

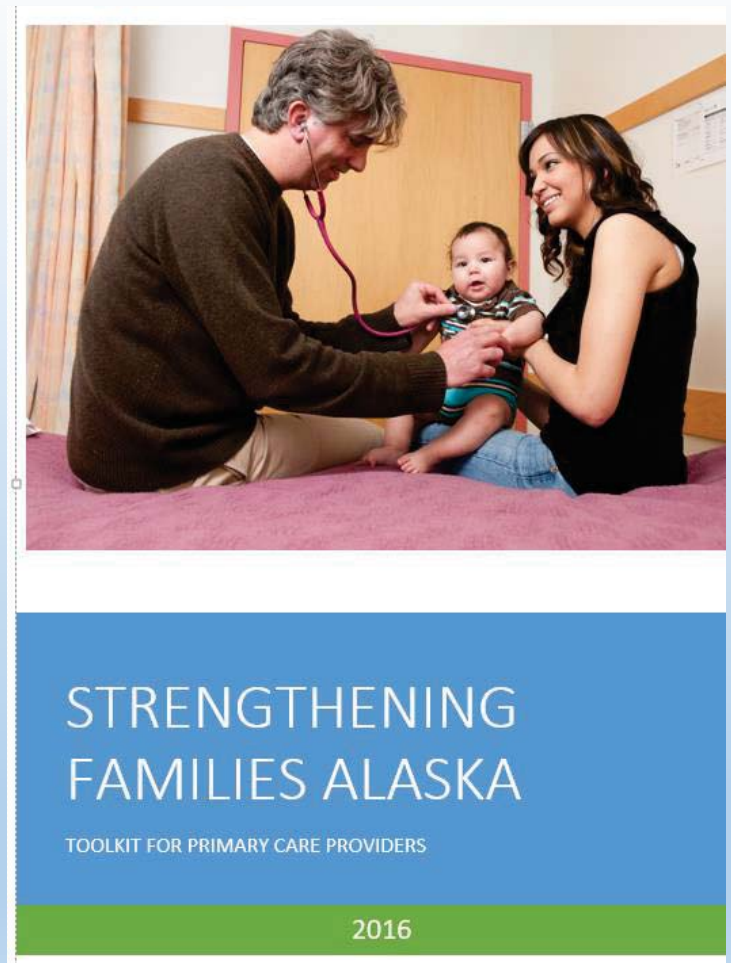


# Strengthening Families Toolkit For Primary Care Providers

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- ❖ Raise your hand when you have a question or a comment.
- ❖ Use Chat to send text messages to other participants and the moderator during the session.
- ❖ Remember that running other applications on your computer can slow your connection to the session

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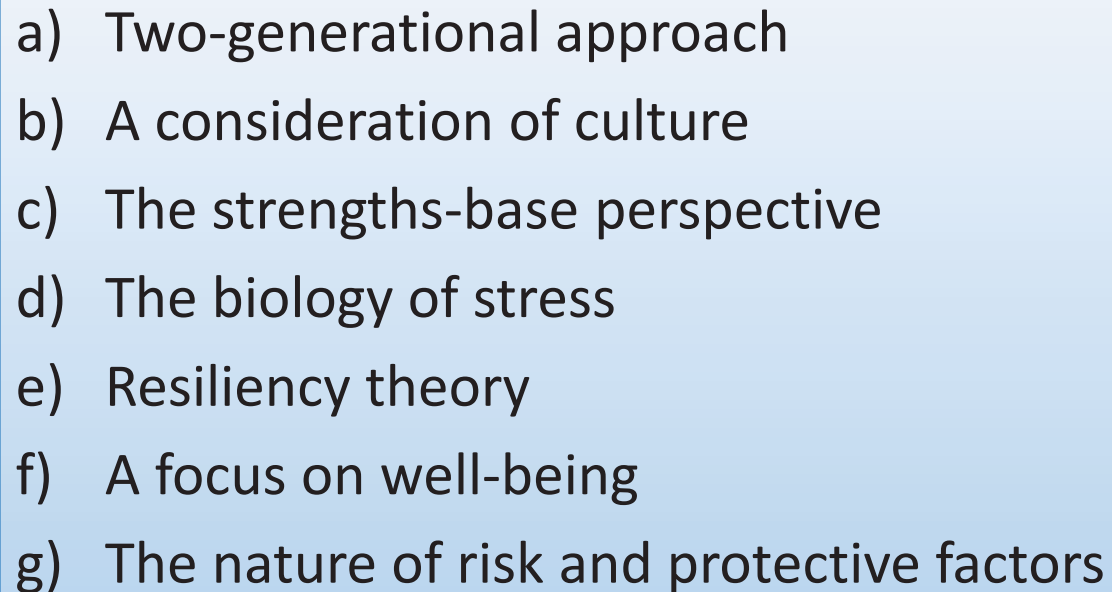
# What is Strengthening Families™?

- *Strengthening Families™ is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. The overarching goal is the promotion of child and family well-being.*
- *It is based on engaging families, programs and communities in building five protective factors that help families succeed and thrive, even in the face of risk and challenges.*
- Created by the Center for the Study for Social Policy (CSSP).  
[www.cssp.org](http://www.cssp.org)

# the protective factors framework

1. Parental Resilience
2. Social Connections
3. Knowledge of Parenting and Child Development
4. Concrete Support in Times of Need
5. Social and Emotional Competence



- 
- a) Two-generational approach
  - b) A consideration of culture
  - c) The strengths-base perspective
  - d) The biology of stress
  - e) Resiliency theory
  - f) A focus on well-being
  - g) The nature of risk and protective factors

**Foundational Ideas**

# Two-Generational Approach

- A strategy or approach to promote young children's healthy development by developing the capabilities and resources of parents or caregivers.
- Research has documented the impact of a parent's education, economic stability, and overall health on a child's trajectory. Similarly, children's education and healthy development are powerful catalysts for parents. Two-generation approaches help both generations make progress together.





# A Consideration of Culture

- CSSP asserts that the five Strengthening Families protective factors are universal, in that they apply to all families, yet may be understood (deep structure) and manifest (surface structure) in culturally specific ways. In this regard, two matters of culture are essential in respectfully helping parents to build or to reinforce the Strengthening Families protective factors:
  - (a) encouraging parents to articulate how the protective factors are understood and manifest from their cultural and family perspective, and
  - (b) encouraging providers to conscientiously engage in cultural humility.



# A Strength Based Perspective

Focus on What's Strong.....

Not What's Wrong!

*Family Strengths- the set of relationships and processes that support and protect families and family members, especially during times of adversity and change.*





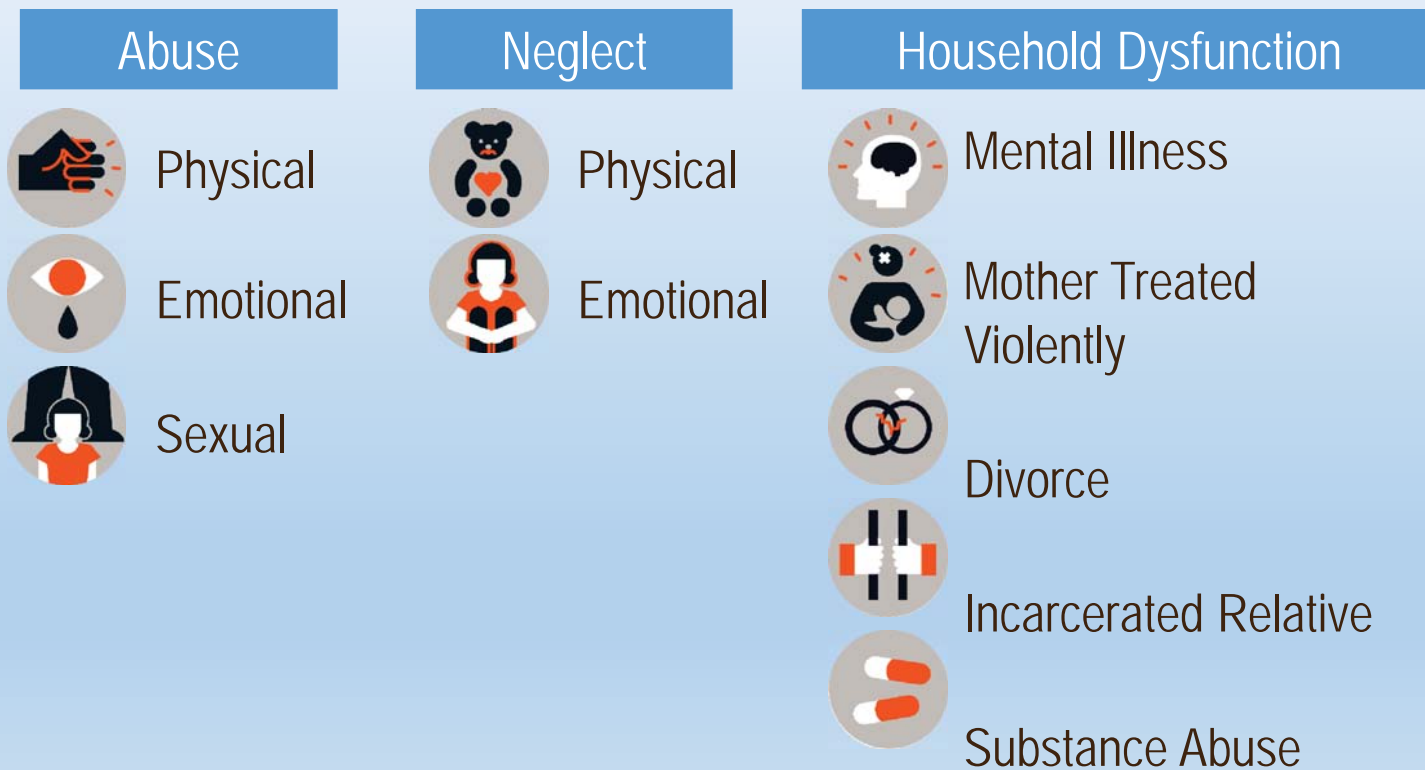
# The Biology of Stress

- Positive Stress- reactions that result from brief negative experiences such as an increased heart rate and mild changes in hormone levels; necessary for development of healthy stress response system
- Tolerable Stress- responses to more intense negative experiences; may become toxic if not buffered by supportive relationships & environments
- Toxic stress- Responses to strong, frequent, prolonged adversity

(The National Scientific Council on the Developing Child, 2005/2014)

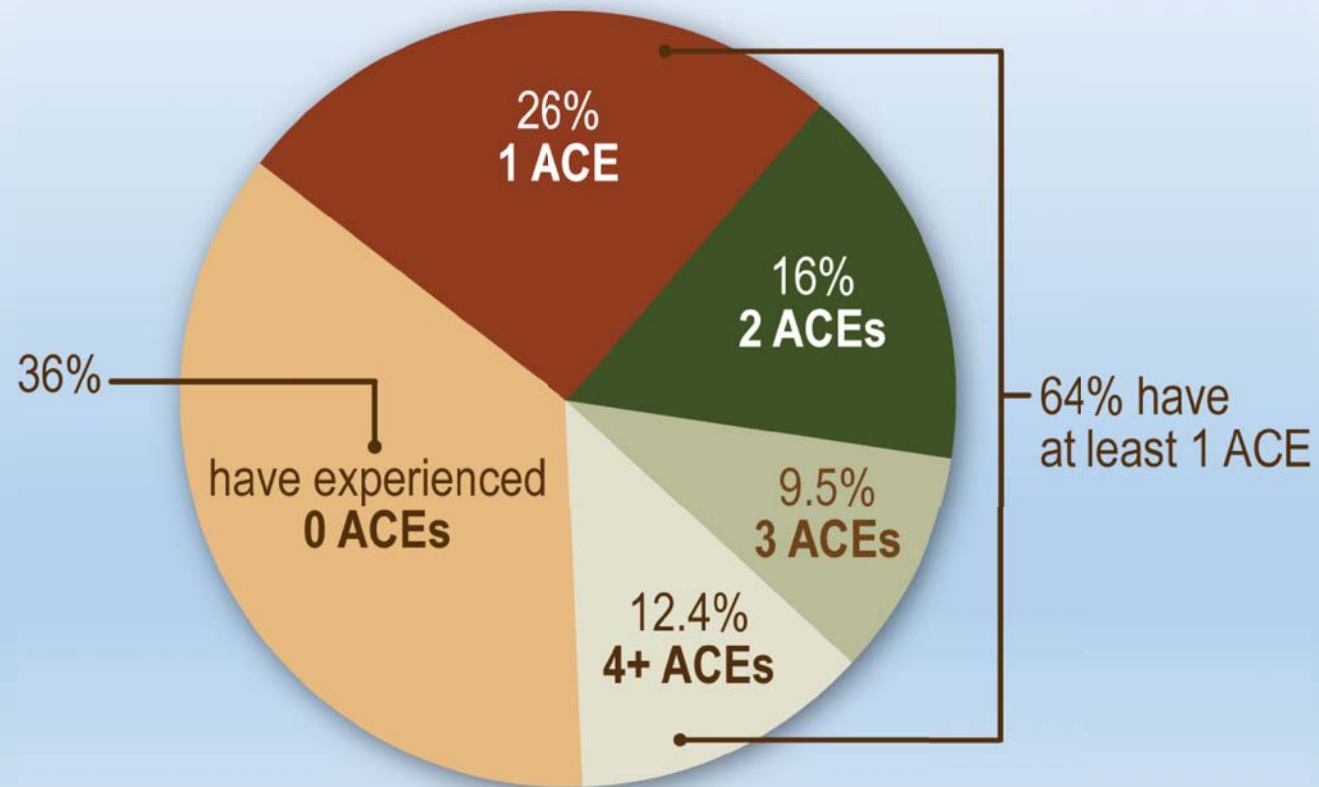
# ACES – Adverse Childhood Experiences

## *Three Types of ACEs:*



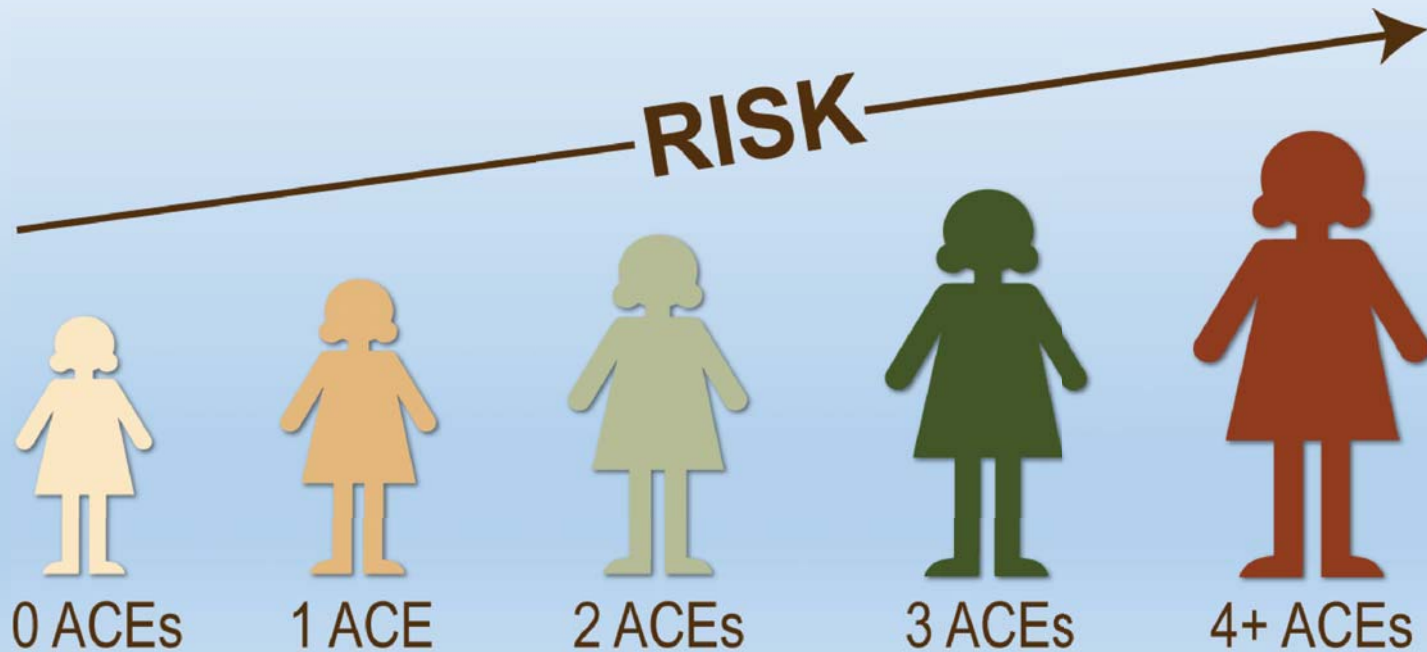
# How Prevalent Are ACEs?

*Of 17,000 ACE Study Participants*



# What Impact Do ACEs Have?

*As the Number of Aces Increases,  
So Does the Risk for Negative Health Outcomes*



# What Impact Do ACEs Have?

## *Possible Risk Outcomes Include*

### **Behavior**

- Lack of Physical Activity
- Smoking
- Alcoholism
- Drug Use
- Missed Work

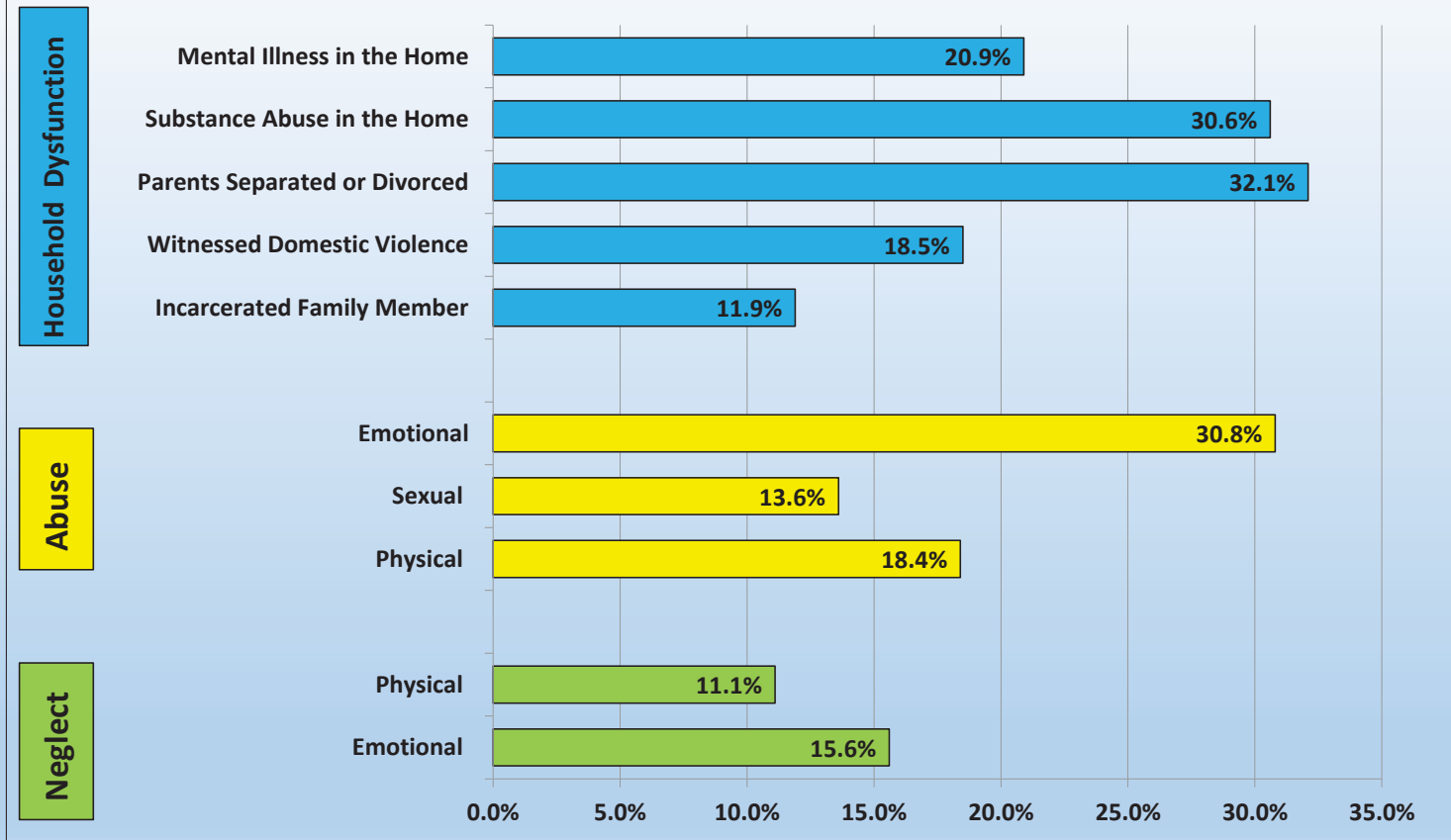
### **Physical and Mental Health**

- Severe Obesity
- Diabetes
- Depression
- Suicide Attempts
- STDs
- Heart Disease
- Cancer
- Stroke
- COPD
- Fetal Death

**And others!**



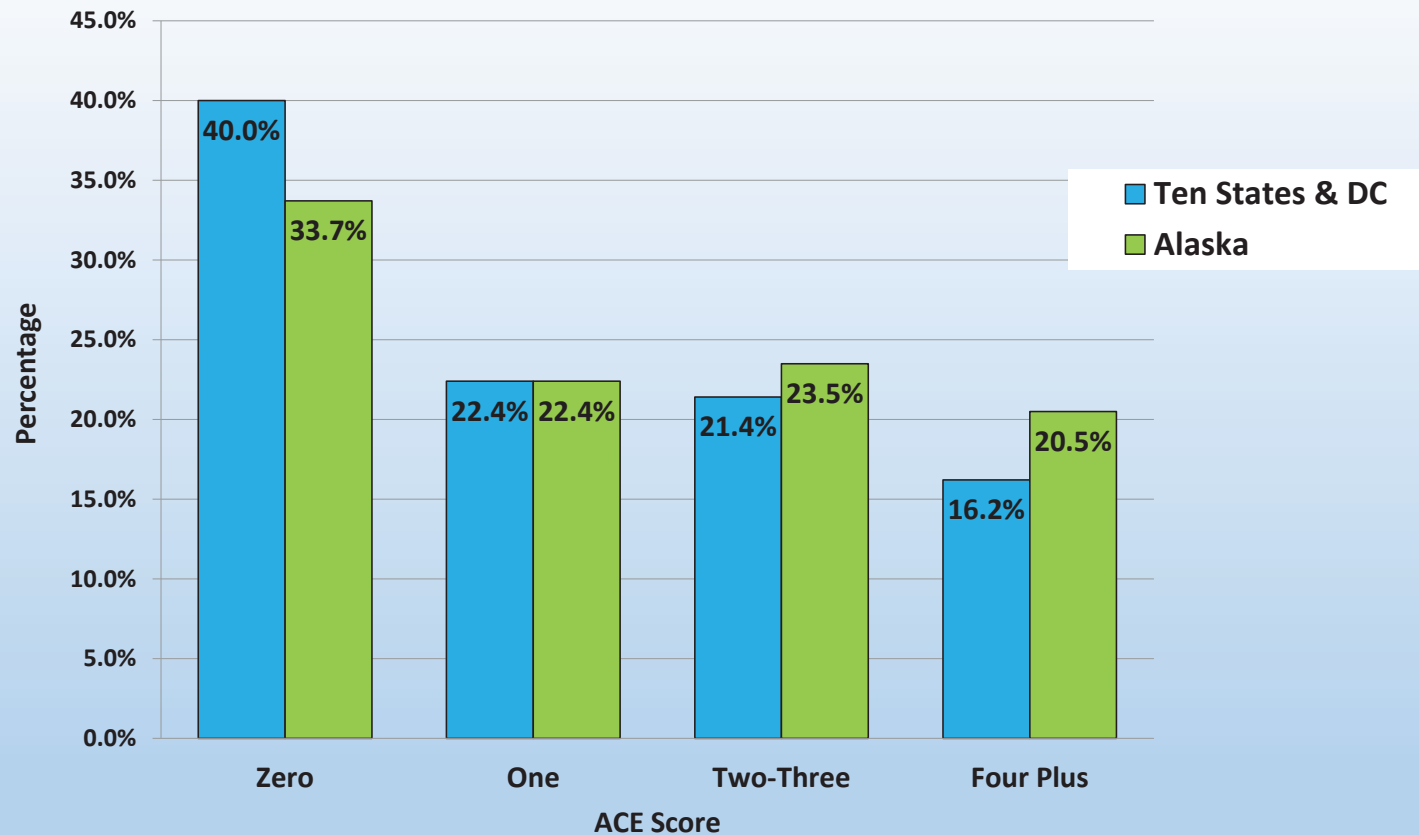
## Percentage of Alaskan Adults who Reported Adverse Childhood Experiences - 2013-2014\*



\* Neglect Questions are from 2014 Only

Source: Alaska data from the 2013-2014 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

### Adverse Childhood Experiences Score (8 Possible) for Alaskan Adults and their Ten State & DC Peers



**Source:** Alaska data from the 2013-2014 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Centers for Disease Control and Prevention. *Behavioral Risk Factor Surveillance System Survey ACE Module Data, 2010*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2015. DC HI, ME, NE, NV, OH, PA, UT, VT, WA, and WI

## 2014 BRFSS Alaska

	Physical Abuse	Sexual Abuse	Verbal Abuse	Mental Illness in the Household	Substance Abuse in the Household	Witnessed Domestic Violence	Separation Divorce	Household Member in Jail	Physical Neglect	Emotional Neglect
Physical Abuse	17.1%	38.9%	79.2%	45.2%	66.6%	54.2%	50.8%	23.3%	37.6%	51.9%
Sexual Abuse	43.4%	15.4%	58.7%	41.3%	59.9%	36.9%	44.2%	23.0%	33.8%	42.2%
Verbal Abuse	44.5%	29.6%	30.5%	38.4%	58.9%	40.3%	46.6%	22.7%	28.7%	42.8%
Mental Illness in the Household	38.9%	31.8%	58.8%	19.9%	65.0%	38.5%	50.5%	29.5%	31.8%	37.0%
Substance Abuse in the Household	33.4%	26.9%	52.7%	37.9%	34.2%	37.4%	51.1%	28.6%	24.4%	30.3%
Witnessed Domestic Violence	51.0%	31.2%	67.6%	42.2%	70.3%	18.2%	59.0%	32.3%	33.9%	41.9%
Separation Divorce	26.5%	20.6%	43.3%	30.6%	53.0%	32.6%	32.9%	21.3%	20.9%	23.5%
Household Member in Jail	33.4%	29.5%	57.9%	49.1%	81.7%	49.1%	58.6%	12.0%	32.0%	34.6%
Physical Neglect	59.4%	47.8%	80.9%	58.4%	77.0%	57.0%	63.5%	35.4%	10.8%	62.0%
Emotional Neglect	58.2%	42.3%	85.4%	48.0%	67.6%	49.5%	50.3%	26.9%	43.6%	15.3%



Source: Alaska data from the 2014 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

## The Good News!

- *Even when stress is toxic, supportive parenting, positive peer relationships, and the availability and use of community resources can foster positive adaptation”.*

*(Easterbrooks et al., 2013)*

# Resiliency Theory

- It is a process and an outcome; it is not a personality trait
- It is contextual with respect to setting, point in time, culture, & social factors
- It reflects a person's pattern of positive adaptive behavior in response to current or past risk factors or adversity
- Resilience results in personal growth and positive change

(Luthar, 2003; Luthar & Cicchetti, 2000; Luthar, Cicchetti, & Becker, 2000; Masten, 2001; Masten, Best, & Garmezy, 1990; Masten & Powell, 2003; Rutter, 2007; Walsh, 2003, 2006; Wright & Masten, 2006)

# A Focus on Well-Being

“The well-being of families and caregivers is a defining pathway to a child’s well being.”

Knowing you are loved..

Communicating..

Providing basic needs...

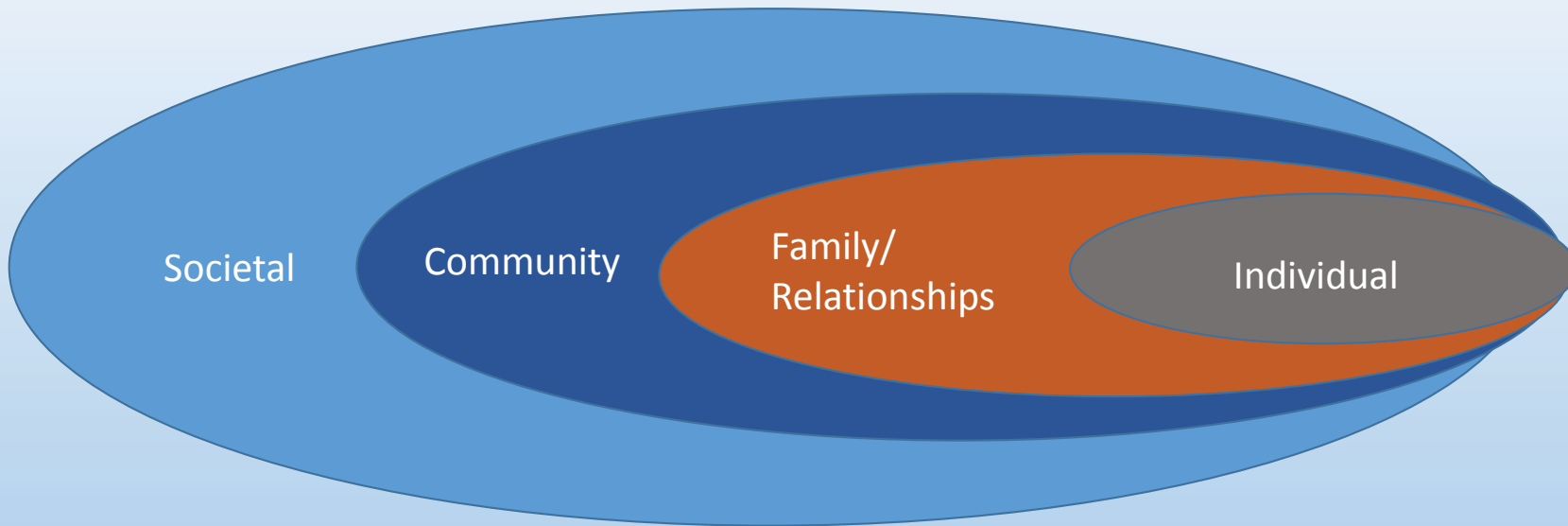
Protecting family members...

Buffering from negative experiences...

Reciprocal care..



# The Nature of Risk and Protective Factors



Family systems do not function in a vacuum. Risk and protective factors exist in all domains of the social ecology.

# How Protective Factors Interact with Risk Factors to Influence Outcomes

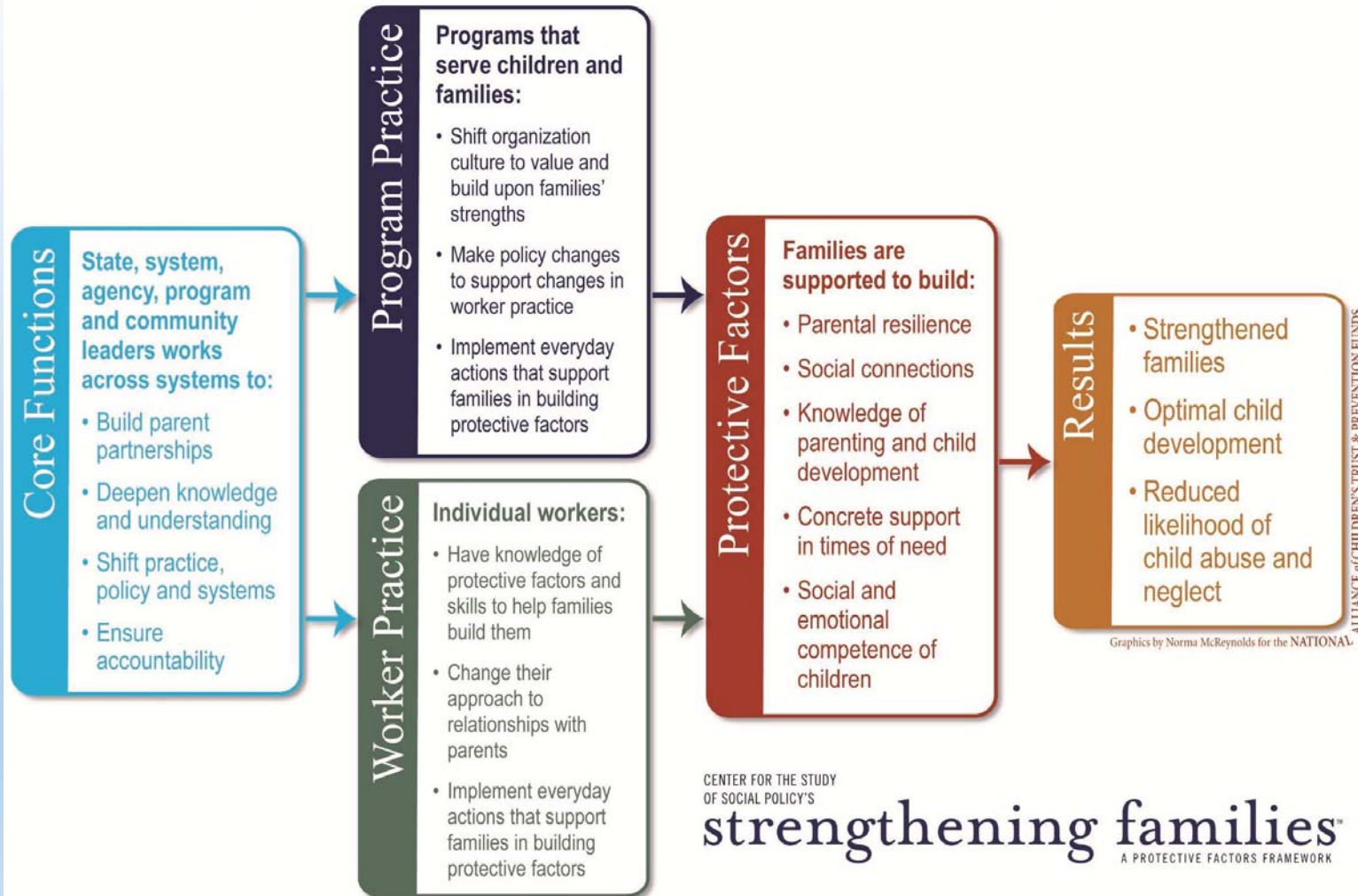
1. Mitigate the negative effects of risk factors
2. Interrupt the cumulative effects of risk factors
3. Help to avoid the negative effects of risk factors

(Armstrong, Stroul, & Boothroyd, 2005; Barter, 2005; Fergus & Zimmerman, 2005)



# The Pathway to Improved Outcomes for Children and Families

## Strengthening Families™ Protective Factors Framework Logic Model



# Small But Significant Changes

## SMALL BUT SIGNIFICANT CHANGES WE CAN MAKE TO BUILD PROTECTIVE FACTORS

### PARENTAL RESILIENCE

Managing both general and parenting stress and functioning well when faced with challenges or adversity; the outcome is positive change and growth

### SOCIAL CONNECTIONS

Having healthy, sustained relationships with people, institutions, the community, or a force greater than oneself

### KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

Understanding the unique aspects of child development and implementing developmentally and contextually appropriate best parenting

### CONCRETE SUPPORT IN TIMES OF NEED

Identifying, seeking, accessing, advocating for, and receiving needed adult, child and family services

### SOCIAL AND EMOTIONAL COMPETENCY IN CHILDREN

Providing an environment and experiences that enable the child to form close and secure adult and peer relationships and to experience regulate, and express emotions

# Parental Resilience

*The human capacity to face, overcome, be strengthened by and even transformed by the adversities of life.*

Resilience to:

- General Life Stress
- Parenting Stress



# Parental Resilience

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## 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





# Parental Resilience

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## Everyday actions

- Ask about questions about how both the parent and child are doing
- Provide support and encouragement whenever possible
- Assist parents in accessing resources to help with stress management, problem solving and coping strategies
- Assist parents in accessing services such as Help Me Grow, etc.
- Acknowledge strengths and abilities
- Address mental health concerns through referrals to appropriate services



# Social Connections

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

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## What it looks like

- 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



SOULPANCAKE

TAKE A

*SEAT*

&

MAKE A

*FRIEND*

# Social Connections

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## Everyday actions

- Provide opportunities for parents to develop positive social connections
- Provide opportunities for parents to examine their social network and develop strategies for developing supportive relationships
- Be alert to parents who may be isolated or depressed
- Be available when parents need to reach out
- Employ or contract with a social worker to address these issues with parents

# Knowledge of Parenting & Child Development

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

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## 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



# Knowledge of Parenting & Child Development

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## Everyday actions

- Address current parent concerns along with developmentally appropriate anticipatory guidance
- Encourage exploration of parenting issues and other family concerns that could be impacting their child
- Address parenting issues from a strength-based perspective
- Create opportunities for parents to discuss their concerns with other parents who have common concerns



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OF SOCIAL POLICY'S

**strengthening families™**  
A PROTECTIVE FACTORS FRAMEWORK

# Providing “just in time” parenting education:



Express  
Empathy

Ask Good  
Questions



Provide  
Information  
and  
Perspective

Develop  
Strategies



Coach,  
Model and  
Mentor

Lift up  
Successes



# Concrete Support in Times of Need

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

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## What it looks like

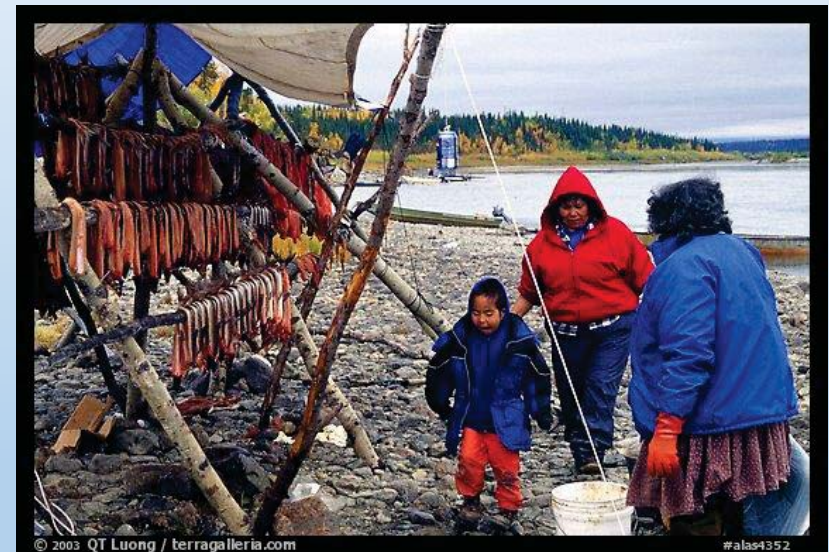
- Seeking and receiving support when needed
- Knowing what services are available and how to access them
- Adequate financial security; basic needs being met
- Persistence
- Advocating effectively for self and child to receive necessary help

# Concrete Support in Times of Need

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## Everyday actions

- Help parents connect with the resources they need to build a healthy environment
- Help families to develop skills and tools they need to identify their needs and connect to supports
- Be alert for signs of family crisis



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# Help Me Grow Alaska

Four Core Components:

## Child Health Care Provider Outreach

- To support screening

## Family & Community Outreach

- To identify resources

## Centralized Telephone Access Point

## Data Collection & Monitoring

- Including service gap analysis



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# Social & 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

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## 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 relationships with others
- Positive interactions with others
- Effective communication

# Children's Social Emotional Skills to Build





# Why Social Emotional Competence is Important

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Children with a strong foundation in emotional vocabulary:

- tolerate frustration better
- get into fewer fights
- engage in less destructive behavior
- are healthier
- are less lonely
- are less impulsive
- are more focused
- have greater academic achievement

(Center for the Social Emotional Foundation for Early Learning)





# Social & Emotional Competence of Children

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## Everyday actions

- Include social emotional development in anticipatory guidance
- Model age-appropriate, nurturing care with children
- Help parents understand the link between their well-being and their children's well-being
- Help children develop a positive cultural identity and interact in a diverse society
- Help families access specialized services and resources when needed



# the protective factors framework

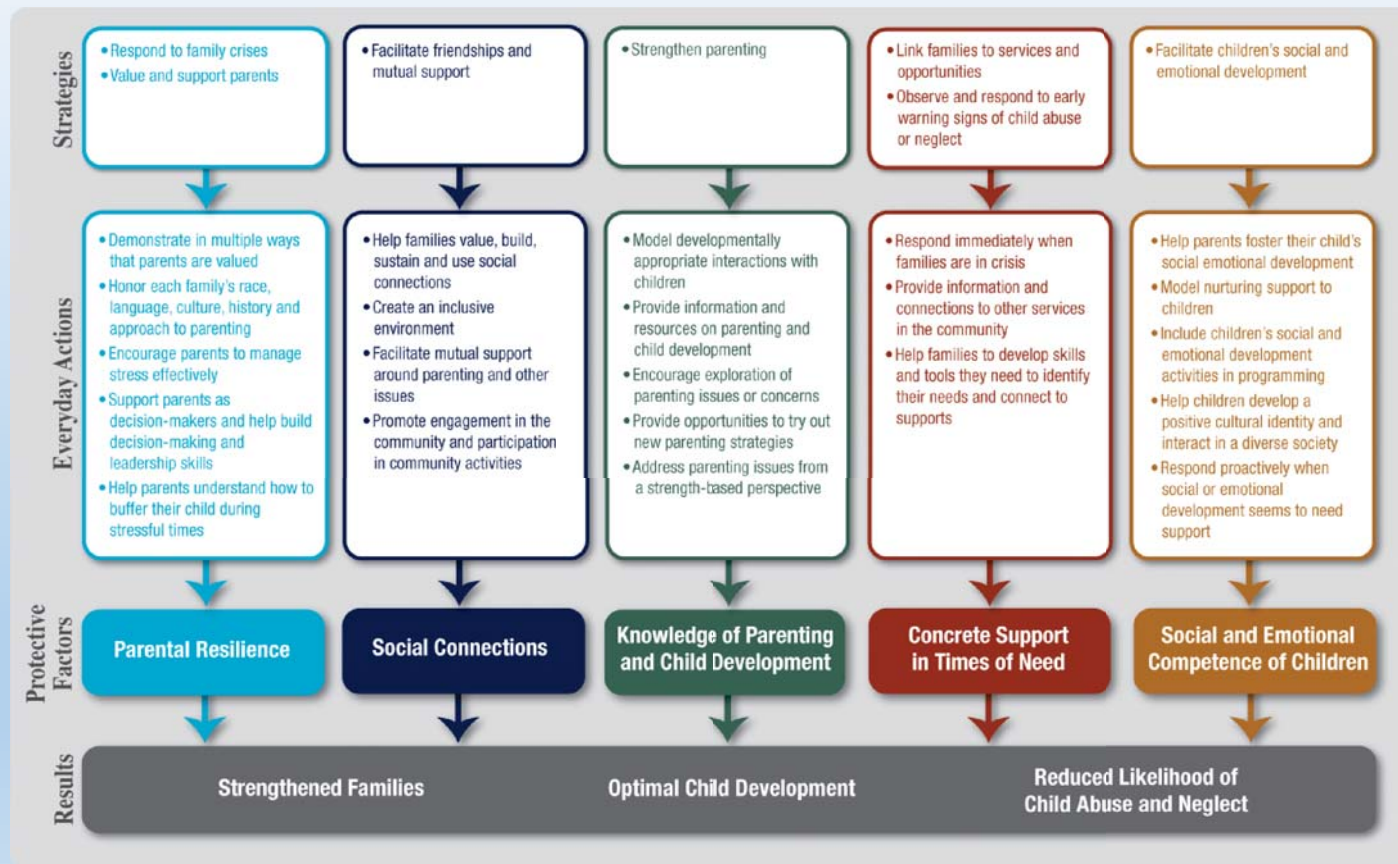
1. Parental Resilience
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# THE STRENGTHENING FAMILIES APPROACH

- Benefits ALL families
- Builds on family strengths, buffers risk, and promotes better outcomes
- Can be implemented through small but significant changes in everyday actions
- Builds on and can become part of existing programs, strategies, systems and community opportunities
- Is grounded in research, practice and implementation knowledge

## Strategies and Everyday Actions that Help Build Protective Factors



# EVERYDAY ACTIONS FOR IMPLEMENTATION

- Parent friendly materials & resources
- Set up spaces to encourage interaction
- Make the link between parents taking care of themselves and taking care of their child
- Ask about parental well-being and the protective factors
- Incorporate measures to identify family and community risk factors
- Educate parents about the protective factors
- Provide anticipatory guidance and address current parental concerns
- Regularly screening children
- Utilize community resources
- Incorporate parent feedback to improve your practice.

# Tips for Organizing Your Practice

- Ensure all staff are engaged in implementing this approach
- Set practice goals for supporting families
- Establish a workflow
- Set up a system that prompts inquiry about the protective factors
- Incorporate the protective factors in your EHR
- Have regular “lunch and learns”
- Maintain links to community resources



In addition:

- Responding to Children who have Experienced Trauma
- Websites & Articles
- Appendix:
  - Self Assessment
  - Small but Significant Changes
  - Primary Health Providers Brief
  - Protective Factors Action Sheets
  - Parent Brochures



STRENGTHENING  
FAMILIES ALASKA

TOOLKIT FOR PRIMARY CARE PROVIDERS

2016



# New Parent Brochures!

## Your Child's Temperament



## Taking Care of Yourself



## Positive Discipline





## STRONG FAMILIES HAVE Parental Resilience

Make healthy choices | Practice self-care | Don't dwell on the past | Create balance

## STRONG FAMILIES HAVE Social Connections

Have get-togethers | Volunteer yourself to help others | Be good role models | Connect with Elders | Find support



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StrengtheningFamiliesAlaska

## STRONG FAMILIES HAVE Knowledge of Parenting and Child Development

Teach children right from wrong | Always provide unconditional love | Make sure children know you're there for them | Spend time playing together

## WHAT DO strong families LOOK LIKE?

Strong families work together, respect each other, provide encouragement, help others, watch over each other, laugh together, are good role models and make healthy choices.

To strengthen families in Alaska, everyone needs to help families have:

### Social Connections

Positive friends, family, community who provide emotional support and assistance

### Knowledge of Parenting and Child Development

Information about raising children and what they can do at different ages

### Concrete supports in times of need

Access to food, housing, health services, education, counseling and other needed services

### Parental resilience

The ability to cope and bounce back from challenges

### Social and emotional competence of children

Children feel love, a sense of belonging and can get along with others



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## STRONG FAMILIES HAVE Concrete Supports in Times of Need

Help others when they need it | Use community resources | Know where to go | Advertise resources

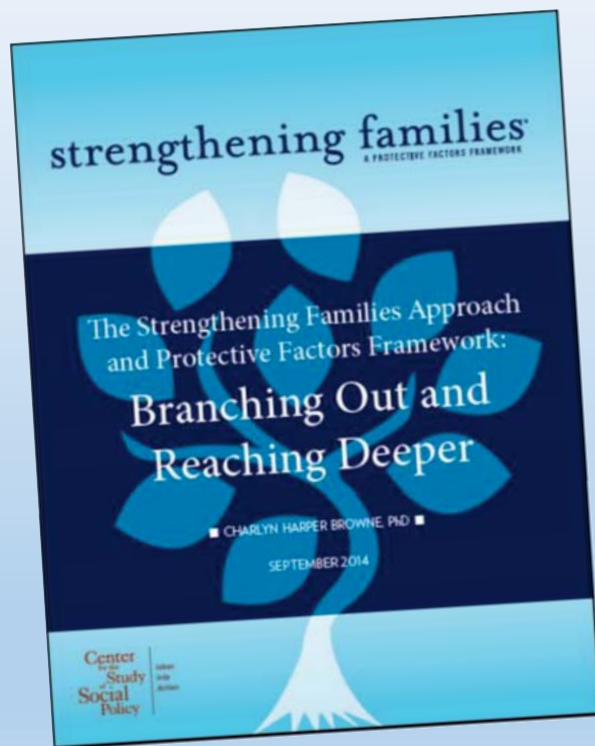
## STRONG FAMILIES HAVE Social and Emotional Competence of Children

Know your family tree | Encourage and praise children | Spend quality time with each of your children | Believe in trial and error | Know your children's needs



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# THE CENTER FOR THE STUDY OF SOCIAL POLICY



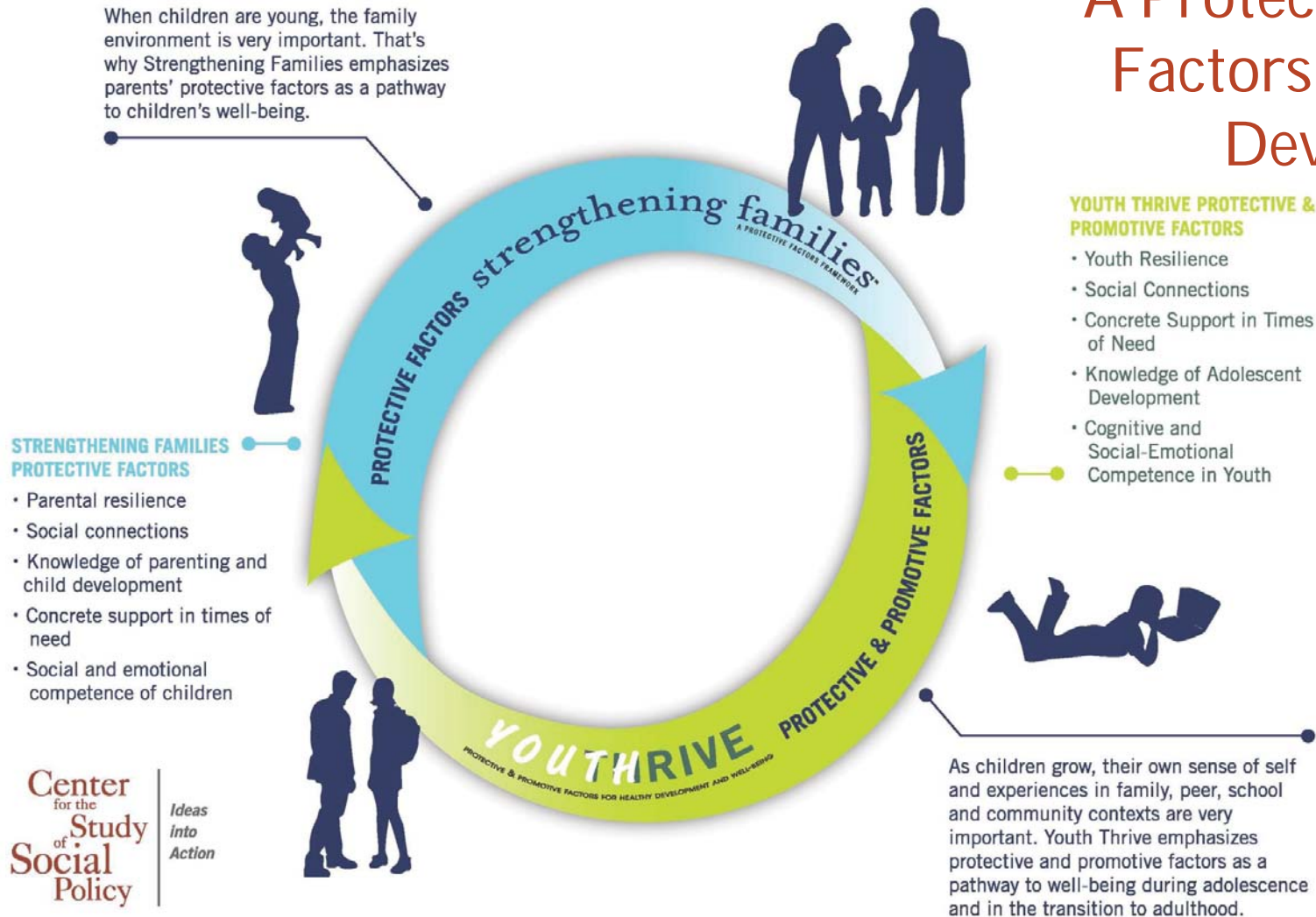
The Strengthening Families Approach and Protective Factors Framework: Branching Out and Reaching Deeper

A synthesis of the ideas and research that further informs the Strengthening Families Approach and Protective Factors Framework

<http://www.cssp.org>



# A Protective/Promotive Factors Frame Across Development





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# Questions?

