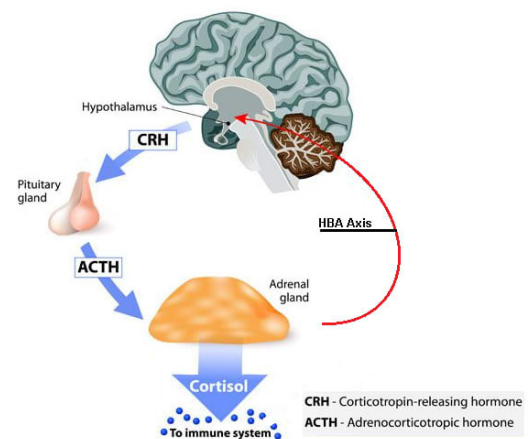
Image retrieved from: <https://sites.google.com/site/evopsyc/home/emotion/emotional-low-road-high-road>

How deep does all this go?

A rat mother regularly licking her pups, giving them lots of space to nestle into her underside.



A rat mother barely licking her pups and providing almost no tactile stimulation.



How far back does all this go?



Every Profession Has Its Own Language

Language
of
Protection



Language
of
Empowerment



Language
of
Well-being



What are the contexts that drive our decision making

Language
of
Protection



Language
of
Empowerment



Language
of
Well-being



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Learning Points and Quick Wins

- Decision making is highly vulnerable to bias
- Full spectrum thinking is necessary to address bias
- Full spectrum decision making is achieved by taking a landscape view, through cross-sector collaboration, and is also a team activity
- Don't do business as usual – think outside the box AND the building!
- Protective factors as an equity strategy depends on how willing and prepared you are to design the experiences and create the conditions that mitigate the negative effects of trauma and promote wellbeing

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Thank you!

For more information, please visit:

- **Futures Without Violence:**
<https://www.futureswithoutviolence.org/>
- **Promising Futures Without Violence:**
<https://promising.futureswithoutviolence.org/>
- **QIC-DVCW:**
<https://dvchildwelfare.org/>



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