

Welcome to

Science of Social Support



THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...

 **Icebreaker Question**
(answer in the chat)

If you could throw a themed party for yourself, what would the theme be?

 **Survey & Certificate of Completion**
Available following the training.


Connect with us!



VISIT **CALTRIN.ORG** &
SCAN TO LEARN MORE



1



Hi, We're CalTrin!

Who we are

- The California Training Institute
- Funded by the State of California, Dept. of Social Services, Office of Child Abuse Prevention (OCAP) to support child abuse prevention through professional development and extended learning opportunities.
- Designed for staff of family strengthening and child abuse prevention organizations in California, including Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child and family serving systems.

What we offer

- Live webinars & small group training
- Virtual, self-paced courses
- Job aids & other resources

This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CEBP, CalTrin and do not necessarily reflect the views of the California Department of Social Services.

2

UPCOMING TRAININGS

mark your calendars!

Visit caltrin.org to view and register for upcoming webinars or workshops

 **September 11** | Protecting Your Peace: Supporting Well-Being & Resilience During Turbulent Times

 **September 16** | Protective Factor of the Month: Social Connections

 **September 17** | Setting & Maintaining Healthy Boundaries

 **September 23** | Beyond Orientation: Designing Onboarding that Connects, Inspires, and Builds Culture


 **September 30** | Expanding Social Supports to Achieve Better Outcomes

 **October 1** | Trauma-Informed Care Foundations: Building Safe, Resilient Environments for Staff & Clients


3

Before We Begin...


DURING




Access your notetaking slides now! The link can be found in the chat.



This presentation is being recorded.




Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.




External AI assistants are not allowed in CalTrin trainings due to California privacy laws.

AFTER




Complete the survey at the end of this webinar to receive your Certificate of Attendance.




A follow-up email will be sent to all participants within two days.

4




Science of Social Support

Presented by Julie Radlauer-Doerfler, DrPH, LMHC



5

The Science of Social Support



Dr. Julie Radlauer-Doerfler, L.M.H.C.

collectively

6

2



About Me

Dr. Julie Radlauer-Doerfler L.M.H.C

- C.E.O., Collectively ~ A Radlauer Venture, Inc.
- Over 25 years of experience in the Human Services field in all capacities
- Experienced trainer and coach at the individual, organizational and community level
- Phone: (954) 649-1902
- www.collectivelyus.org
- Email: julie@collectivelyus.org



7

Objectives




Participants will:

- Participants will understand the value and benefits of social support and connection
- Participants will learn to utilize tools to assess social support and connections
- Participants will be introduced to activities to enhance social support and connections




8



What's the magic formula for...

- Increase life span (decreased the risk of premature death by 50%)
- Lower stress (and triggering the release of stress-reducing hormones)
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Increased immunity (resistance to illness)
- Decreased risk of substance abuse and mental health conditions (including depression and anxiety)
- Help you think faster
- Better psychological and physical well-being



9

What happens when we don't have the formula?

Studies show that when we don't have this in our lives the effects are:

- Increased risk of heart disease
- Have the physical effects of smoking 15 cigarettes a day when we don't even smoke
- Increased risk of dementia and slows your brain functioning
- Worse than obesity on your body
- Have increased anxiety and depression



10

Activity: Social Supports



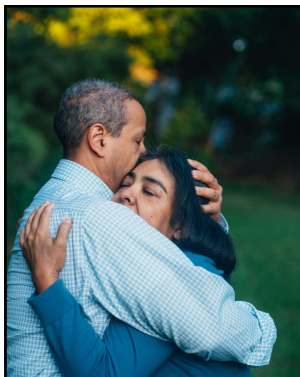
Think of a time when you were really struggling in your life...



11

Who did you turn to for help?

- Friends
- Family
- Faith
- Paid professional with an advanced degree



collectively

12

Social Influences of Mental Health

5 Science-Based Social Aspects of our lives that improve our mental health

collectively

13

What are Social Connections?

Social connection is the experience of feeling close and connected to others. It involves feeling loved, cared for, and valued, and forms the basis of interpersonal relationships.

collectively

14

What is Social Support?

The help, advice, and comfort that we receive from those with whom we have stable, positive relationships. It includes access to social networks comprised of the following functions: emotional, tangible, informational, and companionship support. Social support can either be actual or perceived support and includes reciprocity, mutuality, and equality.

collectively

15

Let's Assess: Social Support Survey



16

Social Influences of Mental Health

9 Science-Based Elements of Connection
& Support to Create Happiness



17

How Do We Help Build Social Support and Connections?



18



Finding Common Ground

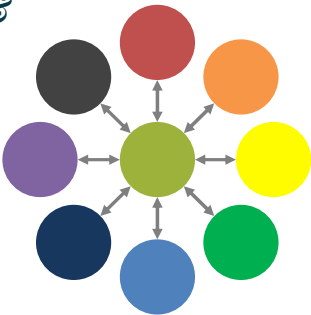
Start conversations with clients by taking time to find things you have in common

- Favorite snack foods
- Favorite TV shows, YouTube, or people you follow on social media
- What does a Saturday look like?

collectively

19

Ecograms & Social Support



collectively

20

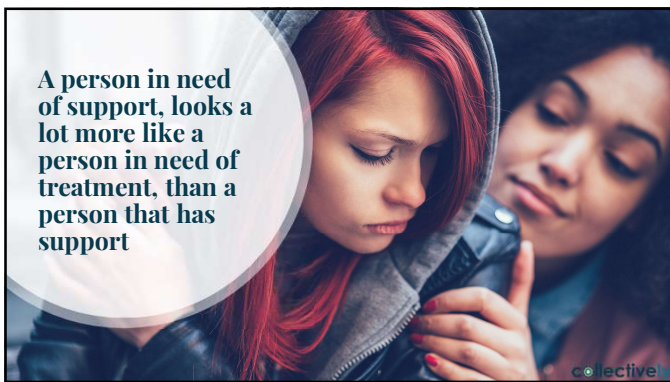
Here's a fun BINGO Activity to Build Connections

B	I	N	G	O
Take a walk over lunch & say hello to someone new	Deep breathe & picture someone you are grateful for	Call an old friend	Wave to your neighbor	Invite someone to coffee/tea (in person or virtual)
Talk to a teenager & ask them about current events	Walk to deliver a message instead of sending an email	Try a new vegetable & tell someone about it	Connect with an older adult in your life	Cook a healthy new recipe with others (in-person or virtually)
Write a letter to a family member or friend	Volunteer	FREE SQUARE	Exercise & tell someone about it	Find one person who has the same hobby as you
List 4 people you would like to know better and reach out	Try a new hobby & tell someone about it	Experience nature	Give a compliment	Send an encouraging text message
Have lunch with a friend	Smile at a stranger	Host an outdoor gathering	List 4 people you are thankful for & tell them	Have a sit-down meal with family/friends

21



22




23







24



Stay Connected!

Dr. Julie Radlauer-Doerfler
CEO/Founder at Collectively



 julie@collectivelyus.org  https://www.facebook.com/Collectively_Us-107672031839895

 <https://collectivelyus.org/>  https://www.instagram.com/collectively_us/

 <https://www.linkedin.com/in/julie-radlauer-doerfler-drph-lmhc/>  https://twitter.com/collectively_us

"Let's re-write the narrative on mental wellbeing."

collectively

25

Thanks for joining us!
WHAT'S NEXT?

- Survey and certificate in the chat now
- Follow-up email with resources within two days
- Watch your inbox for the next issue of *CalTrin Connect*



Stay Connected for More Free Training & Resources!

VISIT [CALTRIN.ORG](https://caltrin.org) & SCAN TO LEARN MORE



FOLLOW US! AND CHECK OUT TRAINING REPLAYS ON YOUTUBE!

26

THE FUTURE IS NOW: NAVIGATING CHALLENGES, SHAPING TOMORROW

41st Annual San Diego International Conference on Child and Family Maltreatment

 JAN 24-29, 2026
Town and Country San Diego
500 Hotel Circle North
San Diego, CA 92108

Register Here



Bady Children's  **Chadwick Center**
for Children & Families



27
