



**KENTUCKY
STRENGTHENING
FAMILIESSM**

Starter Kit Presentation for Kentucky Strengthening Families

Kentucky Strengthening Families Mission and Vision

MISSION:

Kentucky is strengthening families by enhancing protective factors that reduce the impact of adversity and increase the well-being of children and families through family, community, and state partnerships.

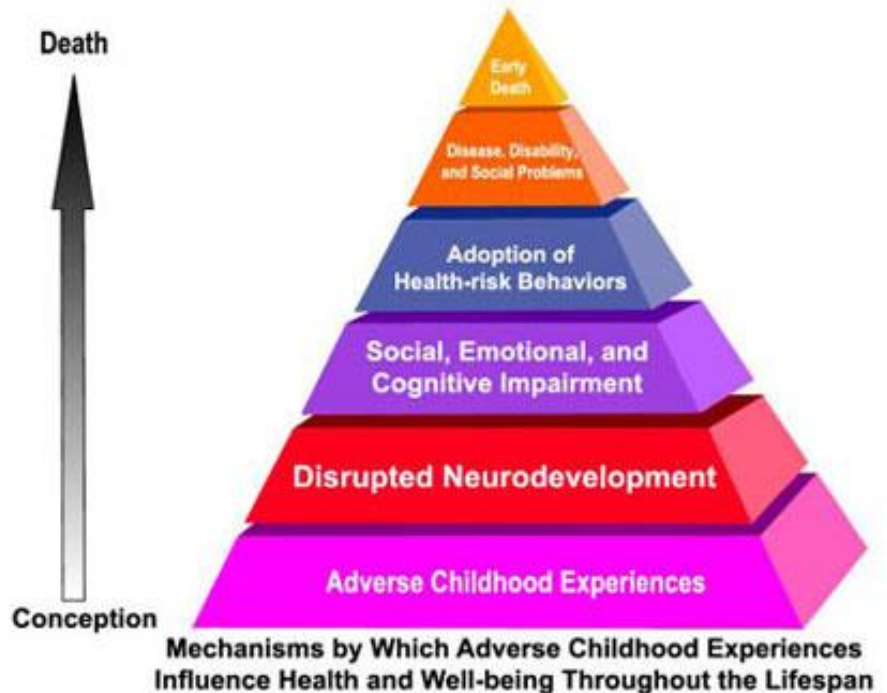
VISION:

All Kentucky children are healthy, safe and prepared to succeed in school and in life through families that are supported and strengthened within their community.



Adverse Childhood Experiences (ACE) Study

- Kaiser study
- 18,000 middle class enrollees
- Categories of trauma experienced in childhood such as:
 - Physical abuse
 - Emotional abuse
 - Domestic violence
 - Substance abuse in home
 - Mental illness in parent
 - Lost parent due to separation or divorce
 - Household member in jail



Information retrieved from Center for Disease Control and Prevention. (2014, May 13)

Adverse Childhood Experiences (ACE) Study

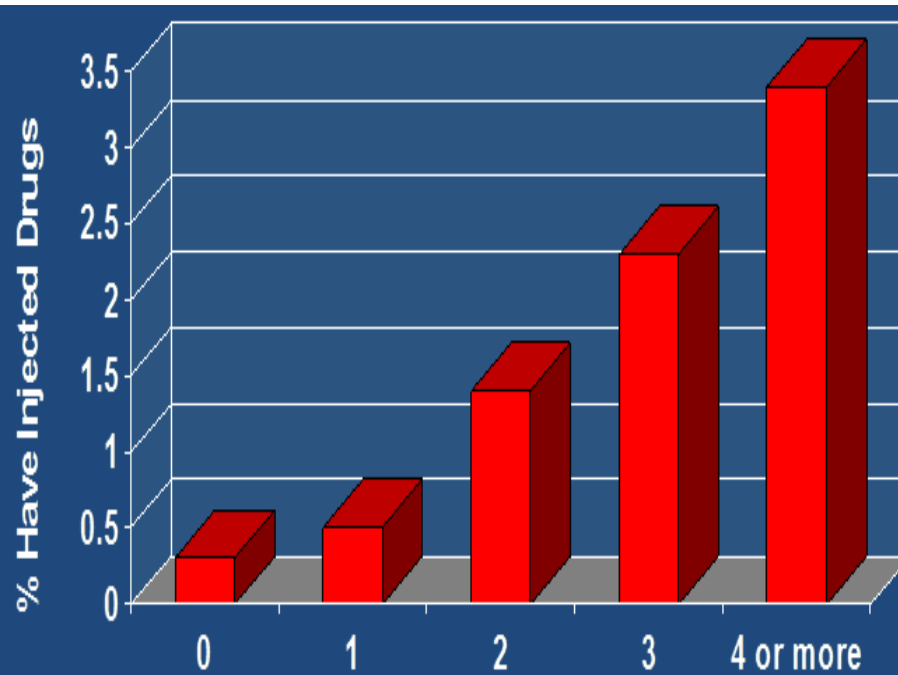
Ace Score	Women	Men	Total
0	34.5%	38%	36.1%
1	24.5%	27.9%	26.0%
2	15.5%	16.4%	15.9%
3	10.3%	8.6%	9.5%
4 or more	15.2%	9.2%	12.5%

Common, cumulative and directly impacts a person's physical health.

- Adverse Childhood Experiences are common
- Almost 2/3 people had at least one
- 64% participants had experienced one or more ACE's
- More than 1 in 5 report 3 or more ACES's
- 1 in 4 exposed to at least two categories of abuse
- 1 in 16 experienced 4 or more ACE's

ACE Study Findings

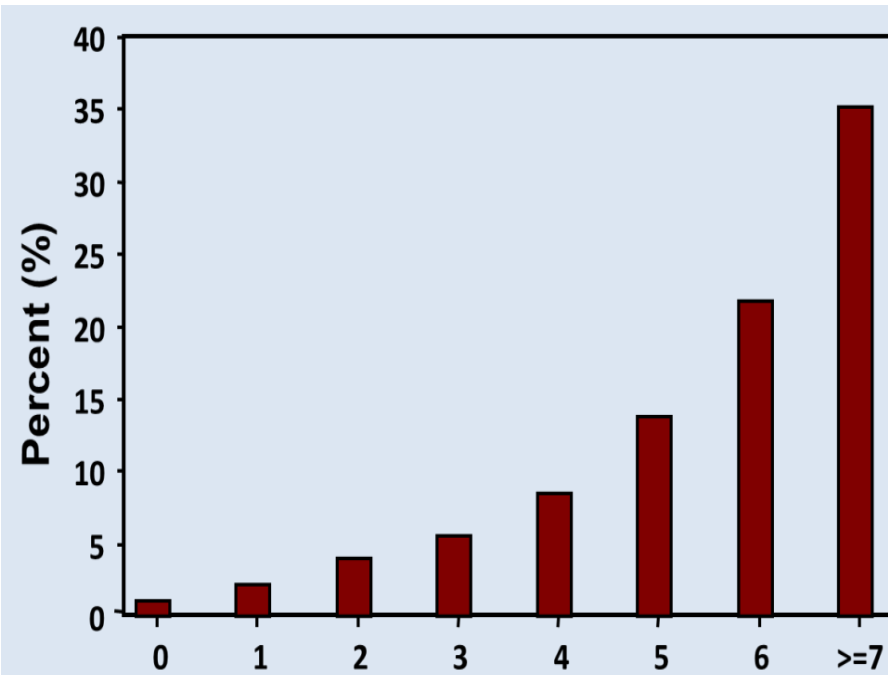
Relationship Between ACE Score & IV Drug Use



ACE Score

Image retrieved from Child Welfare Information Gateway. (n.d.)

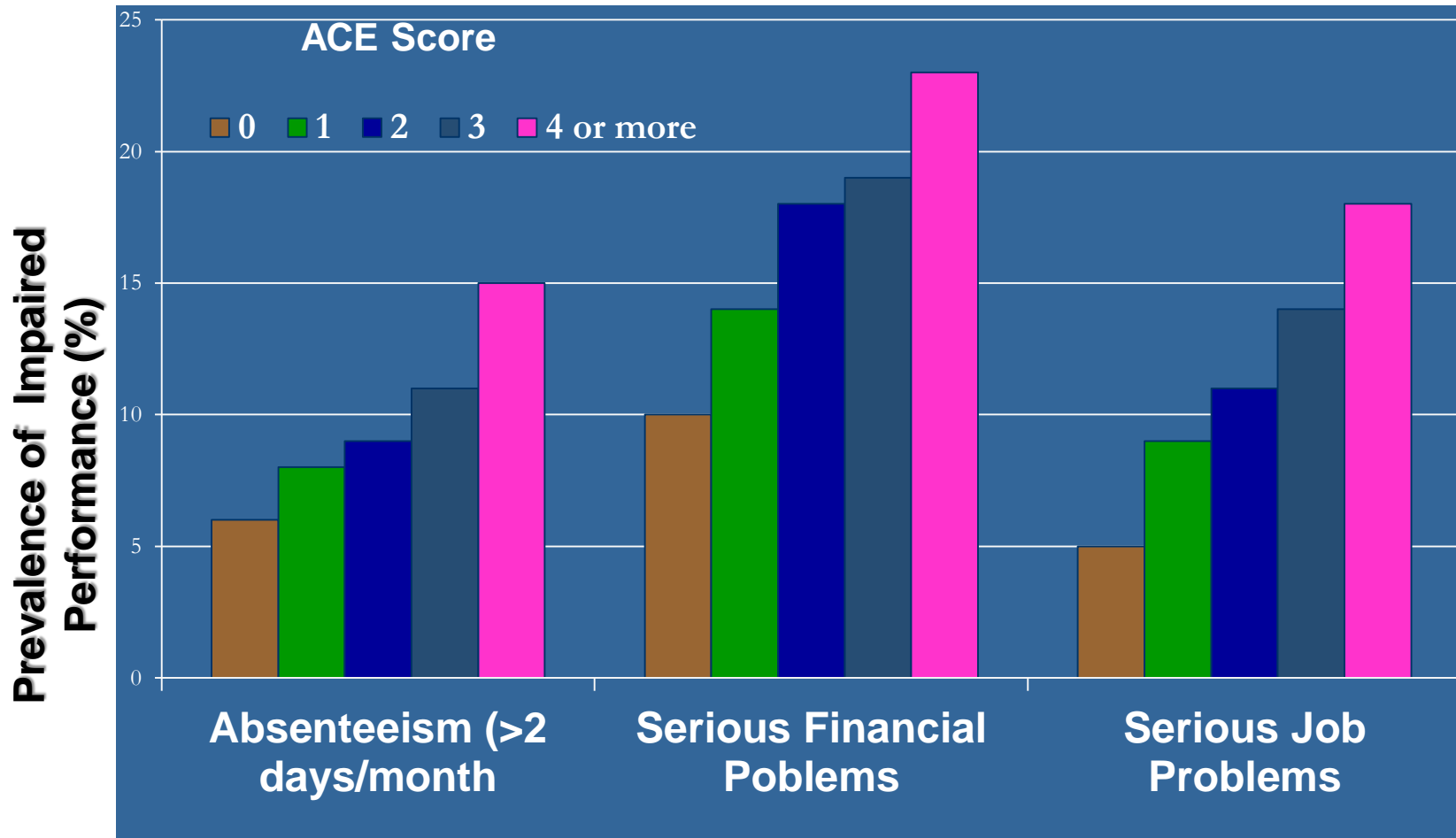
Relationship Between the ACE Score and the Risk of Ever Attempting Suicide



ACE Score

Dube et al., JAMA, 2001

ACE Study Findings





The ACE Study is evidence that..

Adverse Childhood Experiences are **the most basic and long lasting cause** of: health risk behaviors, mental illness, social malfunction, disease, disability, death and healthcare costs.



Information retrieved from Center for Disease Control and Prevention. (2014, May 13)

Why do we need KYSF?

Because...Families need Protective Factors!

The higher the ACE Score, the greater the RISK of experiencing poor physical and mental health, and negative social consequences later in life.

Stress and trauma in childhood has lifelong consequences that impacts **ALL** families.

Three Levels of Stress

Positive

**Brief increases in heart rate,
mild elevations in stress hormone levels.**

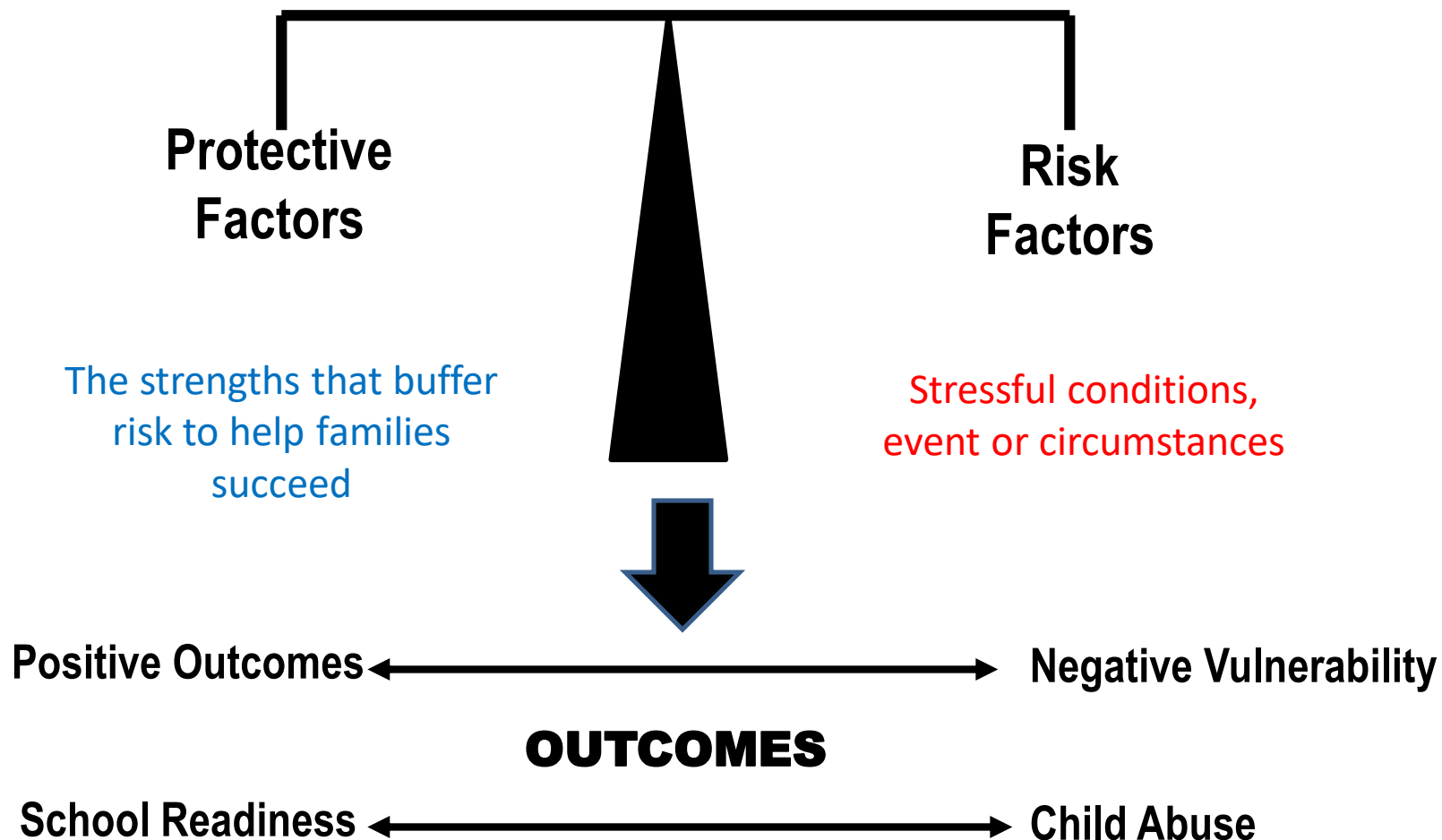
Tolerable

**Serious, temporary stress responses,
buffered by supportive relationships.**

Toxic

**Prolonged activation of stress response systems in the
absence of protective relationships, which can produce
physiological changes that lead to lifelong problems in
learning, behavior, and health.**

A Balance of Risk and Protective Factors



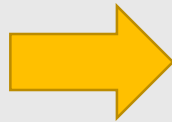


The 5 Core Concepts Behind Kentucky Strengthening Families

Low Impact Services:

What we don't want to see in Family Service Programs:

A focus on a family's deficits and risk factors.

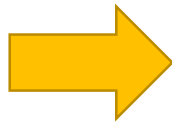


High Impact Services:

Kentucky Strengthening Families 5 Core Concepts

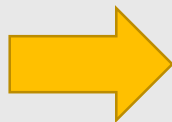
1. All families have strengths and skills that are protective factors.

Services only available for "at risk families."



2. All families face adversity at times and strong relationships help buffer this (toxic) stress.

A belief that we are fixing families by doing "to" rather than "with."



3. Families know their children best and all families should be respected.



The 5 Core Concepts Behind Kentucky Strengthening Families Cont.

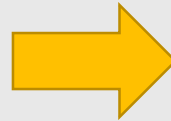
Low Impact Services:

What we don't want to see in Family Service Programs

High Impact Services:

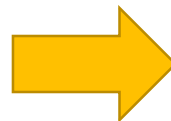
Kentucky Strengthening Families 5 Core Concepts

Underestimating the critical importance of children birth to age five.



4. Early experiences are important because they impact, both positively and negatively, the child and family for a lifetime.

Because resources are scarce, programs find it difficult to meet all the needs of their families.



5. Kentucky Strengthening Families promotes these concepts through small but significant changes in everyday actions.

KENTUCKY STRENGTHENING FAMILIESSM



Parental Resilience

Families bounce back

Managing stress and moving forward when faced with challenges, adversity and trauma



What it looks like:

- Families exhibit strength and flexibility to general life stress.
- Families recognize and value their unique strengths.
- Families identify themselves as hopeful, optimistic, and confident.
- Families have strong problem solving skills.
- Families practice regular self care to keep stress from interfering with nurturing their child.

Social Connections

Families have friends they can count on

Having positive relationships that provide emotional, informational and spiritual support

What it looks like:

- Families maintain multiple friendships and supportive relationships with others.
- Families feel respected and appreciated in their role as parent or primary caregiver.
- Families accept help from others and give help to others.
- Families establish connections and a sense of belonging with other families.



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

What it looks like:

- Families identify realistic expectations for their child's development.
- Families possess a commitment to life long learning.
- Families practice positive discipline techniques to effectively manage their child's behavior.
- Families recognize and respond appropriately to their child's specific developmental needs.



Concrete Support in Times of Need

Families get their basic needs met

Accessing resources that address a family's basic needs, resulting in minimizing stress caused by challenges



What it looks like:

- Families sustain adequate financial security to meet basic needs.
- Families feel safe in their living environment.
- Families understand what resources their family needs.
- Families advocate for and receive concrete supports when needed.
- Families have information and connections to services in their community.
- Families feel supported and valued when reaching out for help.

Cognitive, Social and Emotional Competence of Children

Families teach children how to have healthy relationships

Establishing family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions

What it looks like:

- Families encourage and reinforce positive social skills and set limits in a positive way.
- Families foster their child's age appropriate self-regulation.
- Families help their child manage and communicate feelings.
- Families understand the importance of social and emotional development in young children.



Nurturing and Attachment

Families ensure children feel loved and safe

Fostering a nurturing family environment where young children develop secure bonds with caring adults



What it looks like:

- Families respond to their child with warmth and consistency that fosters a strong and secure attachment.
- Families help their child to trust that their environments are safe.
- Families recognize and embrace their child's strengths and individuality.
- Families teach their child how to form and maintain healthy relationships with others.

How do we start Kentucky Strengthening Families here?

See what pieces of Kentucky Strengthening Families you already support!



Six Protective Factors

Which of the Protective Factors do you think your organization supports?

Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Parental Resilience |
| <input type="checkbox"/> | <input type="checkbox"/> | Social Connections |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowledge of Child Development |
| <input type="checkbox"/> | <input type="checkbox"/> | Concrete Support in Times of Need |
| <input type="checkbox"/> | <input type="checkbox"/> | Social and Emotional Competence of Children |
| <input type="checkbox"/> | <input type="checkbox"/> | Nurturing and Attachment |



Five Core Concepts

**Which of the 5 Core Concepts do you think
your organization supports?**

Yes No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | See families' strengths |
| <input type="checkbox"/> | <input type="checkbox"/> | All families need help sometimes |
| <input type="checkbox"/> | <input type="checkbox"/> | Families are the experts on themselves |
| <input type="checkbox"/> | <input type="checkbox"/> | Early childhood is critical |
| <input type="checkbox"/> | <input type="checkbox"/> | Small changes can be significant |



Most organizations find that there are areas of Kentucky Strengthening Families that they do naturally, and other areas where they could benefit from more information and training.





More information on KYSF

- Download FREE Kentucky Strengthening Families Materials!
- Find a KYSF Trainer near you!
- Take the FREE online training!

**Governor's Office of Early Childhood Webpage →
Professionals tab → Kentucky Strengthening Families**

<https://kidsnow.ky.gov/professionals/kysf/Pages/starter-kit.aspx>