**RISK AND PROTECTIVE FACTORS for Youth and Family Behavioral Health**

## Society
Social and economic supports – economic opportunity, education, healthcare, housing, transportation (+)
Intergenerational and structural oppression, discrimination, and racism (-)
Government and private disinvestment in historically marginalized communities (-)
Social and economic inequities (-)
Fragmented care delivery (-)

## Environment
Access to green spaces (+)
Access to healthy food (+)
Housing quality (+)
Safe, accessible public spaces, reflective of community culture (+)
Businesses offering living wage jobs (+)

Availability of unhealthy products – drugs, alcohol, food (-)
Crumbling transportation infrastructure (-)
Neighborhood blight (-)
Household crowding (-)
Lack of affordable housing (-)

## Community
Culturally responsive, gender-affirming, physical and mental health services and supports (+)
Structural barriers to physical and mental health services and supports (-)

Quality childhood care (+)
Unmet childcare needs (-)

Quality education (+)
Positive school climate (+)
Child/teacher/caregiver collaboration (+)
After-school activities and affinity groups (+)
Bullying (-)
Exclusionary discipline (-)

Social connection and support (+)
Culturally affirming community (+)
Neighborhood-level social cohesion (+)
Faith-based supports (+)

Cultural shame/stigma (-)
Disrupted social relations/social networks (-)
Harmful social norms (-)
Community violence (-)

Positive adult role models for youth (+)

Healthy romantic relationships (+)
Participation in community service (+)
Prosocial peers (+)
Risky peer behavior/affiliations (-)

## Family
Caregiver educational attainment (+)
Caregiver stress – financial, burnout, safety, loneliness, acculturative (-)

Caregiver ACEs (-)
Prenatal health (+ or -)

Parenting knowledge and skills (+)
Parent-child relationship – safe, supportive, attuned, secure attachment (+)
Parental monitoring, appropriate discipline and routines (+)
Excessive parental pressure (-)
Family discord (-)
Family structure – single or adolescent caregiver, large family size (-)
ACEs, financial, food, or housing insecurity (-)

## Youth
Genetic factors, temperament/personality traits (+ or -)
Cognitive abilities and development (+ or -)
Social-emotional skills (+)
School connectedness (+)
Physical health conditions/disabilities (-)
Interpersonal challenges, e.g., loneliness (-)
Stressors, e.g., ACEs, discrimination, academic, climate (-)
Health behaviors, e.g., sleep, nutrition (+ or -)

Self-concept, identity, future orientation (+ or -)
Sense of meaning/purpose (+)
Substance use (-)
Social media use (+ or -)

DRAFT - For Discussion Purposes

## Society

Strengthen social and economic supports - affordable healthcare, housing, childcare, living wage, food security ● Support family friendly workforce policies for working caregivers ● Invest in interventions addressing structural racism & systemic community underinvestment ● Ensure access to high quality childcare and education ● Restrict marketing of harmful products to youth ● Strengthen social media protections – safety standards, data sharing ● Support the development of pro-connection technology ● Fund and advance research to deepen knowledge on addressing social connection, social media, caregiver stress

## Environment

Reimagine public spaces to promote social connections ● Ensure safe outdoor spaces – parks, playgrounds, green space, walking/biking trails ● Ensure safe housing conditions ● Support access to healthy food ● Reduce access to lethal means of suicide ● Reduce availability and accessibility of alcohol, tobacco, and other drugs

## Community

### Work

Support family-friendly policies - family and sick leave, flexible work schedules ● Support living wages, mental health care, workforce wellbeing interventions ● Support unemployment benefits and job skills trainings

### Healthcare

Expand mental health workforce (paraprofessionals, CHWs) to address mental health needs ● Support well-being of healthcare workforce ● Strengthen integration of physical & mental health ● Support reduction in bias, discrimination, and stigma related to mental health ● Strengthen suicide prevention & crisis services ● Optimize and expand telehealth services ● Strengthen culturally responsive, gender-affirming health care ● Support and fund Health Navigators/Promotoras

### Education

Collect and disseminate data on student & staff well-being ● Expand & support early childhood, education & school-based mental health workforce ● Provide training/consultation on trauma-informed & racially just systems and practices ● Support safe, affirming school environments – address bullying & exclusion ● Improve physical school environments ● Strengthen culture of connection among students, staff, and families ● Expand school-based mental health services (including Wellness Centers) & their integration into school systems ● Support well-being & resilience of school-based personnel ● Support universal health wellness programs – SEL, digital literacy, mental health literacy, substance use prevention and harm reduction, suicide prevention, mental health first aid, and violence prevention ● Expand school-based leadership, mentorship & social advocacy opportunities ● Support peer to peer programs

### General

Build social Infrastructure & culture of connection in key institutions ● Support conditions to build safe supportive relationships with youth and adults – mentorship, arts, events ● Promote positive messages about mental health, and reduce negative stereotypes, bias, and stigma ● Increase public awareness and education on loneliness and strategies for creating connection ● Increase public awareness and education about the benefits and harms of digital technology ● Support culturally-based healing practices, affinity spaces, and collective well-being activities ● Train gatekeepers – peers, teachers, coaches, clergy, health navigators – in mental health first aid ● Expand opportunities for volunteerism, civic engagement, youth leadership

## Family

Family planning ● Expand home visiting ● Expand breast feeding support

Prenatal care ● Support caregivers to strengthen well-being & resilience – e.g., parenting programs ● Support families to manage the challenges of social media and technology

## Youth

Develop social-emotional, well-being & resiliency skills ● Develop healthy relationships with technology & social media ● Support civic engagement, volunteerism, development of purpose & meaning