

<p>Kentucky Strengthening Families Protective Factors and Mission →</p>	<p><u>KYSF Mission:</u> Enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.</p>	<p><u>Parental Resilience:</u> <i>Families bounce back.</i> Managing stress and getting through it when faced with challenges, adversity and trauma</p>	<p><u>Social Connections:</u> <i>Families have friends they can count on.</i> Having positive relationships that provide emotional, informational and spiritual support</p>	<p><u>Knowledge of Child Development:</u> <i>Families learn how their children grow and develop.</i> Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development</p>	<p><u>Concrete Support in Times of Need:</u> <i>Families get assistance to meet basic needs.</i> Access to resources that address a family's basic needs and minimize stress caused by challenges</p>	<p><u>Social and Emotional Competence of Children:</u> <i>Families teach children how to have healthy relationships.</i> Family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions</p>	<p><u>Nurturing and Attachment:</u> <i>Families ensure children feel loved and safe.</i> A child's early experience of being nurtured and developing a bond with a caring adult</p>
<p>Step 1: What are you already doing that aligns with KYSF? (Re: ACES and KYSF Overview)</p>	<ul style="list-style-type: none"> We make referrals to Community Resource Centers when families indicate hardships on their enrollment applications. Partner families with First Steps 		<ul style="list-style-type: none"> Host Parent Event nights twice a year where families get to know other families at the center Once a year at the carnival we buddy families together based on age of child/ren 	<ul style="list-style-type: none"> Give parents handouts about developmental milestones birth through age 5 Parent-teacher conferences explain school readiness and ideas for teaching at home 	<ul style="list-style-type: none"> Community resources are shared with families through back-pack mail Link families to Community Resource Centers when they indicate hardships on their enrollment applications. 	<ul style="list-style-type: none"> Utilize social and emotional screeners with all children and discuss results with parents during conferences 	
<p>“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).</p>							
<p>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)</p>	<p>Overall- our organization needs to add stronger policies and practices around Family Partnership (current partnerships are community and state based only)</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>

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<p>Step 3: Ensure your plan is a Family Driven, Strength Based Approach (Re: Value #2, KPFC Presentation, Protective Factor Survey Results)</p>	<ul style="list-style-type: none"> 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. 	<p>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.</p>	<p>Have families identify what they would like provided in these "welcome areas." Ask what day of the week and time they prefer.</p>	<p>ADD to current developmental handouts: Ideas from families at the center that have been helpful</p>	<p>Invite parent leaders to be co-trainers during these staff training session.</p>	<p>Make these sessions Parent Cafés with Challenging Behaviors as the theme/topic.</p>	<p>Emphasis Value #2 from Readiness Survey i.e. recognize parents as experts of their family and empower parents to lead the process on creating goals for their child.</p>
<p>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.</p>							
<p>Step 4: Making your plan SMART (Re: Value #3, Parent Cafés, SMART Goals)</p>	<p>S: Create a focus group of current families to design a new Family Partnership (FP) Policy. M: Finalized FP policy. A: Pre/Post-test for "Family Friendly" Center R: yes ☺ T: Pre/Post test data T: Focus group est. Sept.17, pre-test Nov.17</p>	<p>S M A R T</p>	<p>S: Utilize parents to help create welcome area for families to gather. M: Completed welcome area A: yes ☺ R: # of parents using area T: Survey sent Sept.17, welcome area done 1.18</p>	<p>S M A R T</p>	<p>S M A R T</p>	<p>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</p>	<p>S M A R T</p>

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<p>Step 1: What are you already doing that aligns with KYSF? (Re: ACES and KYSF Overview)</p>	<ul style="list-style-type: none"> We make referrals to Community Resource Centers when youth indicate hardships on their participation surveys. Partner youth with Case Managers, and/or therapists, when applicable. 	<ul style="list-style-type: none"> Offer lifeskills handouts (stress-relief/coping skills, etc.) 	<ul style="list-style-type: none"> Host Youth Event nights twice a year where youth get to know each other Once a year at the career expo we buddy youth together based on interests 	<ul style="list-style-type: none"> Complete Via Strengths survey with all youth Youth-Provider conference that links youth and their strengths with community based activities, or employment 	<ul style="list-style-type: none"> Community resources are shared with youth via Facebook Link youth to Community Resource Centers 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Provide 15 minute webinar/face-to-face training on social skills and emotional intelligence
<p>“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).</p>							
<p>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)</p>	<p>Overall- our organization needs to add Youth Driven Policies and Practices (current partnerships are community and state based only)</p>	<p>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.</p>	<p>Create a text buddy system where youth are intentionally partnered with another youth who has successfully completed the program</p>	<p>Provide resources to youth on how to utilize their Core Character Strengths when faced with adversity and stress.</p>	<p>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.</p>	<p>Offer 1 to 2 hour classes that focus on the regulating emotions and controlling impulses.</p>	<p>Add questions related to nurturing and attachment during early childhood when collecting families history.</p>

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<p>Step 3: Ensure your plan is a Family Driven, Strength Based Approach (Re: Value #2, KPFC Presentation, Protective Factor Survey Results)</p>	<ul style="list-style-type: none"> 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. 	<p>Ask youth to provide feedback on these community partnerships in terms of strength-based, youth driven and meeting their needs and/or asks.</p>	<p>Have youth create the process and implementation for pairing of buddies.</p>	<p>Create a handout: collect ideas from youth that have been beneficial to them</p>	<p>Invite youth leaders to be co-trainers during these staff training sessions.</p>	<p>Make these sessions Youth Cafés with facing adversity as the theme/topic.</p>	<p>Emphasis Value #2 from Readiness Survey i.e. recognize youth as experts of their story and empower them to lead the process on creating goals</p>
<p>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.</p>							
<p>Step 4: Making your plan SMART (Re: Value #3, Parent Cafés, SMART Goals)</p>	<p>S: Create a focus group of current youth to design a new Youth Driven (YD) Policy. M: Finalized YD policy. A: Pre/Post-test for YD Program R: Pre/Post test data T: Focus group est. Sept.17, pre-test Nov.17</p>	<p>S M A R T</p>	<p>S: Utilize youth to help create buddy system process. M: Active Buddy System A: yes ☺ R: # of youth utilizing T: Survey sent Sept.17, buddies assigned 1.18</p>	<p>S M A R T</p>	<p>S M A R T</p>	<p>S: Become trained in Youth Cafés M: Certificate of completion A: Maybe. Funding? Availability? R: # of trained staff T: Ask for funding now, train staff fall 2017</p>	<p>S M A R T</p>

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<p>Step 1: What are you already doing that aligns with KYSF? (Re: ACES and KYSF Overview)</p>	<ul style="list-style-type: none"> •We make referrals to Community Resource Centers when hardships/risk factors are indicated. •Ensure Wraparound has a true System of Care approach 	<ul style="list-style-type: none"> •Provide Respite care system •Provide referral/funding for families to receive services during crises 	<ul style="list-style-type: none"> •Kinship Care Conference annually •Ensure that boots on the ground staff are making linkages between consumers and social centers 	<ul style="list-style-type: none"> •Caregiver Conference that links families with child development resources throughout their community •Electronic Support Network using social media 	<ul style="list-style-type: none"> •Boots on the ground staff/employees are linking families to resources that provide basic needs. 	<ul style="list-style-type: none"> •Classes are provided on social and emotional development. 	<ul style="list-style-type: none"> •System recognizes the trauma that occurs when children are removed from their homes.
<p>“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).</p>							
<p>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)</p>	<ul style="list-style-type: none"> •Engage statewide and local resources in adopting KYSF Framework •Review contract RFPs to better integrate KYSF Framework 	<ul style="list-style-type: none"> •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. 	<ul style="list-style-type: none"> •Ensure that Peer Support Specialists are active/accessible within all service programs. •Create a staff mentorship program, linking new and seasoned staff. 	<ul style="list-style-type: none"> •Build statewide awareness of Adverse Childhood Experiences, and initiate training for all staff (Top-down) on KYSF. 	<ul style="list-style-type: none"> •Adopt a statewide approach that recognizes that ALL families need concrete support, at some point during their lifespan. (Reduce stigmatism on receiving resources) 	<ul style="list-style-type: none"> •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. 	<ul style="list-style-type: none"> •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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<p>Step 3: Ensure your plan is a Family Driven, Strength Based Approach (Re: Value #2, KPFC Presentation, Protective Factor Survey Results)</p>	<ul style="list-style-type: none"> •After Caregiver/ Families complete the PF Survey, create a Focus Group to assist in creating family driven Policies & Procedures for our organization. •Meet with contract recipients to ensure Family Driven deliverables are executed. 	<ul style="list-style-type: none"> •Develop a Family Leader Ladder for training parents to be active board members. •Empower staff to lead their own resilience plans. 	<ul style="list-style-type: none"> •Utilize Peer Specialists to navigate challenges in taking it statewide. •Create a staff focus group to design staff mentorship program (ie Bottom-up and utilizing language that builds staff up) 	<ul style="list-style-type: none"> •Utilize families who have triumphed over their own adversities to co-train and deliver these trainings. 	<ul style="list-style-type: none"> •Have families identify services that are stigmatizing. •Ensure that programs are accessible, available, and approachable. 	<ul style="list-style-type: none"> •Initiate statewide Parent and Youth Cafes. •Make the trainings about ACEs statewide accessible-recognizing that these are often unattainable (ie transportation, child care, limited internet access, limited personal funding). 	<ul style="list-style-type: none"> •Ask caregivers how they would like to receive the 5 minute tutorial (ie Hospital Nursing Staff, OBGYN, Online, Peer Specialist, etc) •Ask caregivers to co-present the Nurturing and Attachment Presentation.
<p>Shared Vision (1 year from now): 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.</p>							
<p>Step 4: Making your plan SMART (Re: Value #3, Parent Cafés, SMART Goals)</p>	<p>S: Create a focus group to develop Family Drive (FD) Policies & Procedures M: Finalized FD policy and a Pre/Post-test for FD Outcomes A: yes ☺ R: Pre/Post test data T: Focus group est. Sept.17, pre-test Nov.17</p>	<p>S: Develop a Family Leadership ladder with FD input. M: 5 Family Leaders identified and active on boards. A:yes ☺ R: 5 Active Family Leaders T: Family Ladder 12.17, Begin Training 2.18, Members on Boards 4.18</p>	<p>S: Utilize staff to help mentorship process. M: Active Mentorship Program System A: yes ☺ R: # of staff engaged with mentor/mentee T: Survey sent to staff Sept.17, new staff assigned 1.18</p>	<p>S M A R T</p>	<p>S: Asset mapping of current services with Family Leader input. M: Completed list of resources that are non-stigmatizing. A: yes ☺ R: Completed List with parent feedback. T: Asset mapping 9.17, Draft to parents 1-.17, Finalized list 1.18</p>	<p>S: Become trained in Parent & Youth Cafés M: Number of Parent & Youth Café Trainers A: Maybe. Funding? Availability? R: # of staff trained statewide T: Seek funding now, train staff Jan 2018</p>	<p>S M A R T</p>