



**Center for the
Study of Social Policy**
Ideas into Action

Strengthening Families Protective Factors Framework



**Global Child
ADVOCATES**



Learning Objectives

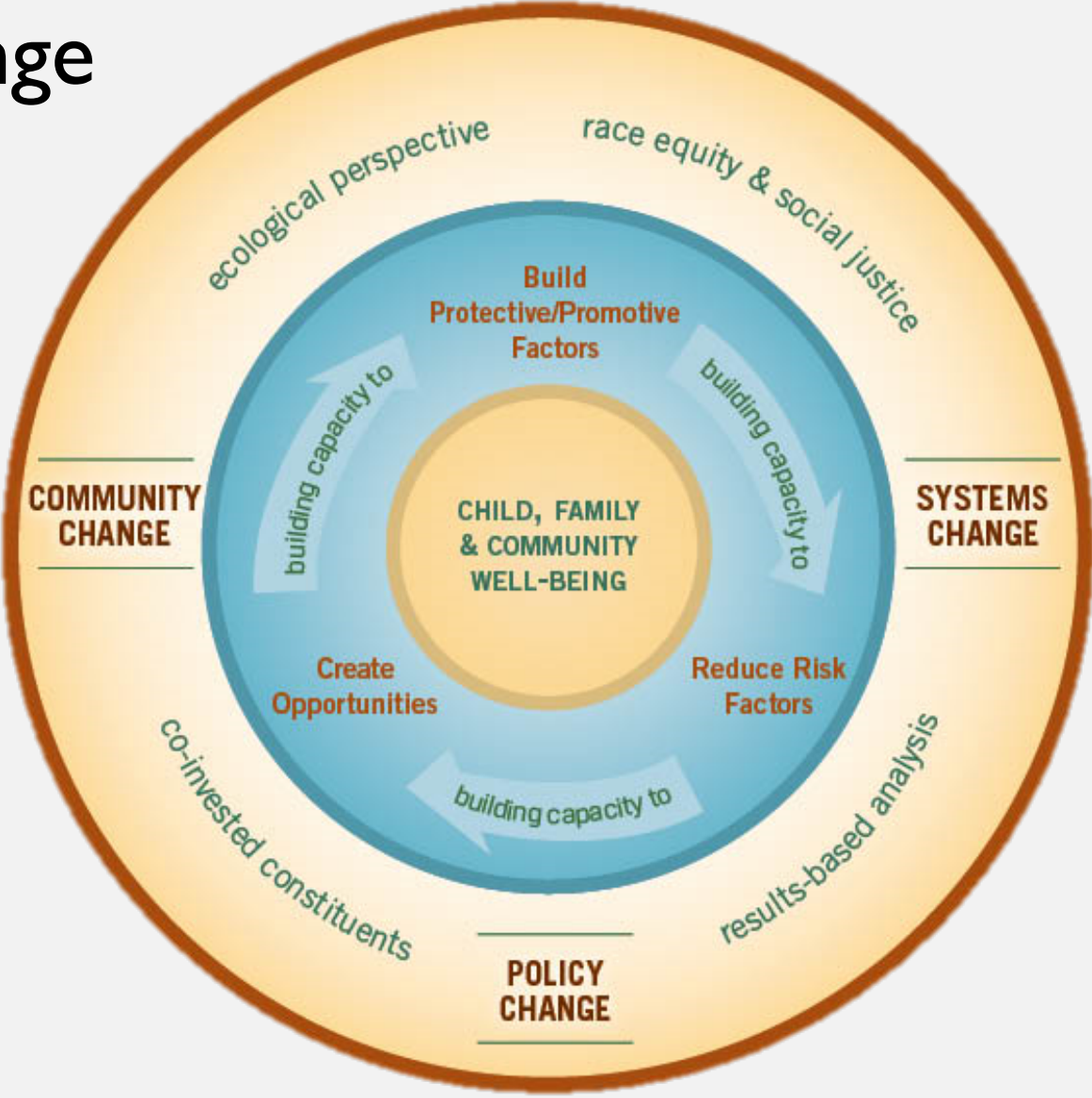
Upon completion of this training on the Strengthening Families Protective Factors Framework, participants will be able to:

1. Describe the key foundations of the framework
2. Define and understand how each of the five protective factors is effective in strengthening families
3. Understand how this approach could be incorporated into program design

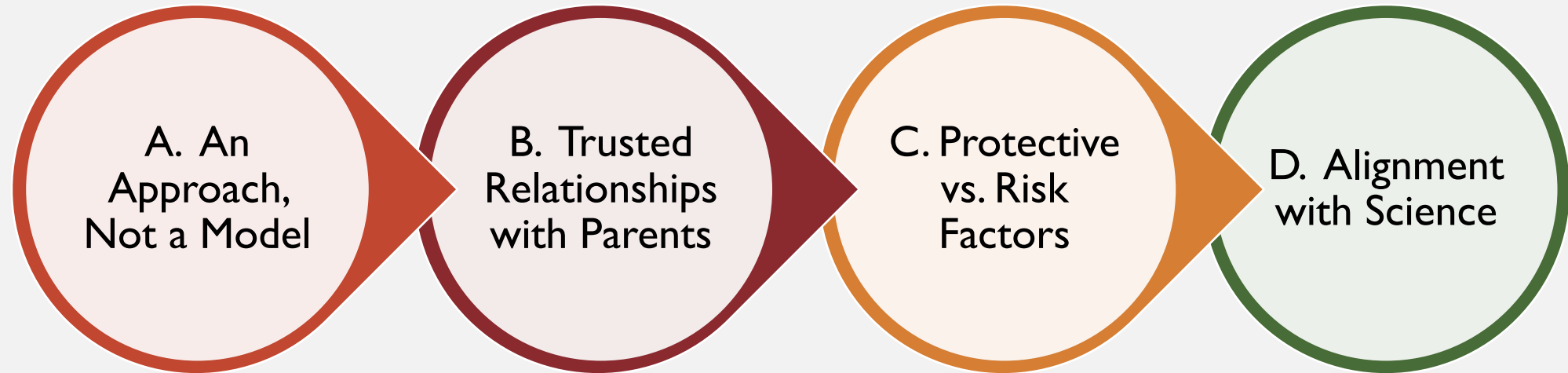


Theory of Change

Strong families are central to creating societal change



KEY FOUNDATIONS OF FRAMEWORK



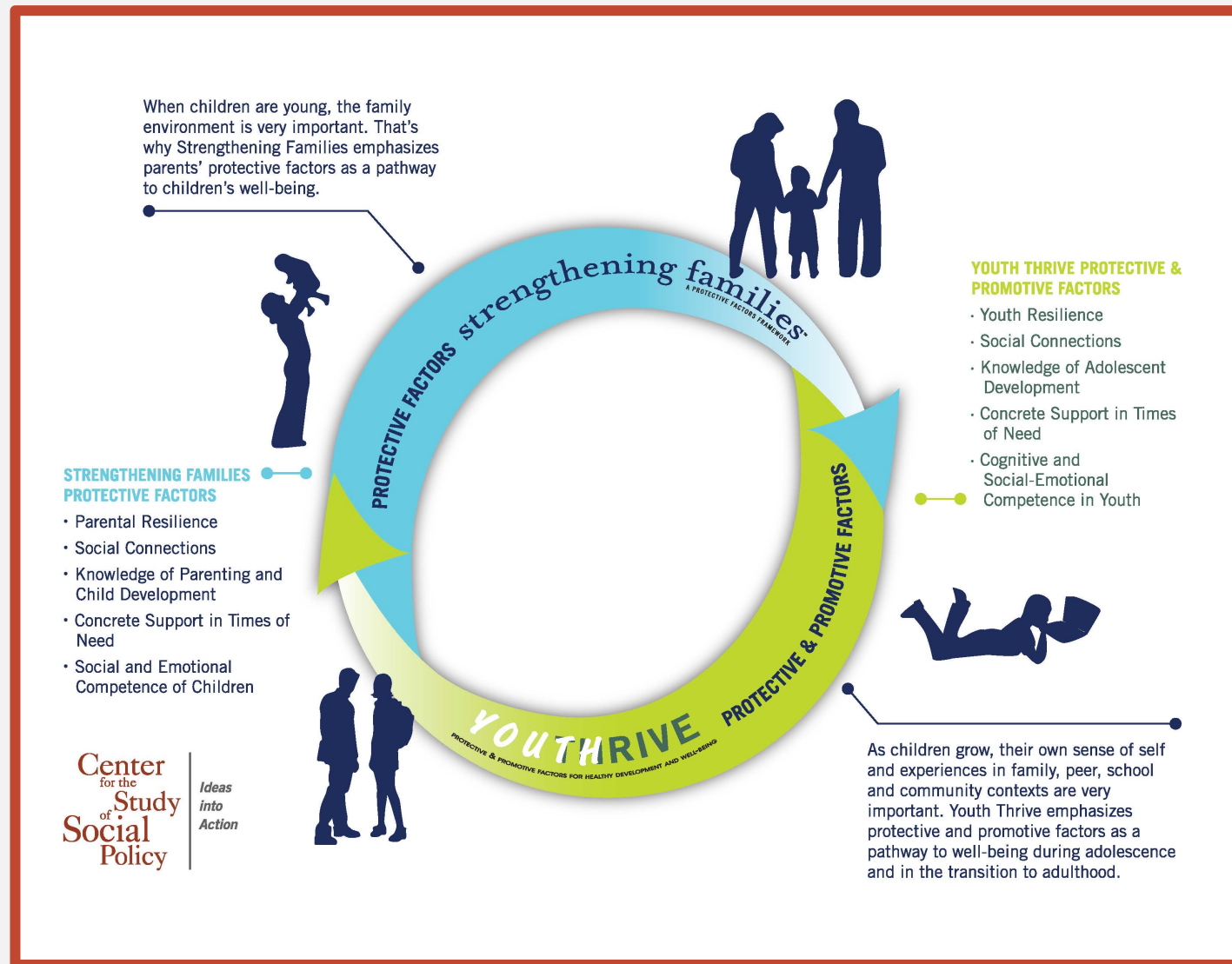
Evidenced-Informed Approach

Research shows that families thrive when key protective factors are robust in their lives and communities.

A national survey of 200 programs saw marked improvement and engagement of families when this framework was implemented within their services.



Protective Factors Across Development

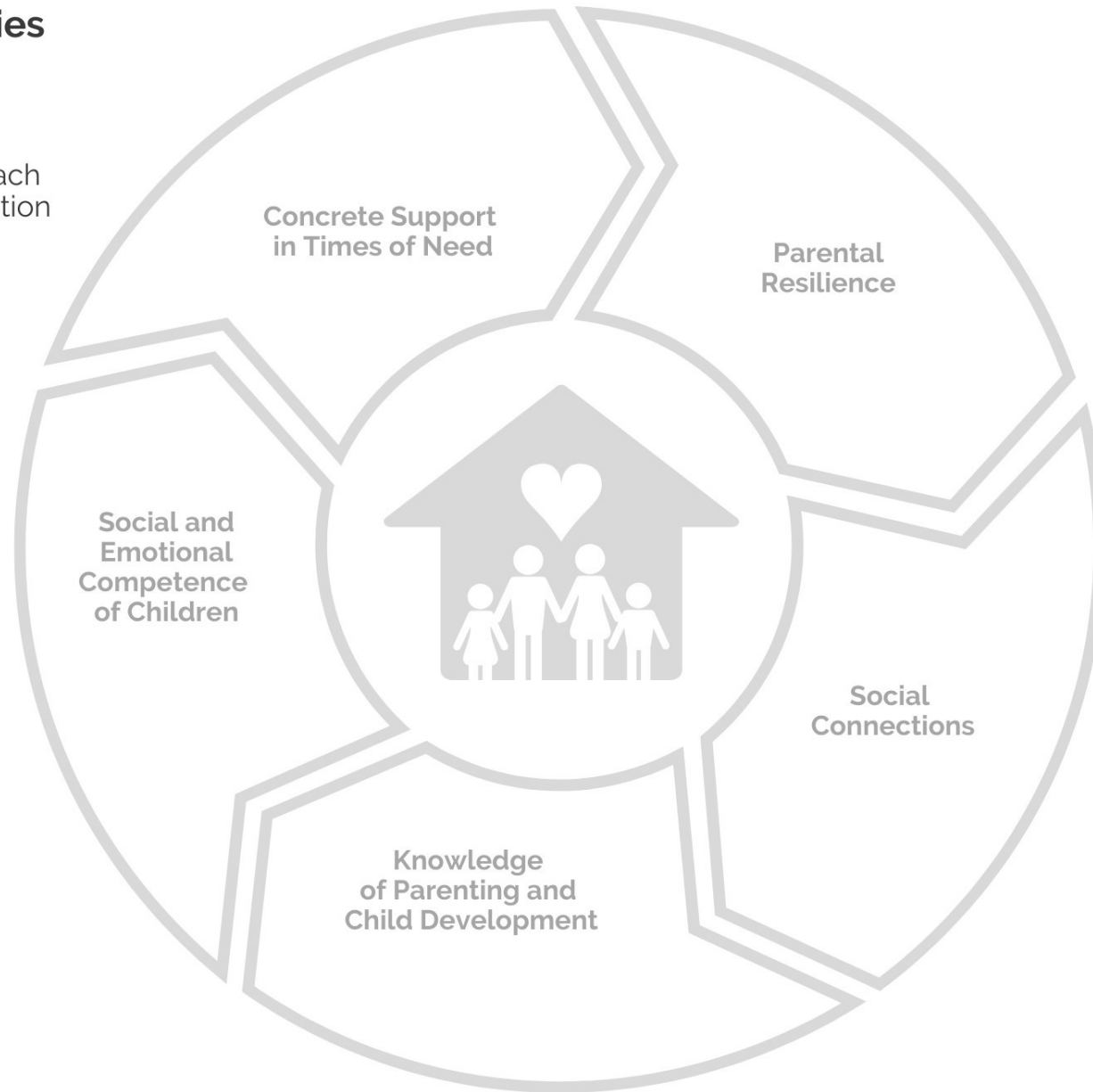


Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation



**Center for the
Study of Social Policy**
Ideas into Action



Five Protective Factors



**Global Child
ADVOCATES**

Begin on the level of clients and move up.

Base level needs must be met before a family can learn about things like attachment or child development.



Maslow's hierarchy of needs



Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation



Five Protective Factors



I. Concrete Support in Times of Need

Important to remember:

Clients referred for help may...

- Distrust services, systems, police and government
- Face concrete barriers to accessing services
- Be unable to look beyond immediate needs and problems
- Be experiencing various forms of exploitation





What is Concrete Support?



Food
Shelter
Clothing

Support services;
Domestic Violence
Substance Abuse
Mental Health

Job Training
Health Care
Legal Help



What is Concrete Support?



I. Concrete Support in Times of Need

Case worker role:

- Respond immediately to critical needs/crisis
- Encourage help seeking behavior
- Working with the family to understand their past experiences with service systems
- Help the family to navigate complex systems
- Help the caregiver understand their role as an advocate for themselves and their child



Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation



Concrete Support in Times of Need

Crisis nutrition support
Temporary financial help
Transportation assistance



Program Examples



Strengthening Families Protective Factors Framework

Evidenced-informed approach for families at-risk of separation



Five Protective Factors



2. PARENTAL RESILIENCE

The human capacity to face, overcome, be strengthened by and even transformed by the adversities of life.



2. Parental Resilience

Important to remember:

Parents referred for help may...

- Have their own trauma history
- Have co-occurring issues (DV, addiction)
- Feel negative about themselves
- Worry about risks of seeking help for their child
- Have children who have experienced trauma
- Be parenting children with special needs



2. PARENTAL RESILIENCE

Both require different skills:



***Resilience to
general life stress***

Hope, optimism, self confidence

Problem solving skills

Self care and willingness to ask for help

Ability to manage negative emotions



***Resilience to
parenting stress***

Not allowing stress to interfere
with nurturing

Positive attitude about
parenting and child





2. PARENTAL RESILIENCE

Questions to ask:

- Do you sleep well at night? If not, why not?
- What is most stressful in your day?
- What kind of worries and frustrations do you deal with during the day? How do you solve them?
- How do you meet your children's needs when you are stressed?
- How does your spouse or partner help you?
- When you are under stress, what is most helpful?
- Where do you draw your strength?

2. Parental Resilience

Case worker role:

- Use a positive, strengths-based approach with family
- Allow family to be the decision-makers
- Encourage their good decisions
- Help parents address their own past trauma
- Normalize that parenting is stressful
- Help parents plan for stressful parenting situations
- Honor race, language, culture,, and parenting style
- Help parents learn to protect children in stress



Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation



**Center for the
Study of Social Policy**
Ideas into Action



Program Examples



**Global Child
ADVOCATES**

Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation



Five Protective Factors



3. Social Connections

Important to Remember:

Parents referred for help may...

- Be socially isolated
- Be rejected by their community
- Be dependent on unsafe people
- Have broken relationships
- Lack the skills and tools to build or recognize positive relationships



3. SOCIAL CONNECTIONS

01

a sense of trust
and belonging

02

feeling
respected and
appreciated

03

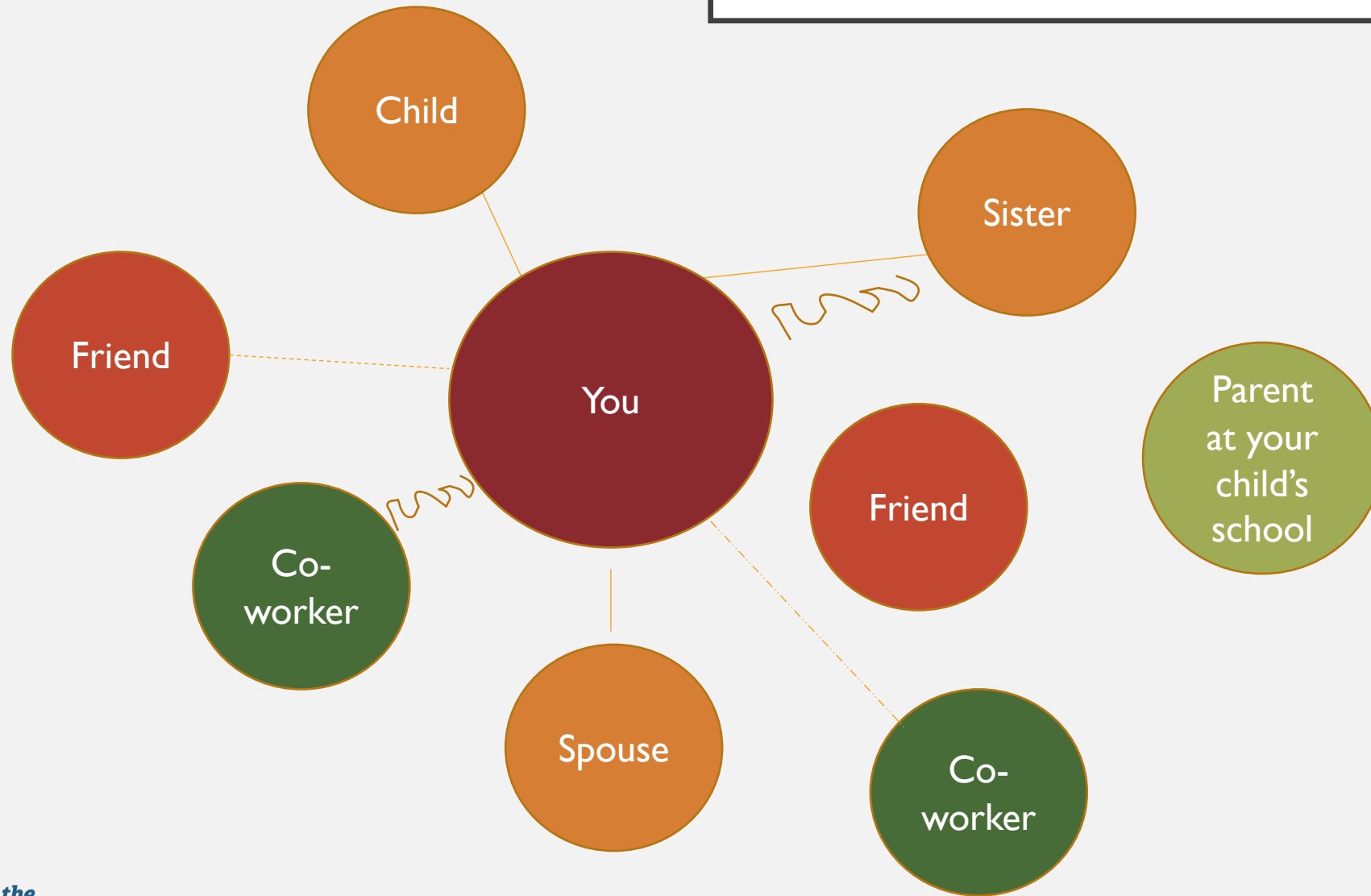
opportunities to
share joy, pain,
and uncertainties

04

Improved social
skills, increases
connection



BUILDING AN ECO-MAP



3. Social Connections

Case Worker Role:

- Model good relationships
- Find & engage the family's broader network
- Help caregiver build strong relational skills
- Help family identify supportive relationships
- Help caregiver learn to manage barriers like anxiety or depression
- Promote participation in community activities



Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation



Program Examples



Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation

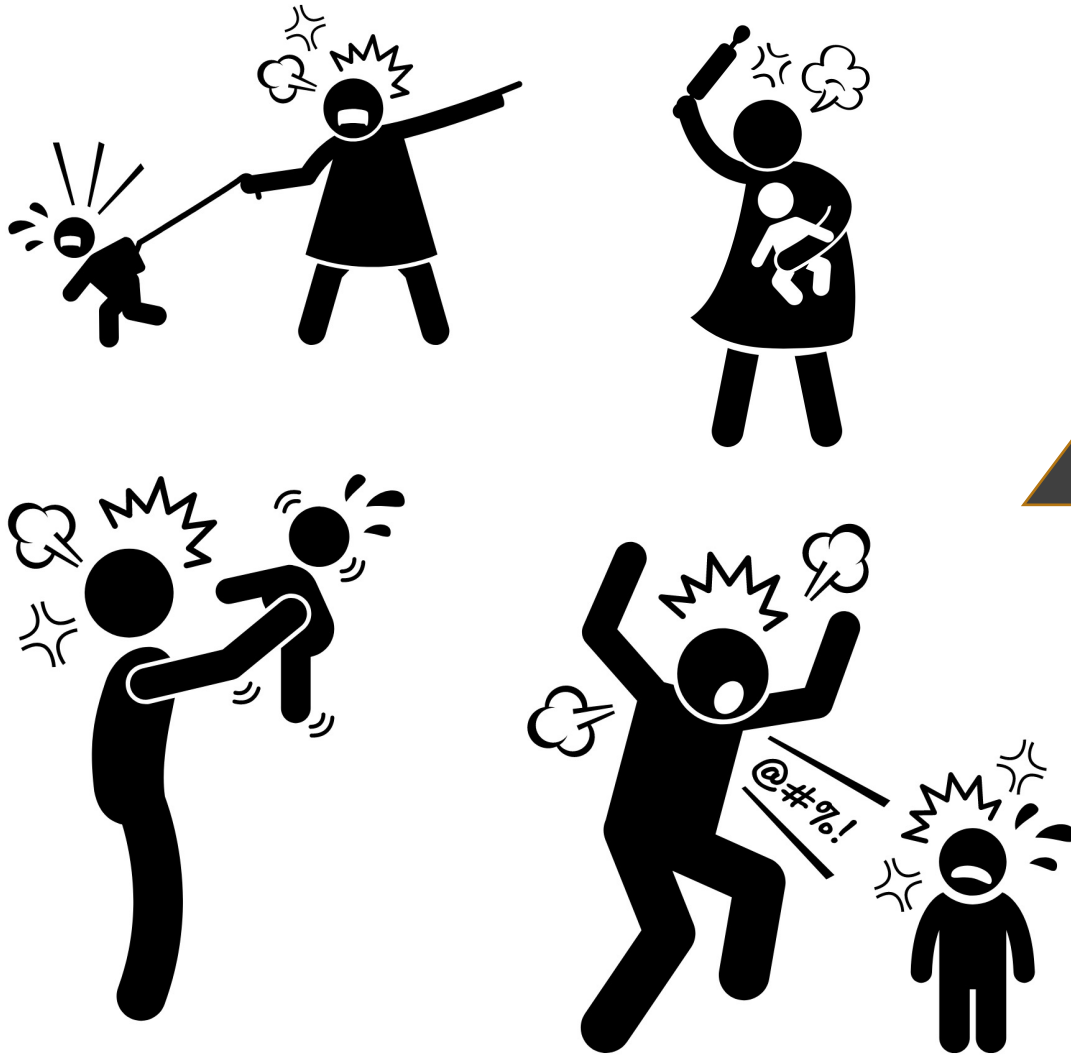


Five Protective Factors



**Good parenting is
not common sense.**





Verbal,
Emotional,
Physical
Intensity
Level

Child's
Trust,
Security,
Respect,
Confidence
Behaviors



4. Knowledge of Parenting and Child Development

Parents referred for help may...

- Have conflicting demands which make participation in programs difficult
- Have developmental and processing challenges themselves
- Be parenting children with atypical behavior
- Have experienced negative parenting models
- Have never been taught about alternative styles of parenting





What knowledge do parents need?

Key Observations for Caseworkers:

- Where do we see inappropriate developmental expectations?
- Where do we see a lack of strategies?
- Where do we see parents getting frustrated?
- Where are the gaps?



“Just in time” Parenting Education



EXPRESS EMPATHY



ASK GOOD
QUESTIONS



PROVIDE
INFORMATION
AND PERSPECTIVE



DEVELOP
STRATEGIES



COACH, MODEL
AND MENTOR



LIFT UP SUCCESSES



4. Knowledge of Parenting and Child Development

Case Worker's Role:

- Connect parents to parenting education classes or resources
- Model appropriate expectations and parenting behavior
- Underline the importance of nurturing care & help the parent value their role
- Provide “just in time” parenting education
- Provide information on trauma and its impact on development
- Help the caregiver identify a series of trusted informants that they can turn to when they need parenting information



Strengthening Families Protective Factors Framework

Evidenced-informed approach for families at-risk of separation



Program Examples



Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation



Five Protective Factors



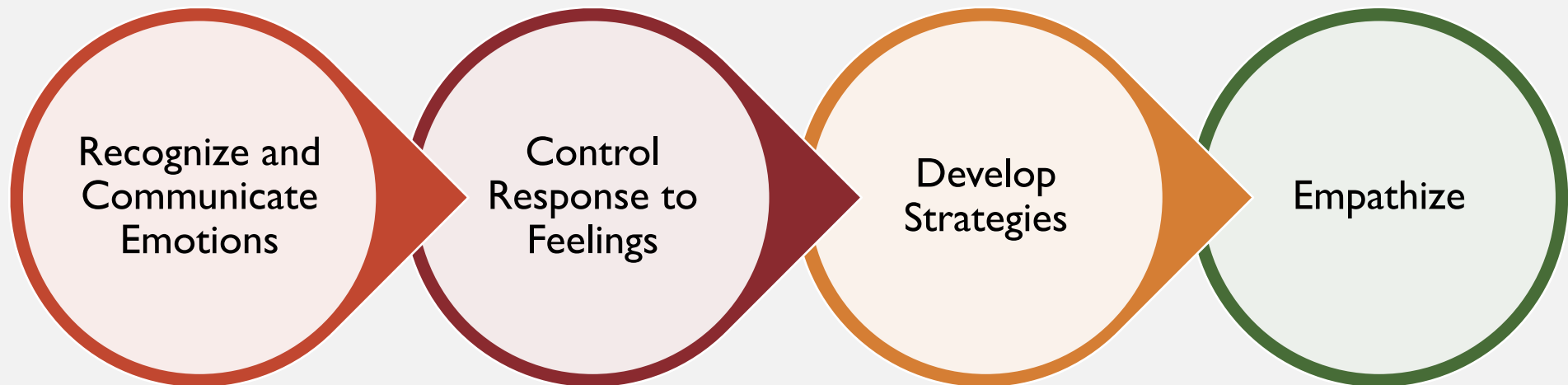
5. Social and Emotional Competence of Children

Children referred for help may...

- Be malnourished and have need for crisis nutrition
- Be struggling with the impact of trauma, loss, and separation
- Have experienced a break to core attachment relationships
- Display challenging behaviors due to unhealthy attachment or trauma
- May not have received the nurture needed to set a strong foundation for healthy development



CHILDREN'S SOCIAL EMOTIONAL SKILLS TO BUILD



Why is social emotional competence important?

Children with a strong foundation in emotional vocabulary:

- tolerate frustration better
- get into fewer fights
- engage in less destructive behavior
- are physically healthier
- are less lonely
- are less impulsive
- are more focused
- have greater academic achievement



5. Social and Emotional Competence of Children

Case worker role:

- Assess a child's level of trauma and how it may impact their behavior and relationships
- Increase caregiver's ability to nurture social-emotional competence of their children
- Connect the family to resources that can help the child's social-emotional development
- Provide families with help in dealing with child's attachment issues and/or challenging behaviors



Strengthening Families Protective Factors Framework

Evidenced-informed approach
for families at-risk of separation

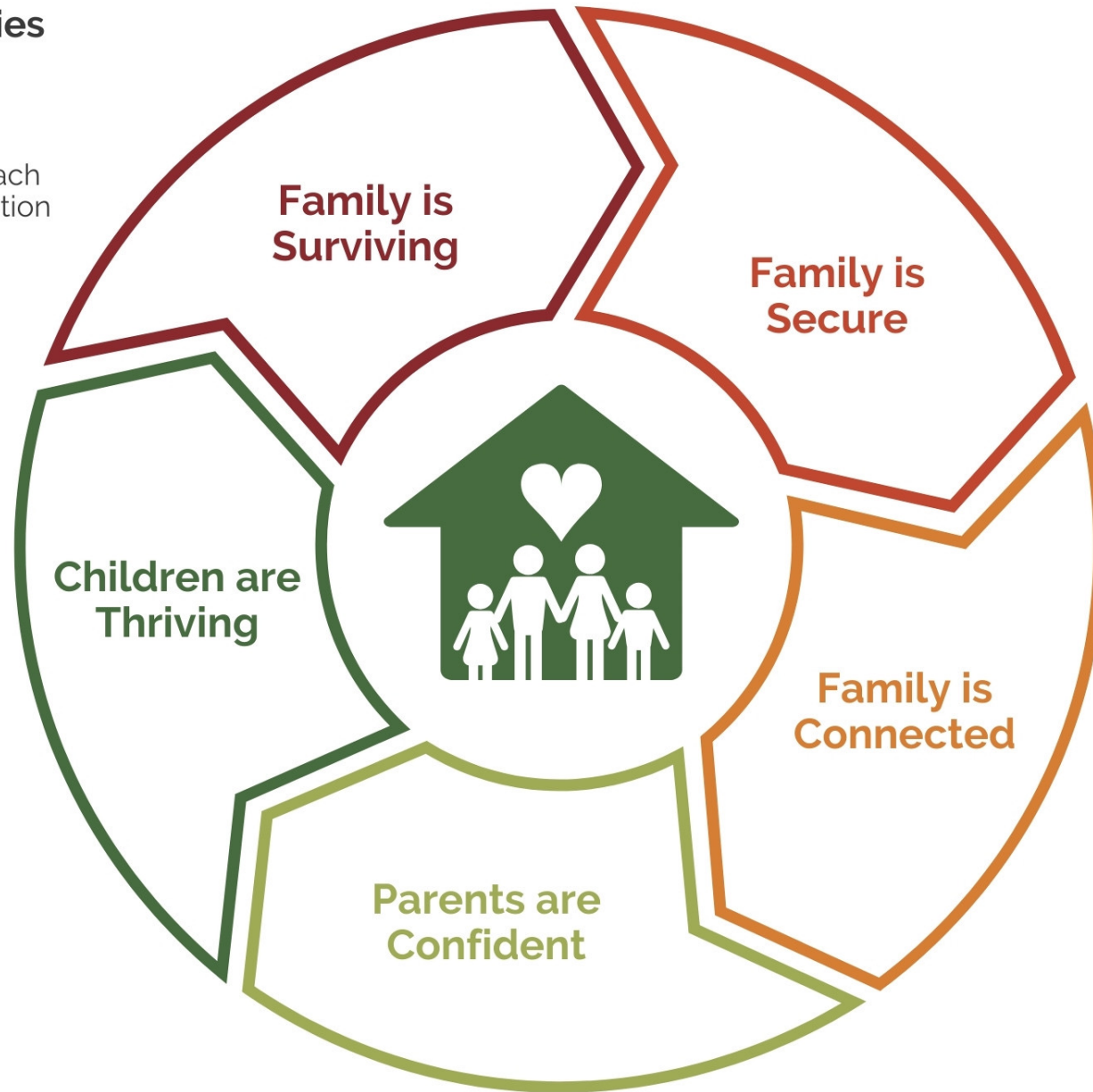


Program Examples



Strengthening Families Protective Factors Framework

Evidenced-informed approach for families at-risk of separation



Desired Outcome





QUESTIONS & ANSWERS?

Ashlee Heiligman, MSW - ashlee@globalchildadvocates.org



**Center for the
Study of Social Policy**
Ideas into Action