Building Resilience Using the Asset Checklist

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**Risk Factors in Adolescents**

**Insecure Attachments** (Murphy, 2017)
- **Insecure Anxious**
  - As an infant: Upset when their caregiver leaves the room, the child may or may not go to the caregiver for comfort when the caregiver comes back in to the room, and they are not easily soothed when the caregiver returns.
  - In the past, their caregiver has been seen as an unreliable source of comfort to the child.
  - As an adult/adolescent: the individual may become attached to romantic partners quickly, they tend to be obsessive, and/or overly dramatic.
- **Insecure Avoidant**
  - As an infant: Do not show much interest in their caregiver leaving the room or when they return even if their heart rate and stress hormones are extremely high.
  - In the past, their caregiver has either been neglectful or smothered them with too much attention.
  - As an adult/adolescent: the individual may have difficulties with intimacy, leaving relationships especially if they are positive relationships, may not return calls, and/or have a difficult time expressing emotions.
- **Insecure Disorganized**
  - Express characteristics of both the insecure anxious and insecure avoidant attachment styles in an erratic and illogical manner.
  - In most cases, in the past, the caregiver was threatening or abusive.

**Substance Use Risk Factors for Adolescents** (Author, Date Prevention Book)
- Emotional: Distress, aggression, & "difficult" temperaments
- Higher engagement in rebellious and devious activities
- Positive perception of alcohol or drug use, low risk perception
- More likely to have friends and peers who use substances
- Parents often do not set clear behavioral expectations
- Parents often do not supervise children
- Punishments are often severe, harsh, or inconsistent
- Family conflict between parents or between parents and children, including abuse or neglect
- Parental approval of substance use
- Family history of substance use and/or misuse

**Marijuana Use in Adolescence** (Author, Date Prevention Book)
- Impair brain functioning and development
- THC impairs the brains ability to:
  - Study
  - Learn new things
  - Recall recent events
  - Drop in IQ: As much as 8 points (even if they stop in adulthood)
- Individuals genetically predisposed to psychosis are at a higher risk
- At risk for dependence and addiction with long-term, chronic use

**Effects of Marijuana Use on the Brains of Adolescents** (Murphy, 2014, Harvard-Northern study)
All smokers (whether light smokers or daily smokers) had abnormalities in the shape, density, and volume of their nucleus accumbens
- Nucleus accumbens- controls motivation, pleasure, and decision making
- Smokers also had abnormalities in the amygdala
- Amygdala- controls emotions, memory, and fear response

**Results**

- **Predictors:**
  - **INT:** Positive Identity: (40) I am optimistic about my personal future.
  - **EXT:** Support: (2) My parent(s) and I communicate positively, and I am willing to go to my parent(s) for advice.
- **Accounted for 61% of the variance**

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**Search Institute Findings**

The Asset Checklist is an inventory that measures both external and internal developments assets in youth.

**External Assets**
- Support
- Empowerment
- Boundaries and Expectations
- Constructive Use of Time

**Internal Assets**
- Commitment to Learning
- Positive Values
- Social Competencies
- Positive Identity

**Method**

**How was the Asset Checklist used in this study?**

**275 adolescents Participants in Therapeutic Residential Care (TRC)**

**Age Ranges 12-18**

Fifty-eight percent of the participants in this study were males (N=168), while forty-two percent of the participants in this study were females (N=107).

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**Conclusion**

**Strategies and Interventions**
- **Use of the FACES-III is an effective strategy that can be used to support positive family functioning** (Coll, Freeman, Thobro, & Hauser, Date).
- **The Circumplex Model-Getting to the Bull’s Eye is an effective strategy to see how an individual is functioning within a family system** (Coll, Freeman, Thobro, & Hauser, Date).

**More Strategies and Interventions (see Search Institute Website)**

**References**