Starter Kit Presentation for Kentucky Strengthening Families
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

<table>
<thead>
<tr>
<th>Ace Score</th>
<th>Women</th>
<th>Men</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>34.5%</td>
<td>38%</td>
<td>36.1%</td>
</tr>
<tr>
<td>1</td>
<td>24.5%</td>
<td>27.9%</td>
<td>26.0%</td>
</tr>
<tr>
<td>2</td>
<td>15.5%</td>
<td>16.4%</td>
<td>15.9%</td>
</tr>
<tr>
<td>3</td>
<td>10.3%</td>
<td>8.6%</td>
<td>9.5%</td>
</tr>
<tr>
<td>4 or more</td>
<td>15.2%</td>
<td>9.2%</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

- 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

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

Revised June 2020
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

ACE Score and Indicators of Impaired Worker Performance

Absenteeism (>2 days/month)
Serious Financial Problems
Serious Job Problems

Prevalence of Impaired Performance (%)

American Journal of Preventive Medicine 1998; 14:245-258
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)

American Journal of Preventive Medicine 1998; 14:245-258
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.
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.

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

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

Slide adapted from Shonkoff, J. (2008, June 26)
A Balance of Risk and Protective Factors

Protective Factors

- Positive Outcomes
  - School Readiness

Risk Factors

- Negative Vulnerability
  - Child Abuse

The strengths that buffer risk to help families succeed

Stressful conditions, event or circumstances

OUTCOMES
# 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.
- Services only available for “at risk families.”
- A belief that we are fixing families by doing “to” rather than “with.”

## High Impact Services: Kentucky Strengthening Families 5 Core Concepts

1. All families have strengths and skills that are protective factors.
2. All families face adversity at times and strong relationships help buffer this (toxic) stress.
3. Families know their children best and all families should be respected.
The 5 Core Concepts Behind Kentucky Strengthening Families Cont.

<table>
<thead>
<tr>
<th>Low Impact Services: What we don’t want to see in Family Service Programs</th>
<th>High Impact Services: Kentucky Strengthening Families 5 Core Concepts</th>
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<tr>
<td>Underestimating the critical importance of children birth to age five.</td>
<td>4. Early experiences are important because they impact, both positively and negatively, the child and family for a lifetime.</td>
</tr>
<tr>
<td>Because resources are scarce, programs find it difficult to meet all the needs of their families.</td>
<td>5. Kentucky Strengthening Families promotes these concepts through small but significant changes in everyday actions.</td>
</tr>
</tbody>
</table>
Definition adapted from National Alliance of Children's Trust and Prevention. (2014)
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.

Created by Kentucky Strengthening Families Leadership Team (June 2014)
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.

*Created by Kentucky Strengthening Families Leadership Team (June 2014)*
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 lifelong 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.

Created by Kentucky Strengthening Families Leadership Team (June 2014)
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.
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.
See what pieces of Kentucky Strengthening Families you already support!
Which of the Protective Factors do you think your organization supports?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>
|     |    | Parental Resilience
|     |    | Social Connections
|     |    | Knowledge of Child Development
|     |    | Concrete Support in Times of Need
|     |    | Social and Emotional Competence of Children
|     |    | Nurturing and Attachment
Which of the 5 Core Concepts do you think your organization supports?

Yes    No
___  ___   See families’ strengths
___  ___   All families need help sometimes
___  ___   Families are the experts on themselves
___  ___   Early childhood is critical
___  ___   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