



Strengthening Families
PENNSYLVANIA



Understanding the Strengthening Families™
Protective Factors Framework

Introductions


- Name
- Your role at your agency
- One strength you bring to your work



Learning Objectives

Participants will:

- Describe the Strengthening Families™ Protective Factors Framework that includes five research-based protective factors.
- Deepen the intentional integration of this strengths-based approach into their work by incorporating practical strategies and everyday actions to build protective factors among families.



The View from Our Windows



Five Protective Factors



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 of children



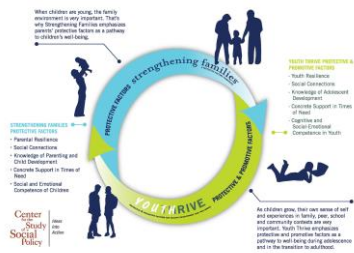
The Four Big Ideas Behind Strengthening Families™

- Building protective and promotive factors, not just reducing risk
- An approach – not a model, a program or a curriculum
- A changed relationship with parents
- Aligning practice with developmental science – research-based

Adapted from the Center for the Study of Social Policy



Protective Factors Across the Lifespan



Strengths-Based Mindset

- Examining our beliefs
- Putting aside our biases
- Exploring the power dynamic of “helping”
- Identifying protective factors in our own lives

Adapted from the National Alliance for Children's Trust and Prevention Funds



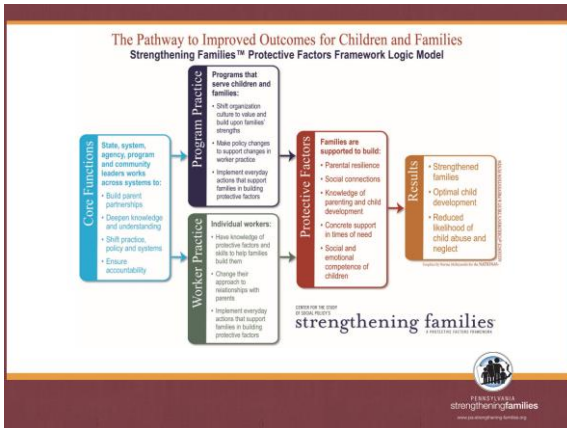
Culture and Family Strengths

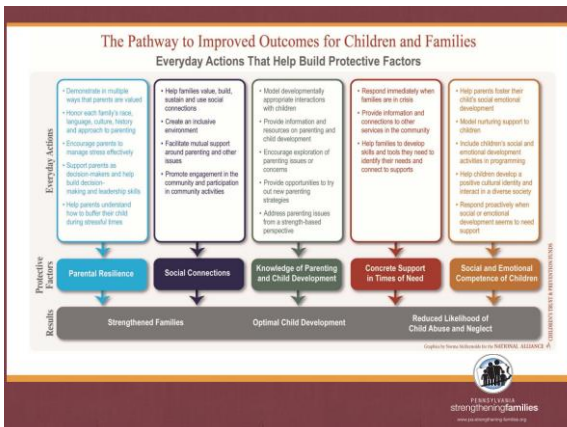
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- Being aware of how our own culture influences our beliefs
- How families view and exhibit each protective factor is influenced by culture



Adapted from the National Alliance for Children's Trust and Prevention Funds







Parental Resilience

"I will continue to have courage during stress or after a crisis."

Courage | Be strong and flexible

Protective Factors definitions from Community Cafe

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

- Lifelong process
- Bouncing back and bouncing forward
- Two components to Parental Resilience
 - General life stress
 - Parenting under stress

Adapted from the Center for the Study of Social Policy



Parental Resilience

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

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From the National Alliance of Children's Trust and Prevention Funds



Parental Resilience

Resilient parents are:

- Stronger
- More patient
- Able to reduce stress when it occurs



Parental Resilience

The role of family support professionals:

- Show parents they are valued
- Provide strategies to reduce stress
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Social Connections



Community | Parents need friends

"I have people who know me –friends. And at least one person who supports my parenting."

Protective Factors definitions from Community Calls

Social Connections

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

- Everyone needs support
- Reduce isolation
- Quality relationships

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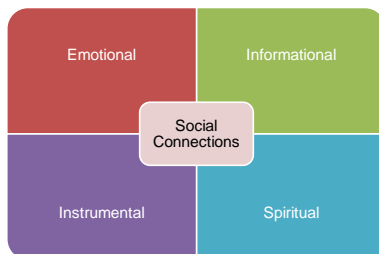
Social Connections

- Multiple supportive relationships
- Feeling respected and appreciated
- Accepting and giving help
- Skills for establishing and maintaining connections

Adapted from the Center for the Study of Social Policy



Social Connections



Social Connections

Parents who have social connections:

- Are less likely to be isolated
- Feel supported
- Share positive norms about parenting



Social Connections

The role of family support professionals:

- Provide opportunities to interact with other parents
- Model positive relationships
- Support parents to develop social skills



Knowledge of Parenting & Child Development



"I stay curious and am responsive to what my child needs."

Health | Being a great parent is part natural and part learned

Protective Factors definitions from Community Care

Knowledge of Parenting & Child Development

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

- Parenting is contextual
- Families are cultural systems

Adapted from the Center for the Study of Social Policy



Knowledge of Parenting & Child Development

- Nurturing parenting behavior
- Create a developmentally supportive environment
- Positive discipline techniques
- Recognize and respond to child's specific needs

Adapted from the Center for the Study of Social Policy



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Adapted from the Center for the Study of Social Policy



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Parents who have knowledge and skills:

- Have appropriate developmental expectations
- Can provide safe, nurturing environments where their children learn and grow.



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The role of family support professionals:

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- Direct families to accurate, up-to-date child development information



Concrete Support in Times of Need



Freedom | We all need help sometimes

“My family can access basic needs when they need it.”

Protective Factors definitions from Community Care

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

- All families have strengths and all families have needs
- Families are successful when their needs are met
- More than material resources

Adapted from the Center for the Study of Social Policy



Concrete Support in Times of Need

- Seeking and receiving support
- Knowing how to access available services
- Adequate financial security; basic needs being met
- Persistence
- Advocating successfully for self and child

Adapted from the Center for the Study of Social Policy



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Parents with access to concrete supports are:

- Less stressed about providing for their children
- Advocates for their children



Concrete Support in Times of Need

The role of family support professionals:

- Act as a bridge to services
- Reduce stigma
- Provide opportunities to give back



Concrete Support in Times of Need



Social & Emotional Competence of Children



**"My child feels loved,
a sense of belonging and can get along with others."**

**Compassion | Help your children communicate and
give them the love and respect they need**

Protective Factors definitions from Community Care

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

- Foundation of development
- Begins with nurturing and attachment

Adapted from the Center for the Study of Social Policy



Social & Emotional Competence of Children

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

Adapted from the Center for the Study of Social Policy



Social & Emotional Competence of Children



Adapted from the Center for the Study of Social Policy



Social & Emotional Competence of Children

Parents who understand and nurture their child's social and emotional development:

- Model healthy social skills for their child
- Understand the source of difficult behavior
- Build strong, nurturing relationships with their children



Social & Emotional Competence of Children

The role of family support professionals:

- Model nurturing care
- Provide access to resources
- Support parents when a delay or concern is detected

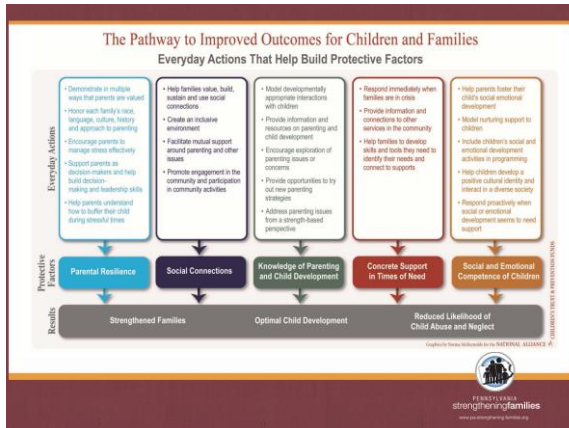


The 5 Protective Factors



<http://www.whatmakesyourfamilystrong.org/RememberProtectiveFactors.html>





CSSP: Resources for Programs

strengthening families ABOUT PRACTICE SYSTEMS POLICY

Home > System/Systems > Strengthening Families > Practice

Practice

At its heart, Strengthening Families is about changing how service providers interact with families to support them in building protective factors. Strengthening Families is implemented through small but significant changes in daily practice, supported by staff at the program level that allow workers to make those changes. A number of tools are available to support these skills in practice. Click on the headings below to explore the resources and materials available to help you do this.

- Program Self-Assessments
- Aligning Practice with Strengthening Families
- Building Parent Partnerships
- Training/Professional Development
- Ensuring Accountability

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<http://www.cssp.org/reform/strengtheningfamilies/practice>

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Pennsylvania

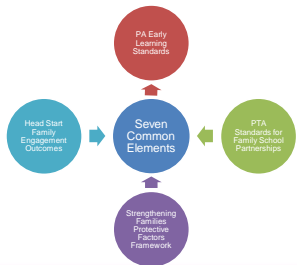
The PA Strengthening Families™ Leadership Team works to sustain and weave the five protective factors, which are social and emotional competence of children, knowledge of parenting and child development, social connections, concrete support in times of need and parental resilience, into policies, program and practice across child and family service systems.

Relationships * Strong Families * Respect

www.pa-strengthening-families.org



PA Family Engagement Crosswalk



Summary

- Partnerships with parents
- Five protective factors = strong and safe families
- System, program and worker level shifts
- Purposeful and intentional



Commitment

What is one thing you can affirm or will change in your work with families?



Contact

Instructor Name

- Email
- Phone



Center for Schools & Communities
275 Grandview Avenue, Suite 200
Camp Hill, Pennsylvania 17011
Phone: 717-763-1661
www.center-school.org/pa-pirc



How to remember the **5 PROTECTIVE FACTORS** that make your family strong.



Use your Thumb to remember

**Social & Emotional
Competence of
Children**

because a “thumbs up”
is one of the first ways
we learn to communicate
our emotions.



Your Pinky Finger signifies
**Concrete Support
in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.

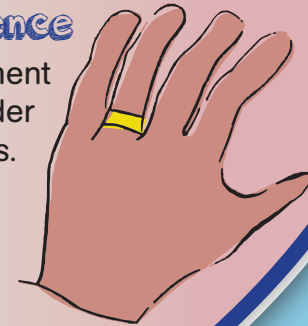


Your Index Finger represents
**Knowledge of Parenting
and Child Development**

because you are your child’s
1st teacher!

Your Ring Finger stands for
Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember

Social Connections

because it should never
stand alone! We all need a
positive social network.

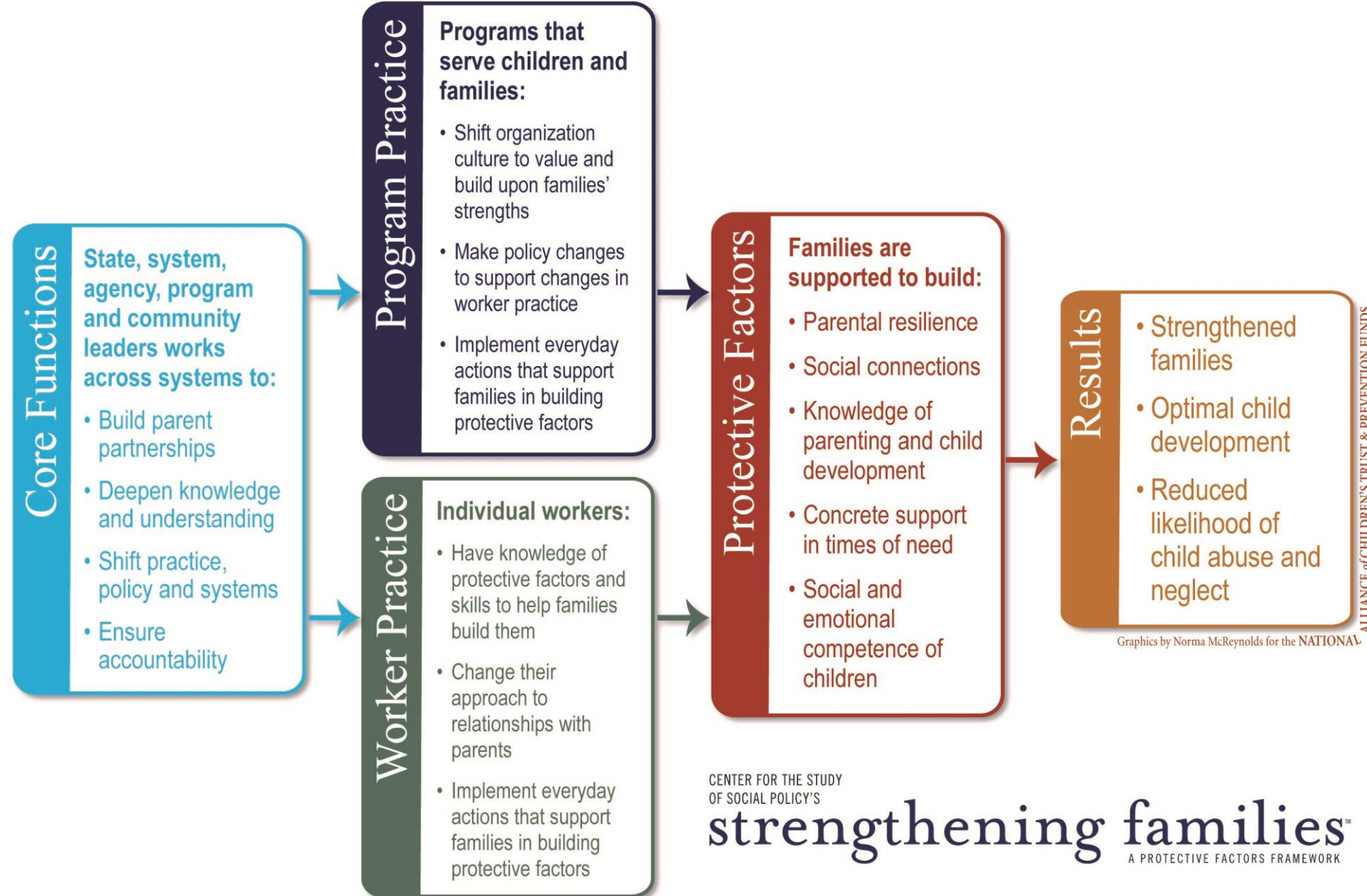


Charlevoix, Emmet
Northern Antrim Counties

MICHIGAN
strengthening families
A PROTECTIVE FACTORS INITIATIVE

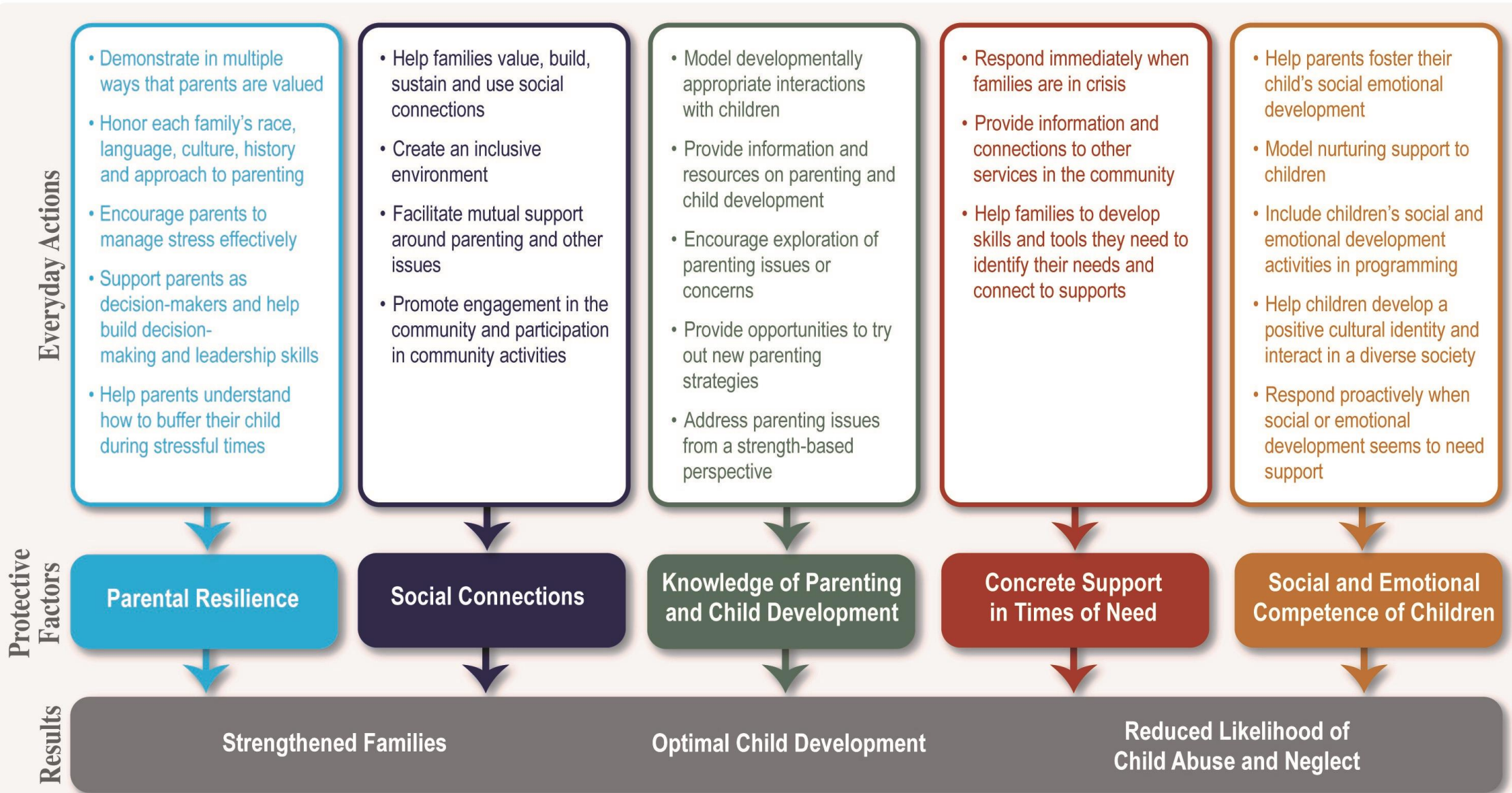
The Pathway to Improved Outcomes for Children and Families

Strengthening Families™ Protective Factors Framework Logic Model



The Pathway to Improved Outcomes for Children and Families

Everyday Actions That Help Build Protective Factors



Strengthening Families™ Protective Factors Framework Resources

Center for the Study of Social Policy – Strengthening Families™

www.cssp.org/reform/strengthening-families

- History and research behind the Strengthening Families™ Protective Factors Framework
- Information about national and state implementation
- Resources for supervisors, direct care providers, and parents
- Professional development resources
- Program self-assessments and Parents Assessment of Protective Factors evaluation tool

Center for the Study of Social Policy – Youth Thrive

www.cssp.org/reform/child-welfare/youth-thrive

- Research behind the Youth Thrive Protective and Promotive Factors
- Information about Youth Thrive Implementation
- Professional Development opportunities

National Alliance of Children’s Trust and Prevention Funds

www.ctfalliance.org

- Online professional development courses
- Information about the Bringing the Protective Factors Framework to Life in Your Work face-to-face courses
- Video library
- Information about Community Cafes
- Birth Parent National Network and the Alliance National Parent Partnership Council

Child Welfare Information Gateway

www.childwelfare.gov/preventing/promoting/protectfactors

- Research briefs
- Annual prevention resource guide

FRIENDS National Resource Center

www.friendsnrc.org

- Protective Factors Survey evaluation tool

Be Strong Families

www.bestrongfamilies.net

- Professional development opportunities related to the Strengthening Families™ Protective Factors
- Be Strong Parent Cafes

What Makes Your Family Strong

www.whatmakesyourfamilystrong.org


- Downloadable posters about the Strengthening Families™ Protective Factors

Strengthening Families Pennsylvania

www.pa-strengthening-families.org

- Information about the work of the Pennsylvania Leadership Team
- Pennsylvania professional development opportunities
- Archived quarterly newsletter
- Resource section


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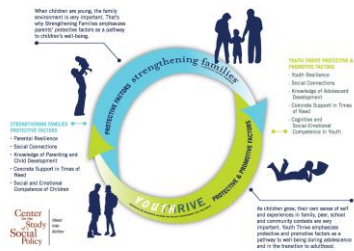
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Protective Factors Across the Lifespan



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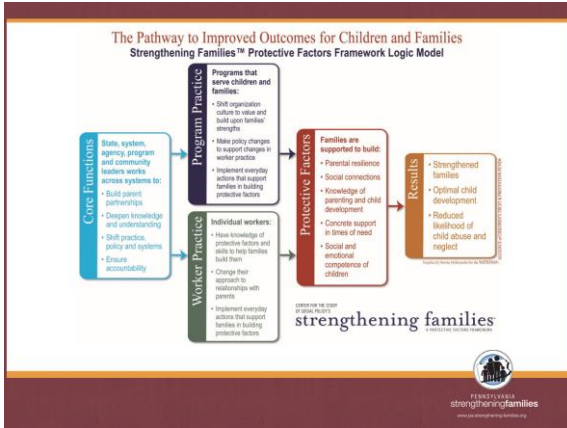
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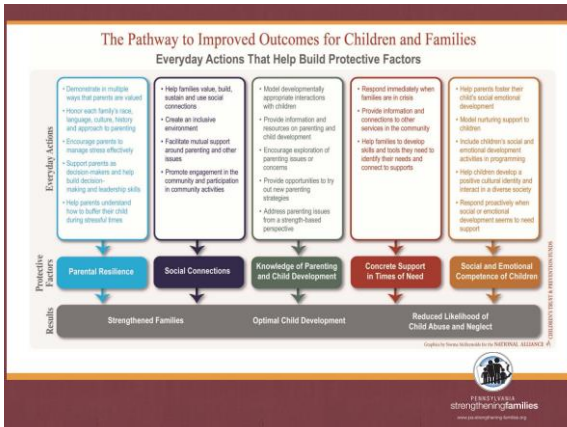
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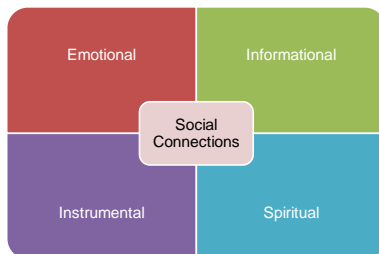
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Concrete Support in Times of Need



Social & Emotional Competence of Children



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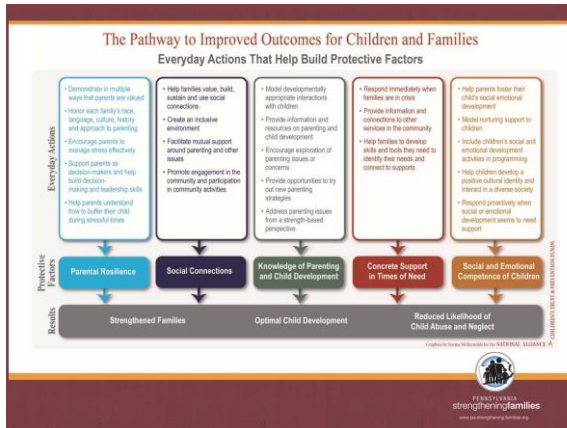


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Pennsylvania

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www.pa-strengthening-families.org



Summary

- Relationships
- Five protective factors = strong and safe families
- Small but significant changes
- Program level *and* worker level



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