Protective factors are the strengths and resources that families can draw on when life gets difficult. Each of the protective factors is essential, but most important is what they do together to create strength and stability in families. Taking the protective factors and building on them is a proven way to strengthen the entire family and thus decrease the likelihood of maltreatment. In this one-hour webinar, participants will learn strategies for engaging with families to build the following five protective factors: Parental Resilience, Social Connections, Concrete Support in Times of Need, Knowledge of Child Development, and Social-Emotional Competence of Children.

Please see Page 3 for Outline.

**Learning Objectives**

- List the five protective factors.
- Explain the Strengthening Families framework focused on supporting strong families, preventing child abuse and neglect, and fostering optimal healthy development.
- Describe strengths-based and relationally responsive approaches for family partnership and engagement.
- Identify three key strategies and concrete everyday actions that help families build and sustain protective factors.

**Registration Information**

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by clicking here.

Email RIHS@sdsu.edu if you have any questions.

This training is FREE of charge to BHS County employees and contractors.
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Please review the COVID protocol for in-person trainings. [https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/](https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/)

ADA

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Continuing Education

This course meets the qualifications for 1 hour of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADTE Provider # CP40906 CH 0323 for 1 contact hour/CEH. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the CE Grievance Procedure.

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Course Outline

Strengthening Families and Protective Factors Webinar

Course Code: RIHS-0326
Ariane Porras and Aimee Zeitz, YMCA San Diego

Educational Goal:

To gain a deeper understanding of protective factors to improve the delivery of behavioral health services with children, youth and families.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 am – 11:05 am</td>
<td>Welcome, Introduction, Objectives</td>
</tr>
<tr>
<td>11:05 am – 11:15 am</td>
<td>Introduction to the Protective Factors Framework</td>
</tr>
<tr>
<td>11:15 am – 11:25 am</td>
<td>Introduction to the Pathway to Improved Outcomes for Children and Families</td>
</tr>
<tr>
<td>11:25 am – 11:40 am</td>
<td>Strategies and Everyday Actions to Build Protective Factors</td>
</tr>
<tr>
<td>11:40 am – 12:00 pm</td>
<td>Understanding our Biases, Culture and Family Strengths</td>
</tr>
</tbody>
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*Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.*

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