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

① Start presenting to display the poll results on this slide.

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## Stewarding the Journey

— Practical ways to serve families using a strengths-based approach —

Katie Simmons, ICARE Director \* Taryn Molitor, Family Support Coordinator

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Katie



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Taryn



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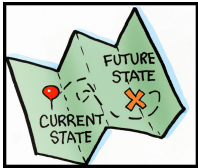
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## Where are we headed?



- 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

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We partner with parents to build strong families.

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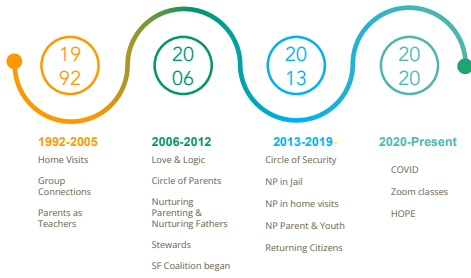
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## ICARE Through the Years




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**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.

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Leave Your Judgments in the Car



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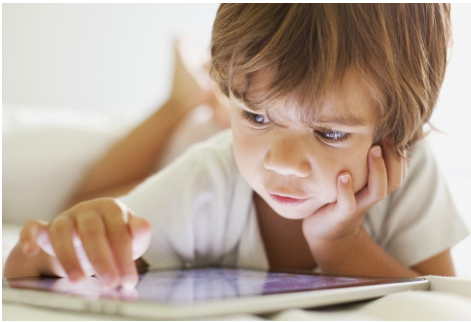
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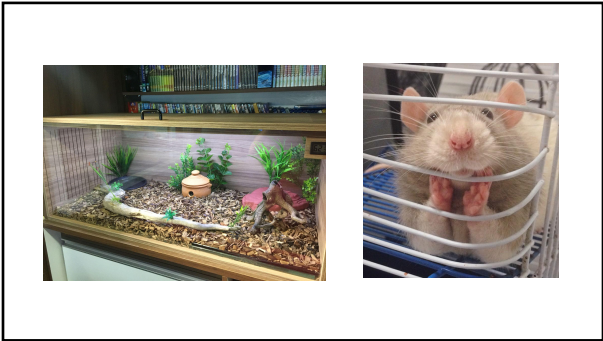
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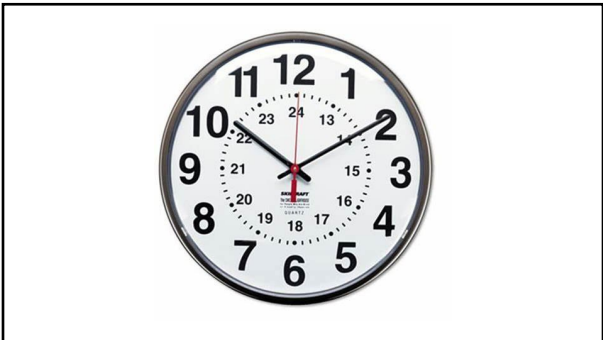
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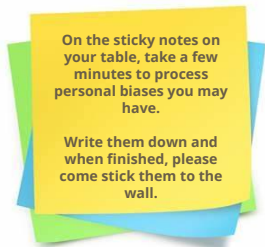
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### Activity



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## Protective Factors

— Safeguard against risk AND promote positive outcomes. —

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**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.

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## Strengths-Based Approach

— Build on family's strengths and viewing  
them as resourceful and resilient —

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Children don't grow up in  
programs...

They grow up in **families**  
and in **communities.**

Dr. Urie Bronfenbrenner, Cornell University

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## Building Relationship with a Family



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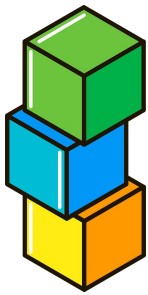
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**Building Relationship**

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

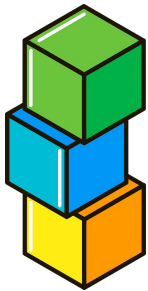
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**Building Relationship**

Everyone has a story. Find out what theirs is!

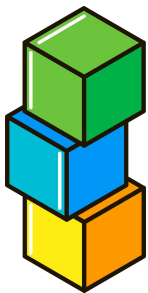
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**Building Relationship**

Understand their values and set goals accordingly.

\*Values Clarification Activity


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**Values Clarification**

Your values are the beliefs that define what is most important to you. They guide each of your decisions for the present, determine who you wish to spend your time with, define what you want to achieve in your career, and what you want to do for the opposite of your values will help you understand areas of your life that need more attention, and what to prioritize in the future.

Select the 10 most important items from the following list. Rank them from 1-10 with "1" being the most important item.

<input type="checkbox"/> Love	<input type="checkbox"/> Honesty
<input type="checkbox"/> Wealth	<input type="checkbox"/> Health
<input type="checkbox"/> Family	<input type="checkbox"/> Loyalty
<input type="checkbox"/> Music	<input type="checkbox"/> Respect
<input type="checkbox"/> Success	<input type="checkbox"/> Independence
<input type="checkbox"/> Knowledge	<input type="checkbox"/> Adventure
<input type="checkbox"/> Power	<input type="checkbox"/> Beauty
<input type="checkbox"/> Friends	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Free Time	<input type="checkbox"/> Research
<input type="checkbox"/> Adventure	<input type="checkbox"/> Peace
<input type="checkbox"/> Variety	<input type="checkbox"/> Stability
<input type="checkbox"/> Calmness	<input type="checkbox"/> Warmth
<input type="checkbox"/> Flexibility	<input type="checkbox"/> Fame
<input type="checkbox"/> Fair	<input type="checkbox"/> Creativity
<input type="checkbox"/> Recognition	<input type="checkbox"/> Religion
<input type="checkbox"/> Nature	<input type="checkbox"/> Safety
<input type="checkbox"/> Hospitality	<input type="checkbox"/> _____
<input type="checkbox"/> Responsibility	<input type="checkbox"/> _____

Provided by TherapistWorksheets © 2012

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**What were your top 3 morals?**

🕒 Start presenting to display the poll results on this slide.

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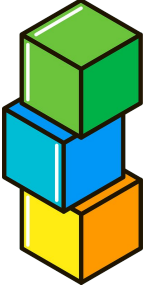
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**Building Relationship**

Develop a plan *with* the family.

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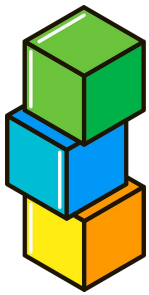
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**Building Relationship**

Teamwork makes the dream work.

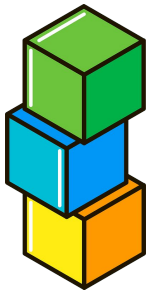
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**Building Relationship**

Praise the family for *being* and *doing*.

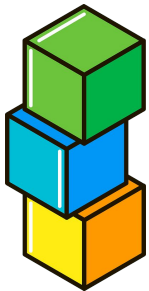
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**Building Relationship**

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

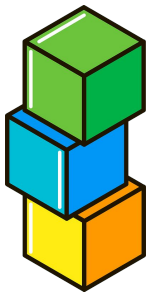
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**Building Relationship**

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

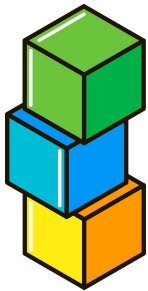
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**Building Relationship**

Be reliable and adaptable.

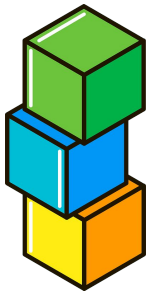
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**Building Relationship**

Be kind and compassionate.

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## Strengths-Based Facilitation of Parenting Classes



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### 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!



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ALL-NEW

**STEWARDS OF CHILDREN®**  
BY DARKNESS TO LIGHT

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.

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## Lessons we have learned along the way

"All people have the capacity to change & grow."

Morgan Richardson  
ICARE Director 1995-2006



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## 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!**



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## Practical Ways to Integrate Strengths Into Your Program

"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



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ICARE  
Families  
Are...



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Contact Us:  
208.676.1515 or [katie@stvincentdepaulcda.org](mailto:katie@stvincentdepaulcda.org)

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Thank you for the work YOU do.

...and don't forget that April is Child Abuse  
Prevention Month!



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