### Step 1: What are you already doing that aligns with KYSF?

(Re: ACES and KYSF Overview)

- We make referrals to Community Resource Centers when families indicate hardships on their enrollment applications.
- Partner families with First Steps.

### Step 2: What new ideas could you add to address all 6 PFS and/or enhance those with less?

(Re: Value #1, KYSF Success Stories and Lessons Learned)

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<tr>
<th>Overall- our organization needs to add stronger policies and practices around Family Partnership (current partnerships are community and state based only)</th>
<th>Seek partners in the community who offer programs to help families manage stress and deal with crises. Ask if these programs can offer discounts and/or free counsel to some of our families.</th>
<th>Set aside a welcome place for parents to mingle and talk. Provide coffee, snacks and other “perks”. Offer a motivational quote and/or prompt of the week to guide conversation.</th>
<th>Encourage parents to see the world from their child’s point of view. For example, we might explore a room together on hands and knees, to help the parent understand how to childproof for their toddler.</th>
<th>Train staff on how to practice strength-based, non-critical listening with families when they share struggles. Staff learn how to listen to families and let families take the lead in planning services.</th>
<th>Offer 1 to 2 hour parent classes that focus on the difficulties of challenging behaviors and the importance of nurturing social and emotional development through positive and nurturing discipline techniques.</th>
<th>Add questions related to nurturing and attachment to new parent orientation questionnaires. Include goals related to spending time together as part of the program work plan/goals.</th>
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<td>KYSF Mission: Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.</td>
<td>Parental Resilience: Families bounce back. Managing stress and getting through it when faced with challenges, adversity and trauma.</td>
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### “Current Reality” (Baseline): Protective Factors are somewhat supported with families (Value #1), and organization is well positioned for a new initiative (value #3). Next steps need to focus on parents being respected for their wisdom and experience and recognized as experts for their family (value #2).
**Example 1: Early Childhood**

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<th>Knowledge of Child Development</th>
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<th>Social and Emotional Competence of Children</th>
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<td>Protective Factors and Mission</td>
<td>Families bounce back. Managing stress and getting through it when faced with challenges, adversity and trauma.</td>
<td>Families have friends they can count on. Having positive relationships that provide emotional, informational and spiritual support.</td>
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<td>Families get assistance to meet basic needs. Access to resources that address a family's basic needs and minimize stress caused by challenges.</td>
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**Step 3:** Ensure your plan is a Family Driven, Strength Based Approach

- **KYSF Mission:** Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.
- **Protective Factors and Mission**
  - Ask families to complete the Protective Factors Surveys.
  - Create a Family Focus Group to help design the center's new Family Partnership policies and practices.
- **Parental Resilience:** Families bounce back. MANAGING STRESS AND GETTING THROUGH IT WHEN FACED WITH CHALLENGES, ADVERSITY AND TRAUMA.
  - Ask families to provide feedback on these community partnerships in terms of strength-based, family-friendly and meeting the family's needs and/or asks.
- **Social Connections:** Families have friends they can count on. Having positive relationships that provide emotional, informational and spiritual support.
  - Have families identify what they would like provided in these “welcome areas.” Ask what day of the week and time they prefer.
- **Knowledge of Child Development:** Families learn how their children grow and develop. UNDERSTANDING CHILD DEVELOPMENT AND PARENTING STRATEGIES THAT ADVANCE PHYSICAL, COGNITIVE, LANGUAGE, SOCIAL AND EMOTIONAL DEVELOPMENT.
  - ADD to current developmental handouts: Ideas from families at the center that have been helpful.
- **Concrete Support in Times of Need:** Families get assistance to meet basic needs. ACCESS TO RESOURCES THAT ADDRESS A FAMILY'S BASIC NEEDS AND MINIMIZE STRESS CAUSED BY CHALLENGES.
  - Invite parent leaders to be co-trainers during these staff training sessions.
- **Social and Emotional Competence of Children:** Families teach children how to have healthy relationships. FAMILY AND CHILD INTERACTIONS THAT HELP CHILDREN DEVELOP THE ABILITY TO RECOGNIZE, COMMUNICATE, AND REGULATE THEIR EMOTIONS.
  - Make these sessions Parent Cafés with Challenging Behaviors as the theme/topic.
- **Nurturing and Attachment:** Families ensure children feel loved and safe. A child's early experience of being nurtured and developing a bond with a caring adult.

**Step 4:** Making your plan SMART

- **S: Create a focus group of current families to design new Family Partnership (FP) Policy.**
  - M: Finalized FP policy.
  - A: Pre/Post-test for “Family Friendly” Center.
  - R: # of parents using area.
  - T: Focus group est. Sept. 17, pre-test Nov. 17.
- **S: Utilize parents to help create welcome area for families to gather.**
  - M: Completed welcome area.
  - A: # of parents using area.
  - R: Survey sent Sept. 17, welcome area done 1.18.
- **S: Become trained in Parent Cafés.**
  - M: Certificate of completion.
  - A: Maybe. Funding? Availability?
  - R: # of trained staff.
  - T: Ask for funding now, train staff fall 2017.

**Shared Vision (1 year from now):** By May 2018, Families will report feeling respected for their wisdom and experience and recognized as experts for their family. Our center is all-inclusive and enhancing Protective Factors through family, community and state partnerships.
**Kentucky Strengthening Families Protective Factors and Mission**

**KYSF Mission:**
Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.

**Parental Resilience:**
Families bounce back. Managing stress and getting through it when faced with challenges, adversity and trauma.

**Social Connections:**
Families have friends they can count on. Having positive relationships that provide emotional, informational and spiritual support.

**Knowledge of Child Development:**
Families learn how their children grow and develop. Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development.

**Concrete Support in Times of Need:**
Families get assistance to meet basic needs. Access to resources that address a family’s basic needs and minimize stress caused by challenges.

**Social and Emotional Competence of Children:**
Families teach children how to have healthy relationships. Family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions.

**Nurturing and Attachment:**
Families ensure children feel loved and safe. A child’s early experience of being nurtured and developing a bond with a caring adult.

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<th>Step 1: What are you already doing that aligns with KYSF?</th>
<th>KYSF Mission:</th>
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<tbody>
<tr>
<td><strong>(Re: ACES and KYSF Overview)</strong></td>
<td>Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.</td>
</tr>
<tr>
<td>• We make referrals to Community Resource Centers when youth indicate hardships on their participation surveys.</td>
<td>Parental Resilience: Families bounce back. Managing stress and getting through it when faced with challenges, adversity and trauma.</td>
</tr>
<tr>
<td>• Partner youth with Case Managers, and/or therapists, when applicable.</td>
<td>Social Connections: Families have friends they can count on. Having positive relationships that provide emotional, informational and spiritual support.</td>
</tr>
<tr>
<td>• Offer lifeskills handouts (stress-relief/coping skills, etc.)</td>
<td>Knowledge of Child Development: Families learn how their children grow and develop. Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development.</td>
</tr>
<tr>
<td>• Host Youth Event nights twice a year where youth get to know each other</td>
<td>Concrete Support in Times of Need: Families get assistance to meet basic needs. Access to resources that address a family's basic needs and minimize stress caused by challenges.</td>
</tr>
<tr>
<td>• Once a year at the career expo we buddy youth together based on interests</td>
<td>Social and Emotional Competence of Children: Families teach children how to have healthy relationships. Family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions.</td>
</tr>
<tr>
<td>• Complete Via Strengths survey with all youth</td>
<td>Nurturing and Attachment: Families ensure children feel loved and safe. A child’s early experience of being nurtured and developing a bond with a caring adult.</td>
</tr>
</tbody>
</table>

**Current Reality** (Baseline): Protective Factors are somewhat supported with youth (value #1), and organization is well positioned for a new initiative (value #3). Next steps need to focus on youth being respected for their wisdom and experience and recognized as experts on themselves (value #2).

**Step 2: What new ideas could you add to address all 6 PFS and/or enhance those with less?**

(Re: Value #1, KYSF Success Stories and Lessons Learned)

<table>
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<tr>
<th>Overall - our organization needs to add Youth Driven Policies and Practices (current partnerships are community and state based only)</th>
<th>Seek partners in the community who offer programs to help youth manage stress and deal with crises. Ask if these programs can offer discounts and/or free counsel to Youth.</th>
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<tr>
<td>Create a text buddy system where youth are intentionally partnered with another youth who has successfully completed the program</td>
<td>Provide resources to youth on how to utilize their Core Character Strengths when faced with adversity and stress.</td>
</tr>
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<td>Train staff on how to practice strength-based, non-critical listening with youth when they share struggles. Staff learn how to listen to youth and let them take the lead in planning services.</td>
<td>Offer 1 to 2 hour classes that focus on the regulating emotions and controlling impulses.</td>
</tr>
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**Add questions related to nurturing and attachment during early childhood when collecting families history.**
## Example 2: Youth Thrive

### Step 3: Ensure your plan is a Family Driven, Strength Based Approach

(Re: Value #2, KPFC Presentation, Protective Factor Survey Results)

- Ask youth to complete the Protective Factors Surveys
- Create a Youth Focus Group to help design the program's new Youth Driven policies and practices.

### Step 4: Making your plan SMART

(Re: Value #3, Parent Cafés, SMART Goals)

<table>
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<th>S</th>
<th>M</th>
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<th>T</th>
</tr>
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<tr>
<td>S: Create a focus group of current youth to design a new Youth Driven (YD) Policy.</td>
<td>M: Finalized YD policy.</td>
<td>A: Pre/Post-test for YD Program</td>
<td>R: # of youth utilizing</td>
<td>T: Survey sent and buddies assigned Sept. 17</td>
</tr>
<tr>
<td>S: Utilize youth to help create buddy system process.</td>
<td>M: Active Buddy System</td>
<td>A: yes ☑️</td>
<td>R: # of youth utilizing</td>
<td>T: Survey sent and buddies assigned Sept. 17</td>
</tr>
</tbody>
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### Nurturing and Attachment: Families ensure children feel loved and safe.
A child’s early experience of being nurtured and developing a bond with a caring adult.

### Shared Vision (1 year from now): By May 2018, Youth will report feeling respected for their wisdom and experience and recognized as experts of themselves and their families. Our program is all-inclusive and is enhancing Protective Factors through youth, community and state partnerships.

- Making your plan SMART
- Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.
- Parental Resilience: Families bounce back.
- Managing stress and getting through it when faced with challenges, adversity and trauma.
- Social Connections: Families have friends they can count on.
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“Making Kentucky Strengthening Families Your Own” Action Plan Guide Page 1

**Kentucky Strengthening Families Protective Factors and Mission**

| KYSF Mission: | Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships. |
| Parental Resilience: | Families bounce back. Managing stress and getting through it when faced with challenges, adversity and trauma. |
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**Step 1:**
What are you already doing that aligns with KYSF?
(Re: ACES and KYSF Overview)

- We make referrals to Community Resource Centers when hardships/risk factors are indicated.
- Ensure Wraparound has a true System of Care approach.
- Provide Respite care system.
- Provide referral/funding for families to receive services during crises.
- Kinship Care Conference annually.
- Ensure that boots on the ground staff are making linkages between consumers and social centers.
- Caregiver Conference that links families with child development resources throughout their community.
- Electronic Support Network using social media.
- System recognizes the trauma that occurs when children are removed from their homes.

**Step 2:**
What new ideas could you add to address all 6 PFS and/or enhance those with less?
(Re: Value #1, KYSF Success Stories and Lessons Learned)

- Engage statewide and local resources in adopting KYSF Framework.
- Review contract RFPs to better integrate KYSF Framework.
- Ensure that contracts are rich with funding for parental/teen/child resilience.
- As a system develop internal policies for measuring and building staff resilience, so that they are a role model for the families they serve.
- Ensure that Peer Support Specialists are active/accessible within all service programs.
- Create a staff mentorship program, linking new and seasoned staff.
- Build statewide awareness of Adverse Childhood Experiences, and initiate training for all staff (Top-down) on KYSF.
- Adopt a statewide approach that recognizes that ALL families need concrete support, at some point during their lifespan. (Reduce stigmatism on receiving resources)
- Train staff on how multi-generational transmission affects all areas of development, especially a person’s ability to successfully function in society and overcome adversity.
- Train all staff on the importance of nurturing and attachment, with the recognition that it is the foundational for all future success.
- Create a 5 minute tutorial on the importance of nurturing and attachment given to all caregivers upon birth of an infant.

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"Current Reality" (Baseline): Organization is well positioned for a new initiative (value #3). Next steps need to focus on embedding the protective factors and families being respected for their wisdom and experience and recognized as experts on themselves (values #1 & #2).
### Kentucky Strengthening Families (KYSF) Mission:
Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.

### Parental Resilience: Families bounce back.
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#### Step 3: Ensure your plan is a Family Driven, Strength Based Approach
(Re: Value #2, KPFC Presentation, Protective Factor Survey Results)

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By May 2018, New Policies and Procedures will be in place that recognize caregivers/families as experts on themselves and their families. Statewide implementation of our KYSF Action Plan creates an all-inclusive approach to enhancing Protective Factors through family, community and state partnerships.

#### Step 4: Making your plan SMART
(Re: Value #3, Parent Cafés, SMART Goals)

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