

## **Building Resilience and Preventing Depression in Adolescents: The Rescourceful Adolescent Program**

### **Individual Protective Factors**

- recognition of strengths
- ability to regulate self/affect
- positive cognitive style
- stress management skills
- self-soothing/calming strategies
- problem solving skills
- coping self efficacy
- ability to prevent and manage conflict
- perspective taking
- seeking social support and help seeking

### **Family Protective Factors**

- secure attachment between parent and adolescent
- promotion of adolescent autonomy (as developmentally appropriate) while maintaining family connectedness
- family harmony/low family discord
- parental validation, nurturance, and support

### **School Protective Factors**

- school connectedness
- positive classroom environment
- low level of interpersonal conflict
- teacher support
- peer support