

# Protective Factors Webinar

January 21<sup>st</sup> 11:00 am-12:00 pm



# The CFPIC Linkages Team



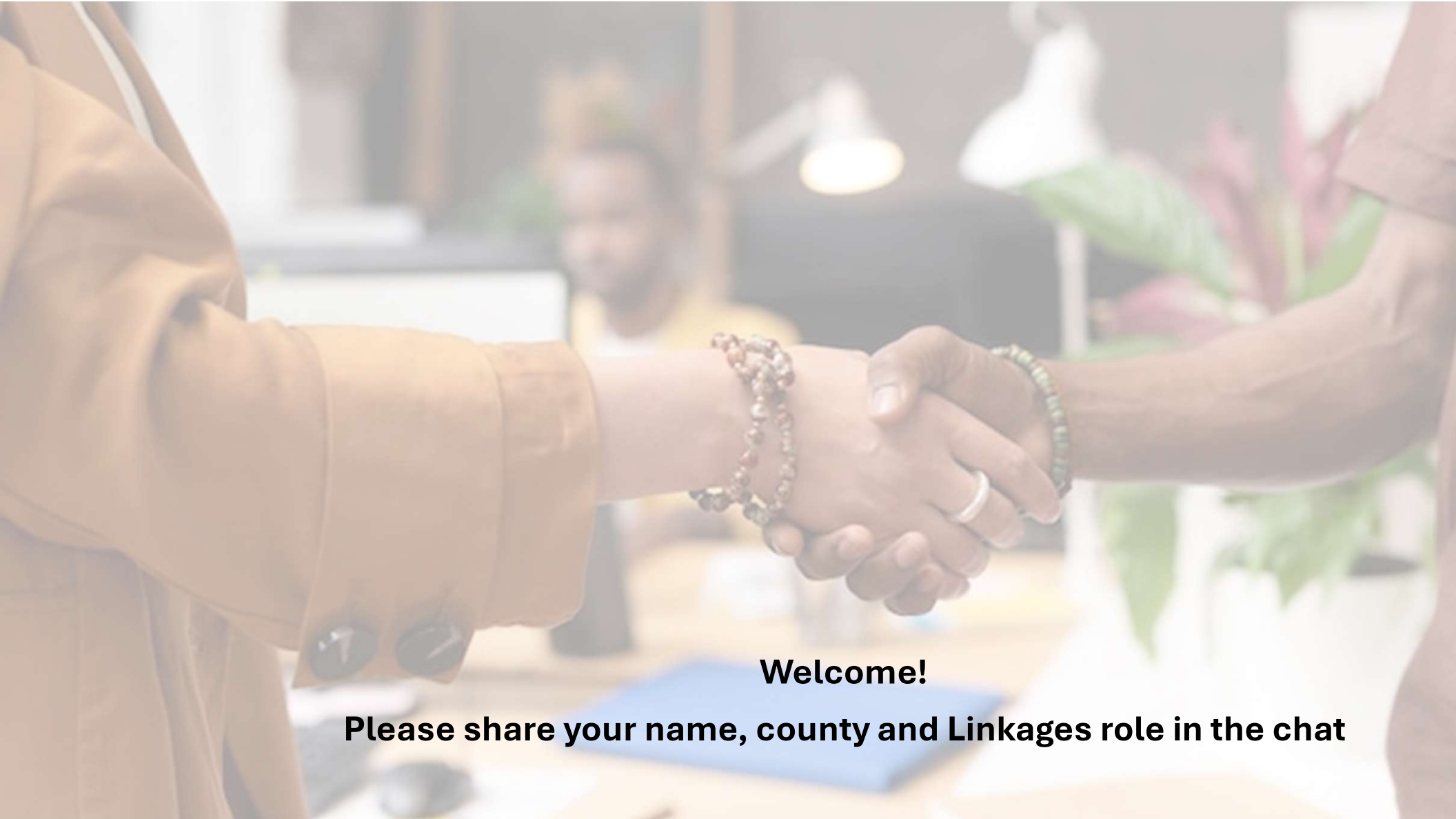
Linkages Program Director  
Danna Fabella



CFPIC Associate Director  
Melissa Connelly




Linkages Program Associate  
Andrea Lewis



**Welcome!**

**Please share your name, county and Linkages role in the chat**

- 
- A person wearing a yellow sweater is holding a white sign with a black border. The sign contains a list of agenda items. In the background, several people are seated around a wooden conference table in a meeting room with a stone wall. The people are out of focus.
- Introductions
  - What are the Protective Factors and how do they connect to Risk Factors?
  - How does the Linkages approach support building Protective Factors?
  - How can the Protective Factors support CW/CWS case planning?
  - How are counties using the Protective Factors Brochure?
  - Closing

# Agenda



What are  
Protective  
Factors  
and how do  
they reduce  
risk?

- **Protective Factors:** Conditions or attributes of individuals, families, communities, or the larger society that mitigate or eliminate risk
- **Risk Factors:** Conditions or attributes of individuals, families, communities, or the larger society that increase the probability of poor outcomes
- **Cumulative Protective Factors:** the presence of multiple protective factors; associated with a decreased likelihood of involvement in problem behaviors
- **Cumulative Risk Factors:** the presence of multiple risk factors; associated with an increased likelihood of multiple problem outcomes

## Why is a Protective Factors approach important?

- Changing the balance between risk and protective factors where protective factors outweigh the risk factors— is an effective prevention and early intervention strategy
- A positive way to engage families
- A strong platform for building collaborative relationships



Parental Neglect  
Family Adversity  
Poverty  
Family Stress

Parental Resiliency  
Social Support Networks  
Knowledge of Parenting  
Concrete Supports  
Social & Emotional Development





## *What are the Protective Factors?*



### **Parental Resilience**

Resilience is managing stress and functioning well, even when things are difficult.



### **Social Connections**

It's easier to handle parenting challenges when positive relationships with family, friends, and neighbors are consistent.



### **Knowledge of Parenting and Child Development**

By learning what children need in order to thrive, you can provide them the best start in life.



### **Concrete Support in Times of Need**

Knowing where to get help in times of need can make things a lot easier.



### **Social and Emotional Competence of Children**

Helping children develop social-emotional competence teaches them to manage emotions and build healthy relationships.



# Parental Resilience

## **Being Resilient as a Parent Means:**

- Taking care of yourself and asking for help when you need it.
- Planning for the future and what you will do in challenging situations.
- Taking time to enjoy your child and what you like about parenting.



# Social Connections

## How to Build a Strong Social Support System:

- Join a local community group. There are also many virtual community groups on platforms such as Facebook.
- Reach out to and make plans with parents who have children the same age as yours.



# Knowledge of Parenting and Child Development

## **Increasing Knowledge of Parenting and Child Development Helps You:**

- Know what to expect as your child grows and how you can best help them thrive.
- Respond in a positive way when your child misbehaves.
- Use new skills to help your child be happy and healthy.



## **Concrete Support** in Times of Need

### **As a Parent, it is Important that You:**

- Know what help is available (like where you can obtain food, housing, clothing, and help paying for utilities).
- Have access to the things you need to keep your family safe and healthy.
- Advocate for your family.





# **Social and Emotional** Competence of Children

## **To Help your Child Develop these Skills:**

- Respond to your child with warmth and consistency.
- Teach your child to use words to express how he or she feels.
- Allow your child to express his or her emotions safely.

## Risk Factors

- Stressful situations – trauma
- Isolation
- Less positive tools for parenting infants, toddlers, teens
- Loss of Income, housing, food
- Child has specific needs – behaviorally, developmentally, etc

## Protective Factors

- Parental Resilience
- Social Connections
- Knowledge of Parenting & Child Development
- Concrete Supports
- Social & Emotional Competence of Children



FINDINGS FROM THE  
LINKAGES SERVICE  
RECIPIENT SURVEY  
2024

## How is Linkages improving outcomes and stability for service recipients?

- Almost all survey respondents indicated an increase in protective factors around **parenting skills and supporting their family**, but gaps remained in the areas of adequate coping skills and having support systems of caring people in their lives.
- Survey respondents reported receiving and accessing numerous resources that helped address the most commonly reported needs – **income, basic needs**, and receiving behavioral health services.

# How can Protective Factors Support Planning with Families?



# County Examples







## Why Protective Factors?

Protective factors help families succeed and thrive, even in the face of risks and challenges. There are many ways that you can build on your own family's strengths and offer support to other families when they need it.

### These are the 5 Protective Factors:

- Parental resiliency
- Social connections
- Knowledge of parenting and child development
- Access to concrete supports in times of need
- Child social and emotional competence

Five Protective Factors Brochure F063-30-984 (05/24)

### Concrete Support in Times of Need (cont'd)

- Learn more about what sources of support are available in your community. Check out bulletin boards at the library or visit your local family resource center.
- Help someone else get the help they need.

### Social and Emotional Competence of Children To Help your Child Develop these Skills:

- Respond to your child with warmth and consistency.
- Teach your child to use words to express how he or she feels.
- Allow your child to express his or her emotions safely.

### Social and Emotional Competence of Children Tune-Ups:

- Look for opportunities to praise your child for making the right choices and for showing friendly behaviors, such as sharing a favorite toy.
- Create a regular family check-in routine to talk about the day

### Parental Resilience Being Resilient as a Parent Means:

- Taking care of yourself and asking for help when you need it.
- Planning for the future and what you will do in challenging situations.
- Taking time to enjoy your child and what you like about parenting.

### Parental Resilience Tune-Up Tips:

- What activities help you feel less stressed? Create a list of stress-buster activities to have on hand when times get tough.
- Write down all the things you love doing with your child and think of ways to build those activities into your day.

### Social Connections

#### How to Build a Strong Social Support System:

- Join a local community group.

#### Social Connections Tune-Up Tips:

- There are also many virtual community groups on platforms such as Facebook.
- Reach out to and make plans with parents who have children the same age as yours.

### Resources

California Parent & Youth Helpline  
<https://caparentyouthhelpline.org/>  
(855) 427-2736

Text 4 baby  
<https://www.text4baby.org/>

Child Welfare Information Gateway  
<https://www.childwelfare.gov/>  
(800) 394-3366

Help Me Grow OC  
<https://www.helpmegrowoc.org/>  
(866) 476-9025

Access California  
<https://www.accesscal.org/>  
(800) 287-1332  
(714) 917-0440

Regional Center Of Orange County  
<https://www.rcocdd.com/>  
(714) 796-5100

Department of Social Services  
<https://www.cdss.ca.gov/inforesources/ocap/parent-resources>

Material adapted with permission from the Center for the Study of Social Policy, [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)

Five Protective Factors Brochure F063-30-984 (05/24)

### Knowledge of Parenting and Child Development

#### Increasing Knowledge of Parenting and Child Development Helps You:

- Know what to expect as your child grows and how you can best help them thrive.
- Respond in a positive way when your child misbehaves.
- Use new skills to help your child be happy and healthy.

#### Parenting and Child Development Tune-Ups:

- Make a list of your parenting strengths to remind yourself of what you do well.
- Write down at least one thing you want to learn about parenting and consider who might help you learn it.

### Concrete Support in Times of Need

#### As a Parent, it is Important that You:

- Know what help is available (like where you can obtain food, housing, clothing, and help paying for utilities).
- Have access to the things you need to keep your family safe and healthy.
- Advocate for your family.

FIVE PROTECTIVE FACTORS RESOURCES AND TIPS



## Five Protective Factors

### Building Strong Families

Each of us is born into a unique set of circumstances that can impact the course of our lives. Identified as the social determinants of health, these circumstances can be either protective factors (things that increase the likelihood of positive outcomes) or risk factors (things that increase the likelihood of challenges). Research studying health outcomes identified five key protective factors linked with an increased likelihood of positive outcomes.

OC Social Services Agency  
FIVE PROTECTIVE FACTORS RESOURCES AND TIPS



## Five Protective Factors

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#### Parental Resilience

Resilience is managing stress and functioning well, even when things are difficult.



#### Social Connections

It's easier to handle parenting challenges when positive relationships with family, friends, and neighbors are consistent.



#### Knowledge of Parenting and Child Development

By learning what children need in order to thrive, you can provide them the best start in life.



#### Concrete Support in Times of Need

Knowing where to get help in times of need can make things a lot easier.



#### Social and Emotional Competence of Children

Helping children develop social-emotional competence teaches them to manage emotions and build healthy relationships.

## Protective Factors Building Strong Families:

### Resources and Tips

#### California Parent & Youth Helpline

<https://caparentyouthhelpline.org/>  
(855) 427-2736

#### Text 4 baby

<https://www.text4baby.org/>

#### Child Welfare Information Gateway

<https://www.childwelfare.gov/>  
(800) 394-3366

#### Help Me Grow OC

<https://www.helpmegrowoc.org/>  
(866) 476-9025

#### Access California

<https://www.accesscal.org/>  
(800) 287-1332  
(714) 917-0440

#### Regional Center Of Orange County

<https://www.rcocdd.com/>  
(714) 796-5100

#### Department of Social Services

<https://www.cdss.ca.gov/inforesources/ocapi/parent-resources>

### Why Protective Factors?

Protective factors help families succeed and thrive, even in the face of risks and challenges. There are many ways that you can build on your own family's strengths and offer support to other families when they need it.







CDSS  
CALIFORNIA  
DEPARTMENT OF  
SOCIAL SERVICES

## Protective Factors Building Strong Families:

### Resources and Tips

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## Five Protective Factors



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# Five Protective Factors

Each of us is born into a unique set of circumstances that can impact the course of our lives. Identified as the social determinants of health, these circumstances can be either protective factors (things that increase the likelihood of positive outcomes) or risk factors (things that increase the likelihood of challenges). Research studying the health outcomes identified five key protective factors linked with increased likelihood of positive outcomes.

These are the 5 Protective Factors:

1. Parental resiliency
2. Access to concrete supports in times of need
3. Knowledge of parenting and child development
4. Social connections
5. Child social and emotional competence

Building protective capacities within families to promote positive outcomes, strengthen community, and improve child well-being is the job of all child and family serving organizations. This brochure was developed as part of the statewide Linkages Project to help counties promote awareness of the protective factors and reducing risk. Each section of the brochure looks at one of the protective factors and provides:

6. A definition of the protective factor
7. Family friendly suggestions for how to feel strong in that factor
8. Local connections the family can make if they want more support related to the factor.

Check out the tips and resources listed below!

- First 5 Tehama: <https://www.firstStehama.org/>
- Triple P Parenting Red Bluff: <https://www.firstStehama.org/2022/11/14/triple-p/>
- Children First: <https://childrenfirsttfa.com/>
- Empower Tehama: <https://empowertehama.org/>
- Pregnancy to Preschool: <https://www.firstStehama.org/pregnancy-to-preschool-partnership/>







## Concrete Support in Times of Need

### As a Parent, it is Important that You:

- Know what help is available (like where you can obtain food for utilities).
- Have access to the things you need to keep your family safe.
- Advocate for your family.

### Concrete Support Tune-Ups:

- Learn more about what sources of support are available in your area at the library or visit your local family resource center.
- Help someone else get the help they need.

IV Food Bank  
(760) 370-0966  
486 W Aten Rd  
Imperial, CA 92251  
ivfoodbank.com

Catholic Charities  
(760) 353-6822  
250 W Orange Ave  
El Centro, CA 92243  
catholiccharitiesusa.org

IV Life Center  
(760) 693-5006  
561 S 4th St Ste B  
El Centro, CA 92243  
ivlifecenter.com

Campesinos Unidos  
(760) 344-0322  
1005 C. St  
Brawley CA, 92227  
campesinosunidos.org

Day Out Center  
(760) 337-8393  
757 Main St  
El Centro, CA 92243

The Salvation Army  
(760) 352-4528  
397 Ross Ave  
El Centro, CA 92243  
elcentro.salvationarmy.org

Women's Health Clinic (WIC)  
El Centro  
2600 Thomas Dr  
(760) 353-2773

Brawley  
561 E St  
(877) 686-5468

Callexico  
2451 Rockwood Ave  
(877) 686-5468

#### Imperial County Department of Social Services

CalWORKs | CalFresh | Medi-Cal

El Centro  
2995 S 4th St  
(760) 337-6800

Brawley  
860 Main St  
(442) 265-5300

Callexico  
301 Heber Ave  
(442) 25-6165



## Social Connections



### How to Build a Strong Social Support System:

- Join a local community group. There are also many virtual community groups on platforms such as Facebook.
- Reach out to and make plans with parents who have children the same age as yours.

### Social Connections Tune-Up Tips:

- Join a local community group.
- Reach out to and make plans with parents who have children the same age as yours.

(ICOE) Imperial County of Education  
(760) 312-6464  
1398 Sperber Rd  
El Centro, CA 92243  
icoe.org

LGBT Resource Center  
(760) 592-4066  
1073 Ross Ave  
El Centro, CA 92243  
lvgbtcenter.com

Imperial County Calworks  
Home Visiting Program  
(760) 312-6452  
homevisiting@icoe.org  
icoe.org/hvprogram

ICOE- Padres en Accion  
Contact Maria Elena Miranda  
(760) 344-7268  
Meetings in Calexico, El Centro, Brawley

The Rite Track  
(760) 337-5565  
2299 W. Adams Ave #102  
El Centro, CA 92243  
marysol.medina@theritetrack.com  
theritetrack.com

Casa Serena  
1(800) 817-5292  
202 North 8th St  
El Centro CA, 92243  
bhs.imperialcounty.org

NAMI  
Hey! Cafe Clubhouse  
950 S 4th St, Suite 4B  
El Centro, CA 92243  
namisandiego.org/heycafe/

#### Imperial County Behavioral Health (442)265-1525

2695 S. 4th St.  
El Centro, CA 92243

220 Main St.  
Brawley, CA, 92227

1501 W. Imperial Ave  
Calexico CA, 92231



**Los Angeles County  
Gloria Jakini Rojas**





Linkages Partnership

# FIVE Protective Factors

Protective Factors Building Strong Families

## Why Protective Factors?

Protective factors help families succeed and thrive through challenging times. Learn how you can build on your family's strengths and offer support to others when they need it!



PARENTAL RESILIENCE



SOCIAL CONNECTION



SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT



CONCRETE SUPPORT IN TIMES OF NEED

For more information visit: XXX







**FIVE Protective Factors**   
**Protective Factors Building Strong Families**

**Why Protective Factors?**  
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For more information visit: XXX

**PARENTAL RESILIENCE**  
 Resilience is managing stress and functioning well, even when things are difficult.

**SOCIAL CONNECTION**  
 It's easier to handle parenting challenges when positive relationships with family, friends, and neighbors are consistent.

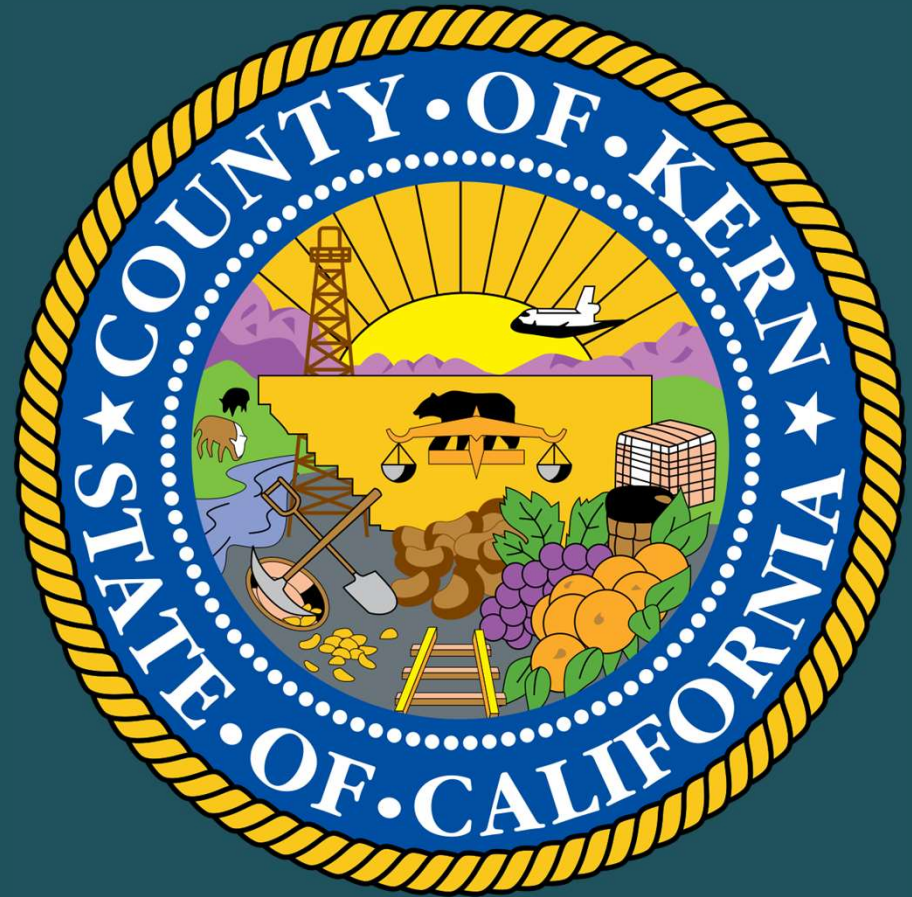
**SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN**  
 Helping children develop social-emotional competence teaches them to manage emotions and build healthy relationships.

**KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT**  
 By learning what children need in order to thrive, you can provide them the best start in life.

**CONCRETE SUPPORT IN TIMES OF NEED**  
 Knowing where to get help in times of need can make things a lot easier.



**Kern County  
Elizabeth Dockstader  
and Susan Lawol**





# Kern County Family Resource Centers (FRC)

*Family First!*

## Bakersfield FRC

Richardson Child Development  
Resource Center  
1515 Felt Dr.  
661.336.5411

Services for families with youth with disabilities  
and/or special needs.

## South East Neighborhood

Partnership Family Resource Center  
815 Dr. Martin Luther King Jr. Blvd.  
661.322.3276

Greenfield Family Resource  
Center  
5400 Monitor St.  
661.837.3720

Kern County Network for  
Children Dream Center  
1801 19th St.  
661.636.4488

**H.E.A.R.T.S.** Connection Family  
Resource Center  
4500 California Ave.  
661.328.9055

Services for families with youth with  
disabilities and/or special needs.

North of the River Neighborhood  
Place Community Learning  
401 Willow Drive  
661.392.2000

## Shafter FRC

Shafter Healthy Start Family  
Resource Center  
300 N. Valley St.  
661.746.8690

## Ridgecrest FRC

Oasis Family Resource Center  
814 N. Norma St.  
760.248.3221

## Frazier Park FRC

Mountain Communities Family  
Resource Center  
3015 Mt. Pinon Way, #201

## Arvin FRC

Arvin Family Resource Center  
300 Franklin St.  
661.854.6525

## Lost Hills

Lost Hills Family Resource  
Center  
14823 Office Lane  
661.797.3042

## Delano FRC

Delano Community Connection  
Center  
1842 Norwalk St.  
661.721.7036

## Lake Isabella FRC

Kern River Valley Family  
Resource Center  
6048 Lake Isabella Blvd., STE A  
760.379.2556 Ext. 907

## Buttonwillow FRC

Buttonwillow Community  
Resource Center  
42600 Highway 58  
661.764.9405

## Mojave FRC

East Kern Family Resource  
Center  
16804 Highway 14, STE C  
661.824.4118

## Rosamond

Parent and Community Center  
2800 Rosamond Blvd.  
(Between Rare Earth High School and RHECC)  
(661) 256-5000 Ext. 1215

## Lamont FRC

Lamont Woodpatch  
Family Resource Center  
7915 Burgundy Ave.  
661.845.2724

## Taft FRC

West Side Outreach &  
Learning Center  
500 Cascade Plaza, STE C  
661.763.4246

## Contact a FRC Near You!

Resource Centers are ONE STOP shop for families & community

# Resource Centers Help Build Protective Factors!

## What are Protective Factors?

Protective factors help families succeed and thrive, even in the face of risks and challenges. There are many ways that you can build on your own family's strengths and offer support to other families when they need it.

## The Five Protective Factors: Resource and Tips

### Parental Resilience

Resilience is managing stress and functioning well, even when things are difficult.

#### Being Resilient as a Parent Means:

- Taking care of yourself and asking for help when you need it.
- Planning for the future and what you will do in challenging situations.
- Taking time to enjoy your child and what you like about parenting.

#### Parental Resilience Tips:

- What Activities help you feel less stressed? Create a list of stress-buster activities to have on hand when times get tough.
- Write down all the things you love doing with your child and think of ways to build those activities into your day.

### Social Connections

It's easier to handle parenting challenges when positive relationships with family, friends, and neighbors are consistent.

#### How to Build a Strong Social Support System:

- Join a local community group. There are also many virtual community groups on platforms such as Facebook.
- Reach out to and make plans with parents who have children the same age as yours.

### Knowledge of Parenting and Child Development

By Learning what children need in order to thrive, you can provide them the best start in life.

#### Increasing Knowledge of Parenting and Child Development Helps You:

- Know what to expect as your child grows and how you can best help them thrive.
- Respond in a positive way when your child misbehaves.
- Use new skills to help your child be happy and healthy.

#### Parenting and Child Development Tune-Ups:

- Make a list of your parenting strengths to remind yourself of what you do well.
- Write down at least one thing you want to learn about parenting and consider who might help you learn it.

### Concrete Support in Times of Need

Knowing where to get help in times of need can make things a lot easier.

#### As a Parent, it is Important that You:

- Know what help is available (like where you can obtain food, housing, clothing, and help paying for utilities).
- Have access to the things you need to keep your family safe and healthy.
- Advocate for your family.

#### Concrete Support Tips:

- Learn about what sources of support are available in your community.

## FRC's Are a Great Tool!

Information on the front page.

### Social and Emotional Competence of Children

Helping children develop social-emotional competence teaches them to manage emotions and build healthy relationships.

#### To Help your Child Develop these Skills:

- Respond to your child with warmth and consistency.
- Teach your child to use words to express how he or she feels.
- Allow your child to express his or her emotions safely.





**KERN**  
COUNTY

GROUNDLED  BOUNDLESS

Strengthening  
Capacity in  
Kern County  
through  
Collaboration

**Kern County DHS  
Linkages Team**





## Knowing help is available:

- Knowing you can bounce back from tough obstacles
- Knowing you have support when times get tough
- Knowing parenting is tough but support and answers to your questions are available.
- Knowing you and your family have somewhere to turn in crisis
- Knowing you have the power to manage your emotions and achieve your goals with available skill building resources

# The Five Protective Factors as a tool: Parents can reclaim control not dependency



## Parental Resilience

*Manage the stress of high bills, childcare or grocery prices with financial support so you can get back on track with things that ease your stress."*



## Social Connections

*Involve family, friends and neighbors who want to support you in your journey or join a group of parents who are on the same path.*



## Knowledge of Parenting and Child Development

*Learn what your baby needs to grow strong and healthy and how you can prepare your child for success.*



## Concrete Support in Times of Need

*Take steps to keep food on the table, a roof over your family's head and your home's lights on.*



## Social and Emotional Competence of Children

*Help your child feel confident, happy, and ready to succeed by regularly telling them they do well*

# Resource Centers Help Build Protective Factors!

## What are Protective Factors?

Protective factors help families succeed and thrive, even in the face of risks and challenges. There are many ways that you can build on your own family's strengths and offer support to other families when they need it.

Tool is used to educate and onboard:

- Application and Renewal Package, CalFresh, CalSAWS, MediCal
- Child and Family Team Meetings
- Outreach and Events
- Home Visits/HVP
- Family Resource Center Handout

Goals 2025:

- Increased Social Media Messaging
- Present at the Meeting, Kern County Network for Children, Internal Meetings
- Mobile app or text-based service to guide families through accessing resources
- Share testimonials from parents who overcame crises with FRC or FSP support

**Social & Emotional Competence of Children:**

**Parent Education  
Home Visiting Program  
PAT (FR)**

**Knowledge of Parenting and Child Development:  
Head Start/EIS**

**Concrete Support in Times of Need:  
Housing Assistance**

**Parental Resilience:  
Counseling  
Home Visiting Program**

**Social Connections:  
Friendship House Workshops**

# No matter where you're starting from, we'll help you get where you want to go.



## Family Stabilization

- Intensive Case Management
- Housing Assistance
- Behavioral Health Services
- Domestic Abuse Support:
- Transportation Assistance:
- SSI Advocacy:
- Counseling Services



## CalWorks & CWS Linkages

- Integrated Service Delivery Facilitating communication and cooperation between CalWORKs
- Prevention and Early Intervention: Identifying and addressing risk factors early to prevent child maltreatment.
- Family-Centered Approach: Developing tailored service plans



## Resource Centers

- Head Start/Early Head Start
- Home Visiting Programs
- Parent Education/Workshops
- Utility Bill Payment Assistance
- Food Banks & Food Programs
- Friendship House
- Counseling Services
- Navigation Services for Unsheltered Families and Individuals
- Coordinated Entry System
- Migrant Childcare



Thank You

Kern County DHS  
Linkages Team





**Share your thoughts!**  
How do you see yourself  
using the Protective Factors  
to Strengthen Family  
Resilience?



# THANK YOU!

