What are two words to describe how you are feeling right now?

Stewarding the Journey
Practical ways to serve families using a strengths-based approach

Katie Simmons, ICARE Director        *        Taryn Mollitor, Family Support Coordinator

Katie
Where are we headed?

Intro to ICARE Program
Protective Factors
Strengths-based approach
...in Home Visits
...in Parenting Classes
...with Stewards of Children
What we have learned over the years
Documentation

We partner with parents to build strong families.
ICARE Through the Years

1992-2005
Home Visits
Group Connections
Parents as Teachers

2006-2012
Love & Logic
Circle of Parents
Nurturing Parenting & Nurturing Fathers
Stewards
SF Coalition began

2013-2019
Circle of Security
NP in jail
NP in home visits
NP Parent & Youth
Returning Citizens

2020-Present
COVID
Zoom classes
ICARE

Home Visits: 25 families (38 adults, 47 children), 197 visits.
Circle of Security: 6 sessions, 41 parents.
Nurturing Parenting: 6 sessions, 59 parents, 11 adolescents. 46 men and 33 women in the Kootenai County Jail.
Nurturing Fathers: 7 sessions, 62 dads.
Stewards of Children: 78 attendees (most from our classes) and 43 of St. Vincent de Paul North Idaho's staff.
Leave Your Judgments in the Car
On the sticky notes on your table, take a few minutes to process personal biases you may have. Write them down and when finished, please come stick them to the wall.

Activity

Protective Factors
Safeguard against risk AND promote positive outcomes.
Sheets of paper are on your tables. Write out your personal strengths in one column and your personal weaknesses in another.

**Risk factors**

are not **predictive factors** because of **protective factors**

Dr. Carl Bell, University of Illinois

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**Activity**

Sheets of paper are on your tables. Write out your personal strengths in one column and your personal weaknesses in another.
Strengths-Based Approach
Build on family’s strengths and viewing them as resourceful and resilient

Children don’t grow up in programs...
They grow up in **families** and in **communities**.

Dr. Urie Bronfenbrenner, Cornell University

Building Relationship with a Family
Skills You Need to be Building Relationship

Have a positive mindset before you even step foot in the door.

Everyone has a story. Find out what theirs is!

Understand their values and set goals accordingly.

*Values Clarification Activity
What were your top 3 morals?

Skills You Need to be Building Relationship

- Positive mindset
- You are a guest in THEIR home - treat it and them with respect
- THEY know their children better than anyone else
- Active & Reflective Listening
- Be kind, compassionate & empathetic - Genuine
- Develop a plan WITH the family
- Be Reliable & Adaptable
- Praise Often
- Embrace Others in their lives as important to their family - you will hear about them a lot
- Teamwork Makes the Dreamwork - Communicate with Other Agencies

Develop a plan with the family.
Building Relationship

Teamwork makes the dream work.

Building Relationship

Praise the family for being and doing.

Building Relationship

Embrace others in their lives as important & get to know them.
Building Relationship

Positive mindset
You are a guest in THEIR home - treat it and them with respect
THEY know their children better than anyone else
Active & Reflective Listening
Be kind, compassionate & empathetic - Genuine
Develop a plan WITH the family
Be Reliable & Adaptable
Praise Often
Embrace Others in their lives as important to their family - you will hear about them a lot
Teamwork Makes the Dreamwork - Communicate with Other Agencies

Provide parents with evidence-based, relevant information they can trust.

Be reliable and adaptable.

Be kind and compassionate.
Strengths-Based Facilitation of Parenting Classes

The circle is where it's at.
Weekly well-being check-ins.
Value the parents in the room, verbally and with your body language and attitude.
Lead with humility.
More 'removed' than being in the home, but still intimate.

Ask questions about how they are doing, what is going on in their lives, tuck the info into your memory and ask them about it at next class. Following up reflects interest in their lives.
Zoom doesn't have to hinder building relationships with your students!

Greet attendees at the door.
More brief of an interaction & personal stories are not a part of it, so rapport and trust is developed through referring to people by their names, thanking them for being there, and your comfort with the hard topic as the facilitator throughout the two hours.
Lessons we have learned along the way

“All people have the capacity to change & grow.”

Morgan Richardson
ICARE Director 1995-2006

A few lessons we have learned along the way

Patience is absolutely necessary–change takes time.
The parents use their developing skills to help others in their lives (referrals, teaching, connecting others to supports).

Just because they graduate, does not mean they are gone for good.

A sense of humor is important–laugh with them!

SELF-CARE is crucial to serving others well!

Practical Ways to Integrate Strengths Into Your Program

“If it's not documented, it didn't happen.”

“Strengths Identified” section on Home Visit Report Form (case notes) morphed into Protective Factors.

During staff meetings, we would start with a strength (personal, program, or home visit family-related).

In Reflective Supervision, strengths of each family are discussed.

“You Rock” Employee Recognition
ICARE Families Are…

Contact Us:
208.676.1515 or katie@stvincentdepaulcda.org

Thank you for the work YOU do.

…and don’t forget that April is Child Abuse Prevention Month!