IDAHO DEPARTMENT OF CORRECTION

PROTECTIVE FACTORS ACTION PLAN TOOL

FREE 2 SUCCEED

Protective Factors are conditions or attributes in individuals, families, communities, or the larger society that, when present, mitigate or eliminate risk in individuals, families, and communities. This tool is designed to help you identify where an individual may be on a scale of 1-10 in relation to those protective factors and then develop an action plan to move up the scale in each area and its use is optional. Please refer to the last page for a more detailed explanation of each factor.

Mentee name: _____

Mentor: _____

Mentor: _____

Measuring change in…

A: RESILIENCE

1 – I have no strategies or coping mechanisms to "bounce back" from unexpected life changes that are stressful and traumatic

5 – I have 2-3 strategies to cope unexpected life changes

10 – I can identify triggers and address potential problems with 3-5 strategies

B: SOCIAL CONNECTIONS

1 – I have no positive and supportive adult relationships

5 – I have 2-3 positive and supportive relationships

10 – I have 5-7 positive relationships that include family and friends

C: CONCRETE SUPPORT

1 – I have no support for financial or material needs

5 – I have 1-2 resources I can use for financial or material needs

10 –I have sources of support and a solid, workable plan that can meet my financial and material needs

D: KNOWLEDGE

1 – I have no idea what to do to or where to turn for information and understanding to better my situation

5 – I know of 2-3 specific ways to increase my knowledge of how to better my situation

10 – I know how to increase my knowledge and feel confident helping others increase theirs

E: SOCIAL-EMOTIONAL

1 – I have difficulty controlling my behaviors or trusting anyone

5 – I have learned to control my behavior sometimes and trust only 1 or 2 people

10 – I show empathy to others and generally trust people and can control my behaviors.

Week 1: Date: _____ Action Plans

A. Resilience…….. 1 2 3 4 5 6 7 8 9 10
B. Social Connections…. 1 2 3 4 5 6 7 8 9 10
C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10
D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10
E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10

Week 2: Date: _____ Action Plans

A. Resilience…….. 1 2 3 4 5 6 7 8 9 10
B. Social Connections…. 1 2 3 4 5 6 7 8 9 10
C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10
D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10
E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10

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Week 3: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 4: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 5: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 6: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 7: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 8: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans

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Week 9: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 10: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 11: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 12: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 13: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans
Week 14: Date: _____ A. Resilience…….. 1 2 3 4 5 6 7 8 9 10 B. Social Connections…. 1 2 3 4 5 6 7 8 9 10 C. Concrete Support…… 1 2 3 4 5 6 7 8 9 10 D. Knowledge…….. 1 2 3 4 5 6 7 8 9 10 E. Social-Emotional…….. 1 2 3 4 5 6 7 8 9 10	Action Plans

PROTECTIVE FACTORS ACTION PLAN TOOL

WHAT DO PROTECTIVE FACTORS MEAN?

RESILIENCE

The process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences. Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone.

SOCIAL CONNECTIONS

The relationships you have with the people around you. They may be close, like family, friends, and coworkers, or more distant, like people you know casually. They can be as close as next door or so far away that you only connect with them by telephone or through the Internet. Social connections can come from many sources: family, friends, other parents, neighbors, daycare providers, teachers, or clergy. Any of these sources can be valuable. However, social connections are most valuable when they provide both emotional support and practical assistance

CONCRETE SUPPORT

Meeting basic economic needs like food, shelter, clothing and health care is essential for individuals and families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis. Individuals and families often do not know what is available to them through various programs and government agencies. They may feel they have to solve problems on their own. Being able to recognize the need for assistance and being willing to ask for help can be very beneficial.

KNOWLEDGE

What can and should be done regarding the situation and its consequences. Knowing where to find and how to use available resources and developing the skills to be able to influence your environment and set and accomplish goals. It also includes any formal education and/or specialized training, and personal, direct experience that you have. It can also include positive or negative history with family, friends and/or society.

SOCIAL-EMOTIONAL

The ability to understand the feelings of others, control your own feelings and behaviors, and get along with peers. These are necessary to attain basic skills such as cooperation, following directions, demonstrating self-control and paying attention. Feelings of trust, confidence, pride, friendship, affection and humor are all a part of social-emotional development. Social and emotional development involves learning the following skills:

- Identify and understand one's own feelings
- Accurately read and comprehend emotional states in others
- Manage strong emotions and their expression in a constructive manner
- Regulate one's own behavior
- Develop empathy for others
- Establish and sustain relationships