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