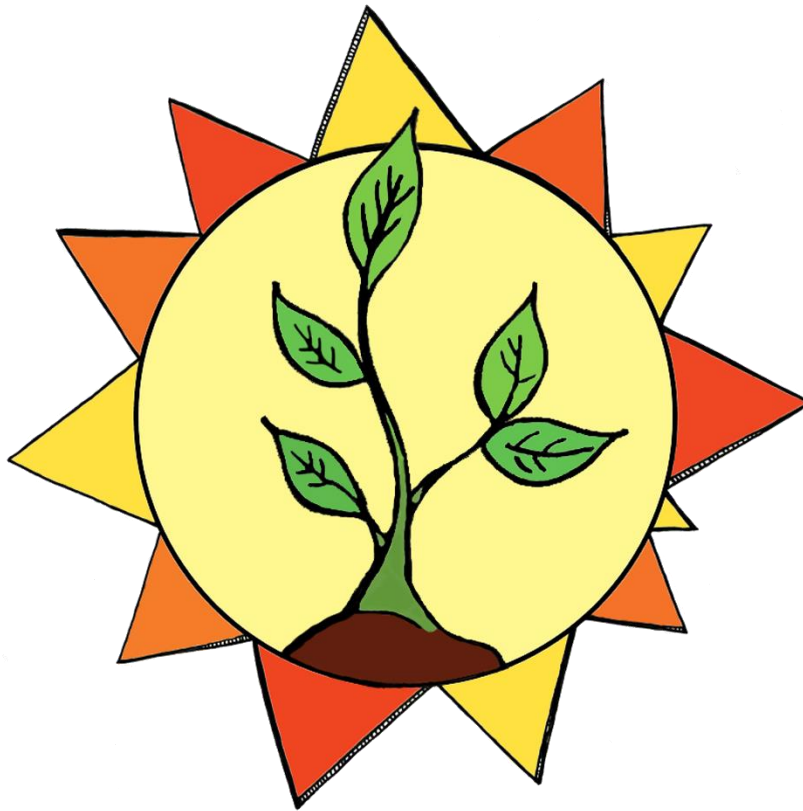


# **ResilienceCon™ 2024**

## **Conference Program**



**April 14-16**

***With the Resilience Portfolio  
Consortium on April 17***

**PROGRAM BOOK**



# Welcome to ResilienceCon 2024!

We are so happy you could join us for ResilienceCon 2024! We are pleased to welcome attendees from 29 U.S. states or territories and 9 countries.

The primary goal of ResilienceCon is to promote strengths-based approaches to overcoming violence and other forms of trauma. We take a multidimensional approach to resilience—and this conference is a terrific example of the many different approaches to helping people thrive despite adversity. We think you will be impressed with the wide range of strengths-based constructs and programs.

At ResilienceCon, we strive to create the professional space we have always wanted, but often do not find in other settings. It takes effort to bring together a group like this—on everyone's part. We hope to take advantage of this wonderful brain trust by focusing on interaction and relationships. This is the “secret sauce” of ResilienceCon. All sessions, from keynotes to oral presentations to posters, offer ample time for interaction. In breakout sessions, shorter talks are followed by interview and Q&A segments. We find this helps communicate presenters' depth of knowledge, experience, and commitment to their work. Sessions become more engaging, useful, and inclusive.

Thanks to all of you, ResilienceCon also includes a range of methodologies, from traditional quantitative research to phenomenological and qualitative approaches to embodied approaches, such as mindfulness and a willingness to share personal stories and break down artificial barriers between our personal and professional lives. Many of the methodologies focus on community engagement. As part of the Resilience Portfolio Consortium, there are also several scoping review presentations this year. The conference program helps advance the state of science and practice for resilience, social justice, and adversity. We hope you will be able to sample across the range of offerings.

This year, we continue efforts for the Resilience Portfolio Consortium (RPC), a joint project between Life Paths Research Center and the Center for Research on Ending Violence at the Rutgers School of Social Work. The goal of the RPC is to create a collaborative international community of scholars working together to advance the science of trauma and resilience. A primary focus of the RPC is developing a global and coordinated approach to identifying key psychosocial strengths (especially understudied or underappreciated strengths) in a broad range of cultural and geographic settings. We invite all of you to join the RPC and look forward to spending Wednesday with those of you who can stay for an extra day.

We also appreciate your efforts to promote resilience and strength amid so much global trauma. War, conflict, and violence impact all of us as we are connected as one human race. We remain committed to the idea that the key to reducing global trauma is understanding how people manage to break these cycles and engage in positive behaviors that promote peace, health, and well-being. We hope we can work together to achieve that goal.

In the meantime, we are pleased to welcome all of you to our professional community, ResilienceCon.

Sherry Hamby, Nicole Yuan, and Susan Yoon

April 2024

*P.S. Next year will be our 10<sup>th</sup> anniversary!*

# Giving Thanks to Our Community

We would like to acknowledge all the people who give generously of their time and resources to make ResilienceCon possible.

In the spirit of a lovingkindness meditation, we'd like to acknowledge all the circles of support we receive for ResilienceCon. We are grateful for all the people who help ResilienceCon happen each year.

This year, we have especially happy news to report from the center of our ResilienceCon community. **Elizabeth (Liz) Taylor**, our conference director, and her husband, Michael Babin, welcomed their first child, Lori Rae, on March 10, 2024! Baby and family are doing well, and Liz is home enjoying her parental leave. However, she nonetheless worked hard to get ResilienceCon 2024 launched before she left. In addition to being very happy for her, the occasion is giving us an opportunity to appreciate all that she does for ResilienceCon and Life Paths. We expect her to return to Life Paths later this year. Also based in Life Paths, thanks to **Selena Piercy** for preparing People Pages and name tags.

Reaching out to our next circle of support, we would like to acknowledge the contributions of our **program committee**. That includes senior advisors **Kathryn (Katie) Howell and Katie Schultz**. We are also grateful to members **Juan Lorenzo Benavides, Rufaro Chitiyo, Shelby Clark, Sal Corbin, Jonathan Davis, Michael Edwards, Jessica Elm, Amanda Hasselle, James Jurgensen, Nidal Areg-Zakaria Kram Brooks, Kathryn (Katie) Maguire-Jack, Esther Malm, Susana Mariscal, Hasina Mohyuddin, Fei Pei, Katie Querna, Spenser Radtke, Travis Ray, Chad Rose, Danielle Rousseau, and Gaye Warthe**, for their assistance reviewing scholarship awards, recruiting attendees, hosting sessions, and generously providing input for numerous other conference decisions. Thanks to our founding co-chair, **Vicki Banyard**, for her ongoing support and especially for co-directing the Resilience Portfolio Consortium and helping to organize the RPC meeting on April 17.

There are many people in other roles that help make ResilienceCon possible. We are thankful to **Melissa Bower and all the staff at the Scarritt Bennett Center**, a nonprofit devoted to social justice. We think it is amazing that they maintain this beautiful space in the heart of Nashville. We are grateful to **Abigail Dugan and Isaac Thornton** for staffing our registration table. We also appreciate everyone who helps us set up and break down the conference, including **Casey Corso, Rachel Hanebutt, & Heather Storer**. We also are grateful to everyone who is hosting a session or offering a reflection. We deeply appreciate our donors, listed on the following page. The funds help support scholarships and other costs.

We also want to express our gratitude to **all of you for joining us for this year's conference**. ResilienceCon is the highlight of our professional year, and we are glad to have you participate in our community. It means a lot to us to be able to see longtime friends and colleagues and welcome first-time attendees to the ResilienceCon community. We hope that our efforts will lift you up as we are lifted by your investment in finding strengths-based ways to help people and communities overcome trauma.

Sherry Hamby, Nicole Yuan, and Susan Yoon

ResilienceCon Co-Chairs, April 2024

# A SPECIAL THANK YOU TO OUR SPONSORS & DONORS

## **Pathfinder**

Department of Psychology at the University of the South

Sherry Hamby and Al Bardi

## **Advocate**

Nicole Yuan

## **Friend**

Dragana Derlic

Shellea Ladonice

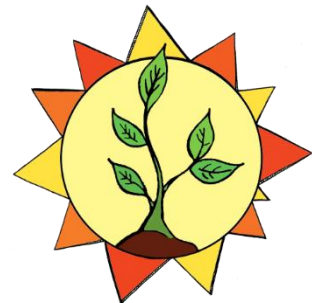
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Karen Kalergis

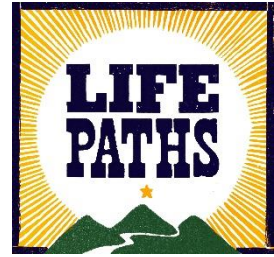
Sandra Graham-Bermann

Tony Moon

Kristina Ray-Bennett



***Congratulations to the Life Paths  
Promising Scholar & Promising  
Advocate Award Recipients!***



**Promising Scholar Award Recipients**

**Enoch Amponsah**  
Rutgers University

**Elaina Armora Langoni**  
Gillings School of Global Public Health,  
UNC Chapel Hill

**Juan Benavides**  
The Ohio State University

**Shelleta Ladonice**  
University of Central Florida

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**Promising Advocate Award Recipients**

**Vanesa Mercado Diaz**  
Esperanza United

**Julia Stavola**  
Eliot Community Human Services  
Boston University

**Yunzi Yu**  
CARES

**Promising Scholar & Advocate Honorable Mention Recipients:**

Zohra Asad, Casey B. Corso, Yujeong Chang, Dragana Derlic,  
Mona Eltantawy, Imani Johnson, Levone Lee, Nancy Nava,  
Tasanya Rowe, Forough Saadatmand, Charis Stanek,  
Kari Thomsen

ResilienceCon™ Schedule Overview 2024

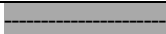
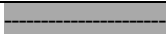
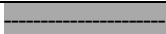
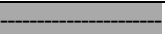
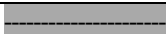
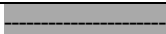
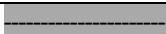
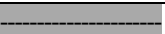
Sunday, April 14					
<i>All times Central time</i>	Great Hall	Laskey A	Laskey B	Laskey C	Clyde & Mary
12:00-1:30	Registration Desk Opens & Poster Set-Up	■	■	■	■
1:15-1:30	Opening Reflection Lorenzo Benavides Hosts: Schultz & Storer	■	■	■	■
1:30-2:30	Data Blitz Hosts: Schultz & Storer	■	■	■	■
2:30-3:30	Poster Session With hors d'oeuvres	■	■	■	■
3:30-3:45	Break	■	■	■	■
3:45-4:15	Welcome Sherry Hamby	■	■	■	■
4:15-5:30 Keynote	Acting Locally: Community and its Enduring Global Importance Douglas Perkins Host: Katie Howell	■	■	■	■
5:30-5:45	Evening Reflection Katie Maguire-Jack	■	■	■	■

**Monday, April 15**

<i>All times Central time</i>	<b>Great Hall</b>	<b>Laskey A</b>	<b>Laskey B</b>	<b>Laskey C</b>	<b>Clyde &amp; Mary</b>
<b>8:00-8:45 Breakfast</b>	<i>(included with registration)</i>				
<b>8:45-9:00 Opening Reflection</b>	Holden Dillman				
<b>9:00-10:15 Breakout session A</b>	<p>A1. Resilience Following Child Maltreatment: The Roles of Multi-level Strengths</p> <p>20x20 Symposium</p> <p>Host: Yoon Wernekinck S. Lee Yoon Chang Parmenter</p>	<p>A2. Multi-strength Studies of Resilience</p> <p>20x20</p> <p>Host: Ray Olcese Robinson Maly Hamby</p>	<p>A3. Rethinking Resilience</p> <p>Perspectives</p> <p>Host: S. Mariscal Swafford Storer Schelbe Corbin</p>	<p>A4. Social Ecological Approaches to Youth Resilience</p> <p>20X20</p> <p>Host: Howell Hagler Thomsen Enelamah Thornton</p>	<p>A5. Resilient Leadership</p> <p>Workshop</p> <p>Yuan Banyard</p>
<b>10:15-10:45 Break</b>	<i>A longer break to provide more opportunity for informal interactions</i>				
<b>10:45-12:00 Breakout session B</b>	<p>B1. Resilience Through a Social-Ecological Lens: RPC Scoping Review Panel #1</p> <p>20X20 Symposium</p> <p>Host: Hamby Brooks Salters Davis Banyard</p>	<p>B2. Strengthening Programs</p> <p>20x20</p> <p>Host: Parmenter Duron Ward Andersen</p>	<p>B3. Lessons Learned from Providers</p> <p>Perspectives</p> <p>Host: Chitiyo Yuan S. Mariscal Commodore-Mensah Gesser</p>	<p>B4. Policy is Fun: Reducing Researchers' Repulsion</p> <p>Hot Topic Panel</p> <p>Host: Showalter Dillman L. Lee Rooks Showalter</p>	<p>B5. Awakened Strength: Empowering Well-being Through Values and Vision Boards</p> <p>Workshop</p> <p>Clark</p>
<b>Monday cont'd</b>					



<b>12:00-1:00 Lunch</b>	Dining Hall <i>(included with registration)</i>				
<b>1:00-2:15 Breakout session C</b>	C1. Fostering Resilience in Youth  20x20  Host: Radtke Graham-Bermann Piel Stavola Burton	C2. Rural Resilience and Child Maltreatment Prevention  20x20 Symposium  Host: Maguire-Jack Maguire-Jack Chang Byers Parmenter	C3. Student Resilience  Perspectives  Host: Shockley McCarthy Johnson Swafford Chitiyo	C4. From Feel Good Inc. to Feeling Good: Unveiling Strengths Through Music, Film, And Art  Workshop  J. Mariscal S. Mariscal	C5. Disrupting Academic Gaslighting: Strategies for Building Resilience and Cultivating Joy in Academic Life  Workshop  Host: Storer Storer Schultz Armstrong Utterback
<b>2:15-2:30 Break</b>	Snacks in Laskey <i>(included with registration)</i>				
<b>2:30-3:45 Breakout session D</b>	D1. Resilience in Diverse Settings: RPC Scoping Review Panel #2  20X20Symposium  Host: Banyard Shockley McCarthy Mohyuddin Whittenbury Obara	D2. Resilience for Providers  Perspectives  Host: Hagler Maheux Moore-Monroy Moon	D3. New Insights into Survivor Resilience  Perspectives  Host: Esparza O'Connor Qi Rousseau McCabe	D4. Methodological Approaches to Studying Resilience  20x20 Symposium  Host: Benavides Benavides Chang Zhang Yoon Stanek	D5. The Theory of Racial Socialization in Action: Practical Implications for Therapy and Talking about Race  Workshop  Mia Smith-Bynum
<b>3:45-4:00 Break</b>	Snacks in Laskey <i>(included with registration)</i>				

<b>Monday Cont'd 4:00-5:00 Keynote</b>	<b>On Resilience for Faculty of Color Mia Smith-Bynum</b> Host: Yoon				
<b>5:00-5:15 Evening Reflection</b>	Miriam Commodore- Mensah				

Tuesday, April 17					
<i>All times Central time</i>	Great Hall	Laskey A	Laskey B	Laskey C	Clyde & Mary
<b>8:00-8:30 Breakfast</b>	<i>(included with registration)</i>				
<b>8:30-9:00 Morning Reflection</b>	Carmen Monico & Marco Saz				
<b>9:00-10:15 Breakout session E</b>	E1. Resilience in Understudied Populations: RPC Scoping Review Panel #3  Perspectives Panel  Host: Yoon Hagler Weber Rock Flores	E2. Risk & Protection: Youth and Emerging Adults  20X20  Host: Mohyuddin Stobbe Enelamah Saadatmand Helm	E3. Parenting, Trauma, and Resilience  20X20  Host: Pei Mendez Zhu Pei	E4. Risk and Protection for Intimate Partner Violence  20X20  Host: Gesser Sokar Amponsah	E5. Motivational vs. Manipulative Interviewing: Keeping the Boundaries Real  Workshop  Corbin
<b>10:15-10:45 Break</b>	<i>A longer break to provide more opportunity for informal interactions</i>				
<b>10:45- 12:00 Breakout session F</b>	F1. Qualitative Explorations of Resilience  20x20  Host: Corso Cameranesi Munshi Saz	F2. Assessment & Intervention  Mixed 20X20 & Perspectives  Host: Salters Ray Weatherred Esparza	F3. Identifying Protective Factors  Perspectives  Host: Swafford Radtke Hanna Hilley	F4. Youth Resilience  Perspectives  Host: Duron Howell Bateman Commodore-Mensah	F5. Mindfulness & Labyrinth Walk  Workshop  Hamby
<b><i>Tuesday cont'd</i></b>					

<b>12:00-1:00 Lunch</b>	Dining Hall <i>(included with registration)</i>				
<b>1:00-2:15 Breakout session G</b>	G1. Yoga  Experiential session  Danielle Rousseau	G2. Interventions to Support Providers  20x20  Host: Elm Smeyne McIntosh Creighton Nava	G3. Reflecting on Programs  Perspectives  Host: Derlic O'Connor Mercado Diaz Qi	G4. Programs for Youth  Perspectives  Host: Graham- Bermann Palafox Thornton Terry	G5. Leadership Realities: 40 Years of Helming Culturally Specific, Community Work  Workshop  Patricia Tototzintle
<b>2:15-2:30 Break</b>					
<b>2:30-3:30 Keynote</b>	<b>Thriving in the Face of Gender-Based Violence</b> Patricia Tototzintle Host: Yuan				
<b>3:30-4:00 Closing Reflections</b>	Katie Howell Katie Schultz Susan Yoon Nicole Yuan				

<b>Wednesday, April 17: Resilience Portfolio Consortium Meeting</b>	
<i>All times Central time</i>	<b>Great Hall</b>
<b>8:30-9:00 Breakfast</b>	<i>(included with ResilienceCon registration)</i>
<b>9:00-9:15</b>	Introductions
<b>9:15-9:30</b>	<p>Orientation to the day's plan Today we are going to further our discussion about resilience portfolios.</p> <p>Using insights from the scoping reviews and other work, we will identify areas for growth and change. What strengths are neglected in work on resilience? What strengths are more complex than usually appreciated? How can we better incorporate variations across communities and cultures into work on resilience? How can we better promote global work on resilience? How can we better incorporate key strengths into more effective intervention?</p> <p>We will tackle these big questions domain by domain, using the liberating structures technique known as 1-2-4-All.</p>
<b>9:30-9:50</b>	Meaning making strengths 1-2-4 section
<b>9:50-10:10</b>	Regulatory strengths 1-2-4 section
<b>10:10-10:20</b>	<b>Break</b>
<b>10:20-11:20</b>	"All"—Group reports for meaning making & regulatory
<b>11:20-11:40</b>	Interpersonal strengths 1-2-4 section
<b>11:40-12:00</b>	Environmental strengths 1-2-4 section
<b>12:00-1:00 Lunch</b>	In Laskey <i>(included with ResilienceCon registration)</i>
<b>1:00-1:45</b>	"All"—Group reports for interpersonal and environmental
<b>1:45-2:00</b>	Closing, next steps

## Sunday, April 14th

**Opening Reflection**  
Sunday, 1:15-1:30 pm (Central time)

**Juan Lorenzo Benavides**

### Data Blitz\*

Poster Data Blitz is 1:30-2:30 (Central time), Sunday April 14<sup>th</sup>, Great Hall in Laskey Building  
\*Full poster abstracts are in the following section

Moderated by Katie Schultz and Heather Storer

**Enoch Amponsah**  
Rutgers University

*Risk and Protective Factors of Commercial Sexual Exploitation of Children and Adolescents in sub-Saharan Africa: A Systematic Review*

**Hannah Gilliam**  
The University of Memphis

*Polyvictimization Moderates the Effect of a Camp-Based Intervention on Resilience among Youth Exposed to Family Violence*

**Eliana Armora Langoni**  
UNC-Chapel Hill  
Gillings School of Global Public Health

*Psychological Distress and Financial Stress as Barriers to Engagement in a Preventive Intervention*

**Yein Kim**  
The University of Mississippi

*From Anxiety to Purpose Amid Ongoing COVID-19 Stress: Examining the Serial Mediation of Social Connectedness and Resilience*

**Ashley Morris**  
University of Central Florida

*The Essential Caregivers: Examining the Lived Experiences of Black Women Who are Primary Caregivers for Children Diagnosed with Mental Illnesses*

**Selena Piercy**  
University of the South

*A Scoping Review of Resilience Among ICU Nurses*

**Mathew Schaublin**  
University of the South

*A Scoping Review of Resilience Among Youth Experiencing or At-Risk for Schizophrenia*

**Charis Stanek**  
The Ohio State University

*Protective Factors among Children Impacted by Parental Substance Use Disorder*

**Poster Abstracts**  
**Poster Session is 2:30-3:30, Sunday April 14,**  
**Great Hall in Laskey Building**

**'Listen To My Voice And Listen To My Child's Voice': Foster Parents' Perceptions Of Power In The Child Welfare System**

**Megan Allbright-Campos, The Ohio State University**

This study aims to understand the role of power within the child welfare system. Through thematic analysis of results of thirty-one ethnographic qualitative interviews with midwestern foster parents, four types of power, based on the framework developed by Just Associates, were described in experiences of foster parents, primary parents, children, and the child welfare system: power over, power with, power to, and power within.

- 'Power over' focuses on disparities in privilege and control among the child welfare system, foster families, and primary families.
- 'Power with' reflects collaboration among the system and families through co-development of roles, rules, and goals.
- 'Power to' emphasizes augmenting and making space for family voice through advocating for children, primary parents, and foster parents.
- 'Power within' details the self-worth and self-esteem of families including motivations behind being foster parents, self-care and coping skills, and use of one's own voice.

This study addresses gaps in family empowerment literature by promoting a nuanced understanding of how power disparities are viewed and managed within the child welfare system. By understanding how foster parents perceive power imbalances, family resilience and voice can be strengthened within systemic structures such as education, training, and policy.

**Risk and Protective Factors of Commercial Sexual Exploitation of Children and Adolescents in sub-Saharan Africa: A Systematic Review**

**Enoch Amponsah, Rutgers University; Alhassan Abdullah, Flinders University; Lucie Cluver, University of Oxford**

Commercial sexual exploitation of children (CSEC) has emerged as a public health concern in recent years. While the phenomenon is prevalent globally, its impact is compounded in sub-Saharan Africa owing to the cultural and socioeconomic challenges. The study assesses the risk and protective factors associated with CSEC in sub-Saharan Africa. A protocol for the study was published in PROSPERO (CRD42022331832) with pre-specified inclusion and exclusion criteria. Studies were extracted from eight databases. After an initial screening of 4,377 papers, seven studies were found eligible for the final review. The review followed the PRISMA guide for reporting systematic reviews. Included studies were appraised using the Cambridge Quality Checklist. Risk factors included adverse childhood experience and victimization, females aged 16 years and older, school dropouts, technology influence, child and parental alcohol use and separation from caregivers. On the other hand, protective factors such as the number of female adolescents in a household, frequent health screening in schools, children being in school and high parental monitoring were found to be associated with a lower risk of CSEC. We recommend that interventions in sub-Saharan Africa adopt a holistic approach that addresses identified risk factors while harnessing protective factors to effectively combat CSEC.

**Psychological Distress and Financial Stress as Barriers to Engagement in a Preventive Intervention**

**Eliana Armora Langoni, UNC - Chapel Hill, Gillings School of Global Public Health; Laurel Sharpless, University of North Carolina at Chapel Hill; K.B. Moracco, PhD, University of North Carolina at Chapel Hill; Quetzabel Benavides, MPH, University of North Carolina at Chapel Hill; Vangie A. Foshee, PhD, University of North Carolina at Chapel Hill; H. Luz Reyes, PhD, University of North Carolina at Chapel Hill**

This study examined the effects of family mental health and stress factors on adherence to a family-based, prevention program. We piloted the preventive intervention, eMoms and Teens for Safe Dates, delivered through the internet to maximize dissemination potential. This program is an adaptation of an evidence-based, family-centered intervention that aims to prevent dating violence among violence-exposed youth through changes in the family environment. As part of our acceptability and feasibility trial, we aimed to test whether and how mother and adolescent mental health and family financial stress prior to program implementation influenced engagement with the program among mother-adolescent dyads (n=101) who participated in the pilot. We administered a 6-item current financial distress to mothers (alpha: .85) and a 10-item psychological distress scale to adolescents and mothers (alpha: .87). Engagement was assessed via two indicators:

adolescent program initiation and program completion. Family financial stress was negatively associated with program initiation (AOR= 0.82, 95% CI 0.69, 0.98, p=.03). Teen (AOR=0.91, 95% CI 0.85, 0.97, p=.007), but not mother, psychological distress was negatively associated with program completion. Findings suggest the importance of adapting program content to support adolescents' mental health and families experiencing financial stress, especially for families exposed to violence.

**Secondary Trauma, Coping, and Resilience: Experiences of Social Workers Working with Child Abuse Perpetrators**

**Zohra Asad, Indiana University; Miriam Commodore – Mensah, Indiana University; Maryam Mehboob, University of the Punjab**

Social worker professionals are faced with myriad issues when it comes to working with victims and perpetrators of child abuse. They must navigate the complex dynamics of supporting clients and deal with the unique pressures and emotional toll of this crucial yet often disregarded aspect of child sexual abuse intervention. This qualitative study, with six respondents, focused on the importance of self-care, supervision, peer support, and specialized training in improving the emotional well-being of professionals working with child abuse perpetrators. The findings emphasize the importance of self-awareness and self-compassion when dealing with secondary trauma. The significance of organizational support and a trauma-informed strategy in allowing social workers to serve the needs of child abuse perpetrators better while protecting their psychological well-being was highlighted in the results. This presentation increases understanding of the multifaceted nature of resilience and coping strategies among child sexual abuse social workers. It also emphasizes the critical need for comprehensive support structures within organizations and communities to promote the emotional health of these dedicated professionals. Finally, it underlines social workers' vital role in helping with rehabilitation and preventing additional burnout and secondary trauma.

**Knowledge of the Stress-Health Link as a Source of Resilience among Mexicans in the Arizona Borderlands**

**Karina Duenas, University of Arizona Prevention Research Center; Rebecca M. Crocker, University of Arizona; Idolina Castro, Campesinos Sin Fronteras; Maia Ingram, University of Arizona Prevention Research Center; Emma Torres, Campesinos Sin Fronteras; Scott C. Carvajal, University of Arizona Prevention Research Center**

Mexicans who migrate to the United States endure significant stressors related to the migration process and social and environmental conditions of life in the US. Given that chronic exposure to stress has been linked to the onset of chronic health and mental health conditions, Mexicans who migrate to the US face increased risk for poor health. Therefore, it is crucial to understand sources of resilience among this population.

We investigated lay health knowledge in response to stress as a possible protective measure. La Vida en la Frontera (R01-MD014150) is a community-based-participatory-research project investigating stress and health resiliencies in a southwestern US border community. Research partners from the University of Arizona and Campesinos Sin Fronteras, conducted multifaceted data collection where in Aim 1, we interviewed Mexican origin residents (N=30) living in southwestern Arizona about how they experienced stress and incorporated it into their etiological frameworks.

Participants paid close attention to how stress presented itself in their bodies, which informed their deep understanding of its potentially harmful impacts to health and encouraged them to employ multiple stress reduction strategies. The findings highlight the importance of recognizing the breadth of Mexicans' lay health knowledge and harnessing it to optimize potential health protective effects.

**Longitudinal Relationship and Sex Differences Between Depressive, Anxiety, Post Traumatic Stress Disorder Symptoms and Trauma Related Drinking in College Students**

**Mona Eltantawy, Virginia Commonwealth University; Sage E. Hawn, Old Dominion University; Kaitlin Bountress, Virginia Commonwealth University; Anna Wright, Virginia Commonwealth University; Ananda Amstadter, Virginia Commonwealth University**

Trauma increases risk for posttraumatic stress disorder (PTSD) and alcohol use disorder (AUD). The self-medication model is a well-researched explanation for why the two disorders often co-occur. However, much of the current research has been cross sectional. Thus, the aim of our work was to examine whether PTSD, anxiety and/or depressive symptoms would have a unique longitudinal effect on trauma related drinking (TRD) among 556 trauma exposed college students. We sought to examine whether the TRD would have a longitudinal effect on AUD and whether sex differences exist for the indirect effects of the mental health symptoms on AUD. We used longitudinal multiple-group path analysis with models stacked on sex. We found that for females only, more PTSD symptoms were associated with more TRD, which in turn was predictive of more AUD symptoms. The effect of anxiety and depression symptoms on trauma-related drinking were both



non-significant for males and females. The findings were in alignment with the self-medication model for the females only.

**Independent Study: Participant Observation of Family Engagement in Juvenile Justice**  
**Shalee Forney, North Carolina Agricultural and Technical State University**

This paper will explore and analyze family involvement in juvenile justice through participant observation at the Guilford County Courthouse in Greensboro, NC. Current research from the Bridge Project that works in partnership with the U. S. Department of Juvenile Justice and Delinquency Prevention and Urban Institute shows out of the six gaps in research, one of them is engaging youth and families. The study showed that caregivers were often shut out of the juvenile court process, family involvement included being mandated by law, in which this level of engagement was not considered true engagement (Love et al., 2016). There is also a need to define what parental involvement looks like and how it should operate. Some parents report being perceived as being blamed for juvenile delinquency, considered obstacles, and having insufficient involvement in making decisions during the disposition process (Burke et al., 2014). The purpose of this independent study is to observe how parents and guardians participate in court proceedings and seek to understand how they are involved and identify any barriers that may prevent them from being involved during the process of juvenile justice.

**The Perception of Intimate Partner Violence among College Students**

**Rachel Gentry, George Mason University; Nina Dill, George Mason University, Department of Criminology, Law & Society; Keerthana Kalaivanan, George Mason University, Department of Criminology, Law & Society**

College students are at high risk of intimate partner violence (IPV). Many educational programs and campaigns have been implemented across universities in the US with the intent to help students better recognize signs of IPV and to reduce the risk of IPV among the college population. This study evaluates the effectiveness of an educational video developed by undergraduate researchers from George Mason University on changing perceptions of IPV among college students at one university. Specifically, this study captures and compares college students' perceptions of what acts constitute IPV before and after watching an educational video animation embedded in an online survey on different forms of IPV. Policy and practice implications of our findings are discussed.

**Polyvictimization Moderates the Effect of a Camp-Based Intervention on Resilience among Youth Exposed to Family Violence**

**Hannah Gilliam, The University of Memphis; Kathryn H. Howell, PhD, The University of Memphis; Amanda J. Hasselle, PhD, Rhodes College; Abbey G. Hosea, The University of Memphis**

Brief camp-based interventions may be effective in promoting positive outcomes for youth exposed to multiple forms of violence; however, few studies have sought to examine for whom these interventions work best. Prior research indicates that trauma exposure may contribute to differential treatment outcomes for youth; thus, the current study tested the potential moderating effect of polyvictimization on resilience following a camp-based intervention. Participants included 48 school-aged youth (Mage=9.20, SD=1.50; 72.9% Black/African American; 53.2% male) who attended a week-long overnight summer camp for youth exposed to family violence. A moderation model for a repeated measures design was conducted using the MEMORE macro in SPSS. Johnson-Neyman procedures were used to probe for conditional effects at all levels of polyvictimization (M=2.92 victimizations, range=0-10). The overall model was significant ( $F(2, 46)=6.04, R^2=.12, p=.018$ ). The intervention did not have a significant direct effect on youth's resilience, but effects emerged via the moderator. Specifically, polyvictimization ( $t=2.46, p=.018$ ) moderated changes in youth's resilience scores. Youth with higher polyvictimization (>2 forms of victimization) reported significantly larger gains in resilience following intervention participation. Findings suggest that strengths-based, brief interventions delivered in a camp setting may be particularly potent in promoting resilience for youth experiencing multiple forms of violence.

**Young Adult Suggested Interventions For Different Dating Abuse Scenarios**

**Amber Jiang, Cleveland State University; Victoria-Jane Welk, Cleveland State University; Ishita Munshi, Cleveland State University; Elizabeth Goncy, Cleveland State University**

Background: Dating abuse (DA) includes using control, emotional, physical, threatening, and sexual tactics. DA is common among young adults, suggesting a need for intervention. However, beliefs about what interventions are useful may differ. The current study asked young adults to provide their ideas for interventions for four DA vignette scenarios (i.e., threats, time control, slapping, financial abuse).

Methods: Dating young adults (18-30-year-olds, n=98) read four vignettes and provided responses to an open-ended question asking for a recommended intervention. They then completed the same task with their romantic partner as couples (n = 49). Qualitative coding categorized these interventions into 16 categories. Results: For threatening behavior and financial abuse, both individually (59%; 37%) and as couples (76%; 55%), young adults most often suggested a vague psychological intervention (e.g., counseling). For time control and slapping, couples (47%) most recommended corrective behaviors (e.g., communication, anger management), whereas individually no intervention was most recommended for time control (39%) and a vague psychological intervention (37%) for slapping. Conclusion: This study suggests that young adults may struggle with identifying effective DA interventions. Prevention and intervention efforts could focus on increasing awareness of specific and empirically supported interventions for DA.

**Enduring Strengths: How Childhood Adversity Shapes Adult Resilience in Kosovo**

**Kaltrina Kelmendi, University of Prishtina; Sherry Hamby, University of the South & Life Paths Research Center**

This study investigates how adults who faced childhood adversity develop resilience, using the Resilience Portfolio Model to assess the impact of early victimization on adult well-being and posttraumatic growth. A sample of 689 adults aged 18 to 60 (average age 25.8, SD = 9.04) was recruited online. They completed a survey on victimization, psychological and social strengths and subjective well-being and posttraumatic growth. Findings from the study show that 92% experienced some form of victimization, including 40% who were exposed to parental violence. Hierarchical regressions indicated that endurance, emotion regulation, compassion, a sense of purpose, optimism, and religious meaning-making contributed to posttraumatic growth, in a model with all strengths and controlling for victimization, educational level, employment status, age, and gender (total R2 = .37). Similarly, endurance, emotion regulation, compassion, family care, purpose, optimism, and religious meaning contributed to subjective well-being, controlling for victimization, educational level, employment status, age, and gender (total R2 = .51). Findings from this highly victimized sample show that several strengths seem promising in promoting resilience. Notably, intervention and prevention programs could include activities related to promoting regulatory strengths (endurance and emotion regulation), interpersonal strengths (compassion), and meaning-making strengths (purpose and religious meaning-making).

**From Anxiety to Purpose Amid Ongoing COVID-19 Stress: Examining the Serial Mediation of Social Connectedness and Resilience**

**Yein Kim, The University of Mississippi; Stefan Schulenberg Ph.D., Professor of Clinical Psychology and the Director of the Clinical Disaster Research Center at the University of Mississippi**

The COVID-19 pandemic is a widely recognized trigger for anxiety. However, even in the face of profound adversity, individuals can cultivate a sense of purpose in life. Modern perspectives on the facets of purpose in life include meaning, goal-directedness, and self-transcendence. Research has indicated social connectedness as a resource for resilience, which ultimately may contribute to a more purposeful life. Despite this understanding, there is a lack of empirical insight into how anxiety, especially amid COVID-19-related stress, fosters an individual's purpose in life.

This study investigated the mediating roles of social connectedness and resilience in the relationship between anxiety and purpose in life among individuals affected by ongoing COVID-19-related stressors. The analysis included 404 college students who were currently experiencing COVID-19-induced stress, including illness, unemployment, income loss, and more. Sequential mediation analyses were conducted using Process Macro in SPSS 24.0. The result revealed that anxiety does not directly lead to purpose in life; instead, in conjunction with sequential mediations of resilience and social connectedness, it connects to all three purpose constructs. This study implies that enhancing social connectedness and resilience among individuals dealing with COVID-19 stress can reduce anxiety and boost a multi-dimensional sense of purpose in life.

**Empowering Resilience and Growth: Positive Youth Development Strategies in an Alternative School-Based Mentoring Program for High School Students**

**Kaitlin Kirkley, University of South Carolina; Tia Andersen, University of South Carolina; Jillian Chamberlain, University of South Carolina; Hayden Smith, University of South Carolina**

The school-to-prison pipeline is a metaphor used to describe the ways in which educational policies and practices funnel youth out of public schools and into the justice system. Exclusionary school discipline, such as school expulsion, is an important component of the school-to-prison pipeline and associated with youth drop out, delinquency, and justice system contact. Mentoring interventions for students who have been expelled

from school may represent a key, untapped potential lever of change for promoting positive youth development and resilience, thereby disrupting the school-to-prison pipeline from a midstream vantage.

This poster presents data from a university-school partnership program that matches trained university student mentors with youth who have been expelled from their traditional high school and attend a disciplinary alternative school. We explore the strategies employed by mentors to foster the 5Cs of Positive Youth Development (PYD) – competence, confidence, connection, character, and caring. Through a mixed methods analysis of mentor-mentee interactions as described in weekly mentoring journals, the research unveils how mentors effectively adapt PYD principles to meet the unique needs and circumstances of their mentees.

**Strengths, Cultural Values, and Resilience of Haitian Immigrants While Engaging in the Health-Seeking Decision-Making Process**

**Shellea Ladonice, University of Central Florida**

Accessing healthcare is crucial to health and well-being; however, U.S. immigrants' use of healthcare services is far less than native-born Americans. Haitian immigrants are the second largest Black immigrant population and share the greatest burden of health disparities; however, not much is known about this population as they are often excluded from studies that focus on Black immigrants. As part of a dissertation study to understand Haitian immigrants' health-seeking decision-making and develop a theory to demonstrate this process, participants were invited to share their thoughts and actions when addressing health concerns. Sixteen adult Haiti immigrants living in Central Florida participated in audio-recorded, semi-structured interviews and a focus group. After transcribing these interactions, the data was analyzed in Atlas.ti, using Grounded Theory coding. Themes identified include: 1. Consulting with Others; 2. Preferring Natural Remedies; and 3. Doing Home Treatment. These themes emphasize the strength of Haitian immigrants' social networks, their significant cultural values, and their resilience through the ways in which they're determined to preserve the use of culturally preferred treatment methods post migration. Results from this study can inform culturally appropriate and social justice-oriented healthcare and housing policy reforms, as well as culturally appropriate health programs and interventions.

**The Relation between Adverse Childhood Experiences and Attitudes Toward Guns**

**Zixin Li, Vanderbilt University; Andrew C. Fletcher, University of South Alabama; L. Taylor Stevens, Vanderbilt University; Krista Mehari, Vanderbilt University**

This study explored the extent to which adverse childhood experiences (ACEs) predicted attitudes toward guns among adolescents. Participants were 1128 youth in four high schools in the southeastern US (Mage = 16.16; 52.1% female; 51.4% Black) who completed a measure of attitudes about guns (positive and negative attitudes subscales) and family adverse childhood experiences. Two linear regression models were used to regress attitudes toward guns on demographic factors (age, gender, ethnicity) and ACEs. The models explained a significant amount of the variance in both positive ( $F[4, 1001] = 13.51; p < 0.001$ ) and negative ( $F[4, 1001] = 16.40; p < 0.001$ ) attitudes towards guns. Boys ( $\beta = .19, p < 0.001$ ) and White youth had more positive attitudes than girls and Black youth ( $\beta = .08, p = .01$ ). Girls ( $\beta = -.22, p < 0.001$ ) and older youth ( $\beta = .09, p = .004$ ) had more negative attitudes toward guns than boys and younger youth, respectively. Higher levels of ACEs were associated with more negative attitudes ( $\beta = -.09, p = 0.004$ ). More research is needed to fully understand what predicts youths' attitudes towards guns, and the extent to which their attitudes predict their gun-related risky behaviors.

**Understanding Dating and Family Violence Experiences Among Teens in the FFCWS Cohort**

**Ellie Maly, University of Michigan School of Social Work; Olivia D. Chang, University of Michigan School of Social Work; Kathryn L. Maguire-Jack, University of Michigan School of Social Work**

While maltreatment is most frequently detected in early childhood, hidden patterns of maltreatment have the potential to persist through adolescence and young adulthood (Naughton et al., 2017). Using data from the Future of Families & Child Wellbeing Study (FFCWS), this investigation sought to evaluate experiences of maltreatment that persist into adolescence, as well as how such experiences may spill over into other domains of interpersonal violence experienced in adolescence. Specifically, we examined the relationship between early experiences of maltreatment (any physical or emotional abuse reported at age 3) and experiences of maltreatment (being excessively yelled at or hit) at age 15. Further, it examines early experiences of maltreatment as a predictor of experiences of teen dating violence as reported at age 15. Findings indicated 2,233 (45.6%) youth reported experiencing excessive yelling or hitting at age 15, while only 87 (1.8%) reported experiencing dating violence at age 15. Implications suggest that undetected maltreatment is a significant concern for adolescents; screening is needed throughout these years, as maltreatment does not have an end

age.

**The Essential Caregivers: Examining the lived experiences of Black women who are primary caregivers for children diagnosed with mental illnesses**

**Ashley Morris, University of Central Florida**

Black women face persistent social and economic obstacles throughout their lives as a result of intersecting identities that contribute to gender and racial bias and inequity. While there has been research on the health disparities experienced by Black women, their role as caregivers for children with mental health issues has not been thoroughly examined. Limited knowledge exists on the impact of a child's mental illness on the parenting and family interactions of Black women. The study of the obstacles faced by Black women navigating mental health systems, as well as their resilience factors and coping strategies, remains unexplored. The researcher used a grounded theory as the method of inquiry. The findings indicate that women independently locate and access resources and solutions, considering official sources as a last resort and frequently finding them inadequate. Additionally, they consistently engage in learning and teaching others about their children's mental health requirements. Despite their efforts to seek aid, the women lead solitary lives, managing the mental health needs of their children and families with insufficient support from both formal and informal sources.

**Sources of Meaning and Prosocial Behavior Among Adolescents**

**Alexis Mowrer, Vanderbilt University; Krista Mehari, Vanderbilt University; Taylor Stevens, Vanderbilt University; Emma Kate Hancock, University of South Alabama**

Transcendent meaning may be an important predictor of youth behavior. However, there is limited information on the relationships between prosocial sources of meaning and prosocial behavior. We hypothesized that sources of meaning would significantly predict youths' prosocial behavior. In this study, 308 adolescent-parent dyads participated in a cross-sectional survey administered through Qualtrics. The majority (62%) of youth were White, and 33% were African American or Black. Additionally, 66% of participants were male. Among other measures, youth completed the Sources of Meaning Scale, which was developed using participatory action research and assesses prosocial sources of transcendent values, including family, faith, and community (Mehari, 2021). Prosocial behavior was measured by parent/caregiver reports on the Prosocial Behavior Subscale of the Strengths and Difficulties Questionnaire (Goodman, 1997). A hierarchical linear regression was then used to test the hypothesis, in which prosocial behavior was regressed on demographics (age, race/ethnicity, gender) and transcendent meaning ( $F[4, 290] = 36.72; R^2 = .33; p < .001$ ). As hypothesized, transcendent meaning predicted prosocial behavior ( $\beta = .58; p < .001$ ) but demographic factors did not. Therefore, transcendent meaning is likely an important promotive factor for youth, and future research should explore the extent to which it protects against risk.

**A Scoping Review of Resilience Among ICU Nurses**

**Selena Piercy, University of the South; Sherry Hamby, University of the South & Life Paths Research Center**

The stressful and traumatic nature of nursing jobs, especially in specialized units such as the intensive care unit (ICU), puts nurses at higher risk for psychological distress or more severe diagnoses like PTSD. The purpose of this study is to conduct a scoping review on the resilience of ICU nurses, using the Resilience Portfolio Model as a framework. We searched PubMed and PsycInfo for articles that included the terms "ICU nurses" and "resilience." This process resulted in 302 articles. After excluding duplicates, articles that focused only on workplace performance, lacked data, or focused on the Covid-19 pandemic, we had a pool of 43 articles. Mindfulness, spirituality/religion, and social support were frequently mentioned as sources of resilience. The importance of socializing—simply relaxing with friends and family outside of work—came up as distinct from social support as comfort during times of stress. Support from leadership and mentors was also a relatively unique aspect of social support. Many studies focused on alleviating moral injury—the stress of violating one's moral code despite not having any other feasible options—among nurses. This particular form of traumatic exposure needs more consideration in research on resilience.

**Housing Instability as a Complex Factor of Adversity for Black and African Americans Families**

**Ashley Prowell, University of Maryland**

Stable, affordable, and quality housing is a fundamental aspect to supporting the health and wellbeing of all families. Housing instability, however, has been identified as an adversity factor for many Blacks and African Americans. Low income and deep poverty quite naturally, lead to housing issues for all, but especially for Blacks who are also affected by perpetual and generational inequalities, as highlighted above. Studies also show that Blacks and African Americans share a few common experiences related to housing instability. The

current study looks to a group of nine African American participants from low-income backgrounds who among other challenges, identified housing instability as a key factor in their childhood adversity. Results highlight their lived experience with eviction and gentrification in childhood and the intersectional issues that stem from these shared experiences. It is important to understand the different facets of the Black and African American experience with housing instability as it relates to adversity and positive adaptation. Understanding how these issues not only exist but are a result of and lead to compounding inequalities within the Black community are critical to intervention and prevention.

**Positive Changes in Parenting Attitudes Among Parents Involved in the Child Welfare System with Co-occurring Substance Use Disorders**

**Angelise Radney, The Ohio State University; Alexa Ploss, Ohio State University College of Social Work; Jen McClellan, Public Children's Association of Ohio; Joyce Lee, Ohio State University College of Social Work; Additti Munshi, Ohio State University College of Social Work; Yujeong Chang, Ohio State University College of Social Work; Charis Stanek, Ohio State University College of Social Work**

The present study assessed improvements in parenting attitudes among parents who participated in Ohio START (Sobriety, Treatment, And Reducing Trauma), a statewide child welfare model supporting families involved in the children welfare system impacted by parental substance use disorders. This study used a subset of data from the Ohio START family survey, evaluating START's effectiveness in promoting child and family well-being across 54 Ohio counties. Data were collected via self-report surveys at pre-test and post-test by a sample of parents (n = 73). Parents who completed the family survey were majority White (90.4%) females (91.8%). Parenting attitudes were assessed using the Adult Adolescent Parenting Inventory-2.1. A series of paired samples t-tests were conducted to compare parents' pre-test and post-test scores on parenting attitudes. Parents' level of appropriate expectations of children was significantly higher at post-test than at pre-test. Parents' attitudes towards appropriate family roles were also significantly higher at post-test than they were at pre-test. Finally, parents' value placed on children's power and independence increased from pre-test to post-test. Our findings demonstrate positive changes in parenting attitudes among parents enrolled in Ohio STAR, highlighting the potential merits of this initiative.

**Firefighter Resilience: The Relationship Between Post-Critical Incident Intervention Preference And Coping Self-Efficacy**

**Joselyn Sarabia, The Ohio State University; Elinam Dellor, The Ohio State University; Bridget Freisthler, The Ohio State University**

Firefighters present a high risk for developing adverse mental health outcomes related to occupational trauma exposure, often referred to as critical incidents. Little is known about firefighters' post-critical incident intervention preferences, and the relationship between preference and coping self-efficacy is unknown. This study explores firefighter preference regarding post-critical incident interventions in relation to coping self-efficacy among a sample of 241 firefighters in a major Midwest city. Most participants were white (84.2%; n = 203), non-Hispanic (91.7%; n = 221) males (94.2%; n = 227). CISD was the most preferred intervention among firefighters (46.9%; n = 113), followed by no intervention (28.2%; n = 68), informal peer support (12.9%; n = 31), and formal counseling (12.0%; n = 29). Multiple regression analyses revealed that firefighters who preferred CISD and those who preferred formal one-on-one counseling had significantly lower levels of firefighter coping self-efficacy and trauma coping self-efficacy as compared to firefighters who preferred no intervention. Findings from this study can be used to direct intervention strategies to promote resilience through strengthening coping self-efficacy. Future research should aim to increase knowledge on the association between preference and coping self-efficacy among firefighters to support the recovery process following exposure to traumatic events.

**A Scoping Review of Resilience Among Youth Experiencing or At-Risk for Schizophrenia**

**Matthew Schaublin, University of the South; Sherry Hamby, University of the South & Life Paths Research Center**

Schizophrenia and other psychotic disorders encompass a range of serious psychological conditions characterized by self-concept disturbances, delusions, hallucinations, disorganized speech or behavior, and negative symptomology such as affective flattening and poverty of speech. People with psychotic symptoms have higher trauma rates than others, but also have strengths. This scoping review identifies psychosocial strengths associated with better outcomes for youth experiencing or at-risk for psychosis, using the resilience portfolio model as a framework. We searched PsycInfo and PubMed for articles that included "resilien\*," "schizophreni\*," and either "youth" or "adolescen\*," yielding 410 articles. After excluding duplicates, and

articles focusing on genetics/neurology, lacking data on strengths, or focused on adults, 22 articles remained. Interpersonal strengths such as social support were most commonly studied; most of these focused on the home environment. Even research including regulatory strengths often looked at external sources. Only two studies assessed meaning making strengths, even though this is an important domain in other resilience research. There is a surprising lack of research on individual assets of youth who have experienced psychotic symptoms, with almost all research focusing on family or other interpersonal assets. A more holistic, strengths-based approach to working with these youth is needed.

**Protective Factors among Children Impacted by Parental Substance Use Disorder**

**Charis Stanek, The Ohio State University; Marla Himmeger, Public Children Services Association of Ohio; Joyce Lee, Ohio State University College of Social Work; Susan Yoon, Ohio State University College of Social Work**

Approximately 600,000 U.S. child abuse and neglect cases are reported annually. Parental substance use disorder is a risk factor for child maltreatment and negative child behaviors; yet little research has investigated the impact of family protective factors on the resilience of these children. The aim of this study was to 1) explore levels of protective factors for families with substance use challenges and 2) examine associations between family protective factors and child behaviors. Families (N=122) were recruited from Ohio START (Sobriety, Treatment, And Reducing Trauma), an intervention model for families affected by co-occurring child maltreatment and parental substance use disorders. At enrollment, parents completed surveys on sociodemographics, protective factors (social support, concrete support, family functioning, parenting knowledge, attachment & nurturing), and child behaviors (internalizing and externalizing). A hierarchical linear regression model revealed that higher levels of family functioning ( $p=.04$ ) and parenting knowledge ( $p=.001$ ) were significantly associated with lower levels of child externalizing behaviors. Higher levels of family functioning ( $p=.02$ ) and parenting knowledge ( $p<.001$ ) were also associated with lower levels of internalizing behaviors. Our findings indicate that psychosocial family-based interventions may be helpful in promoting behavioral health outcomes among children affected by parental substance use disorder and child maltreatment.

**Using The Resilience Portfolio Approach To Understanding Resilience After Dating Violence In A Sample Of Latina College Students**

**Elizabeth Terrazas-Carillo, Texas A&M International University; Ediza Garcia, Texas A&M International University; Dulce Alonzo, Texas A&M International University; Karen Morales, Texas A&M International University; Rebecca Perez, Texas A&M International University; Amira Samaniego, Texas A&M International University**

A study by Forster et al. (2017) estimated that at least 40% of Latinx young adults experience dating violence (DV) in a given year. However, much of the literature on DV among college students has focused on examining risk factors. Protective factors are much less research, especially among minority populations like Latinx college students. To contribute to the resilience literature, we used the resilience portfolio model (Grych et al., 2015) to explore what helped Latina college students who experienced DV overcome this type of adversity. We conducted a qualitative study that included a total of 6 participants who identified as Latina college students over the age of 18 who reported having experienced DV in their lifetime. The participants completed semi-structured interviews that lasted between 90-120 minutes. The interviews were transcribed verbatim, then we used an inductive qualitative analysis approach that started by coding meaningful units on the transcripts, then sorting these codes into categories and themes. The final analysis yielded the following themes: Dating violence experiences, sources of support, meaning of life, leaving the relationship, cultural influences, and the importance of external resources. Results are discussed in the context of the resilience portfolio framework.

**“What Makes You Feel Strong?”: Older African American Women Socialized to Cope with Racism, Sexism and Ageism for Protection, Power, and Purpose**

**Derek Tice-Brown, Fordham University**

Older African Americans are disproportionately represented in depression outcomes when compared to their majority counterparts (Vinson, et al., 2014). Existing literature (Adams, & Bryant Miller, 2021; Cyrus, 2017; Meyer, 2003) supports that minority stress is a factor in these mental health disparities, but there is a need to understand multiple minority stress and its appraisal processes (Meyer, 2015). The current study used a Constructivist Grounded Theory method (Bryant, & Charmaz, 2019; Charmaz, 2014), and interviewed 20 older African American women from a suburban/urban community in New York state about their minority stress experiences caused by ageism, sexism, and racism, their stress appraisal processes, and the coping resources and resilience traits they used. Participant themes include strong community ties in childhood, awakening to

racism, the salience of racism over ageism and sexism, Great Migration experiences, developing internal awareness, and the use of protection, purpose, and power for coping and resilience. A theory is advanced that explains how older African American women were socialized to cope with multiple minority stress to protect their mental health (Kendall, & Li, 2005; Singh-Marmoux, & Marmot, 2005). The knowledge developed can assist policymakers, practitioners, and researchers to reimagine culturally-responsive and accessible intervention programs and policies.

#### **Developmental Trajectories of Multidimensional Youth Resilience**

**Alexandra Y. Vazquez, Michigan State University; Elizabeth A. Shewark, Michigan State University; Shaunna L. Clark, Texas A&M University; Kelly L. Klump, Michigan State University; Luke W. Hyde, University of Michigan; S. Alexandra Burt, Michigan State University**

Although often considered a single dimension, resilience is in fact multidimensional, such that youth can demonstrate resilience in some areas but not others. To date, however, it remains unknown whether the various domains of resilience demonstrate different developmental trajectories over time. The present study sought to address this gap in the literature, examining developmental trajectories of resilience to neighborhood adversity from middle childhood through emerging adulthood. We examined a longitudinal dataset (i.e., three waves) from the Michigan State University Twin Registry (MSUTR), restricting the sample to families residing in moderately-to-severely disadvantaged neighborhoods (N = 691). Psychological resilience (PR) and social resilience (SR) were measured using the Child Behavior Checklist. Longitudinal Growth Curve Models revealed significant between-person variation in initial level (PR:  $b=0.289$ ,  $p<.001$ ; SR:  $b=7.118$ ,  $p<.001$ ) and rate of change (PR:  $b=-.012$ ,  $p<.001$ ; SR:  $b=.163$ ,  $p<.001$ ), such that PR decreased while SR increased over time. Preliminary growth mixture models (GMMs) were also conducted to identify profiles of developmental trajectories. Results revealed three trajectory classes for psychological resilience (characterized by varying initial levels) and two trajectory classes for social resilience (characterized by similar initial levels and divergent slopes). Finalized GMM results are forthcoming.

#### **Discordance in Parent-Child Reports of Parental Involvement: Associations with Child Resilience, Parent-Child Closeness, and Parent-Child Conflict**

**Emily Velandia, The University of Memphis; Kathryn H. Howell, PhD, The University of Memphis; Abbey Grace Hosea, The University of Memphis; Debra Bartelli, DrPH, The University of Memphis**

Parents and children may hold different views of parental involvement, which could have effects across the family system. This study examined how differences between parents' and children's reports of parental involvement were related to their respective reports of children's resilience, as well as parent-child closeness and conflict. Participants were 67 parent-child dyads. First, a difference score was created between parents' and children's reports of parental involvement. Dyads were then categorized based on the child's parental involvement score being below or above the sample median, resulting in 34 child below median (CBM) dyads and 33 child above median (CAM) dyads. For CBM dyads, larger parent-child discrepancies in parental involvement were associated with lower child-reported resilience ( $r=-.408$ ,  $p=.017$ ). For CAM dyads, larger discrepancies in involvement were associated with less parent-child conflict ( $r=-.352$ ,  $p=.045$ ) and more closeness ( $r=.360$ ,  $p=.040$ ), per parent report. Bigger discrepancies were also associated with parent report of more child resilience ( $r=.609$ ,  $p<.001$ ). Results suggest that parent-child discordance in reports of parental involvement have unique effects on reports of resilience and the parent-child relationship for dyad members with a more negative appraisal (lower rating) of that involvement. Findings highlight the value of multiple perspectives when examining resilience and family functioning.

**Keynote**

**Great Hall in Laskey Building**

**Sunday, 4:15 – 5:30 pm**

**Acting Locally: Community and its Enduring Global Importance**

**Douglas Perkins, Vanderbilt University**

*Host: Katie Howell, University of Memphis*

**Evening Reflection**

**Great Hall in Laskey Building**

**Sunday, 5:30–5:45 pm (Central time)**

**Katie Maguire-Jack**



## Monday, April 15th

**Morning Reflection**  
**Great Hall in Laskey Building**  
**Monday, 8:45–9:00 am (Central time)**

**Holden Dillman**

Monday 9:00 to 10:15 am

**A1: Resilience Following Child Maltreatment: The Roles of Multi-level Strengths (20x20 Symposium): Great Hall**

Child maltreatment continues to be a serious and pervasive social problem in the United States. Each year, over 600,000 children are found to be victims of child maltreatment. Although previous studies have indicated that individuals with maltreatment histories are at higher risk of experiencing negative outcomes, a growing body of research suggests that many people show resilience following child maltreatment. Resilience is a dynamic process whereby various protective factors, assets, resources, and strengths interact with each other to shape one's well-being and positive adaptation. The proposed symposium features five studies that utilize diverse methodological approaches and examine various strengths across multiple levels of the social ecology (i.e., personal, family, school/peers) to deepen our understanding about resilience following child maltreatment. The first study, focusing on the personal-level protective factor (i.e., healing), utilizes descriptive phenomenology to qualitatively explore the pathways from childhood sexual abuse to substance use addiction recovery among men, with a focus on elucidating the role of healing from childhood sexual abuse. The second study, focusing on the family-level protective factor (i.e., positive caregiver-child relationships), applies a person-centered analytic approach to identify different patterns of adverse childhood experiences (ACEs) and test whether the link between positive caregiver-child relationships and youth resilience differ by the identified patterns of ACEs. The third study, focusing on the family-level protective factor (i.e., father involvement), examines the association between father involvement and social resilience (i.e., social competence, positive peer relationships) and determines if this association differs by children's exposure to father-perpetrated maltreatment. The fourth study, focusing on the school-level protective factor (i.e., school connectedness), investigates the role of school connectedness in the association between child abuse and behavior problems among 2,234 adolescents from the Future of Families and Child Wellbeing Study. The fifth study, focusing on multi-level protective factors (prosocial skills, future expectations, caregiver bonds, positive peer relationships, school engagement), explores strengths and protective factors against suicide ideation among children involved with the child welfare system. Together, the five studies elucidate multi-level strengths and protective factors that are associated with resilience following child maltreatment. Findings from these studies highlight the importance of considering and incorporating assets, resources, and strengths across the social ecology to design resilience promotion interventions and support the well-being of individuals who have experienced childhood maltreatment.

### **Healing From Childhood Sexual Abuse In The Context Of Addiction Recovery: A Phenomenology Of Male Survivors**

**Uwe Wernekinck, The Ohio State University**

Individuals dealing with substance use disorders (SUD) have disproportionate rates of childhood sexual abuse (CSA). Although CSA is a well-established risk factor for SUD, much remains to be unknown about the male healing journey from CSA and how this process is contextualized in addiction recovery. To fill this gap, this qualitative study explored the link between SUD recovery and healing from CSA among adult men. The sample included 25 adult men who were in addiction recovery and had histories of CSA. Building on purposive and snowball sampling, participants were recruited using a variety of recruitment strategies. Semi-structured interviews were completed via Zoom or phone call. Descriptive phenomenology was used to guide data analysis. Preliminary findings suggest that the male healing journey is an individualized lifelong process

characterized by accepting the past, forgiving self and others, connecting with others, and regaining control. The healing process is closely connected to addiction recovery, and the two processes are part of one larger journey towards holistic well-being. While findings underline that healing from CSA is a crucial component of long-term recovery, results also highlighted that the healing journey is unique to each survivor. Results have important implications for researchers and practitioners working in addiction.

### **Adverse Childhood Experiences, Parental Protective Factors, And Adolescent Resilience**

**Seungjin Lee, Ewha Womans University**

Adverse Childhood Experiences (ACEs) can negatively impact adolescent health and development. The present study sought to identify distinct patterns of ACEs and examine whether the effects of caregiver-child relationships on adolescent resilience vary by patterns of ACEs. Data were drawn from the Future of Families and Child Wellbeing Study (FFCWS) and the participants included 3,379 adolescents. ACEs were assessed at ages 0-9 and caregiver-child relationships and adolescent resilience were measured at age 15. Latent class analysis and regression analysis were conducted. Three distinct latent classes of ACEs were identified: Class 1: High maltreatment & high household challenges; Class 2: Low maltreatment, but high household challenges; Class 3: High abuse, but low household challenges. The study found that positive caregiver-child relationships were associated with adolescent resilience for Classes 1 and 3, whereas no link between caregiver-child relationships and adolescent resilience was found for Class 2. These results suggest that positive caregiver-child relationships might be especially critical for promoting resilience among adolescents who have experienced child abuse and/or neglect. These findings hold promise for the development of family support and counseling programs to promote resilience in adolescents who have experienced ACEs.

### **Positive Father Involvement And Social Resilience In Children At Risk Of Child Maltreatment**

**Susan Yoon, The Ohio State University**

Despite considerable advances in fatherhood research, relatively less is known about the benefits of positive father involvement on child social resilience have been understudied in at-risk children, such as children who have experienced child maltreatment. The current study sought to 1) examine the association between positive father involvement and social resilience (i.e., social competence, positive peer relationships) and 2) determine if this association differs by children's maltreatment experiences (i.e., perpetrator identity). This study included 681 children (age = 12 years) drawn from the Longitudinal Studies of Child Abuse and Neglect. Generalized estimating equations modeling was performed. Results revealed that higher levels of positive father involvement predicted greater social competence and better peer relationships, even after controlling for child age, race, father's residential status, and mother involvement. Further, the positive association between father involvement and positive peer relationships was stronger for children who have been maltreated by fathers. The findings highlight the importance of positive father involvement in building social resilience in at-risk children. Practitioners working with at-risk children, including those who have experienced father-perpetrated maltreatment, should consider engaging fathers in services to support high-quality father involvement and the development of strong father-child relationships.

### **Examining The Role Of School Connectedness Against Child Behavioral Problems**

**Yujeong Chang, The Ohio State University**

Child abuse remains a pervasive global concern, with enduring effects on a child's mental and socioemotional well-being. In this context, resilience plays a crucial role in enabling children to cope and thrive. One domain that holds potential for fostering resilience is the school environment, as school represents an important environment for children to develop and implement important skills and socioemotional behaviors. This study examines the interrelationship between child abuse, school connectedness, and subsequent behavioral difficulties. Using data from 2,234 participants in the Future of Families and Child Wellbeing Study (FFCWS), child abuse was measured at age 5, school connectedness at age 9, internalizing and externalizing behaviors at age 15. Results demonstrated that both child abuse and school connectedness each had distinct significant associations with internalizing and externalizing behaviors. However, school connectedness did not serve as a buffer or mediator in the context of child abuse. In conclusion, school connectedness holds value as a protective factor for children who have experienced abuse. However, school connectedness alone may not be sufficient to counteract the behavioral consequences of abuse. To bolster resilience, a comprehensive and multi-faceted approach embracing various protective mechanisms is deemed essential.

### **Unveiling Hope: Exploring Protective Factors of Suicide Ideation for Children Involved with the Child Welfare System**

**Sarah Parmenter, The Ohio State University**

Suicide is the second leading cause of death among youth aged 10 to 14, and those involved in the child welfare system face a heightened risk. Despite this fact, limited research on suicide prevention with this population exists. Recognizing protective factors of suicide ideation can inform strength-based prevention strategies. Utilizing data from the National Survey of Child and Adolescent Well-Being, we assessed various protective factors (resilience, positive peer relationships, future expectations, caregiver bonds, school engagement, and prosocial skills) of suicidal ideation among youth involved with the child welfare system. Results of a binary logistic regression suggest that children's relationship with their caregivers and peers are significant protective factors of suicide ideation. For each unit increase in positive peer relationships, there was a 43.4% decrease in the odds of experiencing suicidal ideation. Similarly, each unit increase in the quality of caregiver relationships suggests a 59.1% decrease in the odds of reporting suicidal ideation. These findings underscore the importance of nurturing positive relationships with caregivers and peers as critical protective factors for preventing suicidal ideation among this population. Supporting these youth in building strong and healthy connections may serve as a vital intervention to reduce suicide risk.

### **A2: Multi-Strength Studies of Resilience (20x20): Laskey A**

#### **Community Resilience and Social Support: Mitigating Stress and Promoting Well-being among Ukrainian Refugees in Italy**

**Martina Olcese, Department of Educational Science; Paola Cadinali, Department of Economics, Francesco Madera, Department of Educational Science; Laura Migliorini, Department of Educational Science**

The current conflict between Russia and Ukraine has forced millions of people to migrate by leaving their countries. In 2022, about 175,000 Ukrainian refugees arrived in Italy, most of them women and children. Forced displacement exposes people to various traumatic and stressful factors that may be related to loss of loved ones, language, or work difficulties in the host context. To address these traumatic factors, from an ecological perspective, community resilience and related factors, such as social support, are key aspects to promote well-being and reduce stress. The present study aims to understand the role of community resilience and social support in reducing stress and promoting well-being in Ukrainian refugees in the Italian host context. Community resilience has been studied primarily in relation to disasters, and thus our work contributes to a better understanding of this construct in the context of migration. Through networking and collaborating with voluntary associations, 150 Ukrainian refugee women in the Italian context completed a structured questionnaire based on validated scales that measured community resilience, social support, distress and well-being. A pattern of moderate mediation was estimated. Therefore, this contribution reports the most relevant results and the related discussion of them.

#### **Resilience in Identity: Social Identity as a Protective Factor for Complex PTSD in a Trauma-exposed Colombian Sample**

**Martin Robinson, Queen's University Belfast; Gülseli Baysu, Queen's University Belfast; Rhiannon Turner, Queen's University Belfast; Donncha Hanna, Queen's University Belfast; Cherie Armour, Queen's University Belfast**

**Background:** The International Classification of Diseases (ICD-11) has newly introduced the diagnosis of Complex PTSD (CPTSD); characterized by traditional PTSD symptomology plus Disturbances in Self Organisation. Part of this construct involves feeling socially disconnected from others. There remains a need to understand the association of individual social and personal identity in development of this disorder in post-conflict contexts. **Methodology:** This study analysed survey data collected as part of the MI-VIDA study, a case-control investigation of psychological risk and resilience in a trauma-exposed sample in Colombia (N = 505). Level of importance ascribed to one's identity was assessed using the Social and Personal Identities Scale, and was assessed as predictors of probable CPTSD diagnosis using multinomial logistic regression. **Results:** Level of Social and Personal identification did not significantly predict probable PTSD diagnosis; however, both were significant predictors of probable CPTSD diagnosis. Social Identity negatively predicted CPTSD probability while Personal Identification was a positive predictor of CPTSD diagnosis likelihood. **Conclusion:** Greater sense of Social Identity appears to be protective against CPTSD symptomatology, whereas greater Personal Identity orientation is a risk factor. Social grouping and cohesion may be a protective factor against development post-trauma mental ill-health.

**Connection As A Lifeline: Family Conflict And Mental Health During The COVID-19 Pandemic**

**Ellie Maly, University of Michigan; Sandra Graham-Berman, Ph.D., University of Michigan**

Purpose: Residential shifts during the COVID-19 pandemic opened doors for existing family dynamics to persist; this was of particular risk to emerging adults (EAs) who returned from college to hostile households of origin (Maly et al., 2022). Concern about family conflict is negatively associated with mental health outcomes; this investigation asks: which coping skills mitigate the effects of this familial tension? Method: Recruited by online survey, four hundred twenty-three EAs enrolled in college at the beginning of the pandemic completed the Child and Adolescent Social and Psychological Experience Questionnaire (CASPE) and assessments of anxiety, depression, and PTSD. Results: Preliminary analyses indicate that connection-based coping skills may serve as protective factors against the deleterious effects of family violence. Conclusion: This study highlights the importance of connection to EAs confronted with maltreatment and exemplifies their resilience in even the most challenging of circumstances.

**Resilience Portfolios: A New Investigation Comparing 29 Psychosocial Strengths**

**Sherry Hamby, University of the South & Life Paths Research Center; Elizabeth Taylor, Oakland University & Life Paths Research Center; Cristian Pinto Cortez, Universidad de Tarapacá; Victoria Banyard, Rutgers University**

Background and Objective: Many psychosocial strengths have been studied in the positive psychology and resilience literatures. This presents a challenge for narrowing down the identity of the most helpful strengths. In this study, we explore the 24 strengths from the well-known Values in Action (VIA) questionnaire along with 5 other strengths to see which ones are most closely associated with thriving after trauma. Method: An online survey was conducted at the VIA website. People who visited the website to complete the VIA questionnaire were invited to participate in a research study immediately after finishing the VIA, which assesses 24 different character strengths. This paper includes the 6,524 U.S. participants, who in addition to completing the VIA also answers questions on 5 other psychosocial strengths (sense of purpose, psychological endurance, social support, eco-connections, mindfulness), two types of adversity (juvenile victimization and institutional betrayal), and measures of wellbeing (psychological and physical). Results and Discussion: Analyses are underway and will be compared to prior resilience portfolio studies.

**A3: Rethinking Resilience (Perspectives): Laskey B**

**This is Part II: A Different Way of Defining Resilience for Black, Gay Fathers**

**Tayon Swafford, Indiana University School of Social Work**

Last year, I presented part one of my discussion titled Redefining Resilience for Black Fathers. I offered three salient points: first, it is statistically probable that a Black child will live apart from their biological father. Although Black women rear children as single parents successfully, children reared without a residential and/or involved father are at a higher risk of using/abusing substances and participating in delinquent behavior. Second, Black fathers continue to be viewed as disengaged with and disinterested in their children. Third, social workers need to redefine resilience by accounting for the systems, structures, and ideologies that have contributed to the impediment and misbranding of Black fathers and fatherhood. Unfortunately, Black gay fathers are not exempt from the systemic inequities that influence how social workers perceive them. As a result, traditional definitions of resilience that center withstanding life's circumstances without significant, long-term consequences are insufficient without knowing a population's lived experience and realities. This year, my presentation combines narrative and indigenous research methods to show how Black gay fathers negotiate race, sexuality, and parenthood. Only when this negotiation is considered can social workers begin to redefine resilience in a way that centers a population who has been visibly invisible.

**Moving Beyond Regulatory Strengths: An Integrated Theoretical Framework of Digital Resilience and Post-traumatic Growth for Survivors of Intimate Partner Violence**

**Heather Storer, University of Louisville; Toby Schulruff, Arizona State University; Liz Utterback, University of Louisville**

Background: Mounting research has documented the nature of technology facilitated coercive control within dating relationships. However, there has been limited attention to intimate partner violence (IPV) survivors' everyday user experiences in digital spaces. The purpose of this presentation is to describe sources of harm on social media, identify strengths-based approaches to promote well-being, and present an overarching framework of digital resilience. Methods: Interviews were conducted with a purposive sample of IPV survivors

(n=20). Participants were recruited via social media and service providers. Thematic content analysis was used to construct thematic domains. Results: Participants reported experiencing contrasting experiences on social media. IPV-specific sources of harm included dismissive comments, unexpected interactions with abusive partners, and being confronted with unwanted memories. Indirect sources of harm included insensitive interactions with peers, non-consensual contact from strangers, and exposure to violent content. Most approaches for promoting survivor digital resiliency involved bolstering survivors' regulatory strengths including altering online behaviors. Discussion: Understanding IPV survivors' user experiences in digital spaces is imperative for reducing harm and creating more healing-centered digital interactions. This study provides an essential foundation for identifying the theoretical domains associated with developing a theory of digital resilience that is inclusive of regulatory, inter-personal, and meaning-making strengths.

### **Some Type of Way: Resilience and Survival Strategies of Youth Aging Out**

**Lisa Schelbe, Florida State University College of Social Work**

This presentation delves into the remarkable resilience exhibited by youth aging out as they navigate the transition out of foster care and into adulthood. Youth aging out face an array of challenges across a wide range of domains including housing, employment, education, mental health, and early parenting. Drawing on ethnographic data of over 90 in-depth semi-structured interviews and almost 1,000 hours of observation over two years, this presentation describes on youths' resilience and strategies that enable them to survive and even thrive. In this presentation highlights the complex reciprocal interactions among the life domains where youth aging out face challenges, acknowledging the role that structural barriers play in amplifying the hardships. By understanding the complex interplay of identity, socio-economic factors, and systematic barriers, we gain valuable insights into how to support youth aging out of foster care and what we can do to promote youth well-being. The presentation examines the creative survival strategies youth engage in to make ends meet. It explores the role of service providers and specialized programs in nurturing resilience in these youth, providing them with the tools and skills needed to overcome obstacles and build a foundation for a successful future.

### **Relationship Resilience: Repairing & Reconnecting**

**Sal Corbin, Behavioral Health System of Baltimore**

Harm reduction is based on our ability to build and maintain healthy relationships. Our close relationships are challenged by societal stress, trauma, and mental health. The concept and connection of family was radically affected by COVID-19. This calls us to deepen our listening and caregiving for our "family" members. Restorative practices will be offered to build skills to support positive, thriving, empowered relationships and can transform how we show up in our relationships. In this session we ask: How can we navigate effective communication to best repair broken relationships and/or reconnect with our loved ones? Ideas and experiences will be shared to position our hearts and minds to show up with a reframed best self and avoid repeating negative patterns such as codependency, abuse, and neglect. Attachment, boundaries, co-dependency and intergenerational communication will be explored.

### **A4: Social Ecological Approaches to Youth Resilience (20x20): Laskey C**

#### **Ecological Assets Promoting Youth's Access to Supportive Nonparent Adults**

**Matthew Hagler, Francis Marion University; Cyanea Poon, University of Massachusetts Boston**

Youth's relationships with supportive nonparent adults (SNPAs) are longitudinally associated with a range of resilient psychosocial, academic, and professional outcomes (Van Dam et al., 2018). Unfortunately, studies have documented inequitable distribution, such that socioeconomically privileged youth have greater access to SNPAs (Gowdy et al., 2022). However, little is known about the specific ecological assets that that give rise to these important relationships, which could inform policy changes. The aim of this study was to examine familial and community strengths, as well as demographic characteristics, that predict children's and adolescents' access to supportive nonparent adults (SNPAs). We conducted secondary data analysis of the 2016-2017 National Survey of Children's Health, a large, nationally representative caregiver-reported survey, and analyzed separate subsamples of children (ages 6-11, n=12,849) and adolescents (ages 12-17, n=17,628). For both children and adolescents, demographic markers of social advantage (e.g., White race, nonimmigrant status) were associated with increased likelihood of having SNPAs. Community strengths (e.g., neighborhood amenities, collective support, safety) and access to volunteering and/or paid work opportunities were positively associated with SNPA access for both children and adolescents. Familial strengths (e.g., family resilience,

caregiver involvement in school/extracurriculars) were stronger predictors of SNPA access among children.

### **Social-Ecological Protective Factors Associated with Lower Levels of Depressive Symptoms Among Adolescents Exposed to Adversity**

**Kari Thomsen, The University of Memphis; Kathryn H. Howell, The University of Memphis; Hannah C. Gilliam, The University of Memphis; Annisa M. Ahmed, Texas A&M University; Idia B. Thurston, Northeastern University**

Exposure to compounding adversities can place youth at risk for depressive symptoms in the short-term, and behavioral and relational difficulties over time. This study explored protective factors that may buffer the impact of adversity on adolescent depressive symptoms. Potential moderators of the association between cumulative youth adversity (i.e., total number of potentially traumatic events directly experienced) and adolescent depressive symptoms at three levels of the social ecology were examined, including the individual (internal assets), relational (mother-adolescent communication), and contextual (community cohesion) levels. The sample included 169 mother-adolescent dyads; adolescents were between ages 11-17 (Mage=13.71; SD=2.00) and mostly identified as female (62.43%) and Black (81.50%). Three moderation models were run, one for each level of the social ecology. Analyses controlled for maternal exposure to commonly co-occurring adversities and socioeconomic status. The relational level model was significant ( $F(7, 161)=9.16, p<.001, R^2=.28$ ), as was the interaction between youth adversity and communication ( $B=-.07, p=.009$ ). At lower levels of mother-adolescent communication, the positive association between adversity and depressive symptoms was strengthened; thus, when communication between mothers and adolescents is low, adversity has a stronger effect on depressive symptoms. This strengths-based, mutable factor may be pivotal in interventions aimed at reducing depression among youth experiencing adversity.

### **The Association Of Neighborhood And Family Factors With Child Flourishing And Wellbeing** **Ngozi Enelamah, University of New Hampshire**

Child emotional and mental health studies promote a biopsychosocial perspective that highlights the impact of nature, nurture, and neighborhoods and promotes the use of more positive measures, such as flourishing, to set developmental targets. This study investigated the association of neighborhood features with a child's development (flourishing), and structural family covariates such as child and maternal mental health. We examined the differential levels of the impact of neighborhood safety, neighborhood amenities, and neighborhood support on a child's family and their influence on a child's flourishing. The sample was drawn from a 2020/2021 National Survey of Children's Health ( $n=43,057$ ) of children aged 6 to 11 years and adolescents 12 to 17 years. A contextual model of neighborhood safety was associated with a 21% decrease in child flourishing ( $p<.001$ ). In addition, compared with families that agreed that their children lived in safe neighborhoods, those that did not were predicted to experience a 12% decrease in child flourishing. Findings have implications for policy provisions for safety, amenities, and structures that build resilience in families, and a non-deficit approach to health and wellbeing.

### **International Students' Lived Experiences Of Social Exclusion And Resilience**

**Isaac Thornton, University of Brighton; Rebecca Graber, University of Brighton; Linda Tip, University of Brighton; Stephanie Fleischer, University of Brighton**

This study explored United Kingdom-based international university students' lived experiences of adversity and resilience amidst social exclusion. In the UK, the current migration/social policy framework and other factors bar international students from equitable participation in society. In this context, this study explored what challenges international students face, and which factors support adaption. Participant-driven photo elicitation interviews were used. Between July and November 2023, 11 international university students aged 21-50 in Southeast England shared images representing their experiences (e.g., who they are, how they changed, challenges, things that helped, future plans). These were discussed in participant-driven semi-structured interviews online or in person. Transcripts were analysed using reflexive thematic analysis. Common challenges included linguistic and cultural differences, adjusting to British academic practices, migration/visa difficulties, homesickness, racism/exclusion, securing appropriate housing, and more. Sources of resilience included cognitive/psychological characteristics, hobbies, family and friends (offering emotional, practical, and financial support), university support (e.g., counselling, pre-sessional programmes), scholarships, and group memberships (sport/activity groups, university societies, churches, etc.). Results support a social ecological view of resilience, whereby adversity and processes of positive adaption are influenced by myriad interacting individual and social factors nested within social ecological layers (Ungar, 2011).

<b>A5: Resilient Leadership (Workshop): Clyde &amp; Mary</b>
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**Resilient Leadership****Nicole Yuan, University of Arizona; Victoria Banyard, Rutgers University**

The purpose of this interactive workshop is to broaden understanding and promote two types of leadership, formal and informal, among ResilienceCon attendees. Informal leadership is less well known. It may include experiences working in academia and with organizations and communities that involve leading projects or teams without formal titles, resources, and recognition that are common with formal leadership positions. Further, while both kinds of leaders often focus on addressing risks and crises, it is important for leaders to make room for strengths-based work. This workshop will address lived experiences with being a formal and informal leader and interacting with others in diverse leadership roles from a resilience lens. The workshop will involve individuals participating in short narrative writing exercises and discussion. Potential topics for narrative writing include: 1) Who is a positive leader in your life and what are the main characteristics that make them successful in that role? 2) What are your leadership experiences, including formal and informal leadership?, and 3) What type of leadership experiences do you want to have in the next 5 years? The workshop will provide opportunities for individuals to create a strengths-based leadership goal and develop a plan for achieving it. Recommendations for leadership trainings, books, and other resources will be shared. This is the first leadership workshop offered at ResilienceCon and will help inform future leadership programs. The workshop is open to students and individuals at all career stages from diverse work settings (i.e., academia, organizations, government).

<b>Monday 10:45 to 12:00 pm</b>
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<b>B1: Resilience Through a Social-ecological Lens: RPC Scoping Review Panel #1 (20x20 Symposium): Great Hall</b>
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**Collective Violence, Strengths, And Perceived Posttraumatic Growth: A Scoping Review****Matt Brooks, Rachel Olivia O'Brien, Maria Livanou, Martin J. Turner, Kate Whittenbury, Manchester Metropolitan University**

Collective violence, such as armed conflict, state-sponsored violence and terrorism, represents a profound form of trauma which can harm individuals, communities and societies. Existing research has largely examined negative psychosocial outcomes from collective violence, neglecting the potential for survivors to perceive benefits from their experiences, known as posttraumatic growth (PTG), which may be aligned with better functioning. The review identified 40 papers from Medline, PsycArticles, PsychInfo, and CINAHL, spanning from January 1995 to May 2023, which specifically focused on strengths and PTG in populations who reside (or had resided) in over 20 countries burdened by collective violence. This scoping review highlights a potential portfolio of meaning-making, regulatory, and interpersonal-ecological strengths-based resources and assets that are conducive to perceived PTG following collective violence. Religious coping was particularly prevalent across the included studies as being a factor associated with perceived PTG. Problem-focused coping, social and community resources, reconciliation and participation in mission-driven activities may also facilitate perceived PTG. The range of strengths identified was similar identified in Western societies, and those experienced after individual trauma. The findings call for culturally sensitive approaches to enhance individual and community efforts that enhance well-being among populations disproportionately affected by collective violence.

**Resilience in the Context of Transgenerational Trauma – Scoping Review****Marlena M. Salters, Martha Ishiekwene, Lisa Colón, Karla Shockley McCarthy, Michelle Wright, Georgia State University**

The aim of this scoping review is to identify and describe shared protective factors across humanity that promote resilience following transgenerational trauma exposure. Transgenerational trauma occurs when the effects of parental trauma exposure is experienced by subsequent generations. Most of the transgenerational trauma literature focuses on specific groups, like Holocaust survivors and their offspring. Thus, resilience-promoting factors that are shared amongst different communities are not cohesively understood. A better understanding and attending to universal strengths of individuals exposed to transgenerational trauma is needed and could help inform interventions designed to promote resilience in people susceptible to displaying negative symptoms associated with transgenerational trauma. To that end, the authors are preparing a

scoping review that will reflect the examination of participants who were emerging adults and whose parents or ancestors were exposed to trauma. For this scoping review, PRISMA extension for scoping reviews (PRISMA-ScR) guidelines will be followed. Multiple databases are being searched for peer reviewed articles of quantitative, qualitative, and mixed-methods designs that were published in the English language from 1973 to 2023. Once scoping review articles are selected, a systematic data charting process will be used to chart the data. Data will then be synthesized, summarized, analyzed, and reported.

#### **Family Resilience: A Scoping Review**

**Jonathan Davis, Samford University; Carmen Monico, North Carolina Agricultural and Technical State University; Imani Johnson, North Carolina Agricultural and Technical State University**

**Introduction:** Several models exist for family resilience, but the operational definitions have varied. In addition, traditional variables used in relationship research (e.g., attachment, family/social support) have shown mixed results despite the critical role of the family in shaping development of individuals. **Objective:** The objective of this scoping review is to understand the extent and types of evidence for psychosocial strengths that promote resilience (the process of overcoming trauma) in relation to family processes and outcomes.

**Inclusion/Exclusion criteria:** The term “family resilience” was coupled with the primary outcome of family/relationship satisfaction (and synonyms including healthy cohesion). We included additional terms indicating familial relationships, such as child-parent, sibling, spouse, partner. Articles must indicate that families have overcome life or external stressors. Family resilience in national and international settings will be included. Articles must be published within the last 20 years and be in English. **Methods:** We are examining conceptual/secondary materials first, to clarify definitions and delimitations of the review. Then, we searched multiple databases, including ESBCO, PsycINFO and MedLine, for empirical studies. We plan to continue using Rayyan to incorporate different descriptions of family relationships (e.g., sibling, parent-child) as one criterion in the search, coupled with relationship satisfaction as our other criterion.

#### **Community Level Strengths to Promote Resilience After Trauma: A Portfolio Approach**

**Victoria Banyard, Rutgers University; Danielle Rousseau, Boston University; Karla Shockley McCarthy, The Ohio State University; Julia Stavola, Boston University; Yunzi Xu, CARES; Sherry Hamby, University of the South & Life Paths Research Center**

**Overview and Aims:** Resilience, the process of achieving well-being after trauma and adversity, has often been conceptualized and measured as an individual variable. Less studied are strengths that reside outside of people in the social and physical environments they inhabit. The focus of this scoping review is to examine community-level strengths across the Resilience Portfolio Model. **Methods:** A scoping review was conducted using PubMed and PsycINFO databases. The use of search terms: “built environment and resilience,” “greenspace and resilience,” “neighborhood and resilience,” “census block and resilience,” “census tract and resilience,” and “geographic community and resilience not culture not online not school” yielded 1943 articles for review. Inclusion criteria included empirical papers with psychosocial characteristics, such as neighborhood advantage or social capital, measured at the community level. During initial screening of titles and abstracts, 85% of the articles were excluded due to lack of community-level data (only individual level of analysis). Articles were also excluded if they did not measure psychosocial outcomes or did not focus on humans. Currently 167 full texts are being screened, focusing on studies conducted in urban communities. Community strengths are understudied. This is a relatively untapped area for resilience research.

#### **B2: Strengthening Programs (20x20): Laskey A**

##### **Strengthening New Jersey’s Efforts to Address the Prevention of Child Sexual Abuse: Historical Efforts and Strategic Priorities**

**Jacquelynn Duron, Rutgers University School of Social Work; Victoria Spera-Ballesteros, Prevent Child Abuse - New Jersey**

Child sexual abuse is largely recognized to be a major public health problem, yet prevention and intervention initiatives have reduced the problem. This study details the collaboration between one community partner agency and research institution to conduct a landscape assessment of historical CSA prevention efforts and develop strategic priorities for the future. This study used semi-structured interviews and focus groups with professionals who had practice, research, and/or policy experience in CSA prevention. Interview data provide a timeline of significant historical initiatives and actors who have advanced CSA prevention efforts in the state. Identified themes include lessons learned about the dynamics of CSA and the influence of norms, key



elements of the accomplished community efforts, and gaps where new approaches or supports are needed. Focus group data provide a list of strategic priorities that can inform the development of new CSA prevention initiatives. The identified themes will be used to promote comprehensive efforts that address critical populations, content, and settings, and considerations for addressing current shortfalls. Recommendations across the data will be described as will next steps in the development of a community-based participatory research coalition for the advancement of research on CSA prevention.

### **Promoting Nutrition Security Using Multilevel Interventions and Strengths Based Approaches**

**Jennifer Ward, University of Tennessee**

Each year, the University of Tennessee SNAP-Ed and EFNEP programs reach over 20,000 children and adults with nutrition education programming. This programming results in improved diet quality and increased physical activity for individuals, food budget savings for families, and long-term health care costs savings for communities. In fact, over 94% of participants report a positive change in at least one diet quality measure. These interventions are available in all 95 counties in Tennessee and delivered through community health educators. The UT nutrition education programs have renewed their commitment to adapting traditional curricula to more audiences including working adults, those with limited English proficiency (LEP), and those in recovery. These adaptations include a focus on food as culture and identity and amplify the strengths inherent within communities. This session will provide an overview of nutrition education programs available in Tennessee and nationally through SNAP-Ed and EFNEP, highlight new initiatives to enhance programming for refugees and LEP audiences, and highlight the Extension model that is foundational to grassroots collaboration for community-specific changes.

### **Resilience in Adversity: Understanding Coping Strategies of Trauma-Affected Youth in a Disciplinary Alternative School**

**Tia Andersen, University of South Carolina; Kaitlin Kirkley, University of South Carolina; Hayden Smith, University of South Carolina**

This presentation offers a grounded theory analysis of resilience and coping mechanisms among youth aged 11-17 who have been expelled from traditional schools and are currently attending a disciplinary alternative school. Through a series of in-depth interviews, the study explores how these youth deal with tough times, particularly focusing on their experiences of sadness, upset, and resilience in the face of significant adversity and trauma. The analysis reveals that despite challenging circumstances, these youth employ a diverse array of strategies to maintain resilience. Their responses highlight the importance of internal strengths, such as determination and self-reflection, and the crucial role of external support systems, including peer relationships, mentorship, and institutional support. The narratives often emphasize resilience as a dynamic process, shaped by their experiences of adversity and their unique social and educational environments.

The findings underscore the potential of resilience-focused mentorship interventions to positively impact the lives of youth who have faced significant educational and personal challenges. The study contributes to the broader understanding of resilience in youth, particularly those in alternative disciplinary settings, providing a foundation for developing more effective support systems.

### **B3: Lessons Learned from Providers (20x20): Laskey B**

#### **Community Engagement to Promote the Health of Indigenous Women: Lessons Learned from a Study to Prevent Alcohol-Exposed Pregnancies**

**Nicole Yuan, University of Arizona; Marlaina Maddux, University of Arizona; Veronica Boone, Tucson Indian Center; Sheryl Nelson, University of Arizona**

Background: Prevention of alcohol-exposed pregnancies (AEPs) among Indigenous women is a public health concern. Evidence-based programs, such as CDC's CHOICES, have been adapted for Indigenous communities. This presentation describes the lessons learned from implementing CHOICES with Indigenous women living in an urban area. Lessons Learned: The academic-community team encountered several challenges. First, a needs assessment resulted in the community's request for multiple and diverse prevention strategies. In response, the team conducted community forums to obtain feedback on setting priorities. Second, staff from a Native organization assisted recruitment, but Indigenous women did not enroll in the program. In response, the team moved the project to a university setting. Third, the team conducted recruitment with Indigenous faculty, staff, students, and campus offices, but only one Indigenous woman enrolled in the program. In response, the team shifted the program back to the community setting and prepared to conduct listening sessions with

Indigenous women to identify barriers and facilitators for program implementation. Conclusion: Despite utilizing several community-engagement strategies, the team was unable to successfully recruit Indigenous women for an AEPs prevention program. Engagement of multiple stakeholder groups is critical for implementing health promotion programs, especially those that address sensitive and stigmatizing topics.

### **Prevention Recommendations From The Child-Serving Workforce: Toward A Strengths-Based Public Health Approach To Prevention**

**Susana Mariscal, Indiana University; Bryan Victor, Wayne State University; Miriam Commodore-Mensah, Indiana University School of Social Work; Jenny Elliot, Indiana University School of Social Work; Janie Ames, Indiana University School of Social Work**

A nationwide shift toward the primary prevention of maltreatment and the promotion of child and family wellbeing is underway. As child welfare systems expand their prevention capacity, this paradigm shift will require the buy-in of professionals who serve children and families across systems. This qualitative study focused on prevention recommendations from child-serving professionals in a variety of systems, gauging their alignment with strengths-based prevention tenets (Banyard & Hamby, 2022). Data were collected from 614 professionals child-serving settings (e.g., child welfare, mental health, public health, health, schools, etc.) using interviews, focus groups and open-ended survey questions. Using thematic analysis, 14 overarching recommendation themes emerged at the community, system, and societal levels: promoting community connectedness (interpersonal strengths), adopting a public health approach toward maltreatment prevention, shifting child welfare practice to be more proactive in providing tailored and comprehensive resources to families (regulatory, interpersonal and meaning-making strengths), enhancing cross-systems collaboration and information sharing (tying efforts together), reducing stigma (toward), and implementing policies to enhance family and child wellbeing with a particular emphasis on income supports (toward). Overall, recommendations aligned with strengths-based prevention tenets, indicating that the child-serving workforce's is aligned with the national shift toward maltreatment prevention and endorses strengths-based, data-informed prevention strategies.

### **Juvenile Justice Professionals' Understanding of Resilience and its Impact on Supporting Justice-Involved Youth's Resilience**

**Miriam Commodore- Mensah, Indiana University; Zohra Asad, Indiana University**

Supporting resilience in a child's life should not only be the sole responsibility of the parents but should include other adults who play a role in the child's life. Professionals working with the justice-involved youth need to approach every youth as a supportive figure. Resilience is a significant aspect of the effective rehabilitation process and successful reintegration of justice-involved youth into society. For juvenile justice providers to serve and support youth's resilience effectively, becoming aware of their own biases and attitudes and understanding youth experiences and values are crucial factors. In addition, resilience is a dynamic process and not a static characteristic throughout an individual's life. Children pick up their behaviors from their environment, and professionals' knowledge and understanding of resilience can go a long way in helping justice-involved youth enhance their resilience. This presentation will provide an overview of the need to improve resilience among professionals and children in the juvenile justice system. The presentation is mainly the outcome of a literature review. It highlights the importance of professionals' understanding of resilience and how that impacts their ability to support justice-involved youth's resilience by using the Resilience Portfolio Model (meaning-making strengths, interpersonal strengths, and regulatory strengths) as a framework.

### **Promoting Resilience in Drug Court Through Peer Recovery Specialists**

**Nili Gesser, Drexel University; Archana Bodas LaPollo, Public Health Management Corporation; Steven Belenko, Temple University; Doris Weiland, Temple University; Alex Peters, Public Health Management Corporation**

Peer recovery specialists (PRS) provide non-clinical, non-professional assistance to peers with similar lived experiences and have become common in substance use treatment programs. There is little research, however, on their presence and influence in drug treatment courts. Our research set out to fill this gap by introducing into the Philadelphia drug treatment court three PRS who were former graduates of the same program. Their role was to assist drug treatment court participants progress toward graduation from the program. We conducted in-depth interviews and focus groups with PRS, other key informants, and drug treatment court participants before and after the PRS intervention (N=28). Our findings revealed that PRS integration into drug treatment court was successful, despite challenges. PRS helped participants and promoted their resilience through their shared lived experience, their availability, and their expression of care. They also served as role models for participants. Interestingly, PRS also assisted case managers by sharing

their responsibility and taking up some of their tasks. Our findings point to the benefit of incorporating PRS even in a controlled criminal justice environment such as drug treatment court. Future studies should explore some of the challenges encountered, particularly the distinction between PRS and case managers.

**B4: Policy is Fun: Reducing Researchers' Repulsion (Hot Topic Panel): Laskey C**

**Policy is Fun: Reducing Researchers' Repulsion**

**Kathryn Showalter, The University of Kentucky; Holden Dillman, MSSW, University of Kentucky; Levone Lee, University of Kentucky; Don Rooks, University of Kentucky; Kathryn Showalter, University of Kentucky**

Researchers across professions avoid analyzing and evaluating public policy in fear of taking sides and becoming too political. Such fears make policy research unpopular which constrains advocacy for vulnerable populations. The panel aims to address this research gap through critical dialogue on how policy can be used as an intervention and tool to promote resilience. Specifically, the panel will detail the person-centered policy evaluation, navigating policy beliefs of funders, educational benefits of policy to helping professionals, and analyzing the ability of policy to promote resilience among oppressed groups.

**Policy is Personal: How to Conduct Person-Centered Policy Research**

**Holden Dillman, University of Kentucky**

Our capacity to effectively enhance human well-being and help meet the basic human needs of all people is limited and bound by the policies that dictate the world around us. Policy should never be discussed or explored without people in mind. As a scholar and clinical social worker, I am committed to increasing humanistic approaches to policy development, implementation, and evaluation. Whether it is having the legal right to make a medical decision to save one's life or to end it, our bodies and ability to self-determine are limited and controlled by policy. In order to protect clients' right to self-determination, we must commit to seeing people when we see policy. A policy is either protection or lack thereof. The status quo of policy analysis is to ask, "What should we do?" and for impact analysis is "What has been done?", however, we should be asking, "Who needs protection?" and "Who wasn't protected?"

**Adversarial Policy Climate in Schools: Examining Restrictive NIL Policies For Student Athletes**

**Levone Lee, University of Kentucky**

This panel will provide discussions on challenges in policy analysis and explore strategies to bridge policy divisions and resistance. Building on pragmatic views rooted in positivism traditions, most policy aims to tackle issues, solve problems, or promote social progress. However, due to the inherent resistance to change, well-intentioned policies often carry adverse effects, such as counterproductive restrictions as a result of compromised legislation or perceived non-adoption in implementation. For researchers in policy analysis, it is especially difficult to navigate the power dynamics, political boundaries when conducting objective policy research while also being mindful of stakeholders' perspectives.

**Promoting Policy in Helping Professionals' Education**

**Don Rooks, University of Kentucky**

Most social work students are placed in direct-care practice settings following graduation. Due to student interest and demand for micro-level work, social work policy courses and its research can be difficult to promote. To heighten the interdependence among practice tiers, it is important to develop innovative pedagogy that links client outcomes to policies that promote or hinder well-being of vulnerable populations. From a pedagogical perspective, policy courses that infuse legislative processes and social work values assist students toward these aims. It is important to examine how to incorporate an often avoided policy examination into students' learning and particularly in application to research.

**Do Policymakers Value the Resilience of Intimate Partner Violence Survivors?**

**Kathryn Showalter, University of Kentucky**

Public policies are embedded with opinions, values, and moral stances. In the case of intimate partner violence (IPV) survivors, the beliefs of policymakers could hinder their regain of economic stability when exiting abusive relationships. As of 2023, lawmakers in 11 states have taken the "Why don't you just leave?" attitude to extremes allowing employers to take out protection and restraining orders on behalf of their employees in abusive relationships. Pilot data among a sample of nurses shows that doing so doesn't actually prevent abuser-initiated workplace disruptions but instead preserves hours worked among survivors. However,

lawmakers in 17 states have implemented anti-gossiping policies for employers that allow survivors confidentiality upon disclosure of IPV. Such policies are shown to help IPV survivors maintain employment and also reduce experiences of violence. Commentary on the social values of policymakers regarding family violence and the alignment of well-being of their constituents will be discussed.

**B5: Awakened Strength (Workshop): Clyde & Mary**

**Awakened Strength: Empowering Well-being Through Vision and Values**

**Shelby Clark, University of Kentucky**

This workshop provides a supportive space for attendees to align their aspirations with their core values, fostering a deeper sense of purpose and vitality in work and well-being. Those working in human service settings are regularly encouraged to engage in self-care, without allowing space to critically reflect on the self in the context of community. This workshop will provide such a space and will encourage attendees to harness the power of intentionality, awakening strength within, while nurturing fulfillment and authenticity.

**Monday 1:00 to 2:15 pm**

**C1: Fostering Resilience in Youth (20x20): Great Hall**

**The Kids' Empowerment Program: Building Skills and Enhancing Adjustment in Person and Online**

**Sandra Graham-Bermann, University of Michigan; Ellie G. Maly, University of Michigan; Briana A. Scott, University of Michigan**

The National Survey of Children's Health indicates 7.1% of children have a diagnosed behavioral/conduct disorder, with many more borderline and undiagnosed cases (Chandour et al, 2019). Treatment gaps remain as only 53.5% with behavioral/conduct problems receive treatment. The 12-session Kids' Empowerment Program (KEP, Graham-Bermann, 2018) was designed to promote well-being, reduce mental health problems, and enhance resilient coping for children in community and classroom settings. 180 children (KEP group n = 102; 57%; Control/treatment as usual group n = 78; 43%) were interviewed at baseline and 12 weeks later. Evenly split by gender, child age ranged from 5.9 to 12.8 years (M = 8.94, SD = 1.47). Most were white (81.9%), fewer Black or biracial (11.1%), and 7% in other ethnracial categories. Parents completed standardized measures and demographic questions where their self-reported financial status was 'better than others' (61%). The two groups were similar on demographic and outcome variables at baseline. KEP children had greater emotion regulation over time and change was greatest for children high in depression and anxiety, relative to Controls, whose adjustment problems hardly changed. An online version of KEP showed similar results. Thus accessible evidence-based programs can make a difference early in the lives of children.

**Fostering Resilience in Relationships among Young Adults with Experiences of Foster Care**

**Megan Piel, The University of Texas at San Antonio; Rebecca Weston, PhD, The University of Texas at San Antonio; Deaven Greenberg, LMSW, The University of Texas at San Antonio**

Youth with experiences of foster care are more likely than their same-age peers to report dating violence, risky sexual behaviors, and challenges with mental and physical health as they transition to adulthood. Interventions to promote resilience and assist young adults in building healthy intimate relationships may improve long-term outcomes. Young adults with experiences of foster care were randomly assigned to a wait-listed control (n = 78) or intervention (n = 79) that included trauma-informed psychosocial education around relationships, dating violence, and emotional regulation skills. Relationship self-efficacy, self-regulation, and mental health and trauma symptoms were assessed at baseline, 1-, and 3-months post-intervention. Focus groups were conducted with participants to understand satisfaction and program impact.

Participants were predominantly Latinx (74%), female (65%), and 19 years-old (SD = 2.00), on average. Preliminary analyses indicate increased relationship self-efficacy and self-efficacy to end a violent relationship post-intervention. Participants also reported emotion regulation content was helpful, as well as having a strong support system outside of workshops. Data collection is ongoing. Preliminary findings suggest improvements in self-efficacy and connection to supportive relationships, which could positively impact relationships and prevent intimate partner violence. Understanding youth perspectives of programming and reasons for engagement can support continued intervention efforts.

**Supporting Adolescent Mental Health: Building Strength-Based Resilience in Urban Youth****Julia Stavola, Boston University; Danielle Rousseau, Boston University**

Urbanicity increases the risk of mental illness in all residents, specifically youth. This is often a result of adverse experiences such as violence exposure, poverty and homelessness, substance use, crime involvement, etc. Previous literature has established many strength-based models to build resilience in youth generically, however, specific marginalized populations have complex needs, and are in need of an individualized intervention plan. This research study therefore introduces a new model, the Circumstantial Youth Violence Support Based Model (CYVSBM), which combines the components of various established strength-based models such as the Resilience Portfolio Model (RPM), the Good Lives Model (GLM), and the Healthy Outcomes from Positive Experiences (HOPE) model to propose a person-centered treatment plan for community based support organizations to utilize in response to supporting the specific and complex needs of the individual that they serve.

**Rise Above: A Trauma-Informed, Social-Emotional Learning Curriculum****Casey Burton, Virginia Commonwealth University; Sunny H Shin, Virginia Commonwealth University**

As an emerging body of research demonstrates the deleterious effects of adverse childhood experiences (ACEs) on student learning and behavior, there is growing interest in the role that schools have on ACEs-exposed students while they are in as well as outside of the school. While trauma-informed Social-Emotional Learning (SEL) approaches have been long recommended to improve academic performance and promote social-emotional competencies among traumatized children (Cooper, 2008; Flaherty et al., 1996), few trauma-informed, school-based interventions which focus on interpersonal trauma such as ACEs have been identified (Yohannan & Cariso, 2019). Developed by Dr. Sunny Shin at Virginia Commonwealth University, the Rise Above program is a trauma-informed, SEL and substance abuse prevention program that helps youth cultivate life skills to overcome trauma and thrive. Grounded in decades of community-based research, Rise Above works with local, high-risk youth in Richmond, Virginia to (1) develop healthy coping skills to understand and manage their thoughts and feelings, (2) enhance life skills and adaptive self-control, (3) promote healthy relationships, effective communication skills, and mutual respect, and (4) learn the skills and values needed to cultivate a drug-free life.

**C2: Rural Resilience and Child Maltreatment Prevention (20x20 Symposium): Laskey A****Rural Resilience And Child Maltreatment Prevention****Kathryn Maguire-Jack, University of Michigan; Kathryn Maguire-Jack, University of Michigan; Yujeong Chang, Ohio State University; Kaela Byers, University of Kansas; Sarah Parmenter, Ohio State University**

Across the United States, rural maltreatment rates outpace urban rates, when population size is taken into consideration. In rural counties, approximately 60/1,000 children are investigated for suspected child maltreatment compared to 40/1,000 children in urban counties. Rural maltreatment is much less understood compared to urban maltreatment. This symposium focuses on rural child maltreatment, seeking to understand: (1) differences between urban and rural maltreatment, (2) innovations and unique considerations in family violence services in rural areas; and (3) unique experiences of rural parents.

**A Spatial Analysis Of Rural Child Maltreatment****Kathryn Maguire-Jack, University of Michigan**

It is unknown whether community risk and protective factors of maltreatment identified primarily in urban areas are applicable to rural areas and what unique characteristics of rural neighborhoods relate to maltreatment. The current study sought to examine the extent to which neighborhood factors commonly found to be related to maltreatment in urban areas apply to rural areas. Using data from the Michigan Statewide Automatic Child Welfare Information System, we first ran an exploratory factor analysis using key neighborhood variables found to be related to child maltreatment in urban areas. We assess and compare the factors contributing to maltreatment in rural and urban areas using negative binomial mixed effect models. This study found important differences between urban and rural census tracts in terms of the relationships between neighborhood factors and child maltreatment. These findings suggest that efforts to prevent maltreatment may need to be tailored for rural areas, especially those interventions targeted at the neighborhood level. The study suggests that findings from urban neighborhood research literature and the measures used to generate these findings may not apply within the rural context. Additional research is needed to understand rural child maltreatment.

**Rural Resilience in Informal Social Control: A Comparative Study of Midwestern Urban vs. Rural Community Responses to Children's Issues and Child Maltreatment**

**Yujeong Chang, Ohio State University**

Urban studies underscore the role of informal social control in mitigating child maltreatment, but its nuances in rural settings remain underexplored. This study explores how community responses to social problems differ between urban and rural areas. Participants included parents from urban (Ohio) and rural (Michigan) areas. Using vignettes—depicting child behavior, safety, and potential maltreatment—participants' reactions were thematically coded. Analysis covered seven themes and representative qualitative excerpts. Both urban and rural participants displayed tendencies for direct intervention, yet differed in approach. Urban participants showed a higher tendency to contact authorities across all vignettes, suggesting that they may be more inclined to defer to established systems for managing social issues. On the other hand, rural participants showed a more hands-on approach and a relatively lower tendency to immediately resort to authorities. Further, rural participants often showed leaning on neighborly interactions, indicating a reliance on shared responsibility. Concerning child maltreatment, rural participants showed less inclination to contact authorities and instead opted for personal involvement or unspecified actions. Overall, while intervention themes were consistent across both settings, the approaches vary, with urban areas leaning towards formal channels and rural regions demonstrating more personal hands-on intervention and often community collaboration in addressing social problems.

**Addressing the Unique Challenges of Rural and Frontier Communities in Prevention Services: Lessons from Family First**

**Kaela Byers, University of Kansas**

The Family First Prevention Services Act (FFPSA) enacted in 2018 seeks to transform the child welfare system by prioritizing family preservation and prevention services. While this federal legislation funds community-based services benefitting children and families (i.e., mental health, substance use, family skill building, and kinship services), rural and frontier communities face distinct challenges that must be considered in planning and implementation. Further, the recency of FFPSA legislation limits our understanding of the unique contextual factors in rural and frontier communities and their impact on family outcomes. This study applies a mixed-methods approach to explore the unique challenges experienced in sparsely populated areas with limited community resources. We will discuss implementation processes and outcomes achieved by children and families in rural settings. We also explore the perceptions and experiences of service providers, and community members involved in FFPSA delivery. The findings of this study contribute to a deeper understanding of opportunities and obstacles related to FFPSA implementation in rural areas and offer insights for tailoring prevention services to better serve under resourced and sparsely populated regions. This research is vital for informing policy and practice adjustments that can enhance the well-being of families and children in rural areas.

**Utilizing Social Capital and the Unique Strengths of Rural Communities to Address the Behavior Health Needs of Youth Involved with Child Welfare Systems in the U.S.**

**Sarah Parmenter, Ohio State University**

Approximately 80% of youth in out-of-home care have significant behavioral health needs. Addressing the mental and behavioral health needs of youth in foster care is one of the greatest unmet needs for this population. This problem is even more complex in rural areas where child maltreatment and poverty rates are higher, and resources are scarce. Discretionary rural federal funding is only a fraction of that provided for urban federal funding. Additionally, distance causes significant issues for child welfare agencies and community mental health professionals in serving youth and families.

Despite these challenges, rural communities are rich in social capital. In rural community members know each other and have a greater likelihood of reciprocity of favors. Social capital can give rise to powerful, grassroots solutions to community problems, including the potential for filling gaps in behavioral health services.

**C3: Student Resilience (Perspectives): Laskey B**

**Building Resilience for Graduate Students through Intentional Self-Care**

**Nina Johnson, Indiana University School of Social Work; Tayon Swafford, Indiana University School of Social Work**

This presentation will begin with the topic of practicing intentional self-care as a graduate student. The presentation will begin with normalizing the uncertainty of graduate school. Then a discussion will follow about facing “failures” in academia by developing resilience coping strategies such as practicing daily self-affirmations. The importance of seeking a mental health professional and asking for support is shared. Participants will then have the opportunity to create their own “self-care tool box” by creating a list of no-cost, affordable, and special self-care activities. Participants are given a gentle reminder to give themselves permission to practice self-care. This presentation also highlights the systemic issues that graduate students face and the “survival mode” and burnout that occurs. The responsibility of well-being also falls on academic departments and universities to create safe, supportive, and well-rounded spaces for students to thrive and be protected.

**Building Resilience for Graduate Students through Purposeful Mentoring**

**Tayon Swafford, Indiana University School of Social Work; Nina Johnson, Indiana University School of Social Work**

Achieving success in a graduate program often necessitates mentorship. Typically grounded within a professor/supervisor-student/supervisee dynamic, mentorship is often performed with the intent of publishing items for public consumption that enhance academic knowledge bases and practice interventions. This presentation has three foci: First, participants will discuss the history and meaning of mentorship. Second, participants will discuss mentorship through its eight main components: Advice, motivation, training, goal, support, coaching, direction, and success. Third, participants will create their own “mentoring tool kit” by listing how they envision enacting mentorship’s eight components in their professional lives. These foci illuminate the oft known, yet rarely discussed reality that many U.S. colleges and universities laud production over people. Equally, these foci recognize the apprehension some graduate students have over advocating for specific needs, given the pressures placed on them and their mentors within higher education settings. While not eschewing the responsibility of a mentor to lead and support their mentees, this presentation will help participants learn how to better advocate for a style of mentorship that reflects their distinct needs, strengths, present circumstances, and career prospects.

**Professional Resilience for Self-Care and Self-Preservation**

**Rufaro A. Chitiyo, Tennessee Technological University**

During a class discussion in my Resilience for the Workplace course, a student casually joked that the only reason she was still in college was because it was too late to drop out. She planned to graduate and stay at home because based on everything she had witnessed up until that point in her life, working was/is overrated. Taking that comment as a discussion facilitation point, we explored how other students felt about work and as a group they came to a not-so-attractive conclusion. To them, professionals bask in the glory of achieving and overachieving and often brag about how busy and overwhelmed they are regardless of whether that’s by choice or not. What matters is that they are productive enough for others to see the results of their busyness. However, with busy schedules come stress, frustration, missing out in some areas of life, and an illusion that somehow, the lives we find ourselves living are ideal. So, when future professionals are questioning the need for and importance of working, what do we tell them? This session is a discussion of the significance of cultivating professional resilience to not only be able to preserve, but prioritize ourselves as professionals.

**C4: From Feel Good Inc. To Feeling Good: Unveiling Strengths Through Music, Film, and Art (Workshop)  
–Laskey C**

**Joaquin Mariscal, Indiana University Department of Communication Studies; E. Susana Mariscal, Indiana University School of Social Work**

This workshop will use video clips, music, lyrics, and art prompts to tap into the transformational power of visual and narrative to foster resilience through hands-on exercises. Using A Window Between Worlds (AWBW), a trauma-informed program that promotes empowerment and healing through art, we will invite participants to

build community and connection and explore values and feelings to discover and mobilize strengths and enhance their resilience. Finally, we will conclude with a reflective exploration set to the backdrop of "All of You" (Encanto, Disney).

**C5: Disrupting Academic Gaslighting: Strategies for Building Resilience and Cultivating Joy in Academic Life (Workshop): Clyde & Mary**

**Disrupting Academic Gaslighting: Strategies For Building Resilience And Cultivating Joy In Academic Life Heather Storer, University of Louisville; Katie Schultz, University of Michigan; Cass Armstrong, Oklahoma State University; Liz Utterback, University of Louisville**

There are many documented challenges associated with navigating academic life including negotiating competing demands, inconsistent mentoring, and veiled expectations regarding productivity. These experiences can be particularly acute for people from structurally underrepresented backgrounds, including BIPOC, AI/AN, LGBTQIA+, those with visible and invisible disabilities, and parenting academics. Using the resilience portfolio model as theoretical scaffolding, the purpose of this workshop is to describe strengths-based strategies for building resilience and cultivating well-being across various stages of academic life from doctoral studies through tenure.

Many well-intentioned academic support programs over emphasize strengthening individual regulatory strengths such as devising structured writing processes, being informed regarding implicit university expectations, and working through personal resistance. While these approaches can be instructive, they often can also function as “academic gaslighting” when they do not acknowledge the often invisible structural and systemic barriers within the academy. Further, they reify notions that achieving productivity measures are solely the product of “hard work,” personal grit, and intellectual capability.

Through facilitating rich group discussion and interactive group activities, we will deconstruct academic myths regarding what it means to be a “successful academic” and provide tangible strategies for building personal resilience and authenticity in these systems. For example, we will unpack the critical importance of nurturing interpersonal relationships with diverse networks of trusted internal and external research and teaching mentors and developing rich personal and professional relationships outside of the academy. We also will highlight the importance of scholars identifying their personal commitments (e.g., “their why”) for conducting scholarship and orienting their work towards these personal social justice and relational values—rather than being swayed by institutional priorities which may reflect and replicate systems of oppression (e.g., white supremacy, patriarchy, neoliberalism, etc.). Presenters will conclude with a reflection of their own personal processes of finding joy, gratitude, and personal fulfillment in our evolving relationships with the academy.

**Monday 2:30 to 3:45pm**

**D1: Resilience in Diverse Settings: RPC Scoping Review Panel #2 (20x20 Symposium): Great Hall**

**The Resilience Portfolio of Helping Professionals Exposed to Vicarious Trauma: A Scoping Review Karla Shockley McCarthy, Sarah Parmenter, Shih-Ying Cheng, Michelle-Ann Rhoden-Neita, Debra Leggett, The Ohio State University**

The scoping review, guided by the Resilience Portfolio Model, explores literature on occupational resilience and protective factors for helping professionals and students exposed to vicarious trauma. Helping professionals frequently face the lived trauma of their clients, which can frequently challenge their resilience and occupational well-being. The model, a strengths-based framework, analyzes protective factors and processes fostering resilience in those who experienced psychological trauma. Resilience is examined in three categories: regulatory, interpersonal-ecological, and meaning-making strengths. Few reviews have examined vicarious trauma among helping professionals through this model. Between July and August 2023, the authors conducted a comprehensive search for peer-reviewed literature (quantitative, qualitative, mixed-methods) published in English from 1990 to 2023, across various databases. They followed the PRISMA-ScR guidelines. Conceptual articles and those focused on specific professions were excluded. The initial search yielded 198 articles; 90 non-compliant ones were removed. Independent title and abstract screening by two researchers led to retaining 80 articles, with 34 meeting the criteria in full-text review. Findings will be categorized using the



Resilience Portfolio Model's strengths: regulatory, interpersonal-ecological, and meaning-making, along with any additional strengths discovered in this study.

### **Surviving the Digital Storm: A Scoping Review of Digital Resilience**

**Hasina Mohyuddin, Nili Gesser, Rachel Hanebutt, Dennis Relajo-Howell, Michelle Wright, Angie Malorni, Ishita Kapur, Loretta Brady, Vanderbilt University**

Technology is ubiquitous in everyone's daily life, but it comes with risks, including cyberbullying and its impact on mental health. Building digital resilience is essential to navigate these challenges. This paper aims to enhance our understanding of how technology can protect and promote resilience in the face of digital challenges. We conducted a scoping review using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR) guidelines. Ten online databases were used to identify peer-reviewed journal articles published in English between January 1, 2018, and July 1, 2023. Our search strategy utilized the following key terms: "Digital resilience" OR "cyber resilience" OR "e-resilience" OR "online resilience" and yielded approximately 100 articles. Our findings indicate that digital resilience has been described as a "two-fold link:" 1) digital tools that promote resilience; and 2) resilience as a means for dealing with challenges posed by digital technology. Despite similarities between resilience and digital resilience, few articles conceptualized digital resilience using the Resilience Portfolio Model, and most did not measure trauma. Our findings identified research gaps and successful digital resilience interventions that can be helpful for different practitioners.

### **A Scoping Review of Strengths-Based Assets and Resources for Helping Professionals Working with Traumatized Clients**

**Katie Whittenbury, Shelby Clark, Matthew Brooks, Tessa Murphy, Martin J. Turner, Hannah Fawcett, Manchester Metropolitan University**

Helping professionals working with people who have experienced trauma are at risk of developing psychological distress. So far, most studies have focused on risk factors associated with the development of adverse reactions to indirect exposure to trauma (IET), and few have identified strengths-based assets and resources which may buffer and/or alleviate distress related to IET. This scoping review identified 43 articles published between 1990 and May 2023 from over 20 countries, by searching CINAHL, PsychArticles, PsychInfo, and MEDLINE databases, which focused on strengths that may mitigate psychological distress experienced after IET in helping professionals. This review suggests professionals draw upon a portfolio of regulatory, meaning-making and socio-ecological strengths to increase their protective resources. In particular, professionals utilize interpersonal resources such as social support from personal and professional connections. Most studies identified were quantitative, and usually explored organisational factors, such as supervision. Further empirical investigations could help identify individual strengths that could be targeted within interventions to protect professionals against the impact of IET. Also, more research is needed on the interconnectedness of individual, organizational, and systemic factors that buffer helping professionals from trauma work.

### **Exploring Resilience Amidst Adversity in Kenya: A Scoping Review**

**Lena M. Obara & Victoria Banyard, Rutgers, The State University of New Jersey**

Research on resilience has been understudied especially in the global south. Despite the dearth of literature on resilience in Kenya, it is acknowledged that strengths can be rooted in cultural contexts. Global studies of resilience may help the field identify new areas of strength that can be a part of prevention and intervention with trauma survivors. This review included empirical studies on resilience in Kenya. The search in the electronic databases PubMed and PsycINFO was conducted between April and July 2023 for articles published in English between 2010 to 2023. The initial search terms for this scoping review were "resilience and Kenya." A total of 387 articles were screened. The process culminated in a final selection of 48 articles for full text review. The results illustrate a range of strengths inherent within Kenyan communities. Among these strengths are the utilization of art as a cultural anchor, the resilience exhibited by both young individuals and adults confronting chronic illnesses, as well as the capabilities demonstrated by orphaned children residing in institutional settings. Literature also shows that communal groups/ self-help groups, referred to as "chamas" are seen as a strength within communities and that religion is widely perceived as a strength in Kenya.

<b>D2: Resilience for Providers (Perspectives): Laskey A</b>
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**Supporting Those Who Help: Association Between Police Officers' Mentalization, Social Support And Lower Psychological Distress**

**Julie Maheux, Université du Québec à Trois-Rivières; Gendron, Annie, École nationale de police du Québec; Côté, Kathleen, Université du Québec à Trois-Rivières; Théberge, David, Université du Québec à Trois-Rivières**

Police officers take on important responsibilities: their work have crucial community impacts, particularly with vulnerable individuals. Because they are chronically exposed to potentially traumatic events in the course of their duties, they are susceptible to develop psychological distress. Studies have shown that social support can have a protective effect against the development of psychological distress in this population. Mentalization, the capacity to understand our mental states and emotions and the ones of others, has also been proposed as a protective factor for their psychological health. Our study tests the mediational role of perceived social support in the association between mentalization and psychological health in police recruits. 143 participants (F = 30.1%; M age = 23.19) were recruited at the École nationale de police du Québec during their training. A mentalization questionnaire (MentS) and the Social Provisions Scale (EPS) along with a psychological distress questionnaire (K-6) were administered. Mediation models show that the relation between better mentalization and a lower level of psychological distress is mediated by the perceived social support. Mentalization could be a skill to target in police officers' training to better prepare them and protect their psychological health, regulate their emotions and improve the quality of their services.

**Assessing The Capacity And Resilience Of Health Care Providers To Address Health Disparities**

**Martha Moore-Monroy, University of Arizona Mel and Enid Zuckerman College of Public Health**

The proposed session focuses on a hermeneutic phenomenological study of primary care medical providers. The study utilized digital stories to prompt self-reflection on the providers capacity and resilience to provide patient and relationship centered care. The recent paradigm shift in healthcare from a "sick" care model to a patient and relationship centered prevention model resulted from the need to address health disparities. Increasing reports of primary care provider burn out and moral injury coupled with a national primary care provider shortage exacerbate existing health inequities. The research design provided time for the providers to reflect on and assess their capacity, resilience as well as strategies employed to provide wholistic patient centered care in an overburdened healthcare system. The presentation will explore the methodology as a potential strategy for promotion of provider resilience and the role patient and relationship centered care has in addressing health inequities.

**The Approach to Violence in Society: A Public Health and Criminal Justice Collaboration**

**Tony Moon, Greenville University / Eastern Illinois Univeristy**

Abstract: The National Coalition Against Domestic Violence suggests that 1 in 4 women and 1 in 9 men have experienced some form of physical violence, sexual abuse, or stalking by an intimate partner. As widespread as this phenomenon is, where assistance resides to prevent or overcome these events often becomes blurred. Should Public Health take the lead or is this under the purview of the Criminal Justice system? The goal of this presentation is to deliver the findings of a study of Public Health and Criminal Justice undergraduate majors at two mid-western universities who provided responses to a survey on the approaches to domestic violence in society. The data collected sheds light on how combatting violence is perceived by the next generation of practitioners and provides information on how a collaboration of both disciplines would address prevention and response, while at the same time strengthening the victims' ability to overcome adversity and foster their resilience.

<b>D3: New Insights into Survivor Resilience (Perspectives): Laskey B</b>
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**Mental Health Outcomes Among Non-English-Speaking Survivors of Intimate Partner Violence**

**Julia O'Connor, The University of Central Florida; Dr. Bethany Backes, The University of Central Florida; Shellea Ladonice, The University of Central Florida; Dr. Leila Wood, The University of Texas Medical Branch**

This study compares the mental health outcomes of non-English-speaking intimate partner violence (IPV) survivors with those of their English-speaking counterparts. Survivors of IPV (n=143) in a southwestern state were recruited for this study. The majority (99%) of the sample were women, primarily of Hispanic descent (40%). A series of linear regressions examined the association between primary language (English or non-English speaking) and mental health outcomes (mental health issues and PTSD symptomatology) while

controlling for demographic variables, physical health status, and disability. Results indicate that non-English-speaking IPV survivors reported fewer mental health issues and lower PTSD scores than their English-speaking counterparts, even when controlling for demographics and physical health. The results were robust with effect sizes of  $\beta = -.66$  (mental health issues) to  $\beta = -1.11$  (PTSD symptomology) on a 0–5-point scale, and with 36% to 28% of the variance explained by the models for mental health issues and PTSD symptomology, respectively. Non-English-speaking survivors experienced fewer mental health issues and lower levels of PTSD symptomology. These findings highlight the importance of understanding non-English-speaking families and support structures that can help mitigate negative stressors, including IPV. Such support systems may help non-English speakers navigate multiple stressors in an English-speaking country.

#### **Visualizing Resilience: Exploring the Experience of Trauma and Post-traumatic Growth in Gender-Based Violence Survivors through Graphic Illustration**

**Ziwei Qi, Fort Hays State University; Tasanya Rowe, Fort Hays State University; Matthias Pearce, Fort Hays State University; Amy Schmierbach, Fort Hays State University; Lexis Beesley, Fort Hays State University; Jennifer Cox, Fort Hays State University; Emily Schoeppner, Fort Hays State University**

The current presentation investigates the impact of trauma and resilience on survivors of gender-based violence, particularly emphasizing how storytelling can empower survivors and provide peer support to others. This research adopts an innovative approach by bridging social sciences, art, and graphic design to explore and express the vicarious trauma experienced by survivors of gender-based violence. Building on the resilience portfolio model, the research interview involves questions focusing on three domains of strengths: meaning-making, regulatory, and interpersonal. Qualitative data from interviews were analyzed and deconstructed, allowing artists to transform this information into graphic illustrations. Subsequently, these visual narratives are shared with communities, stakeholders, and survivors, followed by an assessment to gauge the impact of storytelling and the visualization of trauma. By highlighting trauma, strength, resilience, and the transformative effect of storytelling, this study challenges traditional social science methodologies, offering visually engaging materials that promote public discourse, encourage community involvement, inspire collective initiatives, and foster a trauma-informed and strength-based community.

#### **Nourishing Resilience: Food Spaces as Pathways to Resilience Building and Transformation**

**Danielle Rousseau, Boston University**

Food spaces can constitute strength-based pathways to resilience building and transformation. This paper will utilize food justice case studies to explore the ways in which food can nourish inclusion, holistic wellbeing, resilience building, and transformation. While traditionally food spaces have reinforced power difference and heteropatriarchal ideas, this work will explore the potential for healing and radical empathy within such spaces. This interdisciplinary perspective will utilize a portfolio model of resilience to explore the transformative power of food environments to encourage individual and collective wellbeing and transformation. A trauma-informed lens will be used to explore the case studies and consider the question of how food justice can transform food systems and spaces to be more inclusive, strength-based, and trauma-informed.

#### **What To Do In Retirement?: One Person's Adventures In Preparing For Life After Work**

**Mike McCabe, Nipissing University; Rebecca McCabe, University of Guelph**

Moving into the retirement stage of life can conjure much excitement. There is also potential for this life change to present its own stresses. It is hoped that people have developed resilience strategies to overcome the obstacles retirement planning may present. Lawrence and Smith, (2023) indicate that you can improve the qualities of resiliency at any age to help you keep a healthy perspective when life is at its toughest.

Generally, retirees partake in three categories of activity:

1. Leisure Activity (sport, hobby, fitness);
2. Volunteerism (service to community agency);
3. Employment (paid work);

Research (Adams and Rau, 2011; Barbosa, L., et al, 2016) suggests that participation in paid work, volunteer work, and leisure activities are all related to better mental and physical health. This current research uses self-study methodology to focus on one person's journey as he prepares for retirement by participating in many activities, exploring personal experiences, perspectives, and practices. The researcher determines a number of controllable factors that assist in creating a retired life with less stress and greater sense of achievement in daily activity. These include background preparation for essential resources associated with activities, timing of events, overcoming personal insecurities, and relying on others for guidance.

<b>D4: Methodological Approaches to Studying Resilience (20x20 Symposium): Laskey C</b>
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Resilience, as a concept, presents a unique challenge due to its multifaceted and often subjective nature, leading to a variety of interpretations across different disciplines and research modalities. The “Methodological Approaches to Studying Resilience” symposium seeks to address these challenges by bringing together a diverse range of perspectives and methodologies to understand how resilience is defined, measured, operationalized, and conceptualized. One of the primary focuses of this symposium is the exploration of the definitional ambiguity of resilience. In social science research, resilience is often viewed as an individual’s ability to adapt and bounce back from adversity (Bonanno, 2008), whereas sociological perspectives may emphasize resilience as a community’s capacity to withstand and recover from societal disruptions (Norris et al., 2008). These varying definitions underscore the complexity of studying resilience and the importance of a multidisciplinary approach. Quantitative methods in resilience research, such as psychometric scales, provide objective measures but may not fully capture the nuances of the concept across different cultural and social contexts (Connor & Davidson, 2003). On the other hand, qualitative approaches, like narrative analysis, offer deep insights into personal experiences of resilience but may lack generalizability (Ungar, 2013). This symposium aims to foster a comprehensive dialogue on the diverse ways resilience is conceptualized and studied, promoting interdisciplinary collaboration and providing a platform for integrating various methodological insights into resilience research. By examining resilience through multiple lenses, the symposium aims to encourage a more nuanced and comprehensive approach to studying this vital aspect of human and societal functioning.

#### **Exploring Public Perceptions of Resilience in Ohio’s Child Welfare Agencies**

**Juan Lorenzo Benavides, Ohio State University**

Using Google reviews as a source, this content analysis examines how the public sees children’s services providers in Ohio’s 88 counties. The research technique employed thematic analysis in an iterative manner to create a coding system, closely scrutinizing the language and attitudes in the reviews to find recurrent themes and patterns. The analysis, which makes use of actual statements from the reviews, found themes such as service effectiveness, trust in agency operations, family reunification procedures, and barriers to resiliency. Key findings indicate widespread challenges in service delivery, marked by inefficiencies and a lack of trust. For instance, reviews mention excessive hold times and unresponsiveness, illustrating systemic issues in agency-client interactions. Narratives also highlight difficulties in family reunification, with instances of perceived negligence and mismanagement, as echoed in one review citing a social worker’s failure to document visitations properly. Furthermore, the analysis uncovers concerns about staff conduct, with numerous accounts of professionalism issues. Lastly, the study highlights important barriers to resilience, including difficulties with family reunion procedures and instances of alleged neglect and mismanagement. These observations highlight the complex ways in which the general public views Ohio’s children’s programs, exposing a difficult but occasionally resiliency- and coping-filled environment.

#### **Building Resilience in the Early Childhood Education Setting: Preliminary Program Evaluation of the Positive Early Childhood Education (PECE) Program in the State of Ohio**

**Yujeong Chang, Justin Kim, School of Social Work, University of Michigan, Kathryn Maguire-Jack, School of Social Work, University of Michigan, Kenneth J. Steinman, College of Education and Human Ecology, The Ohio State University**

Positive Early Childhood Education (PECE) is an extension of the Triple P Positive Parenting Program, which has shown promise in reducing problematic behaviors in children and improving parents’ parenting skills. PECE applies the Triple P framework to the early childhood care setting. The purpose of the current study is to report on the preliminary evaluation of PECE and show its potential to build the confidence and ability of early childhood educators to deal with difficult situations. The current study conceptualized resilience as the adaptive capacity of educators to thrive despite behavioral challenges and environmental stressors. PECE aims to fortify this resilience by equipping educators with strategies to foster positive learning experiences and developmental competencies. A paired sample t-test was conducted for quantitative data with 1,064 educators showing a significant post-training increase of confidence in addressing all 16 items of difficult child behaviors. Thematic analysis was conducted for qualitative interviews with 36 educators generating the following themes: improved child behaviors, improved communication with families, behavioral management skills acquired, improved childcare environment, and improved employee mentality. Such outcomes collectively

highlight the program's role in nurturing resilience among early childhood educators, which is instrumental in shaping children's ability to adapt and flourish.

### **The Coping Strategies Utilized By Children With Cancer: A Qualitative Synthesis Of Studies Using Drawing-Based Approaches**

**Yiran Zhang, The Ohio State University**

**Aim:** The efficacy of drawing-based methods in eliciting children's participation in health research and enhancing communication is well-recognized in medical literature. Unlike previous quantitative-focused reviews on children with cancer, our review uniquely delves into their coping strategies through a comprehensive qualitative synthesis. **Methods:** This study conducted a systematic review of qualitative research employing drawing-based approaches to explore coping strategies in children with cancer. A total of 28 studies were identified from four databases, and an analysis was performed on the characteristics of both qualitative methods and drawing-based approaches. To achieve a comprehensive understanding of coping strategies employed by children with cancer, the study synthesized qualitative data from the included studies using the thematic synthesis approach. **Results:** This review categorizes 12 coping strategies into three groups: active coping, accommodative coping, and passive coping. Furthermore, the study underscores the suitability and precision of employing drawing-based approaches to comprehend the coping strategies of children with cancer. **Discussion:** The findings illuminate future directions for policies and practices aimed at enhancing coping mechanisms in children with cancer. Additionally, it exemplifies the broader possibilities of integrating drawing-based approaches into pediatric medical research.

### **Strengths among Minoritized Racial and Ethnic groups of Children and Youth Exposed to Trauma, Violence, and Maltreatment**

**Susan Yoon, The Ohio State University; Camie A. Tomlinson, Juan Lorenzo Benavides, Yujeong Chang, Charis Stanek, Xiafei Wang, Martha Ishiekwe, E. Susana Mariscal, Jacquelyn F. Duron, Kathryn H. Howell**

Children from minoritized racial and ethnic backgrounds are at a higher risk for exposure to trauma and violence. Yet, these children can achieve resilience by drawing on assets and resources across multiple levels of the social and physical ecology. Guided by the Resilience Portfolio Model, the current scoping review aimed to synthesize evidence from the quantitative and qualitative literature on strengths among minoritized racial and ethnic groups of children exposed to trauma, violence, and maltreatment, with an added focus on exploring similarities and differences in strengths across racial and ethnic groups. Comprehensive literature searches were conducted using ten electronic databases. A total of 57 articles were included in the review. The review identified various regulatory, meaning-making, and interpersonal strengths, as well as combined strengths (i.e., mixture of regulatory, meaning-making, or interpersonal) among minoritized children, illustrating the value of the Resilience Portfolio Model in understanding strengths and resilience across diverse racial and ethnic groups. Further, findings from the review elucidated both distinct and overlapping strengths across minoritized racial and ethnic groups. Our findings highlight the need for a more nuanced and expanded investigation of resilience, including the identification of culturally specific strengths, among minoritized racial and ethnic groups of children.

### **Effectiveness & Acceptability of a Children Services Model Addressing Co-occurring Parental Substance Use Disorder and Child Maltreatment**

**Charis Stanek, The Ohio State University College of Social Work; Angelise Radney, The Ohio State University College of Social Work; Yujeong Chang, The Ohio State University College of Social Work; Joyce Lee, The Ohio State University College of Social Work**

Approximately half of children in Ohio in child protective services were removed from their home due to parental substance use. Few family-based interventions targeting parental substance use disorder among systems-impacted families have been evaluated. The goal of the study was to explore the effectiveness and acceptability of Ohio START (Sobriety, Treatment, And Reducing Trauma), a branch of a national child services model for families impacted by co-occurring child maltreatment and parental substance use disorder. Participants (N=196) completed the Protective Factors Survey (social support, concrete support, parenting knowledge, and attachment) and a sociodemographic questionnaire. At six-months, parents completed the post-program evaluation (duplicate surveys from enrollment, satisfaction survey [open/close-ended items]). Descriptive frequencies showed high levels of family protective factors pre-/post-program. Paired samples t-tests showed significant increases in family functioning and total family protective factors pre-/post-program, but no significant increases in other subscales. Thematic content analysis of open-ended survey items revealed the following themes regarding satisfaction with the program: program logistics, relationships with

staff, reunification with their child, and emotional support. Findings suggest resilience among families through pre-existing and program-enhanced family protective factors and program enjoyment. Further research should modify and implement programming which addresses participant feedback and utilizes identified family strengths.

**D5: The Theory of Racial Socialization in Action: Practical Implications for Therapy and Talking about Race (Workshop), Clyde & Mary Room**

**Mia Smith-Bynum**

Discussions about race, racial issues, and racism continue to be incredibly challenging as the U.S. continues to navigate a severe backlash to public and scholarly acknowledgement of hard truths about the U.S.'s stalled racial progress. Drawing on over 20 years of research, Dr. Smith Bynum will address these matters in the context of her research program addressing Black parenting strategies for coping with racism and discrimination their children face. The new Theory of Racial Socialization in Action for African American families will be presented. The workshop will conclude with practical lessons for attendees regarding discussions about race gleaned from Dr. Smith Bynum's 20 years of studying and teaching about race.

**Keynote**

**Great Hall in Laskey Building  
Monday, 4:00 – 5:00 pm**

**On Resilience for Faculty of Color  
Mia Smith-Bynum, University of Maryland**

*Host: Susan Yoon, Ohio State University*

**Evening Reflection**

**Great Hall in Laskey Building  
Monday, 5:00–5:30 pm (Central time)**

**Miriam Commodore-Mensah**

**Tuesday, April 16<sup>th</sup>**

**Morning Reflection**

**Great Hall in Laskey Building**

**Monday, 8:30–9:00 pm (Central time)**

**Carmen Monico and Marco Saz**

**Tuesday 9:00 to 10:15 am**

**E1: Resilience in Understudied Populations: RPC Scoping Review Panel #3 (Perspectives Panel): Great Hall**

**Psychosocial Strengths and Resilience Factors among Unhoused LGBTQ+ Youth: A Scoping Review**

**Matthew Hagler, Francis Marion University; Jenny Elliot, Indiana University; Michelle Wright, Indiana State University; Elizabeth Taylor, Oakland University & Life Paths Research Center; Katie Querna, St Cloud University**

LGBTQ+ youth are at elevated risk for homelessness during adolescence and young adulthood, which increases vulnerability to ongoing and new forms of physical, psychological, and sexual victimization. However, relatively less is known about the internal assets and external resources that foster resilience. The goal of this scoping review is to identify empirical research on LGBTQ+ youth with experience being unhoused and to synthesize findings using the Resilience Portfolio model. We searched PsycINFO, PubMed, ProQuest Dissertations and Theses, and Social Science Citation Index using a Boolean search string, yielding 677 unique hits. Articles were screened and included in the review if they were empirical (quantitative and/or qualitative), examined the population of interest, and contained data on psychosocial strengths and resilience. Analysis of the 57 included articles is ongoing, though preliminary findings show important strengths across the Resilience Portfolio. In the regulatory domain, several studies identified the importance of psychological endurance and self-reliance, especially when faced with familial rejection and resource deprivation. In the meaning-making domain, studies have examined how youth seek out and find affirmation for their authentic selves. In the interpersonal domain, several studies have identified the importance of social support, particularly from identity-affirming communities and “chosen families.”

**A Scoping Review Of Factors That Promote Wellbeing And Reduction Or Prevention Of Traumatic Stress Among Veterans And Military Personnel**

**Marcela Weber, Brittany N. Hampton, Travis N. Ray, Sheila Hanson, Brandon J. Griffin, Rebecca Kitchens, Leah Tobey, Erica McIntosh, Lauren Tong, Michael A. Cucciare, Ellen P. Fischer, Sherry Hamby, Jeffrey M. Pyne, Central Arkansas Veterans Healthcare System**

The U.S. Veterans Health Administration (VHA) has named Whole Health (healthcare advancing whole person wellbeing) a top priority, yet research on trauma and Veterans/military personnel focuses on risk factors for mental health problems, much more than on factors promoting wellbeing. This presentation will report findings from scoping review conducted to synthesize the evidence on protective factors that contribute to wellbeing for trauma-exposed military service members and Veterans.

PubMed and PsychINFO database searches yielded 1312 articles (after de-duplication). Article screening is in progress; we estimate 50-60 articles will ultimately be retained. Inclusion criteria: study is empirical, military/Veteran sample,  $\geq 1$  protective factor examined, and  $\geq 1$  wellbeing outcome examined. At each stage, articles are double-coded, with a third coder resolving conflicts. After data extraction, Bibliometric Network Analysis will be used to visualize the topics covered. Findings will be shared with a Veteran Advisory Board to solicit their input about implications for trauma care.

We will present recommendations for research and clinical practice. The review may inform revisions to the VHA's Whole Health model and to the Resilience Portfolio Model, as applied to military populations. We will discuss protective factors that should be better incorporated into mental healthcare for service members/Veterans.

### **Defining Re-Entry Success Beyond Recidivism: Resilience Factors Among Youth and Young Adults Re-Entering from Carceral Settings**

**Jacoba Rock, Nicole McKenna, Hillary Vervalin, Jacquelynn Duron, Boise State University**

This presentation builds from a scoping review on resilience factors among youth re-entering from carceral settings with trauma history. The focus will be on expanding academic and practical conceptualizations of 'success' in young offenders' re-entry beyond recidivism measures, to include a variety of protective qualities and outcomes across domains of neurocognitive development, identity-based strengths, narratives, relationships, and service engagement. Youth may often recidivate for reasons outside of their control (Penner et al., 2014). System involvement in and of itself makes it more likely that youth will continue to engage in criminality for reasons such as labeling (Tannenbaum, 1938), and reoffending may be time-limited because most youth desist from criminality in young adulthood (Moffit, 2017). With these considerations in mind, youth will be captured through a more nuanced and compassionate lens than is reflected in contemporary research, and the framing of developmental constructs will allow for non-linear trajectories that capture success regardless of recidivism. Publicly available narratives of youth from non-scholarly sources will also be included. The goal is to inspire future resilience research on youth re-entry beyond recidivism, through a comprehensive view of protective processes and outcomes, and consider practical implications for system change.

### **Scoping Review on Resilience after Exposure to Macro-Level Violence among Youth in Latin America**

**Yeliani Flores, Marcela Weber, Maria Restrepo, Veronica Valencia Gonzalez, Andrea Mora, Jenny Elliot, Ernest Agorde, Michelle Wright, E. Susana Mariscal, Chiara Sabina, The Ohio State University**

Research in Latin American countries has explored the well-being of youth exposed to violence; no scoping review of this literature exists. Latin American nations share a unique context, including histories of colonization, culture, resource constraints, political unrest, and various forms of violence exposure. This presentation focuses on psychosocial strengths that promote resilience and well-being among Latin American youth exposed to macro-level forms of violence, such as armed conflict, political, and community violence. Empirical studies included in this scoping review were (a) conducted in Spanish-speaking Latin American countries (b) with youth ages 15-24 (c) who were exposed to armed conflict, political or community violence, (d) and who displayed positive or no negative outcomes. Seven databases were searched using English and Spanish terms, yielding 15,967 abstracts; 277 full texts were reviewed, and 31 studies included in the review. Aligned with the Resilience Portfolio Model, regulatory (coping skills, self-efficacy, adaptive distancing), meaning making (spirituality, future orientation, familism), and interpersonal strengths (social support, family cohesion, parental monitoring) were identified along with environmental strengths including community belongingness, such as "adoptive" grandparents sending financial support/letters to political prisoners' children. Findings can inform strengths-based prevention/ intervention programs, policy, and practice to improve Latin American youth's outcomes.

## **E2: Risk and Protection: Youth and Emerging Adults (20x20): Laskey A**

### **An Exploration of Black and African American Youth's Engagement with the Meaning Making Model of Coping** **Rachel Stobbe, The University of Memphis; Hannah Gilliam, The University of Memphis; Jasric Bland, The University of Memphis; Kishan Desai, The University of Memphis; Anissa Garza, The University of Memphis; Kathryn H. Howell, The University of Memphis**

The experiences of bereaved Black and African American youth have been historically overlooked in the grief literature despite evidence that they face higher rates of parental death than their white counterparts due to interlocking systems of oppression. When Black and African American youth's voices are included in research, the emphasis has often been on the negative consequences of grief rather than the potential for growth post-loss. The current study employed reflexive thematic analysis and a meaning-making theoretical framework to qualitatively explore challenges and perceptions of growth among bereaved Black and African American youth. Participants included 15 Black and African American youth (M<sub>age</sub> = 13.07 years, SD = 2.22; 60% female) who recently experienced the death of a parent (M = 10.07 months since loss, SD = 6.16). The most prominent challenges youth identified were captured by the themes of grieving their deceased caregiver, encountering loss-related reminders, difficulties in identifying positive moments post-loss, and reconciling with death. Regarding perceptions of growth, youth stated that the most salient themes were increases in their support systems, internal personal growth, and rebuilding after death. Findings show the importance of cultivating open and positive relationships within the youth's support system to foster resilience following the death of a parent.



**Patterns Of Comorbidity Of Developmental And Behavioral Problems Among Children In One Family: Implications For Family Wellbeing And Welfare Services**

**Ngozi Enelamah, University of New Hampshire; Melissa L. Villodas, George Mason University; Andrew Foell, University of Illinois; Margaret Lombe, Boston University; Chrisann Newransky, Adelphi University; Mansoo Yu, University of Missouri; Von Nebbitt, Morgan State University**

Studies show that at least 1% of children in the population suffer from one or more special needs, autism spectrum disorders (ASD), and developmental and behavioral problems. Previous studies indicate that while 70% of schoolchildren had at least one disorder, 41% had at least two or more disorders. However, few studies examine the underlying dimensions of the co-occurrence of these disorders in more than one child in a single family. This study used data from a nationally representative panel study of parents and their children and exploratory and confirmatory factor analysis and logistic regression to examine the latent factors associated with the comorbidity of problems in families. Further, the study examined the association between a child's diagnosis and family processes, such as employment and social services. Among a cohort of 1,500 parents of children ages 0-13 years who pre-identified as having at least one autistic child, there was a consistent pattern within each family and different effects on parent employment, welfare use, and life decision-making processes. This clarity provided on the patterns of developmental problems and their impact on family well-being calls for tailored services and policies that build resilience in families where comorbidities are present.

**Exposure to Violence and Depression among African American Young Adults  
Forough Saadatmand, Howard University**

This research project explored the relationship between exposure to both childhood and adult violence and other self-reported psychosocial indices of health and well-being among African American (AA) young adults. We detail these experiences in 637 self-identified Aas, ages 18 to 25, from socioeconomically disadvantaged wards in Washington, DC. Depression was hypothesized to be factor closely correlated with exposure to violence (ETV), either measured as a cumulative violence exposure (CVE) or as an individual metric of ETV. To better understand the relationship between depression and ETV factors we used a solar correlation map that estimates the primary Pearson correlation relationship between depression and the 11 factors and then estimates the correlation distance between the thematic areas. This data was represented as a solar correlation map with depression at the center of a solar system with other factors orbiting it. Community violence was most strongly correlated with depression ( $r=0.74$ ,  $p \leq 0.001$ ). Childhood ETV ( $r=0.63$ ,  $p \leq 0.05$ ), racism ( $r=0.57$ ,  $p \leq 0.01$ ) and being a victim of violent theft ( $r=0.44$ ,  $p \leq 0.05$ ) followed community exposure as significant factors correlated with depression. Our research finds that childhood ETV, community ETV and racism are also closely related to each other.

**Aces, Self-Regulation, Rejection Sensitivity, And Childhood Psychopathology  
Victoria Helm, Cleveland State University; Amber Jiang, Cleveland State University; Liz Goncy, Cleveland State University**

Background: Experiencing adverse childhood events (ACEs) often results in internalizing adolescent psychopathology, including high rejection sensitivity, anxiety, and depression. This study examined whether self-regulation mediates these associations. Methods: U.S. adolescents (14-18-year-olds,  $n=103$ ) completed a Qualtrics survey including measures of ACEs, depression, anxiety, rejection sensitivity, and self-regulation. Using the SPSS PROCESS macro, self-regulation was examined as a mediator between ACEs and a) rejection sensitivity, b) anxiety, and c) depression. Results: ACEs directly associated with rejection sensitivity ( $p=.013$ ), anxiety ( $p=.004$ ) and depression ( $p=.001$ ). Further, self-regulation was directly related to ACEs for rejection sensitivity, anxiety, and depression. Self-regulation did not mediate the association between ACEs and rejection sensitivity (bootstrapped confidence intervals (BCI):  $-.006$ ,  $.135$ ), but did fully mediate the relationship between ACEs and anxiety (BCI:  $.028$ ,  $.226$ ), and partially mediate the relationship between ACEs and depression (BCI:  $.028$ ,  $.202$ ). Conclusion: The current study found that self-regulation mediates the association between ACEs and adolescent anxiety, and to some extent adolescent depression. However self-regulation did not mediate between ACEs and rejection sensitivity. Self-regulation skills may be an important intervention component following ACEs to reduce internalizing psychopathology in adolescents.

<b>E3: Parenting, Trauma, and Resilience (20x20): Laskey B</b>
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**Reframing Parenting After Child Sexual Abuse: Instances of Intergenerational Posttraumatic Growth Among Mothers and their Daughters/Offspring**

**Alicia Mendez, Boston University**

Child sexual abuse (CSA) has long-lasting detrimental effects impacting survivors' physical, social, and emotional health across the lifespan. Research examining the intergenerational impact of CSA shows that children born to mothers who experienced CSA are more likely to experience intergenerational trauma and abuse when compared to children born to mothers who did not experience CSA. However, less focus has been given to the ways that intergenerational posttraumatic growth can occur between mothers and their children. This dyadic qualitative study utilized Narrative Inquiry and Life History Calendars to explore how a mother's CSA experience and other important life events impacted both mother and daughter/offspring. Participants (n=15; seven mothers and eight daughters/offspring) completed two 60–90-minute interviews. Data were analyzed using an analysis of narratives approach, highlighting common themes that represent a moment in time (past, present, future). Results showed that mothers and daughters/offspring experienced multiple instances of posttraumatic growth in relation to the mother's CSA experience and other important life experiences. Further, results highlight the need to reframe previously detriment-focused understandings of parenting after CSA experience. Behaviors such as hypervigilance or parentification perhaps occur on a spectrum and, as these results suggest, can be effective at breaking cycles of CSA.

**Exploring the Perceptions on Parenting of Chinese International Visiting Scholars: A Qualitative Study**

**Yan "Stella" Zhu, Rutgers University**

International academic visits are viewed as a mechanism for professional development in academia. The scholarly visits to a foreign institution provide faculty members with immersive and first-hand experiences in a cultural context different than their own, which may externalize as improved research and teaching practices. However, it is common for visiting scholars and their children to encounter difficulties especially in adapting to a linguistically and culturally different society. This qualitative study explores the perceptions of transcultural parenting experiences of eight Chinese visiting scholars and how they navigate the transitions between cultures for their young children. The interviews followed a semistructured interview guide that focused on three domains of interest relevant to transcultural parenting, including experiences parenting young children in the US, relationships surrounding parenting of the child, and plans for transitioning the parenting practices home. The thematic analysis indicates that in each domain, the cultural context interacted with each family's characteristics to shape their perceptions. Resilience was especially promoted for families who had previous experiences with the host culture, which functions through the ability of children and parents to predict norms and expectations. This topic may provide important insights for other professions where temporary adaptation to another culture is necessary.

**Promoting the Community Resilience: The Longitudinal Effects of Self-reported Community Violence on Parenting Stress**

**Fei Pei, Syracuse University; Xiaomei Li, Queen's University; Nicole M Pangelinan, Syracuse University; Kathryn Maguire-Jack, University of Michigan**

Community violence encompasses a range of violent acts that unfold within the familiar landscapes of neighborhoods. According to family stress theory, community violence might be a stressful event that is associated with family function and parenting stress. However, limited previous studies discussed the longitudinal relationship between the perception of community violence (self-reported) and parenting stress. Using data from the Future of Families and Child Wellbeing Study (N = 4897), we examined how the trajectories of self-reported community violence and parenting stress relate to each other. The linear growth curve model showed that the intercept-intercept covariance across outcomes was significant and positive, suggesting that greater initial parenting stress was linked with greater initial exposure to violence. Similarly, the slope-slope covariance across outcomes was significant and positive, suggesting that decreases in parenting stress over time occurred with decreases in exposure to violence over time. Yet, nonsignificant intercept-slope covariances across outcomes indicated that the initial level of one outcome was not associated with changes in the other outcome. Further practice should focus on: (a) the building of a safe community, specifically working on building the positive perceptions of residents, (b) interventions to release parents' concerns about violence in their communities.

<b>E4: Risk and Protection for Intimate Partner Violence (20x20): Laskey C</b>
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**Prevalence and Risk Factors for Intimate Partner Violence Victimization Among Arab Women in Israel**  
**Shireen Sokar, The Hebrew University of Jerusalem**

Objective: The study aims to investigate the prevalence and risk factors associated with intimate partner violence (IPV) victimization among Arab women in Israel. For this study, the theoretical frameworks of the social-ecological model, attachment theory, and social learning theory were utilized to predict the likelihood of women's IPV victimization. In addition, several sociodemographic factors, adult romantic attachment, and two forms of childhood maltreatment (i.e., experiencing parental violence and witnessing interparental violence) were examined as possible predictors of women's IPV victimization. Method: A cross-sectional survey was conducted among a representative community sample of 303 Arab women ( $M = 31.8$ ,  $SD = 6.1$ ) using a self-administered questionnaire. Results: Approximately 75% and 65% of the women reported some form of IPV victimization in their lifetime and over the past 12 months, respectively. Multivariate logistic regression analyses revealed that a higher level of education, higher income, and having an employed spouse lowered the risk of IPV victimization among women. Conversely, women's attachment insecurities and childhood maltreatment increased the risk of IPV victimization. Conclusions: These findings emphasize the need to proactively address IPV and its associated risk factors among ethnic minority women across various cultural contexts.

**Both The Physical And Social Structures Matter: Understanding The Link Between Community Characteristics And Intimate Partner Violence In Urban Slum In Ghana**

**Enoch Amponsah, Rutgers University; Alhassan Abdullah, Flinders University; Sarah McMahon, Rutgers University; Samantha Winter, Columbia University**

Intimate partner violence (IPV) is a serious problem impacting about two out of every four women in Ghana. The link between community characteristics (e.g., concentrated poverty and high residential turnover) and IPV is an increasing area of research, which is strongly influenced by Crime Prevention Through Environmental Design (CPTED) theories. Using the constructivist grounded theory analysis approach, this study sought the perspectives of 18 young people, ages 22-31 years, from two urban slums in Ghana to assess how the social and physical environment contribute to the perpetration and prevention of IPV in their neighborhoods. The heterogeneity of residents, the presence of abandoned houses and frequent gang clashes were risk main risk factors for IPV perpetration in these neighbourhoods. However, participants also shared the belief that community members could still exercise collective control of IPV due to the impact of teachings by religious leaders and commitment to collective norms. The findings suggest the need for researchers to go beyond the deficit-based approach when assessing slum areas and focus on the strengths of these communities. Also, it recommends building a sense of communal identity and cohesion among locals and other residents to create a safe neighborhood and their resilience.

<b>E5: Motivational vs. Manipulative Interviewing: Keeping the Boundaries Real (Workshop): Clyde &amp; Mary</b>
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**Motivational Vs Manipulative Interviewing: Keeping The Boundaries Real**  
**Sal Corbin, Behavioral Health System of Baltimore**

Motivational Interviewing is a collaborative, person-centered counseling style to elicit and strengthen motivation for behavioral change and resolve ambivalence about that change. Often our attempts to support others can cross the line from motivational to manipulative. In other words, as supporters, sometimes our objectives for their recovery can taint or even replace theirs (clients/participants). Cultural considerations are often overlooked or unnoticed in these exchanges. Clients/participants are often encouraged to change according to systemic expectations without cultural considerations. In this workshop, we will explore the intended foundation of Motivational Interviewing techniques that can be used in interacting with participants of your program to achieve these goals in a non-manipulative and culturally supportive way. Attendees will practice with each other based on scenarios offered by the presenter.

Tuesday 10:45 to 12:00 pm
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F1: Qualitative Explorations of Resilience (20x20): Great Hall
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**“Everyone Who is on Dialysis Has Somebody Assisting Us in Some Way”: Risk and Resilience in Canadian Adults with Advanced Chronic Kidney Disease**

**Margherita Cameranesi, University of Manitoba; Dr. Dylan Mackay, University of Manitoba; Dr. Rebecca Mollard, Chronic Disease Innovation Centre**

To date, very little is known about the lived experiences of families impacted by chronic kidney disease (CKD), especially regarding the adaptive coping strategies that these families use to successfully cope with the chronic stress they must face due to CKD. To fill this knowledge gap, a descriptive phenomenology study was conducted. Twelve adults with advanced CKD and seven of their caregivers completed one focus group discussion that explored topics related to their unique lived experiences of families impacted by CKD. To gain a better understanding of the lived experiences of families impacted by CKD, qualitative thematic analysis based on descriptive phenomenology was used to perform a thematic analysis of the focus group data, with a special focus on risk and resilience. Three themes that portrayed participants’ experiences of living with CKD were identified: (1) experiencing chronic stress; (2) coping successfully; and (3) improving patients’ well-being. Social and health services for families impacted by CKD may be more effective in promoting the health, well-being, and resilience of both patients and their caregivers if they acknowledge the chronic stressors these families face daily and provide support strategies that help them to successfully cope with such stressors.

**“I Am Not Going Back There”: Sex Trafficking Survivors’ Pathways to Substance Use Treatment**

**Additi Munshi, Ohio State University; Jacquelyn Meshelemiah, Ohio State University; Elinam Dellor, Ohio State University; Sharvari Karandikar, Ohio State University**

The connection between substance use and sex trafficking is documented in the literature. The pathways to treatment, however, are less explored. The present study examines multiple and intersecting forms of vulnerability experienced by sex trafficking survivors, and their familial and institutional pathways to treatment. The present study used data from an exploratory mixed methods study of 50 women ages 24 to 70 years who self-identified as having experienced sex trafficking. The data were collected using quantitative survey and semi-structured interview methods. On average, participants were trafficked at age 12 (SD 9.1) and began using substances at age 16 (SD 6.8). The most used substance at initiation was cannabis (28.0%). Participants also used cocaine (26%) and heroin (18%) at initiation. Respondents acknowledged family (death of a loved one or wanting to reconnect with children) and avoiding prison as crucial pathways to treatment. They recognized the value of diversion programs, while also noting accessibility challenges. The role of God and having a life purpose were expressed as motivators for continued sobriety. The results from this study can inform treatment programs for women who experience multiple and intersecting forms of vulnerabilities.

**Resiliency Among Young Entrepreneurs In Guatemalan Highlands**

**Marco Saz, Universidad San Carlos de Guatemala; Carmen Monico, North Carolina Agricultural and Technical State University**

With a total population of 18 million, half of Guatemalans are of indigenous origin and over half of them are under age 30. Young people in Guatemala face many barriers to access to health, education, and other basic needs. Young adults have limited job opportunities to support themselves and their families. Besides disenfranchisement, exclusion and unemployment, community and gang violence, and well as domestic violence and child maltreatment are prime reason for the large migration of Guatemalans to the U.S. As Universidad del Valle de Guatemala student and faculty in the PhD program on Applied Psychology, the presenters engaged in research on innovative approaches supporting young people in Guatemala. Dissertation research focuses on the entrepreneurship experience of twenty young UVG graduates from the vocational and technical programs in Solola. Although participants speak Spanish, most of them are from 3 Mayan ethnic groups and speak K’iche’, Tz’utujil, and Kaqchikel. Results highlight the childhood experience of marginalization and oppression, the community and family violence that young people face, and the challenges they faced to start-up their own small businesses upon completion of higher education. At the heart of their entrepreneurship was their resiliency, which is analyzed and systematized into a theoretical model.

<b>F2: Assessment &amp; Intervention (Mixed 20x20 &amp; Perspectives): Laskey A</b>
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**Military Family Resilience: The Development and Validation of a Brief Self-Report Measure**

**Travis Ray, Naval Health Research Center; Alejandro P. Esquivel, Naval Health Research Center; Valerie A. Stander, Naval Health Research Center; Hope S. McMaster, Naval Health Research Center; Scott C. Roesch, San Diego State University; Froma Walsh, University of Chicago**

Objective: This study aimed to develop a brief and valid measure of family resilience for use in research with military families. Method: A population-based sample of military spouses (N = 16,379) completed assessments of family resilience and validation constructs. Participants were randomized into two subsamples. Sample 1 was used in an exploratory model, whereas sample 2 was used in a series of models to confirm the exploratory model and evaluate the dimensionality, reliability, and validity of the instrument. Results: Nine items were retained and demonstrated strong factor loadings (>.80) in the exploratory and confirmatory models. A bifactor model provided some evidence of multidimensionality but not enough to dismiss the unidimensional construct. Brief measures of family resilience and its subconstructs demonstrated strong internal consistency and validity. Conclusions: The 9-item instrument is a reliable and valid tool that can assess military family resilience as a unidimensional or multidimensional construct. The brief measure reduces survey burden and facilitates further empirical research on family resilience in military populations. Such research could inform interventions and preventive care intended to improve the health and well-being of military families.

**Development of the Attribution of Blame for Child Sexual Abuse and the Belief in Stereotypes About Child Sexual Abuse Scale**

**Jane Weatherred, University of Southern Indiana**

There is a lack of reliable and valid measures that assess people's perceptions and attitudes about child sexual abuse (CSA). It is important to develop such measures regarding attribution of blame and belief in stereotypes about CSA because it will assist in the prevention of child sexual abuse. Starting with a search of previous literature for items and seeking expert feedback, this scale development research employed 3 focus groups and a survey of (N = 826) to create two new measurements which reliably and accurately measure blame for CSA and belief in stereotypes about CSA. The results for the blame scale support three distinct factors that assess blame towards the child, society, or a parent. The results for the belief in stereotypes scale support five distinct factors: physical signs, causes, perpetrators, families, and children. Implications are discussed along with suggestions for future research.

**A Review of Expressive Writing Interventions, Part 3: Positive Outcomes**

**Victor Esparza, University of the South & Life Paths Research Center; Trinity Smartt, University of the South & Life Paths Research Center; Kaltrina Kelmendi, University of Prishtina; Sherry Hamby, University of the South & Life Paths Research Center**

Expressive writing is a popular brief intervention for helping people process traumatic events or increase wellbeing. A systematic review of randomized controlled trials on expressive writing was conducted of articles published between 2000 and 2021. The articles were coded in terms of population, writing prompt, program "dosage" (in terms of number of sessions and total minutes writing), and whether people are writing about a current or past trauma. This paper presents the articles that included positive outcomes such as subjective wellbeing.

<b>F3: Identifying Protective Factors (Perspectives): Laskey B</b>
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**Examining Effects of Youth Victimization and Promotive Factors on Depression Scores In Early Adulthood Using General Structural Equation Modeling**

**Spenser Radtke, The University of North Carolina at Chapel Hill; Todd M. Jensen, The University of North Carolina at Chapel Hill, School of Social Work**

Background: Youth who experience victimization by a caregiver often exhibit depressive symptoms that can persist into adulthood. Protective factors that could support the resiliency of victimized youth are often understudied. Methods: This study implemented general structural equation modeling to examine the effects of youth emotional, physical, and sexual victimization and promotive factors on individuals' depression scores in early adulthood. 15,501 participants from The National Longitudinal Study of Adolescent to Adult Health dataset were included using data from Waves I, II, and IV. Results: There were positive associations between each victimization type and depression scores and a negative association between promotive factors and

depression scores; those with higher promotive factors in adolescence reported lower depression scores in early adulthood. The R<sup>2</sup> for the latent depression variable indicated that the predictors explained 15.8% of variance of depression scores ten years later. The strongest effect on depression scores was the promotive factors ( $\beta = -.306$ ). Conclusions: This study confirms the relationship between youth victimization and depression later in life and provides initial support for protective factors of victimized adolescents having lasting impacts on mental health outcomes. For trauma-exposed youth, it is critical to identify protective factors that can support their path to healthy outcomes.

#### **Predicting Posttraumatic Growth: exploring explanatory factors.**

**Donncha Hanna, Queens University Belfast; Eimear Cleary, Belfast Health and Social Care, Northern Ireland; Amanda Gleeson, Northern Health and Social Care, Northern Ireland; Shelly Fletcher, Northern Health and Social Care, Northern Ireland**

This presentation will outline and interpret a series of studies looking at predictive factors for posttraumatic growth (PTG) across a range of populations. Study one employed a sample of 85 trauma-exposed adults recruited from psychological support services in Northern Ireland. Hierarchical multiple regression modelling demonstrated that the number of psychological therapy sessions attended and betrayal-based trauma appraisals were positive predictors of PTG. Shame-based appraisals negatively predicted PTG. Trauma-related factors, age, gender, and appraisals of fear, anger, alienation, and self-blame were non-significant predictors. Study two employed two samples: One sample consisted of 165 trauma exposed students and the other consisted of 90 trauma exposed individuals attending mental health services. Regression analyses were conducted to examine PTS, age, gender, coping and social support as predictors of PTG. Findings within both samples revealed that adaptive coping positively predicted PTG and maladaptive coping negatively predicted PTG. Study 3 explored the impact of a range of demographic, work-related, and compassion-related factors as on vicarious posttraumatic growth in an international sample of 359 psychological therapists. Higher self-compassion satisfaction, higher percentage of working time with a trauma focus, less years qualified and having a personal trauma history predicted higher levels of PTG.

#### **Journeying into Adulthood: Comparing Lived Experiences of Opportunity Youth and College Students**

**Chanler Hilley, Kennesaw State University; Giselle Vazquez, Kennesaw State University; Will Hodges, Kennesaw State University; Briana Rivera, Kennesaw State University; Amari Cody, Kennesaw State University; Charlie Barna, Kennesaw State University; Alanna James, Kennesaw State University**

An estimated 4.7 million adolescents and young adults (12.1%) in the United States were neither in school nor work in 2021, with some estimates suggesting additional increases in 2023. Although highly variable in their individual experiences, “disconnected” or “opportunity youth” (OY) have been shown to experience a higher burden of socioeconomic disadvantage and behavioral health problems. However, there is little research on their psychosocial development, strengths, and assets. The transition to adulthood is marked by rapid changes in many domains, with certain milestones (e.g., completing school, employment) seen as normative markers of adulthood. Reconnection efforts need to be informed by their lived experiences and developmental needs. This comparative qualitative study examines differences in narratives from OY (e.g., a “non-normative” transition) and university students (e.g., a “normative” transition). Participants completed one-hour interviews, and transcripts were coded using thematic analysis. Preliminary results demonstrate themes of hope, goal setting, and connectedness, as well as barriers to connection including motivation, finances, and social capital. Findings from this study contextualize the lived experiences of OY. Incorporating their experiences and accounts of resilience into training for youth service workers and reconnection programs/interventions may bolster existing efforts by fostering empathy, connection, and relevance.

#### **F4: Youth Resilience (Perspectives): Laskey C**

#### **Mothers' and Children's Reports of Strengths Related to Children's Resilience in Families Exposed to Adversity** **Kathryn Howell, The University of Memphis; Anissa Garza, The University of Memphis; Christian Herrera, Northeastern University; Idia Thurston, Northeastern University**

There is a dearth of research concurrently evaluating caregivers' and youths' reports of factors related to resilience. This study examined child and mother reports of relational and contextual factors associated with children's resilience in families exposed to adversity. Participants included 208 mothers (M<sub>age</sub>=35.62, SD=7.09; 83.7% Black) and their children (M<sub>age</sub>=12.19, SD=2.84; 57.2% female; 88.0% Black). Mothers had recently used potentially harmful substances, experienced intimate partner violence, and/or were living with

HIV (i.e., SAVA syndemics). Two linear regression models were conducted. The first model included youth reports of number of maternal SAVA syndemics, exposure to stressful life events, mother-child communication, parenting practices, community cohesion, community disorder, and multilevel resilience. The second model included maternal reports of these same variables. The youth model was significant ( $F(6, 172)=21.31, p<.001, \text{Adj. } R^2=.41$ ), with more mother-child communication and more community cohesion related to higher youth resilience. The mother model was also significant ( $F(6, 196)=21.34, p<.001, \text{Adj. } R^2=.38$ ), with more positive parenting, communication, and community cohesion associated with higher youth resilience. Results highlight similarities and unique differences in mothers' and children's perceptions of factors associated with child resilience. Such knowledge could contribute to the development of strengths-focused services across the family system.

**Psychological Sense of Community in College and its Relationship to Students' Resilience**

**Helen Vrailas Bateman, University of the South**

Previous research suggests that a robust psychological sense of community in learning environments has been associated with students' psychological and emotional well-being. In the present study, we explored the hypothesis that a strong psychological sense of community in college will also be associated with higher levels of resilience. We administered a self-report survey to 188 undergraduate students in a liberal arts college in the Southeastern United States. The survey was anonymous and was distributed online. Preliminary analyses suggest a significant correlation between students' psychological sense of community in college and students' resilience. We are now conducting additional research to model this relationship in more detail using different parameters that may mediate this relationship.

**Transforming Child Fatality Prevention Through Collaboration Across Prevention Initiatives**

**Miriam Commodore – Mensah, Indiana University; E. Susana Mariscal, Indiana University, School of Social Work; Zohra Asad, Indiana University; Jenny Elliot, Indiana University; Jamie Smith, Indiana Department of Health; Bryan G. Victor, Wayne State University, School of Social Work**

Infant and child deaths from injuries continue to be the leading cause of child fatalities in the U.S. This presentation is based on the DOJ-funded Child Safety Forward Indiana (CSF) project which conducted a multi-layered data collection, including a five-year retrospective review of child fatalities, developmental evaluation tools, and surveys, interviews, and focus groups with professionals, child fatality review teams, and parents and youth with lived experiences. Findings revealed that deaths related to infant sleep (Sudden Unexpected Infant Death, SUID), bodily force/weapon, motor vehicle, and drowning were the leading causes of child fatalities ( $n=127$  deaths due to external injury). Emerging themes from qualitative data ( $n=647$ ) identified risk factors at the community (isolation, access barriers), system (delayed/reactive services, overwhelmed providers with inadequate supervision and training, lack of cross-system collaboration), and societal levels (stigma, policy. And funding limitations). Adopting a strengths-based prevention approach, CSF collaborated closely with Strengthening Indiana Families (primary prevention). This presentation will describe the practice, community, and policy benefits of collaborative efforts, tying initiatives together toward prevention and providing tailored supports to advance our shared impact and ripple effects and to build on family and community strengths and resilience, so that all children can fulfill their promise.

**F5: Mindfulness & Labyrinth Walk (Workshop): Clyde & Mary**

**Sherry Hamby, University of the South & Life Paths Research Center**

This will be an experiential workshop that offers a brief introduction to mindfulness as well as a chance to experience mindfulness. It will include an introduction to labyrinths as meditation tools and includes a visit to the labyrinth on the Scarritt Bennett campus (involves a short walk to the labyrinth and back).

**Tuesday 1:00 to 2:15 pm**

**G1: Trauma-informed Yoga for Resilience with Danielle Rousseau (Workshop): Great Hall**

This session will present a trauma-informed yoga practice with a focus on resilience building, wellbeing, and transformation. Participants will be invited to share a conference friendly chair yoga practice including breathwork, mindful movement, and mindfulness practice. The session will be rooted in Yoga 4 Change's

evidence-based, trauma-informed yoga and mindfulness curriculum. Yoga 4 Change is a non-profit organization that envisions a world where people impacted by trauma feel supported, connected, and empowered to live a healthy and joyful life.

## **G2: Interventions to Support Providers (20x20): Laskey A**

### **Trauma Competent Caregiving: A Trauma-Informed Caregiver Training for Foster Parents**

**Catelyn Smeyne, University of Cincinnati; Julie Cooper, Trauma Free World; Diane Hersberger, Trauma Free World**

This presentation describes a partnership between researchers at the University of Cincinnati and a local community agency to develop empirical support for a trauma-informed caregiver training for licensed foster parents. The Trauma Competent Caregiving curriculum was developed and implemented in partnership with Trauma Free World, a nonprofit agency dedicated to mitigating the effects of childhood trauma. This team sought to 1) develop sustainable and effective methods for providing strengths-based, trauma-informed supports for foster parents; 2) improve foster parents' abilities to help young people cope with challenges that may stem from early traumatic experiences; 3) increase foster parents' knowledge and self-confidence in providing trauma-informed care; and 4) build on the existing research literature by providing an evidence-based treatment as recognized by the California Evidence-Based Clearinghouse for Child Welfare. Results from a waitlist randomized clinical trial suggest that the TCC curriculum has positive effects on foster parent knowledge and confidence implementing trauma-informed caregiving practices and leads to improved peer interactions and prosocial behaviors for youth in the participants' care, though follow-up data collection is still needed. Additionally, foster parents reported that the training was acceptable and useful for their unique caretaking roles. The implications of these results will be discussed.

### **Strengthening the Shield: Advancing police resilience through mindful practices and organizational support**

**Shantol McIntosh, Tarleton State University; Dragana Derlic, Kentucky Wesleyan College**

This research project examines current strategies for enhancing police resilience and addresses the critical need for strong support systems. Specifically, concentrating on cultivating resilience among police officers, we explore effective techniques such as the use of yoga, meditation, and mindfulness. Our research aims to offer insights into fostering resilience within law enforcement agencies by examining theoretical frameworks and practical implementations. The outcomes of this research study will contribute valuable perspectives for implementing targeted practices and shaping policies, ultimately fortifying the mental and emotional well-being of police officers and enhancing their resilience in high-stress environments.

### **Increasing Undergraduate Nursing Students Resilience, Self-Compassion, and Well-Being**

**Yvonne Creighton, Middle Tennessee State University; Deborah A. Lee, Middle Tennessee State University**

Nursing students experience numerous stressors during their academic program – demanding didactic and clinical requirements, as well as financial, occupational, and relational stressors – that can impact students' well-being, ability to cope, and perseverance in their studies. Entering the nursing profession without skills in stress resilience, self-care, and self-compassion contributes to nurses leaving their current job or the nursing profession altogether. Seeing the need to address this issue while students are in the throes of their nursing studies, a health and wellness coaching option for students was implemented as a component of a second semester nursing clinical course. Health and wellness coaching is an intervention that uses evidence-based practices to promote positive change and support participant well-being. Over the last several years offering health and wellness coaching to second semester nursing students, surveys demonstrate satisfaction with coaching. Based on this feedback, we developed a research study to quantitatively assess the effect of health and wellness coaching on participants' well-being, resilience, and self-compassion as well as determining if there is a dose-related effect, i.e., does more health coaching improve those measures? The overarching goal is to prevent/reduce student attrition, nurse burnout, and nurses leaving the profession.

### **Evaluation of a Culturally Responsive Mentorship Program for Gender-Based Violence Advocacy**

**Nancy Nava, Esperanza United; Lillie Macias, Esperanza United & University of New Haven**

In a 2021 Pew Research Center survey, more than half of Hispanic individuals with a postgraduate (56%) or college degree (57%) noted a major reason for not pursuing a science, technology, engineering, and math (STEM) degree is the lack of mentors (Pew Research Center, 2022). Latina women are particularly underrepresented in STEM fields and leadership positions in higher education. In response, Esperanza United,



a culturally specific federally funded center for gender-based violence, created a leadership fellowship that pairs undergraduate and graduate students with professional mentors to complete a summer research or policy project. Now in its third year, the fellowship has reached a diverse group of Latinas (n = 18) representing diverse fields. To learn about the strengths-based programming and program impact, a mixed method process and outcome evaluation was conducted. Pre and post survey data was analyzed using descriptive and thematic analysis. Resulting qualitative themes emphasize (1) professional and personal development and (2) sense of belonging. This presentation will provide a snapshot of young Latina professionals developing leadership identities in research and policy advocacy, and explore implications for culturally responsive, strength-based training for promoting diverse leadership in the gender-based violence field.

### **G3: Reflecting on Program (Perspectives): Laskey B**

#### **Strengths and Resilience Strategies Employed by Domestic Violence Transitional Housing Program Staff Julia O'Connor, University of Central Florida; Shelleta Ladonice, The University of Central Florida; Leila Wood, The University of Texas Medical Branch; Bethany Backes, The University of Central Florida; Rachel Voth Schrag, The University of Texas at Arlington**

While many domestic violence transitional housing (DVTH) programs exist, and survivors of intimate partner violence access such services, there is a lack of research regarding the approaches used by DVTH programs to assist survivors. As part of a study aimed at examining the impact of DVTH programs on survivors' safety and self-sufficiency, staff members working in DVTH programs in six states were invited to participate in semi-structured interviews to discuss the strengths and resilience strategies employed by DVTH program staff. Twenty-two staff participated in this part of the study. Interviews were transcribed and coded within ATLAS.ti using thematic analysis to explore DVTH staff strategies fostering strengths and survivor-centered approaches. Themes from the interviews included: 1) Empowering survivors residing in DVTH programs; 2) Sharing resources to ensure survivors meet their needs; 3) Sharing time and space with survivors to allow for processing and healing of trauma; and 4) Inviting services through the voluntary service model. Crucially, DVTH programs prioritize obtaining permanent housing for survivors and enhancing stability and independence to ensure future success. Results from this study can be used to inform practitioners working with intimate partner survivors about survivors' needs and resiliency in coping with trauma resulting from violence.

#### **Promotora Resilience in the face of COVID 19 and Gender-based Violence Vanessa Mercado Diaz, University of New Haven; R. Lillie Macias, University of New Haven**

Latine individuals experience barriers to healthcare access and often prefer community-based support due to immigration fears, lack of culturally specific services, and distrust of formal support systems (Vega et al., 2021). The promotora model, also referred to as the community health worker (CHW) model, can address barriers and health inequities (Rebecca A. Matthew, et al., 2020). In order to explore best practices and gender-based violence advocacy by promotoras in the context of COVID-19, a national culturally specific gender-based violence resource center conducted a series of listening sessions, a culturally responsive method of collecting information from underrepresented communities. Recordings were transcribed and analyzed using the Nvivo 12 transcription software. In total, 27 promotoras participated in 3 listening sessions from across the U.S. Descriptions of community practice illustrate the leadership and resiliency of promotoras as they managed multiple roles, including community education and direct advocacy. Qualitative themes of an increase in domestic violence needs and the changes in advocacy capture the nuances in gender-based violence advocacy during COVID-19. Presenters will provide an overview of strengths-based listening session tools developed as part of the project and recommendations for policy and practice based on qualitative findings.

#### **Innovating Trauma-Informed Practices in Courtroom: Lessons Learned and Future Directions Ziwei Qi, Fort Hays State University; April N. Terry, Fort Hays State University**

In recent years, an increasing awareness of the profound impact of trauma on individuals navigating the legal system has spurred a burgeoning interest in trauma-informed practices within courtrooms. This perspective talk delves into a novel approach to assessing trauma-informed court practices, tailored explicitly for adult, juvenile, and virtual (Zoom) court settings. By synthesizing findings from multiple systematic field observations of the courtroom procedures from rural and urban settings, we explore the nuances and complexities of implementing trauma-informed principles in the criminal legal system. Our research design, rooted in strength-based, resilience-focused, and trauma-informed perspectives, systematically examined courtroom practices

and interactions involving core courtroom personnel and their interactions with those navigating the court system. We evaluated the extent to which these practices align with the fundamental principles of trauma-informed strategies. The analysis of these findings has unveiled critical insights, shedding light on the complex nature of practical implementation and the barriers practitioners encounter. These lessons provide a profound understanding of the challenges of integrating trauma-informed practices and emphasize the necessity and urgency of adaptability, specifically addressing adversities, trauma, and resilience across diverse court settings.

#### **G4: Programs for Youth (Perspectives): Laskey C**

##### **Empowering Futures: A Mentorship Program Based on College and Career Readiness**

**Fernanda Palafox, University of Arizona Mel and Enid Zuckerman College of Public Health; Thad Dugan, University of Arizona; Martha Moore-Monroy, University of Arizona**

Within a Title-I middle school in South Tucson, the University of Arizona College of Public Health joined and assisted in creating a mentorship program based on college and career readiness. This project addresses the critical need for promoting resilience and future planning among students in low socioeconomic status (SES) Title-I schools, particularly those facing high-stress environments. The project's objectives were to inspire and empower these students to envision and plan for their futures. With the help of the school's teachers and administration, the program's objectives were to help outsiders understand a student's life and how their home life can significantly impact their schooling. Undergraduate mentors within this program are essential, primarily to ensure the representation of students with similar or different educational experiences. The mentor's primary focus is emphasizing the students' academic strengths and discussing alternatives to the traditional college system. By introducing college and career planning earlier, students can become more aware of the different educational options available and start planning on overcoming adversity. Addressing the needs of this underserved population during their formative years is essential in the intervention that aims to inspire confidence, resilience, and a sense of purpose in the pursuit of academic and professional success.

##### **Leader Reflections on Implementation of Trauma-Informed Practices in a Community-Based, Youth-Centered Program**

**Christopher Thornton, Beyond The Bars; Matthew Kerr, Beyond The Bars; Hillary M. Kapa, Children's Hospital of Philadelphia; Stephanie M. Garcia, Children's Hospital of Philadelphia; Rachel K. Myers, Children's Hospital of Philadelphia**

The import of trauma-informed practices (TIP) in clinical care has long been acknowledged, and a wealth of existing resources provide guidance for the implementation of TIP in clinical settings. Given the pervasive nature of trauma, particularly in communities that have suffered the sequelae of historic disinvestment and racism, program leaders and funders are increasingly recognizing the value of TIP in community-based settings; however, resources explicating the practical implementation of TIP in non-clinical, community settings are limited. This presentation will showcase insights on the practical implementation of TIP in a strengths-based, student-centric music enrichment program, Beyond the Bars (BTB). BTB has grown rapidly since its inception in 2018 and currently runs over 45 programs for youth across Philadelphia with the goal of interrupting cycles of violence and helping students recognize their immense potential and bright futures. Christopher will use their rich firsthand experience as a program leader and facilitator as well as results of a secondary analysis of interview data with 26 BTB stakeholders, including students, staff, and community partners, to describe BTB's integration of TIP. They will highlight practical strategies for TIP implementation within key programmatic domains, including workforce development, leadership, cross-sector collaboration, financing, physical environment, and program delivery.

##### **Mental Health First Aid in Academia: Cultivating Mental Health Literacy Across Campus**

**Troy Terry, Fort Hays State University; April Terry, Fort Hays State University**

Mental Health First Aid (MHFA) is a valuable tool in teaching about recovery and resiliency, increasing mental health literacy, and decreasing stigma. We have implemented MHFA into an academic course available to undergraduate and graduate students in-person as well as online. To evaluate success of the course, pre- and post-tests are provided to students assessing their mental health literacy. Preliminary findings show significant improvement among students completing the course and training. Interest in MHFA at the University has grown among faculty and staff as well, presenting many opportunities to present the MHFA model in other modalities across campus.

**G5: Leadership Realities: 40 Years of Helming Culturally Specific, Community Work (Workshop)**  
Clyde & Mary Room

**Patricia Tototzintle, Esperanza United**

For forty years, Patti Tototzintle has led Esperanza United, the leading organization mobilizing Latin@ communities to end gender-based violence. Come to this workshop to learn her strategies for building a thriving organization, working within intersectional expectations of leadership, and how to build from a strengths-based approach.

## **Keynote**

**Great Hall in Laskey Building**

**Tuesday, 2:30 – 3:30 pm**

**Thriving in the Face of Gender-Based Violence**

**Patricia Tototzintle, President & CEO of Esperanza United**

*Host: Nicole Yuan, University of Arizona*

**Closing Reflections**

**Great Hall in Laskey Building**

**Tuesday, 3:30–4:00 pm (Central time)**

**Katie Howell, Katie Schultz, Susan Yoon, & Nicole Yuan**

**Wednesday, April 17<sup>th</sup>**  
**Resilience Portfolio Consortium**  
**9:00 am to 2:00 pm, Great Hall, Laskey Building**

Wednesday is the spring meeting of the Resilience Portfolio Consortium (RPC). There was an opportunity to sign up for the RPC meeting when you registered (no extra charge).

The RPC is an international community of more than 150 scholars and policymakers. We work together to advance the science of resilience and psychosocial strengths, with the aim of informing prevention, intervention, and reducing the global burden of trauma and its consequences. The RPC advocates a portfolio approach to resilience and prevention. The portfolio approach emphasizes the importance of harnessing assets and resources across all levels of the social and physical ecology, focusing on the domains of meaning making, regulatory, and interpersonal strengths. A key goal of the RPC is to discourage research that treats resilience as a personality trait or studies only one strength at a time. Few traumas require just one asset or resource to solve, different circumstances call for different assets and resources, and few people overcome trauma without help from others.

Our work emphasizes the use of multiple methods, promotes scholarly collaboration and mentoring, and engages practitioners and communities. A primary focus of the RPC is developing a global and coordinated approach to identifying key psychosocial strengths (especially understudied or underappreciated strengths) in a broad range of cultural and geographic settings. The RPC is designed to provide opportunities for scholars seeking mentoring, training, and professional community for their work on preventing and overcoming trauma. You can join the RPC for free at:

<https://www.lifepathsresearch.org/lifepaths-community/>

The creation of the RPC was inspired by the promise of strengths-based approaches—and also by the challenges in shifting to strengths, as seen by the persistence of deficits-based and even victim-blaming approaches to trauma. We recognize the obstacles in keeping up with new work and pushing against longstanding scientific conventions and created the RPC to help scholars move the field forward faster.

Wednesday's meeting is going to focus on identifying areas for growth and change. What strengths are neglected in work on resilience? What strengths are more complex than usually appreciated? How can we better incorporate variations across communities and cultures into work on resilience? How can we better promote global work on resilience? How can we better incorporate key strengths into more effective intervention?

We will use the insights from the teams that are working on scoping reviews, new data on resilience portfolios, and insights from other resilience work (research and practice) to advance these discussions and help each other take resilience research to the next level!

We will tackle these big questions domain by domain, using the liberating structures technique known as 1-2-4-All.

## *The ResilienceCon Approach to Resilience*

ResilienceCon was created in 2015 to provide an opportunity for researchers, practitioners, and students to share information about strengths-based approaches to overcoming trauma.

Like many contemporary resilience scientists, we take a multidimensional approach to resilience. We define resilience as the *process* of overcoming trauma—not a static trait or personality characteristic. We also recognize that the process of overcoming trauma generally involves many assets and resources. This includes individual characteristics and skills. In some work, resilience is loosely equivalent to emotional toughness or “grit” (types of *regulatory strengths*). Sometimes emotional toughness or perseverance helps. However, sometimes we need to recognize our vulnerability and ask for help. Other individual skills help people overcome trauma too—like good social skills to facilitate accessing social support. No one-size-fits-all characteristic will work on every trauma, every time. People need a *portfolio* of strengths to navigate traumas as they occur.

Further, few people heal alone. Almost everyone reaches out for help in the process of overcoming trauma. Most often, people reach out to family and close friends, but other elements of the *social ecology* are important too. *Interpersonal strengths* include everything from good quality trauma-specific services, like domestic violence shelters or rape crisis hotlines, to general community resources, like access to good health care. Our social ecology also includes things like libraries, cultural events, and strong schools. These resources help people put together good lives after trauma. System-level considerations—including social justice—are important for overcoming trauma.

In our own work, we have found that *meaning making* is perhaps the most important strength for overcoming trauma. This involves connecting to something larger than oneself. This can include a mission, such as the one we all share—to reduce the global burden of trauma. It can include commitment to a role such as a parent or teacher, or adherence to a code such as “First, do no harm” or “*Semper fidelis*” (always faithful). Religion and spirituality can also be important sources of meaning. These are part of our resilience portfolios too.

Recently, we expanded the resilience portfolio to include the *physical environment* as well as the social environment. We learned in a scoping review of community-level resources (headed by Vicki Banyard and including Danielle Rousseau, Karla Shockley McCarthy, Julia Stavola, Yanfeng Xu, and Sherry Hamby) that positive features of the physical environment are more consistently associated with good outcomes than social features. Social relationships can be tricky and complex. Trees are almost always a good thing. Access to green or blue (water) spaces is associated with better health and wellbeing, and so are features of the built environment like walkability.

If you’ve ever wondered why there are presentations on such a wide range of topics at ResilienceCon, this is why! You don’t have to use a measure called “resilience” to further our understanding of what helps people thrive after trauma. We love getting submissions on all kinds of positive assets and resources. We are also firmly of the opinion that there are still many under-appreciated strengths out there, especially ones that are important to communities that have been historically oppressed and/or understudied.

It is always a great joy to see all the ways that people have found to bring strengths to this work. We thank you for your contributions in shifting the field to a science of healing and overcoming.

## Stay Connected to the ResilienceCon and Life Paths Community Year-Round!

Life Paths Research Center hosts several opportunities for professionals and students who are interested in strengths-based approaches to resilience, prevention, and social justice.

**Our free listserv, ResComm** (for Resilience Community) provides up-to-date info for the community of resilience professionals. We share info about research and webinars on resilience, social justice, programs, or related topics from a variety of organizations. You can also ask questions, look for collaborators or research participants, post jobs, or make announcements that might be of interest.

If you have a Google account, search for ResComm on your Google Groups page. If you do not have a Google account, send an email with “Subscribe ResComm” to [lifepaths@lifepathsresearch.org](mailto:lifepaths@lifepathsresearch.org).

We also host a **free listserv on the psychology of women and gender, POWR-L**, that was started by people involved with the Association for Women in Psychology. Follow the above directions, looking for POWR-L in Google Groups or put “subscribe powr-l” in an email to us.

Our **online mindful writing group** meets twice a week, Monday afternoons (2 to 4 Central) and Thursday mornings (9 to 11 Central). The group offers a chance for you to schedule some time for writing, as well as a chance to enjoy fellowship with other scholars and to take a few minutes to practice mindfulness in community. The schedule is announced each month on ResComm. We welcome first-timers as well as regulars.

The **Resilience Portfolio Consortium** is a global group of more than 150 scholars who are working on multidimensional, portfolio approaches to resilience (see description under Wednesday’s meeting). It is free to join at <https://www.lifepathsresearch.org/lifepaths-community/>. We hold both in person and online meetings that offer training, support, and opportunities such as special issues in journals.

If you are interested in becoming an **affiliate of Life Paths Research Center**, we offer opportunities to become Research Scientists (for academics and scholars), Resilience Advocates (for practitioners), or Research Fellows (for graduate students). This is largely an honorific but can show your professional connections to other resilience professionals and provide a primary or secondary institutional affiliation. If you are interested, send your cv and a brief (less than 300 words) email stating your interest to [lifepaths@lifepathsresearch.org](mailto:lifepaths@lifepathsresearch.org). If accepted, we will also need a biosketch and headshot for our website.

You can see current affiliates here: <https://www.lifepathsresearch.org/life-paths-research-team/>.

We sometimes offer additional opportunities, including writing retreats, in-person workshops, online webinars, and other activities. The best way to stay up to date on these is to join ResComm.

Feel free to share any of these with colleagues who could not attend ResCon.

Be on the lookout for:

***The Resilience Equation:  
How High Dosages of Strengths Can Overcome  
Even High Burdens of Trauma***

By Sherry Hamby

Forthcoming from Penguin Life, an imprint of Penguin  
Random House

This is Sherry's first book written for a general audience and a trade publisher!  
Wish her luck finishing it later this year and it will be released in either late  
2025 or early 2026 (the revision, production, and marketing process is long).

**Publishers Marketplace**

**Deal Report**

Category: Non-fiction: Advice/Relationships/Self-Help

January 30, 2024

THE RESILIENCE EQUATION **By Sherry Hamby**

Imprint: Penguin Life

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Distinguished research professor of psychology at Sewanee Dr. [Sherry Hamby, PhD's](#) [THE RESILIENCE EQUATION](#), a look at the science of trauma dosage, showing how to cultivate our own portfolio of resilience that compounds to counteract trauma and prepares us to weather future hardships, to [Nina Rodriguez-Marty](#) at Penguin Life, in a pre-empt, by [Sophie Cudd](#) at The Book Group.

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The Life Paths Research Center is a research institute devoted to learning about the ways that people develop psychosocial strengths that help them prevent and overcome adversity, especially in Appalachia and other marginalized communities.

Dr. Sherry Hamby is Founder and Director of the Life Paths Research Center.

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