The background of the slide features a vibrant sunset or sunrise. The sky transitions from a deep purple at the top to a bright orange and yellow near the horizon. In the lower right corner, the dark silhouette of a tree with a thick trunk and spreading branches is visible against the colorful sky. The overall mood is serene and hopeful.

The Role of Resilience Skills Training With Homeless Veterans to Strengthen Protective Factors

Dr. Keith Wilson
Dr. Shoba Sreenivasan
Mr. Daniel Smee



Count the Passes



RISK FACTORS FOR VETERANS

- History of Arrests or Violence
- Alcohol and Drug Abuse
- History of Childhood Physical and/or Sexual Abuse
- Childhood Exposure to Violence
- High Level of Combat Experience
- PTSD
- Anger and Irritability
- Major Depression



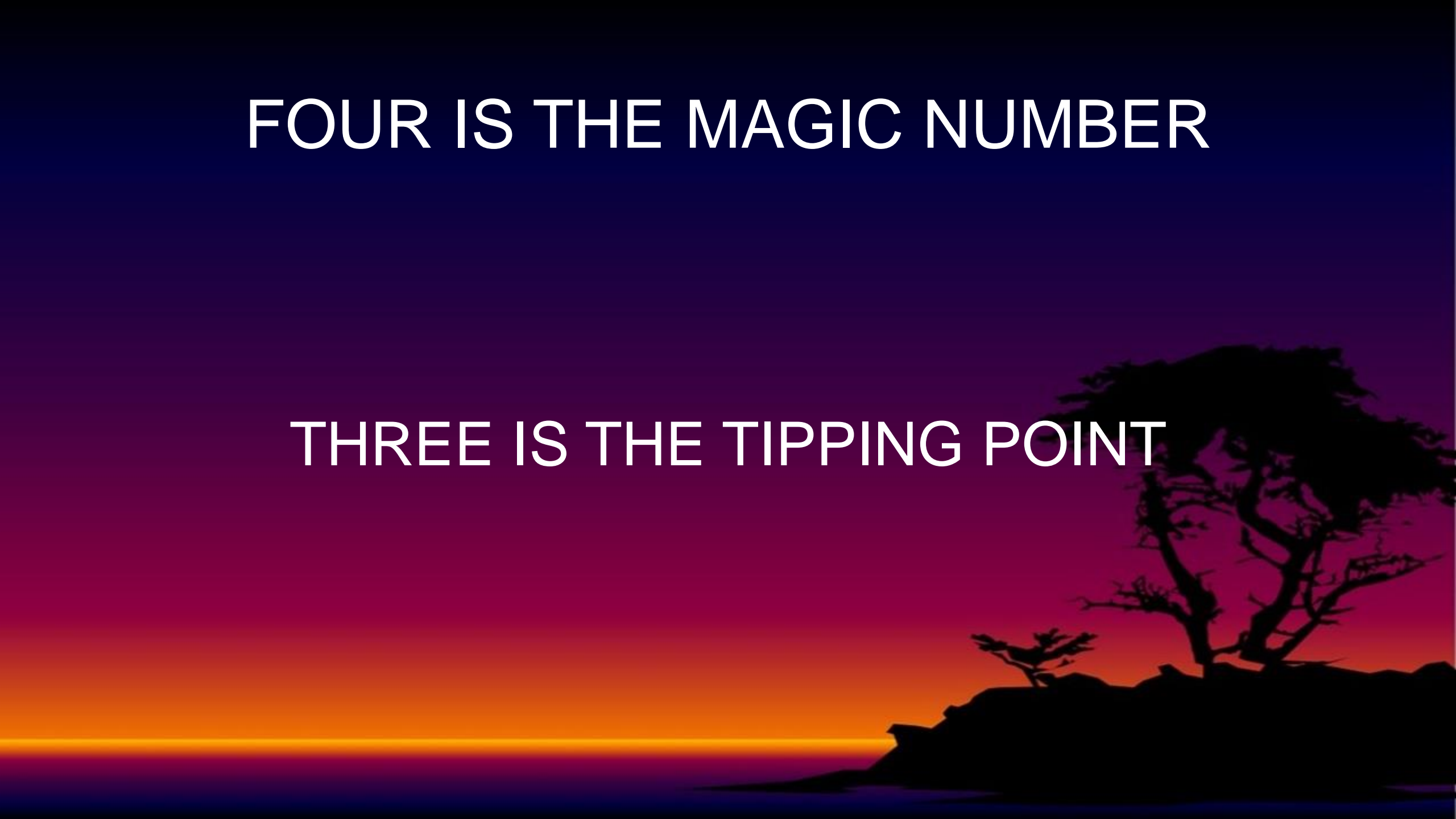
PROTECTIVE FACTORS FOR VETERANS

- Basic Needs Met
- Self-Care
- Stable Housing
- Resilience
- Self-determination
- Spiritual Faith
- Social Support
- Work/Educational Status



FOUR IS THE MAGIC NUMBER

THREE IS THE TIPPING POINT

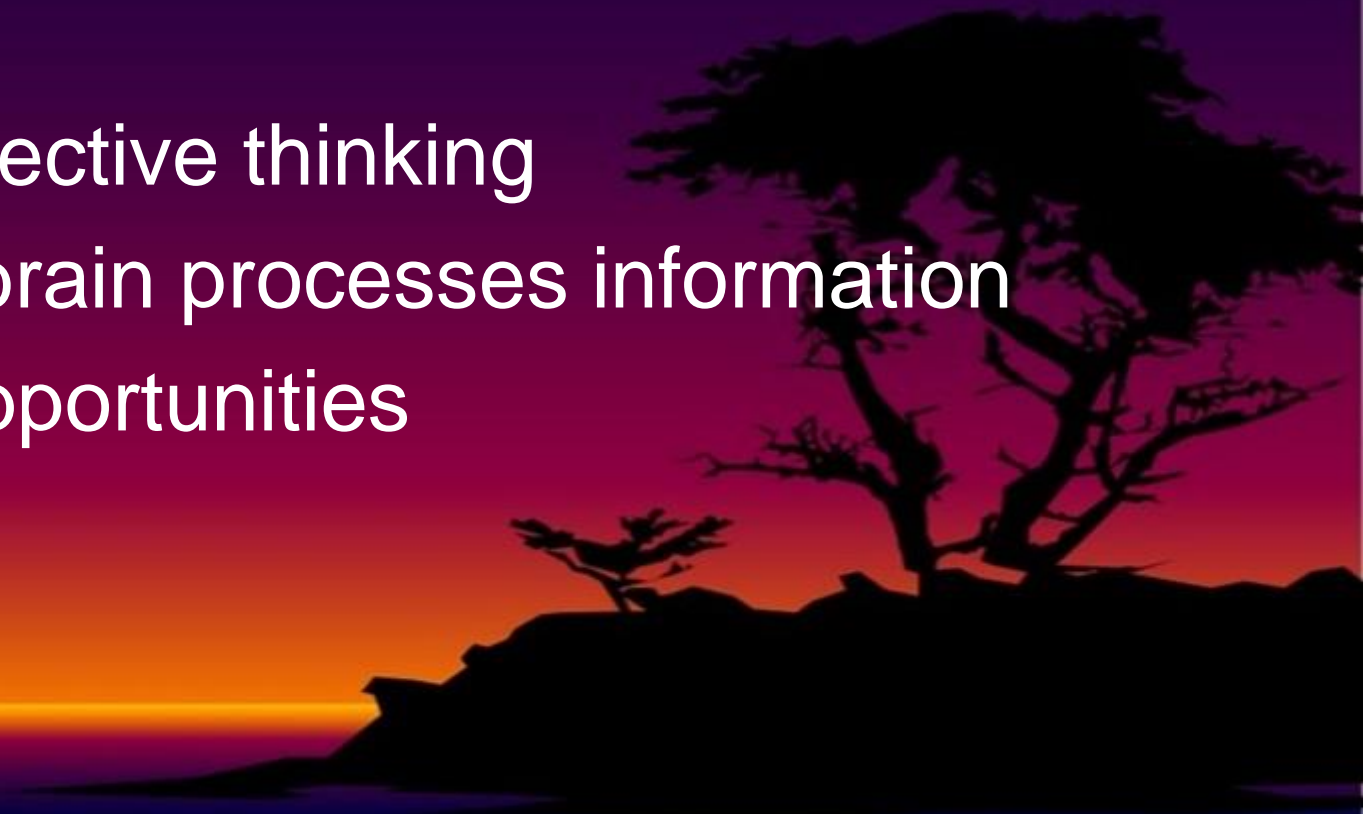


COMPREHENSIVE SOLDIER AND FAMILY FITNESS

- Comprehensive Soldier and Family Fitness
 - University of Pennsylvania/2009
 - Purpose
 - Increase resilience in Active Duty Soldiers and their families
 - Use positive psychology skills to create inoculation for stress
 - Create Post Traumatic Growth
 - 14 skills

RESILIENCE (OPTIMISM) AS A PROTECTIVE SKILL

- Negativity bias
- Undoing effect for ineffective thinking
- Changes the way the brain processes information
- Able to see different opportunities



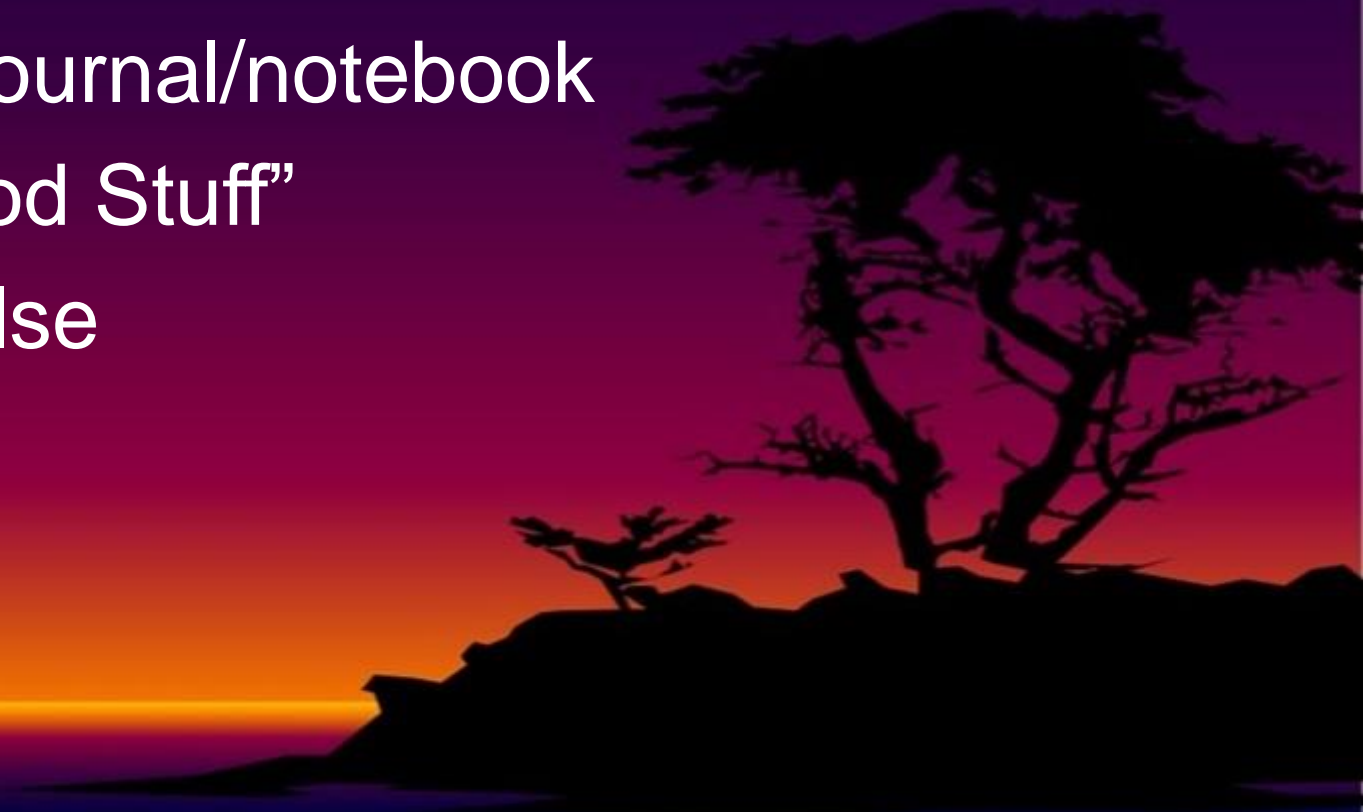
HUNT THE GOOD STUFF

- Structured way to bring optimism into veteran's lives
- Looking for the good things in their world
 - How will this change their perspective?
 - What kind of things to be looking for?
 - What is the difference between “Silver Lining” and “Good Stuff”
 - Make it concrete



OPERATIONALIZING “HTGS”

- Notice three good things in your world
 - Write them down in a journal/notebook
 - Reflect upon your “Good Stuff”
 - Share with someone else



TIPS FROM LA



TIPS FROM JAIL



TIPS FROM THE BAY



QUESTIONS AND DISCUSSION

