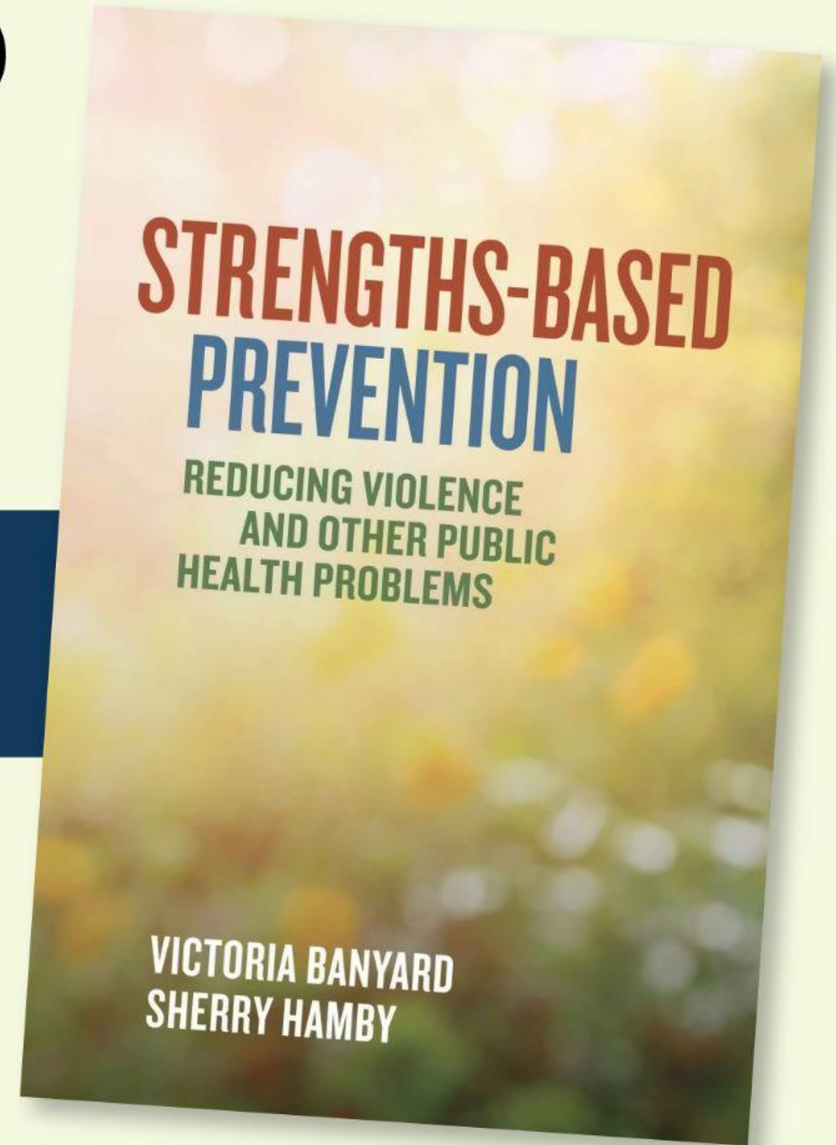


STRENGTHS-BASED PREVENTION THAT WORKS: SESSION 2

Tuesday, January 24, 2023
11:00 AM PT/2:00 PM ET



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Meet the PreventConnect Team



Ashleigh Klein-Jimenez
Director of Prevention
she/her/hers



Janae Sargent
Project Coordinator
she/they



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SEXUAL ASSAULT AWARENESS & PREVENTION MONTH 2022

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PREVENTION IN SPORT

Highlights from new game-changing research



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Letting Youth Lead:

DIRECTIONS IN PREVENTION


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EMBRACING INTERSECTIONALITY:

2022 National Sexual Assault Conference Preview

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DISABILITY JUSTICE AND PRIMARY PREVENTION


Part 1 and 2 out now

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ROADMAP TO PREVENTION



Connecting Critical Race Theory and Anti-Oppression

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HIGHLIGHT REEL: Health Equity Approaches to Prevention

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DOMESTIC VIOLENCE AWARENESS MONTH 2022:



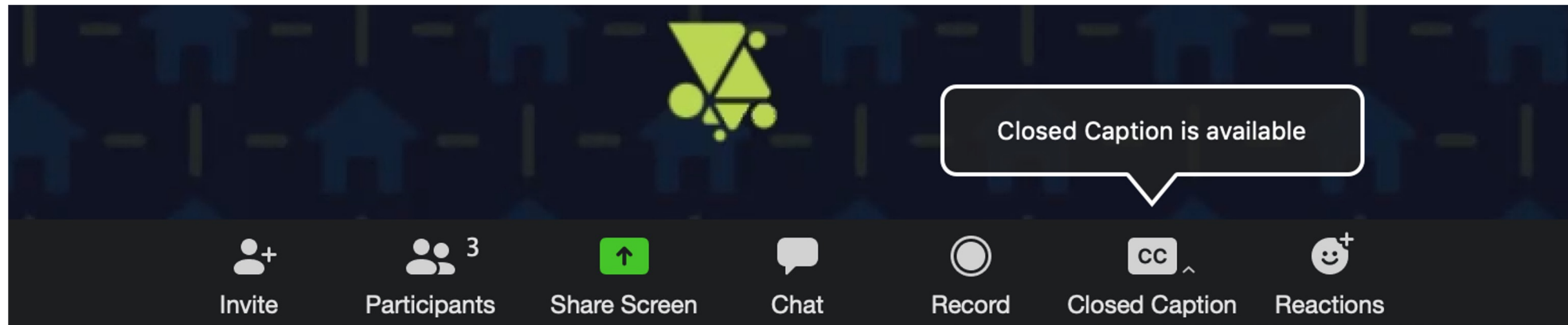
No Survivor Justice Without Racial Justice

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How to use Zoom

- ▶ Text chat
- ▶ PowerPoint Slides
- ▶ Polling Questions
- ▶ Phone
- ▶ Closed Captioning
- ▶ Web Conference Guidelines



Did you attend
Session 1 of this
series?

Polling Question

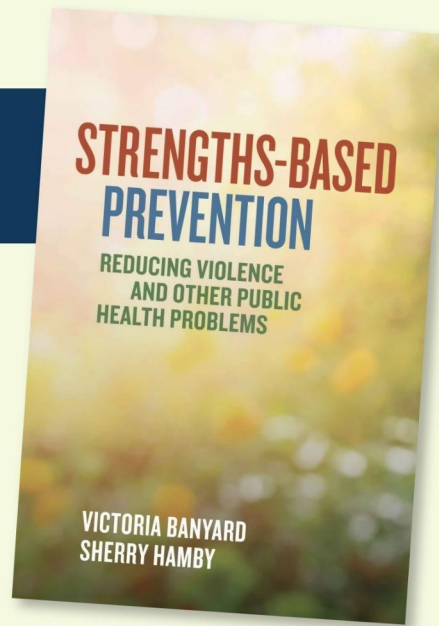
A stylized illustration of a mobile poll interface. It features a white rounded rectangle on a light blue background with a brick pattern. The poll contains three options, each in a rounded pill shape. The top option is selected, indicated by a blue checkmark in a circle. The other two options are unselected, indicated by empty circles. Each option has two horizontal lines representing text.

PreventConnect

- ▶ Domestic violence/intimate partner violence
- ▶ Sexual violence
- ▶ Violence across the lifespan, including child sexual abuse
- ▶ Prevent before violence starts
- ▶ Connect to other forms of violence and oppression
- ▶ Connect to other prevention practitioners

STRENGTHS-BASED PREVENTION THAT WORKS: SESSION 1

Tuesday, December 13, 2022
11:00 AM PT/2:00 PM ET

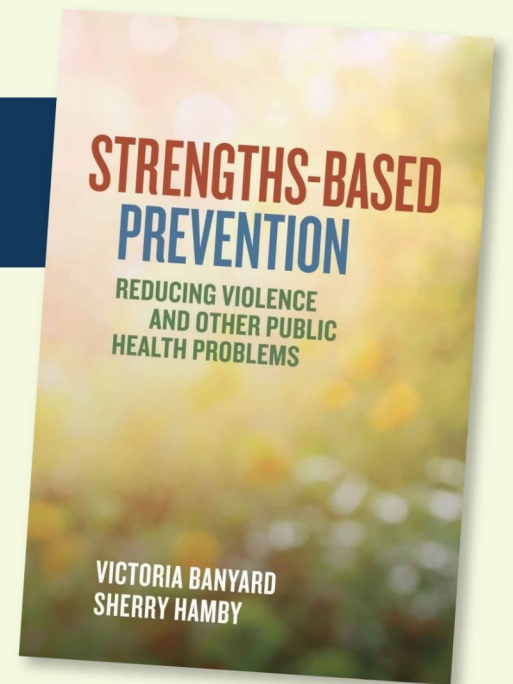


Recording available:

Register for Session 3

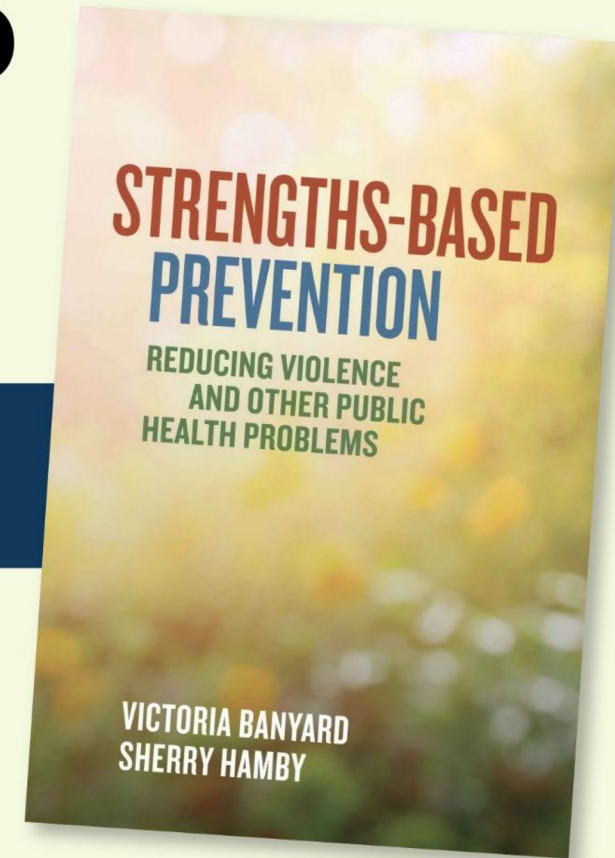
STRENGTHS-BASED PREVENTION THAT WORKS: SESSION 3

Tuesday, January 31, 2023
11:00 AM PT/2:00 PM ET



STRENGTHS-BASED PREVENTION THAT WORKS: SESSION 2

Tuesday, January 24, 2023
11:00 AM PT/2:00 PM ET



PreventConnect is a national project of ValorUS sponsored by the U.S. Centers for Disease Control and Prevention. The views and information provided in this web conference do not necessarily represent the official views of the U.S. government, CDC or VALOR.

Objectives

- Participants will learn about mindfulness, an approach with extensive research supporting it that is relatively easy and accessible to implement and is known to prevent violence.
- Participants will learn about bystander approaches, an approach with extensive research support, that is relatively easy and accessible to implement and is known to prevent violence.

Meet Today's Guest Speaker



Victoria Banyard, Ph.D.
**Rutgers University School of Social Work
and Center for Research on Ending
Violence**



Sherry Hamby, Ph.D.
(she/her)
**University of the South and Life
Paths Research Center**

Mindfulness Moment



What We Will Discuss Today

- ▶ Brief reminder about The Prevention Portfolio Model
- ▶ Relational level of change for interpersonal and meaning making strengths: Bystander Intervention

Interview Interlude

- ▶ The individual level of change: regulatory and meaning making strengths through mindfulness

Interview interlude

- ▶ Q&A

What role does mindfulness play in your professional or personal life?

Text Chat Question



Chat

From Me to **Everyone**:

Use this text chat box to respond to our questions, ask your own, and connect with others!

To: **Everyone** ▼

Type message here...

The Alternative: Strengths-Based Approaches

- ▶ Move beyond “cold” cognition prevention for “hot” moments
- ▶ Improve outcomes
- ▶ Offer more inclusive prevention
- ▶ Help people (esp youth) develop assets and resources that will be useful for many life goals, not just the identified problem.
- ▶ Moving toward not just away from.



Instead of umbrellas, focus on Swiss Army Knives

Strengths Domains of P/ RPM



<https://pixabay.com/photos/juggler-trick-magician-juggle-1216853/>

Regulatory:

- Emotion
- Awareness
- Emotion regulation
- Endurance



<https://www.pexels.com/photo/photo-of-people-putting-their-hands-up-3228685/>

Interpersonal:

- Social
- Support
- Generativity
- Community support



<https://nara.getarchive.net/media/us-naval-academy-midshipmen-stand-and-recite-the-oath-of-enlistment-during-41a20a>
<https://www.pexels.com/photo/person-standing-under-a-rock-formation-on-a-starry-night-33688/>

Meaning making

- Purpose
- Optimism
- Service
- Cultural Traditions
- Mattering

Banyard, V. & Hamby, S. (2021). Strengths-Based Prevention: Reducing Violence and Other Public Health Problems. Washington, DC: APA Books.

Foundational work by: Grych, J., Hamby, S. & Banyard, V. (2015). The Resilience Portfolio Model: Understanding healthy adaptations in victims of violence. *Psychology of Violence*, 5, 343.

Relational Level: Bystander Approaches

Strengthens interpersonal and meaning making strengths

Actionists

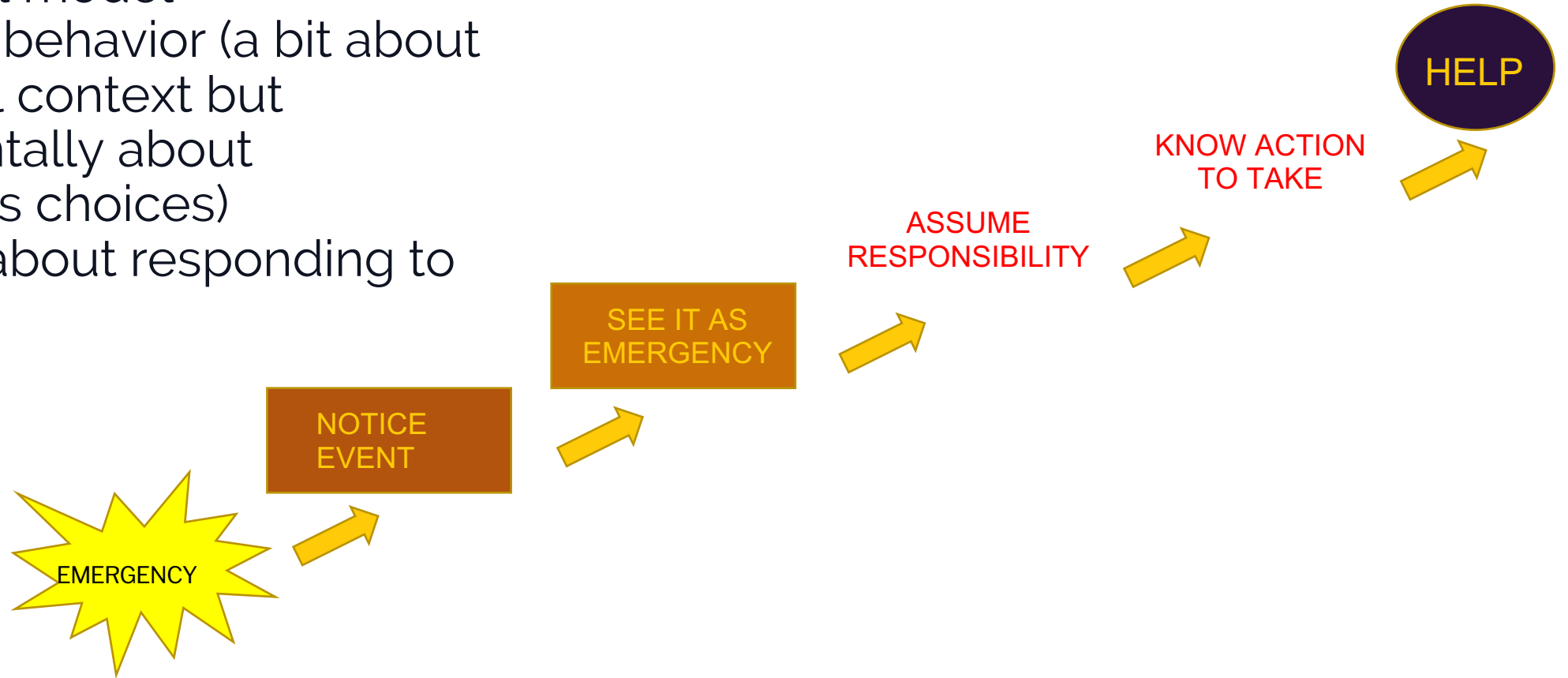
- ▶ Bystander
- ▶ Prosocial bystander
- ▶ Upstander
- ▶ Defender
- ▶ Supporter
- ▶ Gatekeeper

Actionist Roles

- ▶ Distract
- ▶ Delegate - get help from others
- ▶ Direct
- ▶ Support
- ▶ Connect to resources

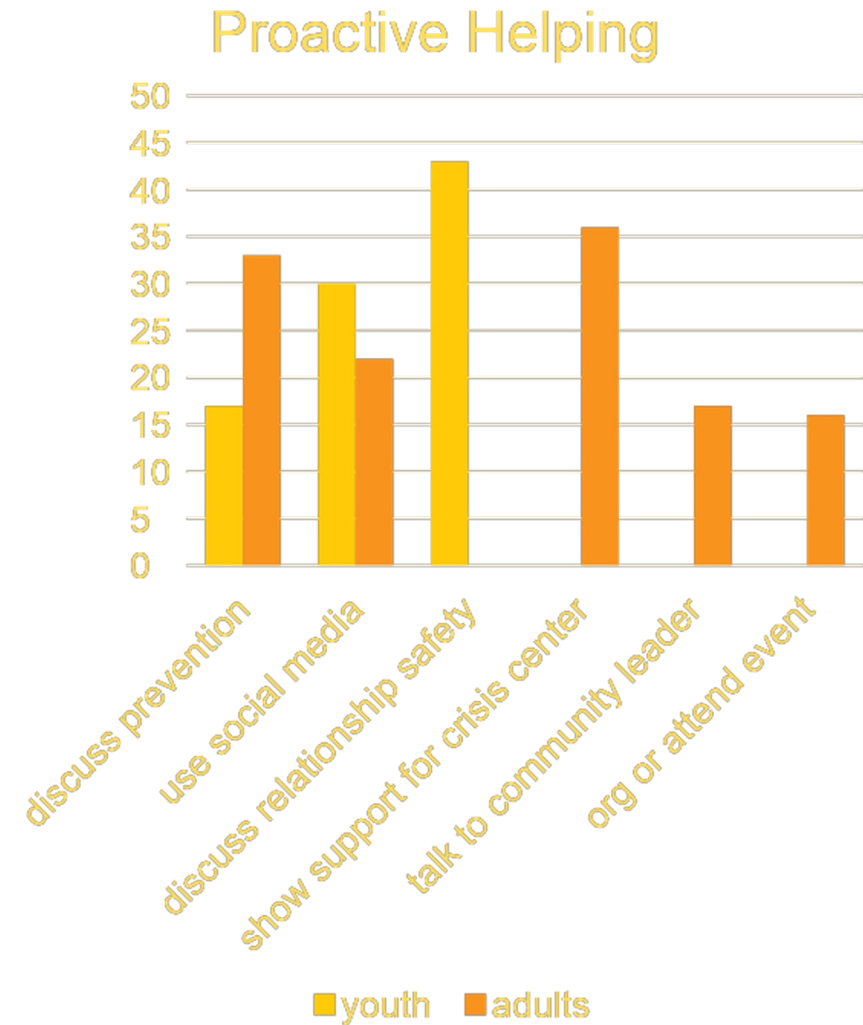
Limitations of Current Models

- ▶ Situational model
- ▶ Individual behavior (a bit about situational context but fundamentally about individual's choices)
- ▶ Primarily about responding to risk



Focus on promoting strengths

- ▶ Descriptive and injunctive norms related to helping prevent interpersonal violence related to greater bystander intervention (CAMI)
- ▶ Positive peer helping norms related to lower perpetration (Youth VIP)
- ▶ Perceptions of greater sense of community related to greater bystander intervention (Edwards, Mattingly, Banyard ...)
- ▶ Bystander to promote mattering and connection



Bystander Prevention Programs

- ▶ Programs like Bringing in the Bystander and Green Dot show increases in bystander behavior over time.
- ▶ Increase sense of responsibility
- ▶ Improve skills and expand toolkit for what to do to prevent violence: Distract, Diffuse, Delegate, Direct
- ▶ Encourage people to work together.
- ▶ Strengths: PROACTIVE bystander actions not just reactive
 - ▶ How can bystanders help build resilience portfolios?

<https://www.cdc.gov/violenceprevention/pdf/sv-prevention-technical-package.pdf>
<https://www.nsvrc.org/bystander-intervention-tips-and-strategies>



Key components of programs

- ▶ Situational-cognitive model
 - ▶ Noticing
 - ▶ Responsibility
 - ▶ Confidence and skill
 - ▶ Safety
 - ▶ Toolkit of options
- ▶ Increasing focus on training leadership (military, school, campus contexts).
 - ▶ Reduce situational and social barriers to action including negative feelings and consequences for bystanders.
 - ▶ Time for diffusion of innovation (Coker et al - four years in a high school).
- ▶ Time for diffusion of innovation (Coker et al – 4 years in a high school)
- ▶ Barriers: alcohol use (Thompson Clemson program), social location of bystander and victim (group identification – see Riggs & Yoshimura, 2022).
- ▶ Issues of safety and victim perspectives on what is helpful (McMahon 2022)

Not Just Individual Bystanders, but Communities of Bystanders

- Community Action and Mattering Initiative – Community Green Dot; Mental Health First Aid; COMET

Working With
Community

Contact Us

Share Your Thoughts



Why COMET™?



What is COMET™ ?

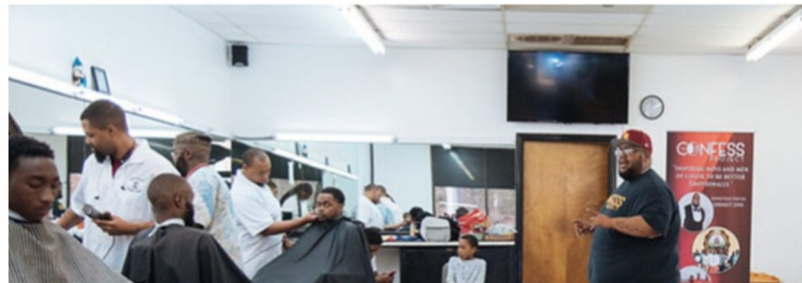


Recognizing that mental health functions on a spectrum, COMET™ (Changing Our Mental and Emotional Trajectory) teaches people how to intervene when they encounter someone who is in a "vulnerable space" and help shift the person's mental health trajectory back to a place of wellness instead of proceeding towards a mental health crisis. **COMET™ helps fill a gap and is a strong complement to other strategies to reduce the suffering resulting from the high levels of stress in rural, agricultural communities.**

COMET aligns with rural cultural values of neighbor helping neighbor and communities being their own best resource. COMET empowers friends and neighbors to be more prepared to support others' mental health needs – especially before a crisis. COMET does not to ask community members to "be the fix." Rather, the program trains community members how to initiate a supportive interaction for a potentially emotional conversation using a simple, conversational seven-question guide. The seven questions/statements include: acknowledgment that someone "is not vourself" asking how they are

MENTAL HEALTH NON-PROFIT THE CONFESS PROJECT TEAMS UP WITH KILLER MIKE'S THE SWAG SHOP FOR MENTAL HEALTH TRAINING AND TALK

BLACK ENTERPRISE Editors • May 16, 2022 • 771



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NATIONAL COUNCIL for MENTAL WELLBEING
to Deliver Mental Health First Aid Training
[LEARN MORE](#)

Identify, Understand, Respond.
Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.

thecoffeebreakproject.org



DO YOU LOOK AFTER YOUR NEIGHBORS AS CLOSE AS YOUR CROP OR HERD?

Who We Are | What We Do | Community Members | Contact | News | Resources

Who We Are:

The Ag Advisory Committee was formed after a reporter contacted Southeast Health Group asking for an industry opinion to several ag related suicides and what preventative measures we were taking to prevent these deaths in future. This eye-opening article made us realize that we needed to be doing more to address rural stress. As a result, the committee was formed.

The committee is comprised of community members who regularly interact with the agricultural world through their personal and professional lives, and are passionate about raising awareness about rural stress.



FREE Coffee & Donuts

MON & WED
6am - 10am

955 Swink Ave
Rocky Ford, CO

Hosts:
Hanna Bates & IC Carrica

What We Do | Community Members

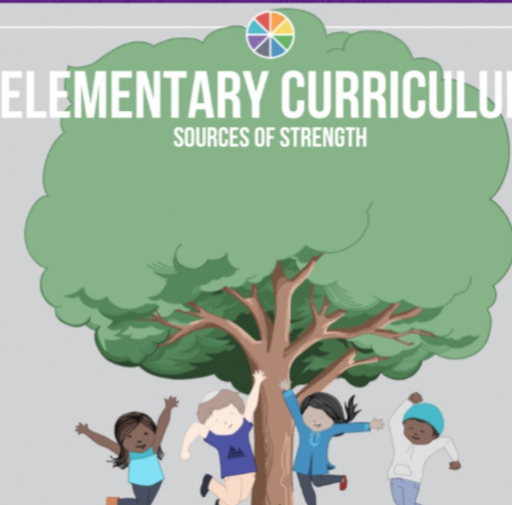
sourcesofstrength.org

If you or someone you know is in need of help, call the National Suicide Prevention Lifeline: 1-800-273-8255

SOURCES OF STRENGTH | DISCOVER | ADULT ADVISORS | TRAINERS | ELEMENTARY | PEER LEADERS | STORE

ELEMENTARY CURRICULUM

SOURCES OF STRENGTH



Heating Up Prevention

- ▶ Relationship education, like PREP or similar approaches (Hawkins et al., 2008; Markman et al., 1993), is a great example of how to make prevention “hotter.” It may hold lessons for bystander intervention training.
- ▶ Cold approaches: Hypothetical scenarios with Tony & Maria.
- ▶ But who cares what happens to Tony & Maria? Because Tony & Maria aren't real.
- ▶ In the original version of PREP, the studies were done with couples who were recently engaged.
- ▶ So, you are sitting down with your actual partner, someone with whom you had a commitment and are about to do a lot of big things (specifics will of course vary across couples).
- ▶ The exercises ask couples to identify actual issues in their relationships, not all focus on the same issues in the room. One couple might have anxieties about combining finances, another might be dealing with navigating different faith traditions.
- ▶ What about bystander training within social network groups? Could use this model? Personal plans of action are related.

People are talking about the things that matter with people that matter.

Social Networks

- ▶ Social networks matter for young adults – not just beliefs of peers but structure of networks.
 - ▶ Young men with more diverse networks (person has connections in different areas (friends, work, church, gym) and occupies different social roles (coworker, intimate partner). More network diversity, lower risk of perpetration.
 - ▶ Positive prevention attitudes and reactive bystander behaviors cluster moderately in networks (but not as strong as use of alcohol or grades).
 - ▶ Positive deviance as prevention strategy
 - ▶ Tobacco prevention more effective when nominated peers present prevention within their peer networks.
 - ▶ Students who volunteer are more effective partners especially when they do prevention within their networks

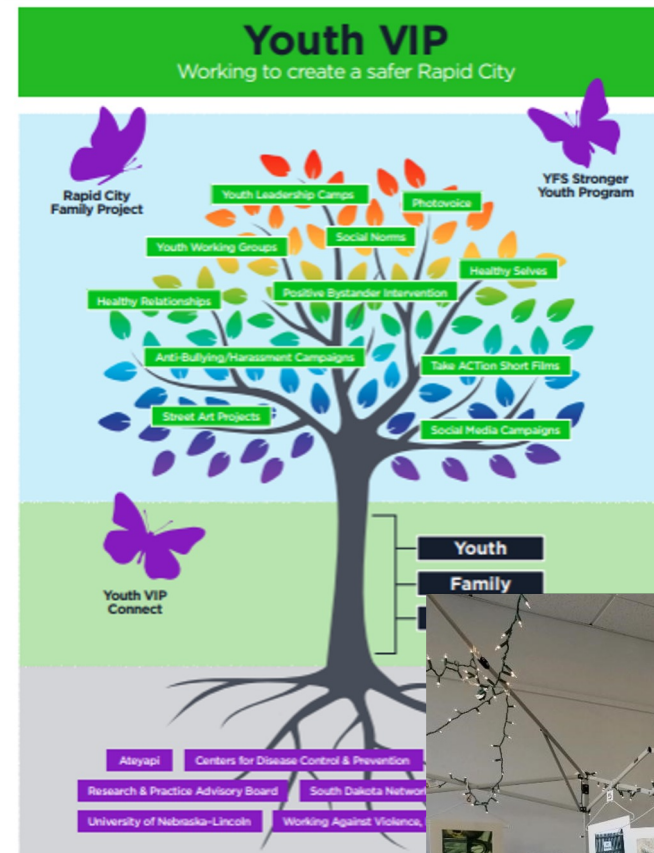


<https://www.cdc.gov/violenceprevention/pdf/sv-prevention-technical-package.pdf>

<https://www.nsvrc.org/bystander-intervention-tips-and-strategies>

Youth VIP

- ▶ Youth taking action and helping design prevention including bystander training
- ▶ Youth adult partnerships
 - ▶ <https://www.wavi.org/assets/docs/uploads/youth-vip/youth-vip-toolkit.pdf>



Youth VIP

IN THEIR OWN WORDS

According to open-ended questions on surveys and interviews, the program was highly acceptable to youth. They reported gaining both violence prevention skills (e.g., bystander intervention) and more general skills (e.g., leadership, communication) through Youth VIP involvement.

“ [Youth VIP] opens my eyes to see what’s actually wrong in the community and what we need to do. Usually, I wouldn’t do anything. I don’t know what to say, but this [training] makes me want to do something. All the skills you’ve learned you want to put it to test.”

“ I’ve learned ... not to be afraid to share what you’re thinking because it could be good, it could have potential.”

“ I felt a little more proud of myself ... [because] instead of saying I want to change, [I’m] trying to be the change.”

“ It gives me motivation to talk about it ... because some people could be like me; they could be shy ... but they’ve probably been through it and ... need another person who’s exactly like them to talk about it.”

“ I just never really knew what to do [before] ... now it’s kind of like, guys, I’m not going to stand for this, and I will start speaking up against other people.”

“ In my everyday life, [I’ve] been more informative, and I’ve been more open to the topic with my friends.”

Real Stories

RESPONDING TO RISK

- ▶ Think of a situation you have been part of as a bystander – it can be related to interpersonal violence (bullying if you work in a school, for example), workplace harassment, child maltreatment, suicide risk, incidents of racism, microaggressions in the classroom or workplace. Write down a few details about the incident or problem.
 - ▶ If you were able to take action, what was most feasible for you? Distract? Delegate? Direct?
 - ▶ Each of us have our own unique strengths and barriers as bystanders.



INTERVIEW

INTERLUDE

INTERLUDE
INTERLUDE
INTERLUDE

PODCAST



What are some opportunities to integrate mindfulness into your work or organization?

Text Chat Question



Chat

From Me to **Everyone**:

Use this text chat box to respond to our questions, ask your own, and connect with others!

To: **Everyone** ▼

Type message here...

Individual Level Change: Mindfulness

Strengthens regulatory and meaning making strengths

Mindfulness is Rising to the Top

- ▶ Mindfulness has moderate effects on reducing aggression (Tao et al., 2021), with larger impacts ($g=.48$) than most so-called violence prevention programs.
- ▶ Mindfulness has many demonstrated benefits, including improving meaning-making. In Manco & Hamby (2021) meta-analysis, effect size was 1.57! (beating psychotherapy & psychoeducation).
- ▶ For impact of mindfulness on various psychological disorders (Goldberg et al., 2018), effect size was .55.
- ▶ In a meta-analysis of more than 400 interventions to promote well-being, mindfulness also came out #1 ($g=.42$).
 - ▶ Best manualized therapies also had big mindfulness components, like ACT (van Agteren et al., 2021).



Image source: Wikimedia via <https://www.maxpixel.net/Mindfulness-Brain-Mindset-Mind-Presence-Meditation-744207>

Once dismissed, this 2500-year-old practice, originally a Buddhist practice, has stood the test of time and now the test of numerous, independent randomized controlled trials.

What is Mindfulness

- ▶ Mindfulness is NOT making yourself relax or forcing yourself to pay better attention.
- ▶ Mindfulness is learning to accept your thoughts and feelings without judgment and without trying to “force” them.
- ▶ A common metaphor is “leaves floating down a stream.”
- ▶ Mindfulness uses various types of meditation to help us focus on the present and learn to observe our conscious states.
- ▶ An important element of mindful practice is sangha, or being part of a mindful, lovingkindness community.
- ▶ In addition to promoting meaning making (Manco & Hamby, 2021), mindfulness promotes emotion and cognitive regulation (Gu et al., 2015).



Image from <https://pxhere.com/en/photo/576045>

Types of Mindfulness Meditations

- ▶ There are many types of mindfulness meditations.
- ▶ Some help us focus on metta, or “lovingkindness,” a key element of Buddhist traditions.
- ▶ Body scans.
- ▶ Some focus on gratitude.
- ▶ Some focus on “our friend,” the breath.
- ▶ Walking meditations can help us re-learn that we inhabit our whole body from the inside—we are the hand, we are the belly, we are the heart.
- ▶ Labyrinth meditations are one type of walking meditation that have been around for 1000s of years.



The Chartres Labyrinth (built 1215-1221) at Notre-Dame cathedral in Paris. The labyrinth “invites you to take a “pilgrimage”Walk mindfully with authentic meditation – having your body and soul become one.... The pathway evokes meditation on the human existence...”

Excerpts from <https://www.cathedrale-chartres.org/en/cathedrale/monument/the-labyrinth/>
Image from https://upload.wikimedia.org/wikipedia/commons/2/21/Labyrinth_der_Kathedrale_von_Notre-Dame_de_Chartres_in_Stein.jpg

How to Implement Mindfulness

- ▶ Mindfulness is easy and accessible. Plus, it doesn't even really matter if people are good at it! (You don't have to reach enlightenment to benefit from mindfulness).
- ▶ Recommended free introduction for adults and older adolescents:
- ▶ Mindfulness Daily, a 40-day free online course (about 10 min a day) by Tara Brach & Jack Kornfield
- ▶ <https://www.tarabrach.com/mindfulness-daily/>
- ▶ Also, offerings from Spirit Rock or Insight Meditation Society (IMS).

- ▶ Recommended exercises for kids:
- ▶ <https://well.blogs.nytimes.com/2016/05/10/three-ways-for-children-to-try-meditation-at-home/>
- ▶ <https://positivepsychology.com/mindfulness-for-children-kids-activities/>



<https://pxhere.com/en/photo/1091372>

Incorporating Mindfulness Into Professional Workspaces

- ▶ We need to think about ourselves and our students and colleagues too!
- ▶ It is important that we model best practices and start to do more to share how we achieve and sustain wellbeing in our own lives.
- ▶ Incorporate mindfulness into staff meetings, daily shift schedules.
- ▶ Advocate for mindfulness retreats to qualify for professional development resources.
- ▶ Join the Life Paths Mindful Writing Group that meets on Monday afternoons & Thursday mornings (free!). Carve out time in your regular work schedule to focus on what is important.
 - ▶ <https://us06web.zoom.us/j/88175346598?pwd=aWF1SzRiZWRoSEpoKoQodkRwODVMZz09>



The labyrinth at the Scarritt Bennett Center in Nashville, location of ResilienceCon.

<https://scarrittbennett.org/soul-work/> (used with permission)

Mindfulness Break

Mindfulness exercise for the group



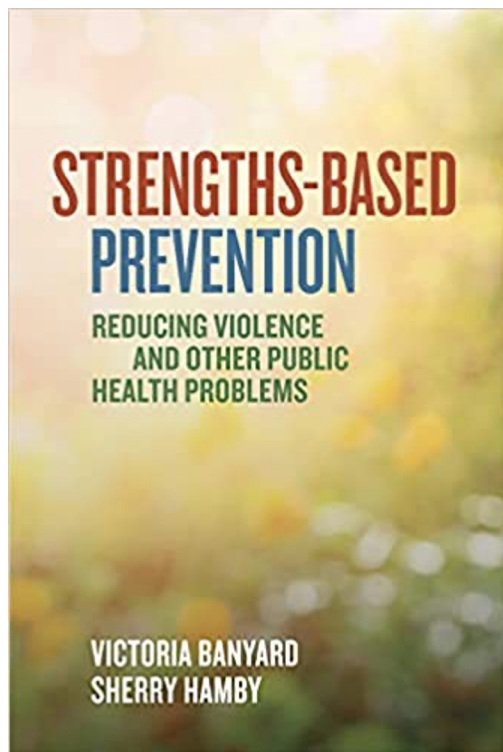
INTERVIEW

INTERLUDE

INTERLUDE
INTERLUDE
INTERLUDE

PODCAST





Thank you!

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Send an email that says “subscribe rescomm”
(for Resilience Community) to
lifepaths@lifepathsresearch.org

Find Sherry’s TEDx talk by searching Sherry
Hamby and TEDx.

To order the book:

<https://www.apa.org/pubs/books/strengths-based-prevention>

<https://www.amazon.com/Strengths-Based-Prevention-Reducing-Violence-Problems/dp/1433836254>



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