

<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. P: Pre/Post-test for "Family Friendly" Center A: yes ☺ 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 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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Step 1: What are you already doing that aligns with KYSF? (Re: ACES and KYSF Overview)	<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
“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)	Overall- our organization needs to add Youth Driven Policies and Practices (current partnerships are community and state based only)	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.	Create a text buddy system where youth are intentionally partnered with another youth who has successfully completed the program	Provide resources to youth on how to utilize their Core Character Strengths when faced with adversity and stress.	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.	Offer 1 to 2 hour classes that focus on the regulating emotions and controlling impulses.	Add questions related to nurturing and attachment during early childhood when collecting families history.

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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)	<ul style="list-style-type: none">Ask youth to complete the Protective Factors SurveysCreate a Youth Focus Group to help design the program's new Youth Driven policies and practices.	Ask youth to provide feedback on these community partnerships in terms of strength-based, youth driven and meeting their needs and/or asks.	Have youth create the process and implementation for pairing of buddies.	Create a handout: collect ideas from youth that have been beneficial to them	Invite youth leaders to be co-trainers during these staff training sessions.	Make these sessions Youth Cafés with facing adversity as the theme/topic.	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
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.							
Step 4: Making your plan SMART (Re: Value #3, Parent Cafés, SMART Goals)	S: Create a focus group of current youth to design a new Youth Driven (YD) Policy. M: Finalized YD policy. P: Pre/Post-test for YD Program A: yes ☺ R: Pre/Post test data T: Focus group est. Sept.17, pre-test Nov.17	S M A R T	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	S M A R T	S M A R T	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	S M A R T

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Step 1: What are you already doing that aligns with KYSF? (Re: ACES and KYSF Overview)	<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.
“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).							
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)	<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, OB/GYN, 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>