

**New tools for
Strengthening Families**

**Resources to support your implementation
of the Protective Factors Framework**

Cailin O'Connor
Center for the Study of Social Policy
Strengthening Families Training Institute – Boise, Idaho
March 12, 2014

CENTER FOR THE STUDY
OF SOCIAL POLICY'S
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

What we'll cover today

- Brief overview of Strengthening Families
- New resources from CSSP
 - Reinforcement of the research base
 - Stronger definitions of the protective factors
 - New and revised tools
 - Guidance for implementation at multiple levels

CENTER FOR THE STUDY
OF SOCIAL POLICY'S
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

Introductions

- Name
- Organization/agency
- Any experience with Strengthening Families

CENTER FOR THE STUDY
OF SOCIAL POLICY'S
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

Center
for
Study
of
Social
Policy CENTER FOR THE STUDY
OF SOCIAL POLICY'S
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

- An approach – not a model, a program or a curriculum
- Research-based and evidence-informed
- Designed to **promote** optimal development and stronger families – and **prevent** child maltreatment
- A universal approach that benefits ALL families
- Being applied in many fields that touch the lives of children and families

CENTER FOR THE STUDY
OF SOCIAL POLICY'S
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

Not your ordinary initiative

- Implementing SF is about:
 - small but significant changes in everyday practice
 - and*
 - the shifts in policies and systems that allow/promote those changes in practice
- Implementation funds come from existing dollars
- All national implementation tools are available free of charge

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

Big Idea #1: A Protective/Promotive Factors Approach



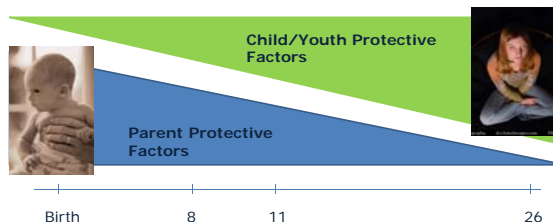
- Protective Factors: conditions or attributes of individuals, families, communities, or the larger society that mitigate or eliminate risk
- Promotive Factors: conditions or attributes of individuals, families, communities, or the larger society that actively enhance well-being

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

What we know: Families gain what they need to be successful when key protective factors are robust in their lives and communities

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

Applying a Protective/Promotive Factors Frame Across Development



CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

YOUTH THRIVE
PROTECTIVE & PROMOTIVE FACTORS FOR HEALTHY DEVELOPMENT AND WELL-BEING

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

Big Idea #2: An approach, not a model

- Applied in any setting that serves young children and their families
- Implemented through small but significant changes
- Cross-sector implementation as core to the approach
- Not parallel to, but integrated into existing practice

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

Big Idea #3: A changed relationship with parents

- Supporting parents' ability to parent effectively
- Involving parents as partners in achieving good outcomes for children
- Engaging parents effectively through programs
- Partnering with parents to help design systems and policies that work for children and families
- Engaging parents directly in mutually supportive relationships that build protective factors

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

Five Protective Factors

PARENTAL RESILIENCE
SOCIAL CONNECTIONS
KNOWLEDGE of PARENTING
and CHILD DEVELOPMENT
CONCRETE SUPPORT in
TIMES of NEED
SOCIAL and EMOTIONAL
COMPETENCE of CHILDREN

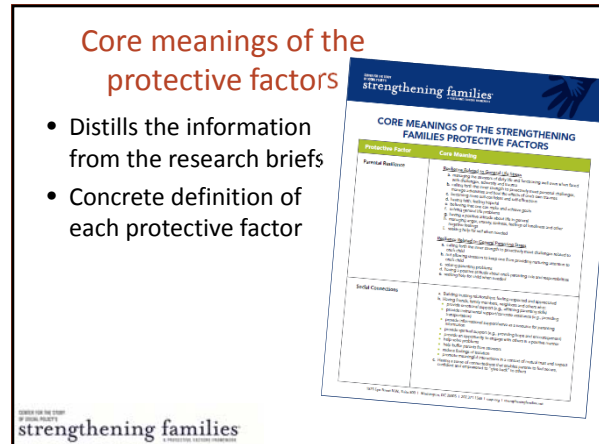


CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN

Which brings us to... new tools!

- CSSP is in the process of updating the 2002 literature review that informed the development of the Protective Factors Framework
 - Incorporating new findings about brain development and the effects of trauma
 - More concrete definition of each protective factor and how it may look in families

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR CHILDREN



Parental resilience

Managing stress and functioning well even when faced with challenges, adversity and trauma.

What it looks like

Resilience to general life stress

- Hope, optimism, self confidence
- Problem solving skills
- Self care and willingness to ask for help
- Ability to manage negative emotions

Resilience to parenting stress

- Not allowing stress to interfere with nurturing
- Positive attitude about parenting and child

Everyday Actions

- Demonstrate in multiple ways that parents are valued
- Honor each family's race, language, culture, history and approach to parenting
- Provide empathetic support that encourages proactive responses to managing stress
- Support parents as decision-makers and help build decision-making and leadership skills
- Help parents understand how to buffer their child during stressful times

Social connections

Positive relationships that provide emotional, informational, instrumental and spiritual support.

What it looks like

- Multiple friendships and supportive relationships with others
- Feeling respected and appreciated
- Accepting help from others, and giving help to others
- Skills for establishing and maintaining connections

Everyday Actions

- Help families value, build, sustain and use social connections
- Create an inclusive environment
- Facilitate mutual support around parenting and other issues
- Promote engagement in the community and participation in community activities

Knowledge of parenting & child dev't

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

What it looks like

- Nurturing parenting behavior
- Appropriate developmental expectations
- Ability to create a developmentally supportive environment for child
- Positive discipline techniques; ability to effectively manage child behavior
- Recognizing and responding to your child's specific needs

Everyday Actions

- Model developmentally appropriate interactions with children
- Provide information and resources on parenting and child development
- Encourage exploration of parenting issues or concerns
- Provide opportunities to try out new parenting strategies
- Address parenting issues from a strength-based perspective

Concrete support in times of need

Access to concrete support and services that address a family's needs and helps minimize stress caused by challenges.

What it looks like

- Seeking and receiving support when needed
- Knowing what services are available and how to access them
- Adequate financial security; basic needs being met
- Persistence
- Advocating effectively for self and child to receive necessary help

Everyday Actions

- Respond immediately when families are in crisis
- Provide information and connections to other services in the community
- Help families to develop skills and tools they need to identify their needs and connect to supports

Social and emotional competence of children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions, and establish and maintain relationships.

What it looks like

For the parent:

- Warm and consistent responses that foster a strong and secure attachment with the child
- Encouraging and reinforcing social skills; setting limits

For the child:

- Age appropriate self-regulation
- Ability to form and maintain relationship with others
- Positive interactions with others
- Effective communication

Everyday Actions

- Help parents foster their child's social emotional development
- Model nurturing support to children
- Include children's social and emotional development activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development seems to need support

Additional slides for specific groups

- We have slides that describe what we might see related to each protective factor in families involved in CPS, or in families touched by domestic violence – and what the worker's role is related to that protective factor
- Designed for use in orienting/training workers in those specific fields

The program self-assessment

- The most important tools in helping programs identify their strengths and areas where they could improve
- Needed updating:
 - Enhance content on honoring families' cultural and linguistic heritage
 - Further emphasize parent leadership
 - More closely align with national standards for early care and education

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR EARLY CARE AND EDUCATION

Major changes

- Organizing structure: Protective factors and everyday actions (not program strategies)
- Field-specific:
 - Center-based early care and education
 - Family child care
 - Home visiting
 - Child welfare
 - Family support
- For the center-based ECE self-assessment, items will be tiered to support use in QRIS

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR EARLY CARE AND EDUCATION

Field testing the self-assessments

- Testing the self-assessments, one field at a time
 - Home visiting already done
 - Early care and education coming up soon
 - Family child care, child welfare, family support later this spring
- Contact Anna Lovejoy: alovejoy@gmail.com if you'd like to participate
- Final tools ready by October 2014

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR EARLY CARE AND EDUCATION

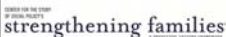
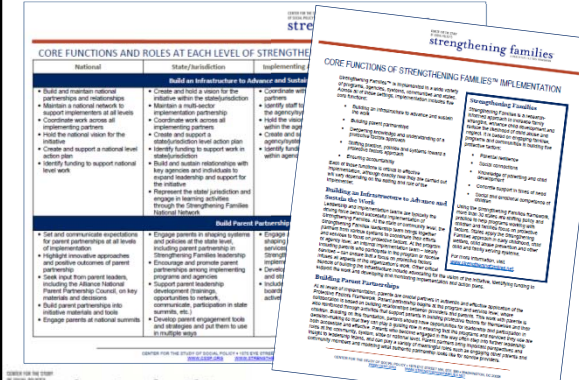
Guidance for implementation

- Core functions of Strengthening Families implementation:
 - Building an infrastructure to advance and sustain the work
 - Building parent partnerships
 - Deepening knowledge and understanding
 - Shifting practice, policy and systems toward a protective factors approach
 - Ensuring accountability

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families
A NATIONAL CENTER FOR EARLY CARE AND EDUCATION

The core functions are carried out in different ways at different levels...

- Program
- Agency or system
- State or jurisdiction
- National

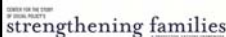
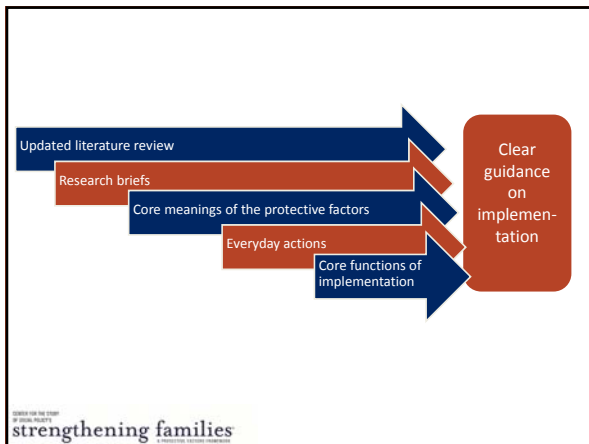



CORE FUNCTIONS AND ROLES AT EACH LEVEL OF STRENGTHENING FAMILIES

National	State/Jurisdiction	Implementation
<p>Build an Infrastructure to Advance and Sustain</p> <ul style="list-style-type: none"> Build and maintain national partnerships and relationships Maintain a national network to support implementation at all levels Coordinate work across all implementing partners Hold the national vision for the initiative Create and support a national level advisory Identify funding to support national level work 	<p>Build an Infrastructure to Advance and Sustain</p> <ul style="list-style-type: none"> Create structures in support of the initiative within the jurisdiction Maintain a multi-sector implementation partnership Coordinate work across all implementing partners Create and support a jurisdiction level action plan Build and sustain relationships with key agencies and individuals to expand leadership and support for the initiative Represent the state jurisdiction and engage in learning activities through the Strengthening Families National Initiative 	<p>Build Parent Performance</p> <ul style="list-style-type: none"> Engage parents in ongoing systems and policies at the state level Encourage parent partnering in Strengthening Families leadership Encourage and promote parent partnerships among implementing programs and agencies Support parent leadership Develop parent engagement tools and strategies and put them to use in multiple settings

CORE FUNCTIONS OF STRENGTHENING FAMILIES™ IMPLEMENTATION

- Building parent performance
- Building an infrastructure to advance and sustain the work
- Building an infrastructure to advance and sustain the work
- Building an infrastructure to advance and sustain the work


2014 STRENGTHENING FAMILIES SUMMIT
Reaching Outcomes • Growing Stronger • Reaching the Future
CHICAGO • OCTOBER 7-8

Plan to join leaders from across the nation in October 2014 at the national Strengthening Families Leadership Summit in Chicago. Don't miss two full days of exciting discussion on new strategies, tools, research and sharing. [Sign Up](#) now for updates on registration, plenaries and more!

OCTOBER 7-8, 2014 | THE DRAKE HOTEL | CHICAGO'S MAGNIFICENT MILE



Small group work

- Group by your level of implementation
- Read through the bullet points from the “Core Functions” grid together
- Discuss:
 - Does this describe what you do to implement Strengthening Families?
 - Are there things you haven’t been doing that you could add?
 - What tools and resources would help you to carry out more of these functions?

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families

Report back and next steps

- Any “a-ha” moments or insights to share from your small group work?
- Other tools or resources you could use in your work?
- Questions about the new tools?

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families

Thank you

- www.strengtheningfamilies.net
- Feel free to contact me:
 - cailin.oconnor@cssp.org
 - (608) 438-6018

CENTER FOR THE STUDY OF SOCIAL POLICY
strengthening families