



Building Protective Factors of Parents Through Statewide Prevention Systems

**Kim Hemmert (Idaho),
Rebecca Monnier (Nebraska), &
Cynthia Smith (FRIENDS T/TA Coordinator)**

Learning Objectives

- Explain the Protective Factors Survey (PFS)
- Use of the PFS to build evidence of strengthening families for self-sufficiency within communities
- Use of protective and promotive factors data for continuous quality improvement in a state's prevention system



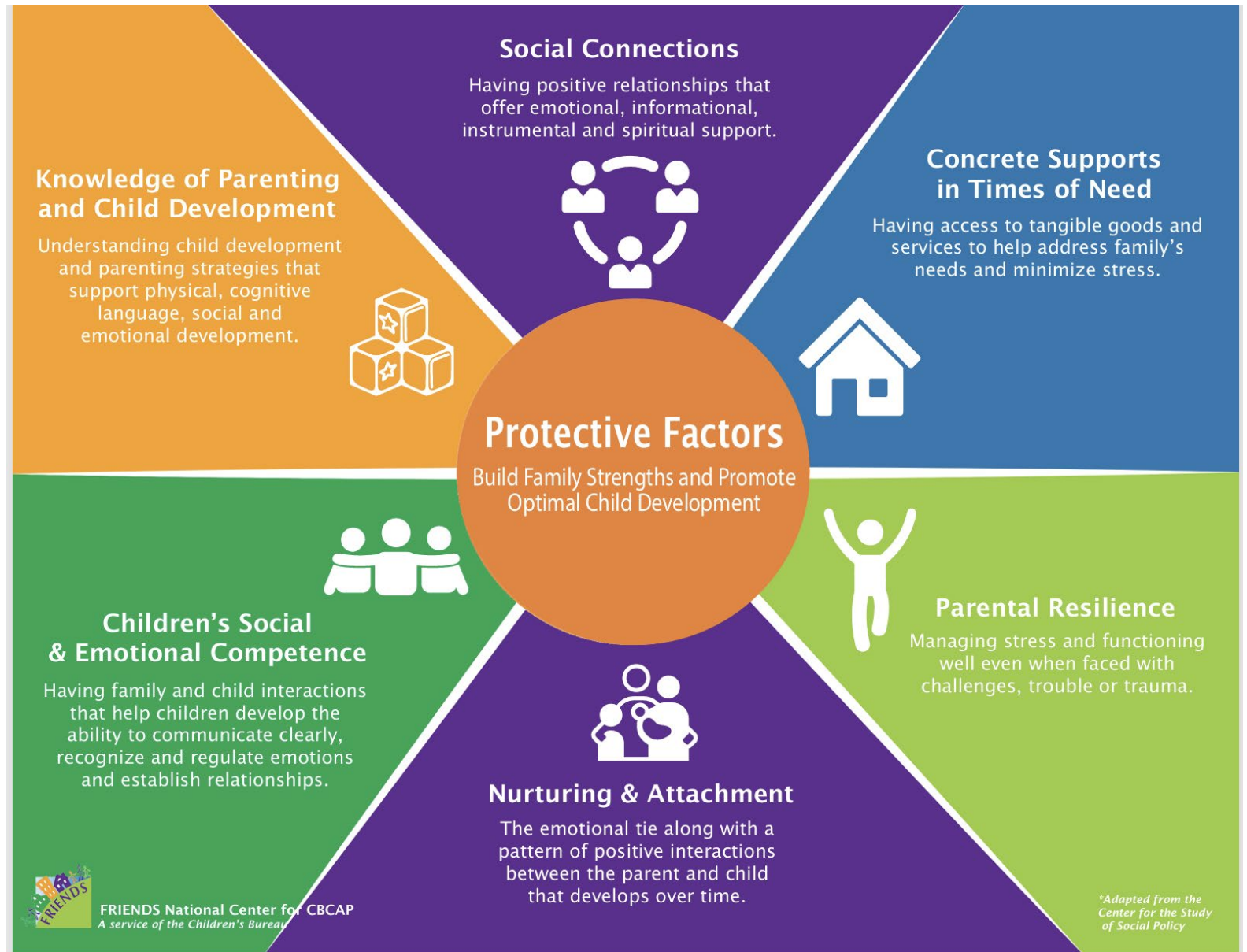
What are protective factors?

- ✓ Characteristics or conditions that reduce or buffer the effects of risk, stress, or trauma
- ✓ An asset of some kind
- ✓ Help to mitigate risks in that they help families to weather life's stress and trauma with less damage

<https://friendsnrc.org/protective-factors/>



This Protective Factors Infographic highlights how each protective factor applies to neglect



Building Protective Factors to Moderate Risk: How to Measure Change in Families



Protective Factors Survey developed in 2008 to measure multiple protective factors that reduce the risk of child abuse and neglect.



Protective Factors Survey Catalog

Protective Factors
Survey 1.0

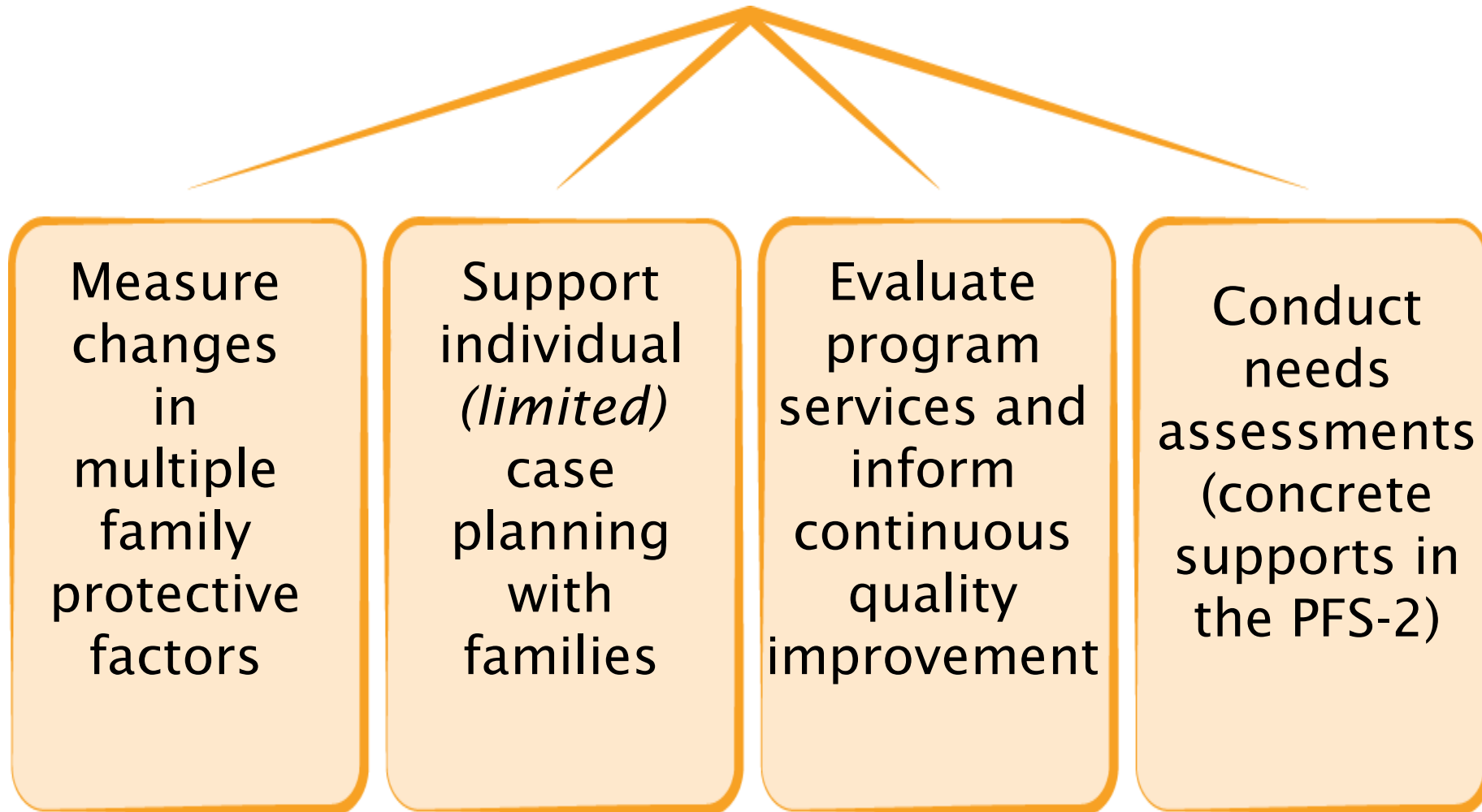
Protective Factors
Survey 2

PFS Military
Families

PFS 2 Concrete
Supports subscale



Protective Factors Survey Purpose and Use



Thank you! For questions about the PFS tools, please contact your TA coordinator or Cynthia Smith at csmith@friendsnrc.org

PFS & PFS-2 Resources

PFS & PFS-2 User Manuals

PFS & PFS-2, including Traditional & Retrospective Surveys

Choosing Between the Retrospective or the Traditional PFS-2

<https://friendsnrc.org/protective-factors-surveys/>



PROTECTIVE FACTOR SURVEY

COMMUNITY EVALUATION

Kim Hemmert, LMSW & Laura Lowrey, LMSW



Idaho Children's Trust Fund

Who We Are

Idaho Chapter of Prevent Child Abuse America

Community-Based Child Abuse Prevention (CBCAP) state lead for Idaho

Children's Trust Fund Alliance member

Protective Factor Survey
Community Evaluation

What We Do

Strengthen families to prevent child abuse and neglect

Fund, educate, support, and build awareness among community-based organizations who share our mission





Framework of Project

Protective Factors

Resilience

Social Connections

Concrete Supports

Knowledge of Parenting & Child
Development

Social Emotional Competence

Foundation for Survey

Protective Factors Survey

The PFS 2 is a valid and reliable survey tool that programs can use to measure a change in protective factors over time

Protective Factor Measures

Scaling questions that target each of the 5 protective factors

Demographic Questions

General questions regarding survey takers demographics

Protective Factor Survey
Community Evaluation



Idaho
Children's
Trust Fund



Research Question

What we wanted to find out

Can we measure
protective factors at a
community level?

Does engagement with
community resources
impact protective
factors?

Methodology

Our Version of the PFS



Identified strong, rural communities with existing ties to ICTF:

- American Falls
- Kamiah

Communities of interest informed creation of the survey

- Kamiah
Lewis & Idaho
Counties
Population ~1,100
- American Falls
Power County
Population ~4,800

- Have at least 1
child
in the home
- Zip code
associated
with our areas of
interest
- Completed
resource
& PFS questions

Methodology

Our Version of the PFS



Community
Resource Measures

In the last 2 months, which of the following community services did you or your family access? Select all that apply.

- ☐ Any Church
- ☐ Any Library
- ☐ Community Action Partnership
- ☐ Public Recreation (e.g., parks, hiking trails, campgrounds, etc.)
- ☐ Public Transportation
- ☐ Community Event
- ☐ Volunteering within Community
- ☐ Social Club/Group (e.g., hobby club, Rotary, sports team, etc.)
- ☐ Legal Services/Legal Aid (e.g., CASA, court advocacy, etc.)
- ☐ I have not accessed any of these services

In an average week, approximately how many hours does your family spend accessing the above services?

Protective Factor Survey
Community Evaluation

Idaho
Children's
Trust Fund



Methodology

Our Version of the PFS



Community
Resource Measures

In the last 2 months, which of the following education services did you or your family access? Select all that apply.

- ☐ Head Start/Early Head Start
- ☐ Preschool/Other Childcare
- ☐ Elementary, Middle, High School/GED
- ☐ After School Program
- ☐ School Based Extracurricular Activities
- ☐ Non-School Based Extracurricular Activities
- ☐ School Based Community Program (e.g., HOPE Squad, Sources of Strength, etc.)
- ☐ College/University/Vocational
- ☐ I have not accessed any of these services



Methodology

Our Version of the PFS



Community
Resource Measures

In the last 2 months, which of the following medical services did you or your family access? Select all that apply.

- ☐ Emergency Services (e.g., ER, Police, Fire, EMS, etc.)
- ☐ Primary Medical Care
- ☐ Behavioral/Mental Health Services
- ☐ Developmental Services (e.g., Disabilities, Neurodivergent, etc.)
- ☐ Substance Use Treatment/Program
- ☐ Health and Welfare/Navigation 211 (Not CPS)
- ☐ Tribal Social Services
- ☐ Medicaid/Medicare
- ☐ I have not accessed any of these services

In an average week, approximately how many hours does your family spend accessing the above services?

Protective Factor Survey
Community Evaluation

Idaho
Children's
Trust Fund



Methodology

Our Version of the PFS



Community Resource Measures

In the last 2 months, which of the following basic need services did you or your family access? Select all that apply.

- ☐ Food (e.g., Bank, Pantry, Meal Program, Garden, etc.)
- ☐ WIC
- ☐ Housing (e.g., Transitional, Voucher, Shelter, Crisis, etc.)
- ☐ Clothing Closet
- ☐ TANF
- ☐ SSI/SSDI
- ☐ Other Financial Assistance (e.g., Utilities, Rent, etc.)
- ☐ I have not accessed any of these services



Methodology

Our Version of the PFS



Community
Resource Measures

In the last 2 months, which of the following parent support services did you or your family access? Select all that apply.

☐ Home Visiting Program

☐ Parenting Classes

☐ Other (Please Specify)

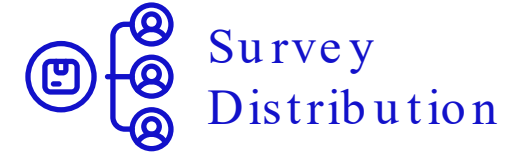
☐ I have not accessed any of these services

In an average week, approximately how many hours does your family spend accessing the above services?



Methodology

Our Version of the PFS



Created unique survey in Qualtrics - combined community resource questions with existing PFS survey questions.

Worked with community partners to distribute survey to families living in target areas

Partner organizations included local schools, youth boards, child advocacy centers

Survey Responses

Who is included in the results

- Around 80 responses from Kamiah Area
- 140 total from American Falls and surrounding zip s

Removed data from surveys that were:

- Unfinished
- Have no children in the home
- Lived far outside areas of interest

- 130 total responses from target population
- 50 responses from Kamiah
 - 80 responses from American Falls

Results

Preliminary Findings

No significant
differences between
communities

No significance
between medical or
education services
and Protective
Factors

No significance
between basic
needs and
Protective Factors

Results

Significant Findings

Relationship
Between
Protective Factors

Staff Relationships
& Impact on
Protective Factors

Positive Outcomes
from Hours Spent
Engaged in
Community

Relationship Between Protective Factors

Increase in one protective factor
may lead to an increase in another

Moderate
relationship
between:

Resilience &
Concrete
Supports

Strong
relationship
between:

Social Supports &
Resilience

Results Significant Findings

Staff Relationships
& Impact on
Protective Factors



Results
Significant Findings

Strong correlation between
supportive staff
and reported
Resilience & Social
Supports

Positive Outcomes
from Hours Spent
Engaged in
Community

Results Significant Findings



Families that spend an average of
2 or more hours per week
engaged in their community
report higher levels of
Social Supports and Family
Resilience

Positive Outcomes from Hours Spent Engaged in Community

Results Significant Findings

In the last 2 months, which of the following community services did you or your family access? Select all that apply.

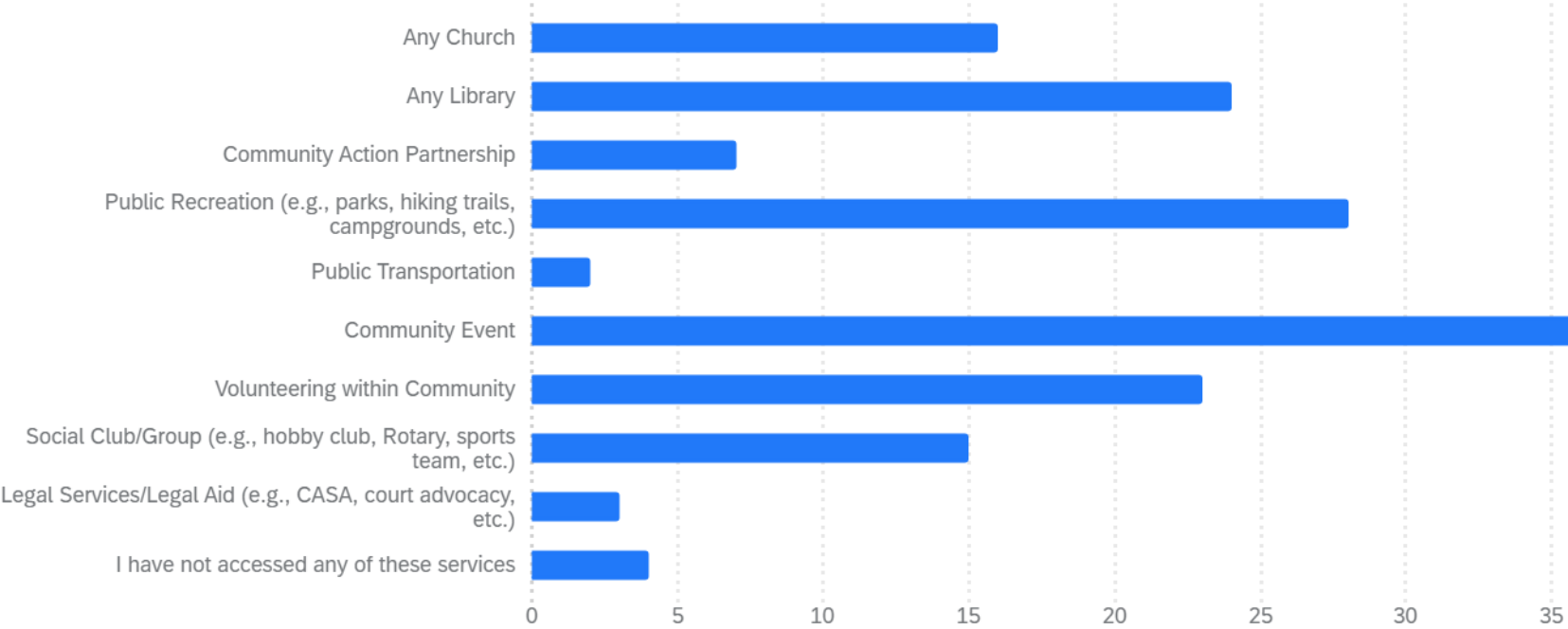
- ☐ Any Church
- ☐ Any Library
- ☐ Community Action Partnership
- ☐ Public Recreation (e.g., parks, hiking trails, campgrounds, etc.)
- ☐ Public Transportation
- ☐ Community Event
- ☐ Volunteering within Community
- ☐ Social Club/Group (e.g., hobby club, Rotary, sports team, etc.)
- ☐ Legal Services/Legal Aid (e.g., CASA, court advocacy, etc.)
- ☐ I have not accessed any of these services

In an average week, approximately how many hours does your family spend accessing the above services?

Positive Outcomes
from Hours Spent
Engaged in
Community

Breakdown
of
Community
Service Use
in Kamiah

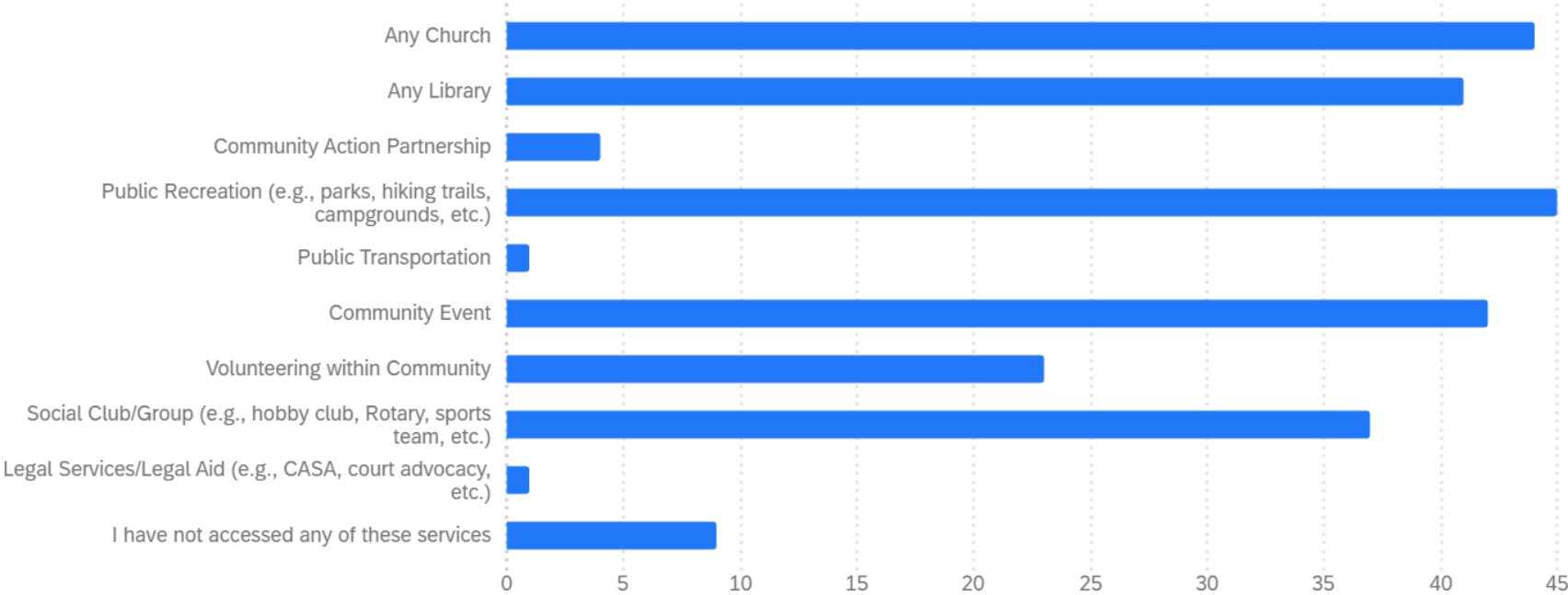
Results
Significant Findings



Positive Outcomes
from Hours Spent
Engaged in
Community

Breakdown
of
Community
Service Use
in American
Falls

Results
Significant Findings



Positive Outcomes
from Hours Spent
Engaged in
Community

Results

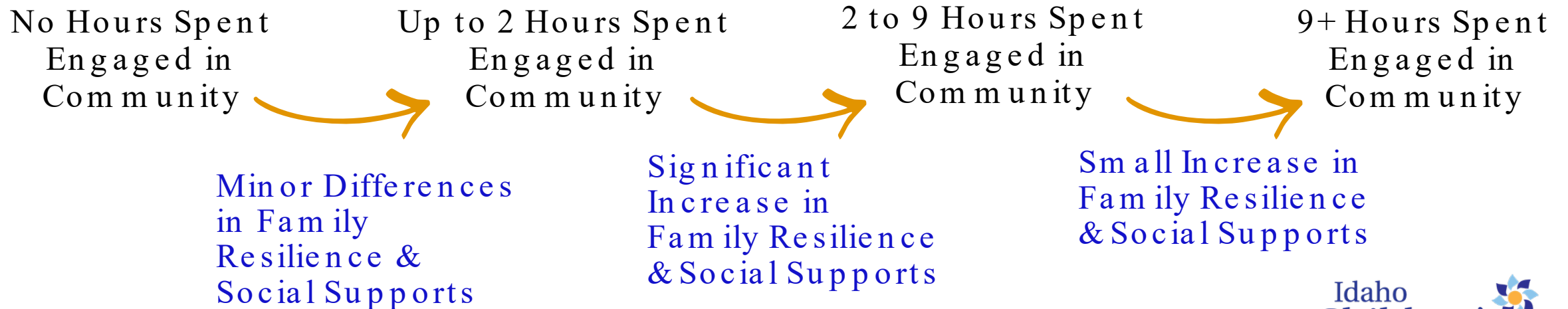
Significant Findings

Of the 9 community services listed:

- 24% of respondents say they are regularly engaging in 4 services
- 18% report engaging with 2 services
- 15% say they are regularly engaging in just 1 community service

Positive Outcomes
from Hours Spent
Engaged in
Community

Results
Significant Findings



Positive Outcomes
from Hours Spent
Engaged in
Community

Results Significant Findings

What does this tell us?

Small,
consistent
engagement
can have a
significant
impact

It does not take
much to be
connected to one's
community

Implementation

Letting this information guide practice

As staff, providers, advocates, etc., how can we let these findings inform our work?

- Understanding the importance of supportive staff relationships.
- The relationship you as a provider build with a parent or child has a significant impact on their lives at home

- We can increase protective factors by offering certain resources to families.
- How can we increase what is offered or increase participation in services?

Next Steps

Continued Research

We are continuing this project with additional pilot communities.

Findings shared back with community to be used for goal setting.



Advocacy
Efforts

Funding
Applications

Formal
Reports

THANK YOU
QUESTIONS?

Nebraska Children Families Foundation

Promotive and Protective Factors Survey



nebraska
children[™]
AND FAMILIES FOUNDATION



**Rebecca Monnier, Corie Flemming,
and Kelsey Ryan Simkins**

Bring Up Nebraska Community Collaboratives

Collaboratives

Community Backbone

Central Navigation

Connected Youth Initiative



Community Backbone

Each year NCFF collects data from each of our 19 Community Collaboratives that support the backbone prevention work in their communities.

Data from this collection includes:

1. Strength and Depth of Community Partnerships
2. Policy and Practice Changes
3. Local Investments through private, public, and in-kind funding and donations
4. Community Events and Trainings
5. Locally Developed or Implemented Prevention Strategies
6. Connections to other Statewide Strategies
7. Feedback on the Support they receive from NCFF



Central Navigation

Central Navigation is one of the ways Community Collaboratives put prevention into action.

Central Navigation is not a stand-alone program, service, or agency. It is not meant to replace existing organizations, duplicate services, or become another layer families must navigate. Instead, Central Navigation is a shared prevention strategy that helps connect people to the services, relationships, and supports that already exist in the community

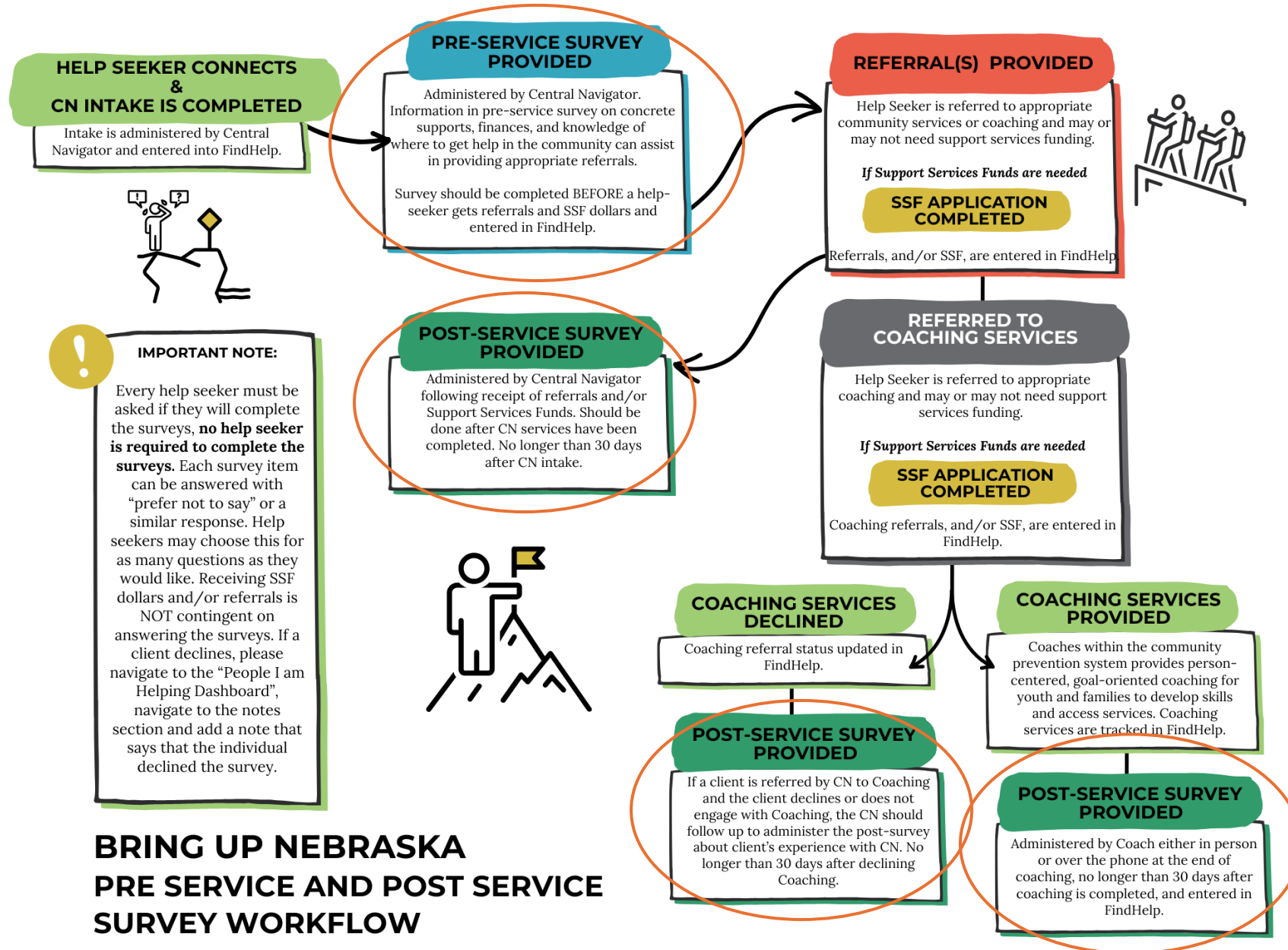
Though Central Navigation, Community Collaboratives collect pre/post surveys that support NCFFs ability to understand changes to promotive and protective factors that support family stability and well-being.



Measuring Promotive and Protective Factors

- FRIENDS Protective Factors Survey, 2nd edition (PFS-2)
- Brief Resilience Scale
- Short Form Hope Scale
- Satisfaction Questions





FRIENDS Protective Factors Survey, 2nd edition (PFS-2)

**Findhelp
pre- and post-
survey,
ALL help
seekers.**

**Concrete Supports
(4 items)**

- Perceived access to tangible goods and services to help families cope with stress, particularly in times of crisis or intensified need.

**Family Functioning
and Resiliency
(3 items)**

- Having adaptive skills and strategies to persevere in times of crisis. Family's ability to openly share positive and negative experiences and mobilize to accept, solve, and manage problems.

**Findhelp
pre- and post-
survey,
ONLY parents/
guardians.**

**Nurturing and
Attachment (4 items)**

- The emotional tie along with a pattern of positive interaction between the parent and child that develops over time.

**Social Supports
(5 items)**

- Perceived informal support (from family, friends, and neighbors) that helps provide for emotional needs.



Hope Scale
(4 items)

- Validated Short Form Hope Scale used to measure hope as a combination of two abilities: Pathways and Agency.

Resilience
(6 items)

- Validated 6-item scale used to measure a person's perceived ability to bounce back from stress and adversity.

Social Determinates of
Health Items

- Custom, non validated set of items from various Social Determinates of Health screeners used to flag additional concrete support needs and social risk factors that help Central Navigators better connect families to resources.

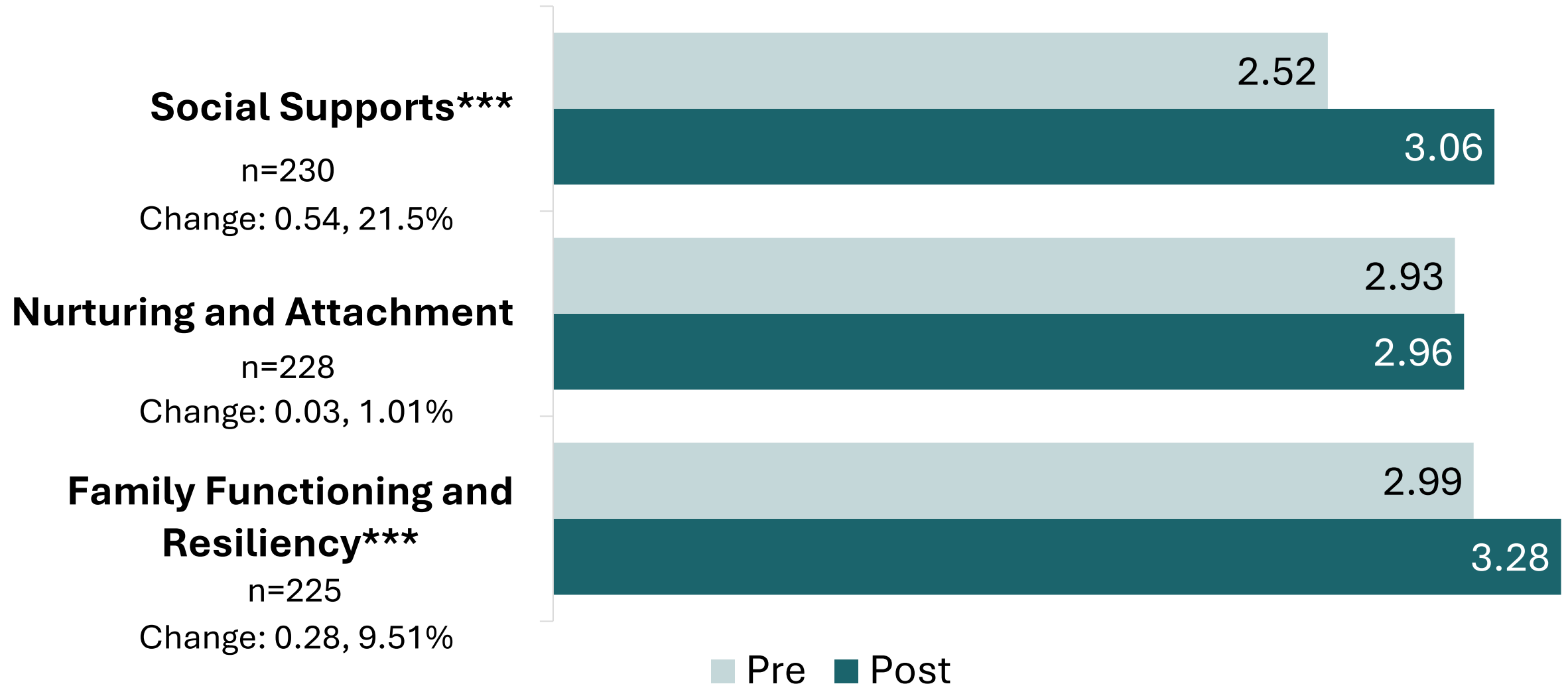
Satisfaction Items
(items)

- A set of reflective items that support CQI which capture dosage, modes of contact, perceived fit of services and help seeker perspective on quality and gaps of services.



Preliminary Results:

Pre- to Post-Survey Changes in Protective Factors (PFS-2)



Concrete Supports

In the past month, were you unable to pay for any of the following? Select all that apply

- ☐ Rent or mortgage
- ☐ Utilities or bills (electricity, gas, phone, etc.)
- ☐ Groceries/food (including baby formula, diapers)
- ☐ Childcare/daycare
- ☐ Medicine, medical expenses, or co-pays
- ☐ Basic household or personal hygiene items
- ☐ Transportation (gas, bus passes, shared rides)
- ☐ I was able to pay for all of these



In the past month, have you experienced any of the following? Select all that apply

- ☐ Delayed or did not receive medical or dental care
- ☐ Evicted from home or apartment
- ☐ Lived in a shelter, hotel/motel, abandoned building, or vehicle
- ☐ Moved in with others due to inability to afford rent/mortgage/bills
- ☐ Lost access to regular transportation (e.g., vehicle totaled or repossessed)
- ☐ Unemployed when you needed and wanted a job
- ☐ None of these apply to me



I have people I trust to ask for advice about:

- ☐ Housing, rental, or utilities assistance
- ☐ finding a job
- ☐ finding quality medical or dental care
- ☐ transportation assistance
- ☐ mental health support or resources
- ☐ money, bills, or budgeting
- ☐ relationships and/or my love life
- ☐ stress, anxiety, and/or depression
- ☐ parenting or my kids
- ☐ food/nutrition
- ☐ None of the above



How often do you experience the following?

I have trouble affording what I need each month.

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Almost Always

I am able to afford the food I want to feed my family.

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Almost Always

I feel connected to my community.

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Almost Always

I feel safe in my neighborhood.

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Almost Always

Someone in my family threatens to harm me.

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Almost Always

Additional stress due to your own or a family member's alcohol or drug use.

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Almost Always

Additional stress due to your own or a family member's health status.

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Almost Always

Hope Scale

Using the scale, please select the number that best describes YOU and put that number in the blank provided for each statement. 1 - Strongly Disagree 2 - Disagree 3 – Somewhat Disagree 4- Somewhat Agree 5 - Agree 6 – Strongly Agree

I can think of many ways in life to get the things that are most important to me.

Even when others get discouraged, I know I can find a way to solve the problem.

I've been pretty successful in life.

I meet the goals I set for myself.



Brief Resilience Scale

Instructions: Please mark how much you agree or disagree with each statement.

I tend to bounce back quickly after hard times.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

I have a hard time making it through stressful events.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

It does not take me long to recover from a stressful event.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

It is hard for me to snap back when something bad happens.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

I usually come through difficult times with little trouble.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

I tend to take a long time to get over setbacks in my life.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree



Satisfaction Questions

How long have you been receiving support from Central Navigation or Coaching?

Select an option

How have you interacted with staff from Central Navigation or Coaching? Select all that apply.

☒ In-person

☐ Call or Text

☐ Video

☐ Email

How many times have you interacted with staff from Central Navigation or Coaching?

If you are engaged with coaching, approximately how many coaching sessions have you engaged in?

The support I received was a good match for what I needed.

Select an option

The services or resources I was connected to met my needs.

Select an option

The support I needed was available in my community.

Select an option

I have additional needs that are not currently being met.

Select an option

I am interested in future opportunities to participate in or contribute to my community. (You may be contacted to participate)

Select an option

Please share anything else you'd like to tell us about the help you've received, additional support that would better meet your needs or specific areas where you could not find support in your community.



Connected Youth Initiative

The Connected Youth Initiative serves youth ages 14-26 through Coaching, Support Services funding, Leadership and Engagement, Post-secondary supports and Opportunity Passport asset matching.

- Eligibility requirements vary but include youth who have experienced foster care, pregnant/parenting youth, and youth experiencing housing instability or homelessness



Connected Youth Initiative: Youth Thrive Survey

Center for the Study of Social Policy survey measuring protective factors in older youth.

Youth in CYI Coaching with Central Plains complete CYI Experience Survey 2x per year.

Measures Social Connections, Knowledge of Adolescent Development, Concrete Supports, Cognitive and Social-Emotional Competence, and Resilience.

Additional Survey to measure Hope, Coaching Relationship and Coaching Satisfaction



PROTECTIVE & PROMOTIVE FACTORS

Protective & Promotive Factors Constructs	Core Meanings
Youth Resilience	a. managing the stressors of daily life and functioning well when faced with challenges, adversity, and trauma b. calling forth one's inner strength to proactively meet personal challenges, manage adversities, and heal the effects of trauma c. having a positive attitude about life and oneself d. believing that one's life is important and meaningful e. becoming more self-confident and self-efficacious f. having faith; feeling hopeful and optimistic g. envisioning positive future possibilities h. believing that one can make and achieve goals i. working with purpose to achieve goals j. facing challenges and making productive decisions about addressing challenge k. seeking help when needed l. thinking about and being accountable for one's actions and the consequences of one's actions m. managing anger, anxiety, sadness, feelings of loneliness, and other negative feelings n. learning from failure
Social Connections	a. Building a trusting relationship with at least one caring and competent adult who • listens in a non-judgmental manner • is dependable/can be counted on • provides well-informed guidance, advice, and help in solving problems • promotes high expectations • sets developmentally appropriate limits, rules, and monitoring • provides emotional support (e.g., affirming good problem-solving skills) • provides instrumental support/concrete assistance (e.g., transportation) • provides informational support (e.g., post-secondary educational opportunities) • provides spiritual support (e.g., hope and encouragement) • provides an opportunity to engage with others in a positive manner • helps buffer youth from stressors • helps reduce feelings of isolation • promotes meaningful interactions in a context of mutual trust, respect, and appreciation b. Being constructively engaged in social institutions (e.g., school, religious communities, recreational facilities) that are safe, stable, and equitable c. Building a trusting relationship with positive, optimistic, mutually respectful peers who have similar values d. Having a sense of connectedness that enables youth to feel loved, secure, confident, valued, and empowered to "give back" to others

Protective & Promotive Factors Constructs	Core Meanings
Knowledge of Adolescent Development	a. Encouraging parents, adults who work with youth, and youth themselves to increase their knowledge and understanding about adolescent development b. Seeking, acquiring, and using accurate information about: • adolescent brain development • physical and emotional changes that occur during puberty • one's culture • societal rules, demands, expectations, and threats • one's personal developmental history and needs, including one's trauma history • sexual behavior, responsibility, choices, and consequences • essential life skills (e.g., managing money) • developing abstract thinking and improved problem-solving skills • developing a belief system and sense of morality • engaging in positive risk-taking and avoiding negative risk-taking • forging a personally satisfying identity • identifying productive interests, realistic goals, and steps to achieve goals • developing mature values and behavioral controls used to assess acceptable and unacceptable behaviors • building and sustaining healthy relationships with peers and adults • gaining independence from parents and other adults while maintaining strong connections with them
Concrete Support in Times of Need	a. being able to identify, find, and receive the basic necessities everyone deserves, as well as specialized services (e.g., medical, mental health, social, educational, or legal) b. being resourceful c. understanding one's rights in accessing eligible services d. navigating through service systems e. seeking help when needed f. being treated respectfully and with dignity when seeking and receiving services
Cognitive and Social-Emotional Competence	a. developing executive function skills (e.g., considering potential consequences; seeing alternate solutions to problems) b. engaging in self-regulating behaviors (e.g., control of thinking and feelings; staying on task in the face of distractions) c. developing character strengths (e.g., persistence, gratitude, integrity) d. experiencing positive emotions (e.g., joy, optimism, faith, compassion for others) e. taking responsibility for one's self and one's decisions f. developing self-awareness, self-esteem, self-efficacy, and self-compassion g. committing to and preparing to achieve productive goals h. having both positive images of the person one wants to become and negative images of the person one wants to avoid becoming, as well as plans to achieve the possible selves



QUESTIONS



Thank you!



FRIENDS National Center is supported by Discretionary Grant Number 90CZ0032 from the Office on Child Abuse and Neglect (OCAN), Children's Bureau (CB) within the Administration for Children and Families (ACF), a division of the U.S. Department of Health and Human Services. Neither the Administration for Children and Families nor any of its components operate, control, are responsible for, or necessarily endorse this material (including, without limitation, its content and any services or tools provided). The opinions, findings, conclusions, and recommendations expressed are those of the author(s) and do not necessarily reflect the view of ACF, OCAN, or CB.

