

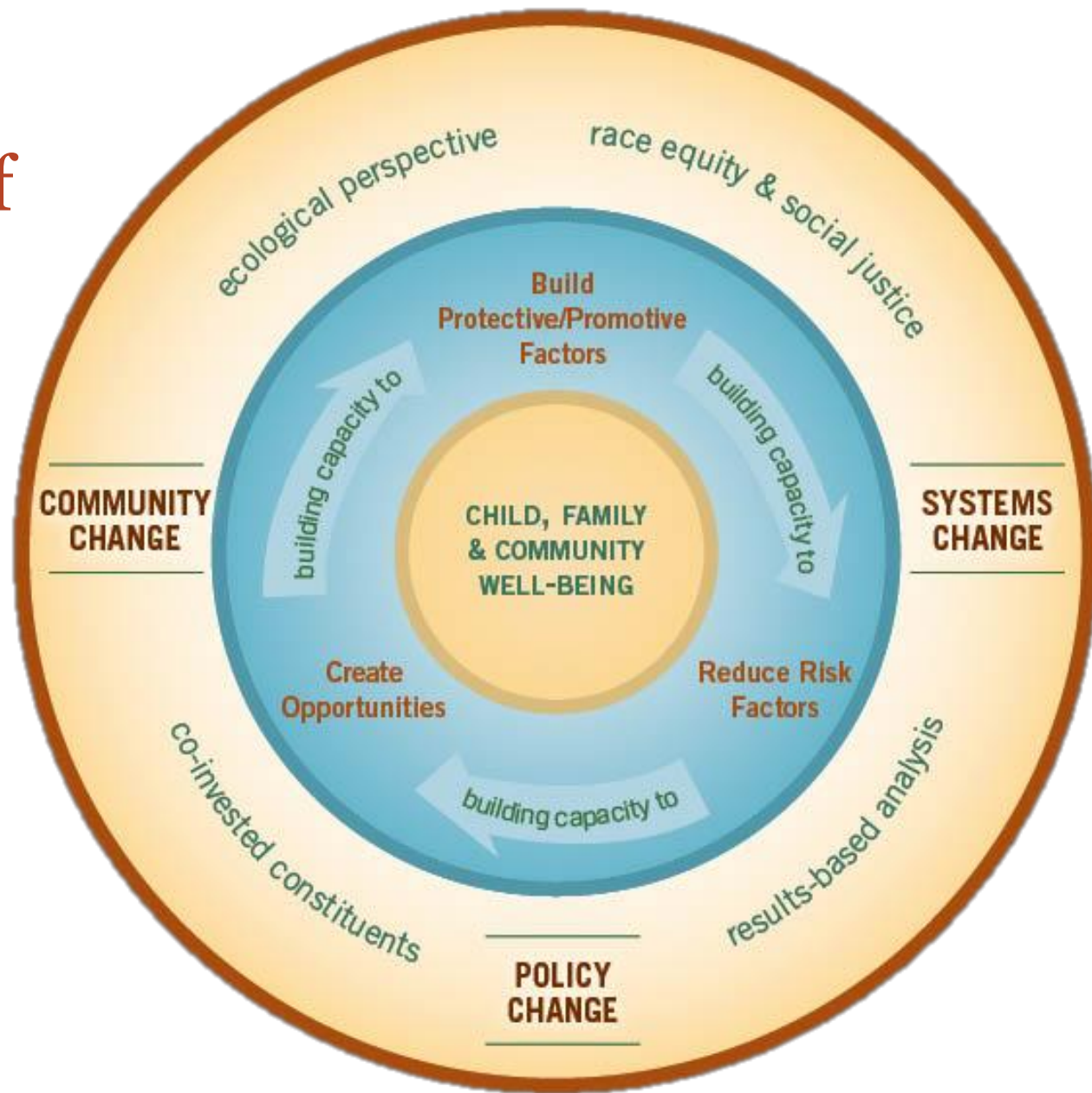
# Family Engagement & PDG B-5: Ideas, Frameworks and Tools

Anna Lovejoy, Center for the Study of Social Policy  
BIRTH-TO-FIVE PRESCHOOL DEVELOPMENT GRANT  
MAKING THE MOST OF IT!

States Technical Assistance and Peer Learning Meeting  
October 9-10, 2018



# CSSP Theory of Change



# The four *Big Ideas* behind Strengthening Families

- Building protective and promotive factors, not just reducing risk
- An approach – not a model, a program or a curriculum
- A changed relationship with parents
- Aligning practice with developmental science

# Five Protective Factors

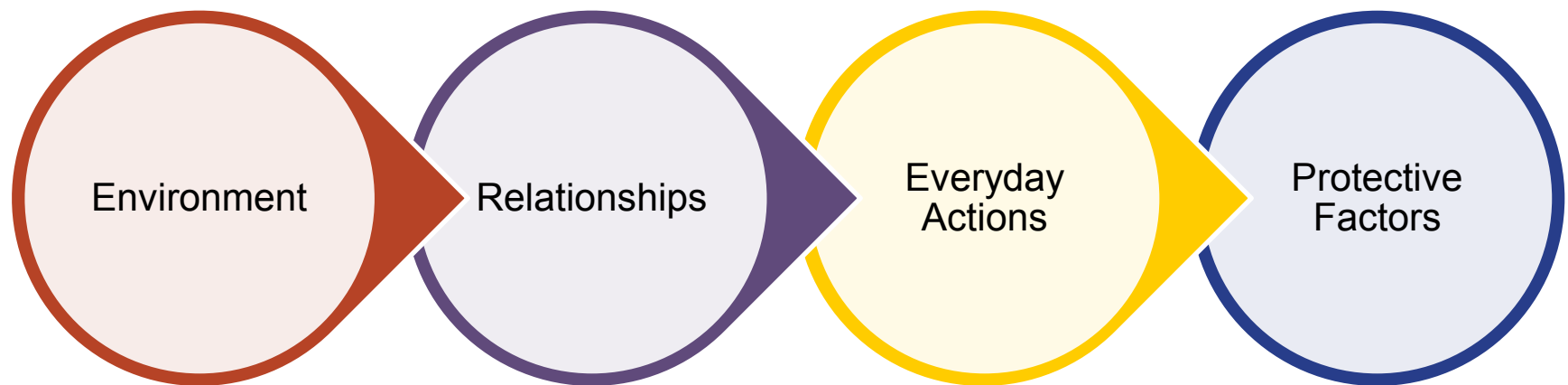
1. Parental resilience
2. Social connections
3. Knowledge of parenting and child development
4. Concrete support in times of need
5. Social and emotional competence of children



# Early care and education programs can be central because they offer:

- Daily contact with parents and children
- Uniquely intimate relationship with families
- A universal approach of positive encouragement and education for families
- An early warning and response system at the first sign of trouble

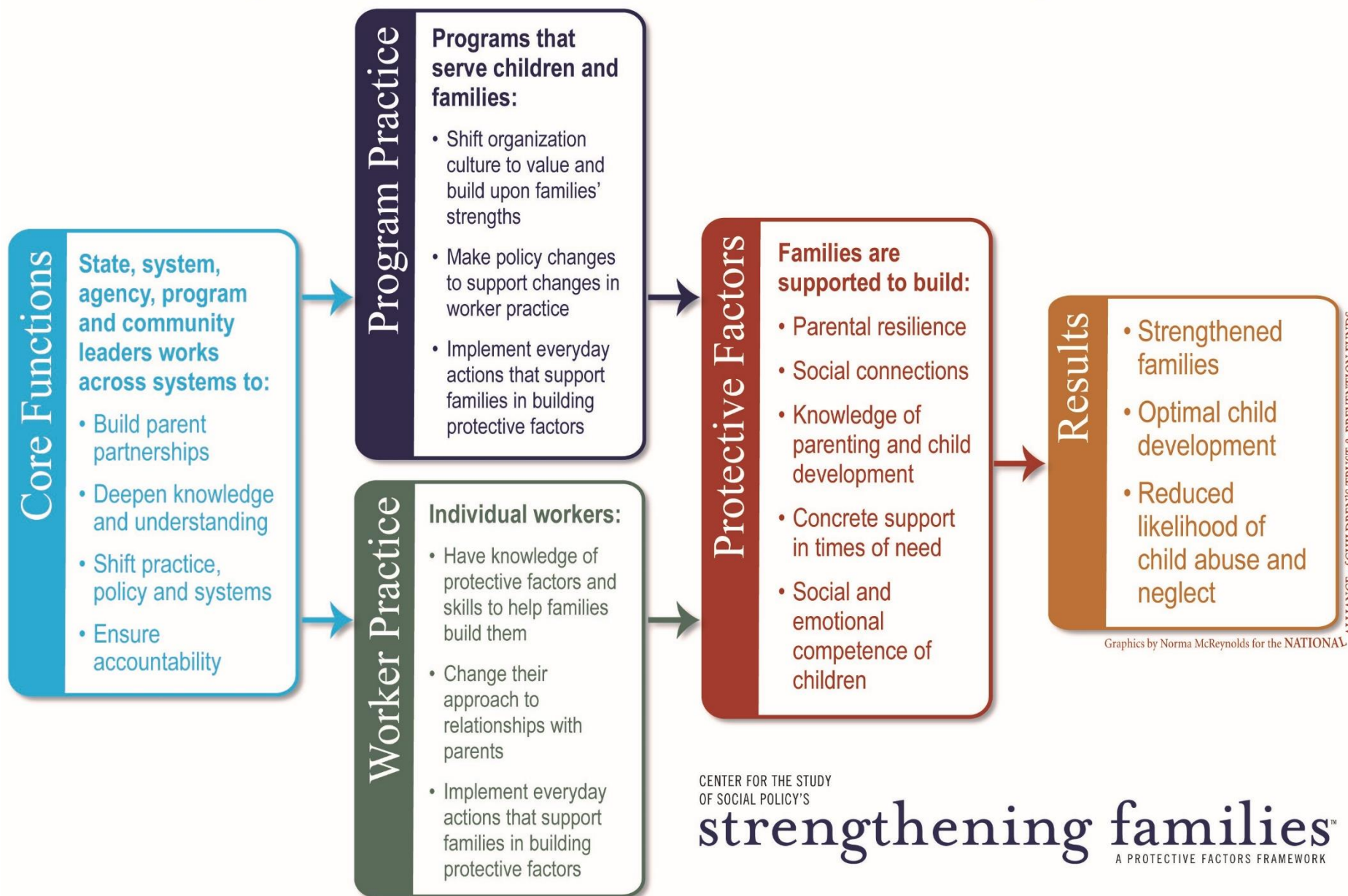
# But how do ECE programs help families build protective factors?

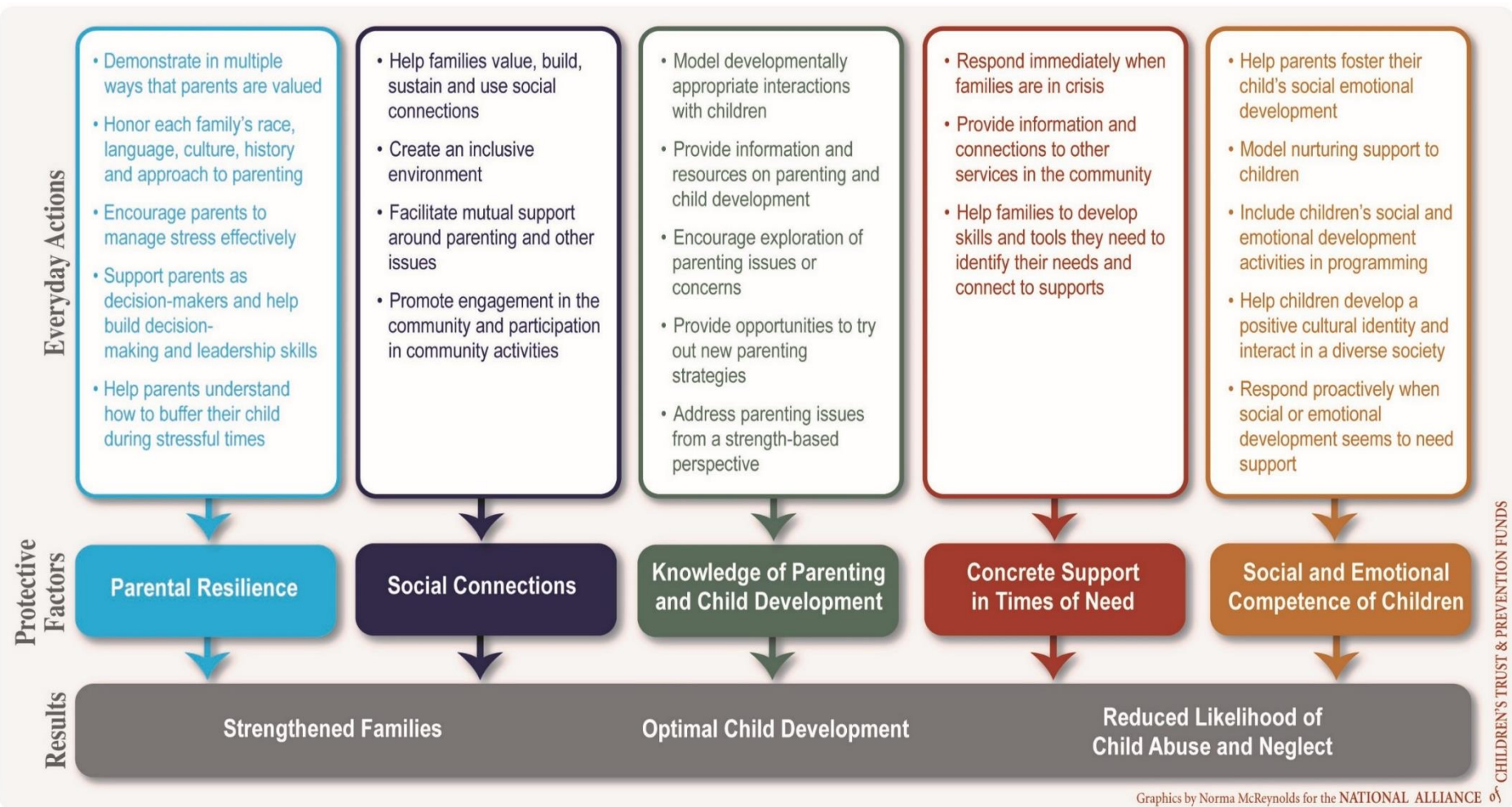




# The Pathway to Improved Outcomes for Children and Families

## Strengthening Families™ Protective Factors Framework Logic Model



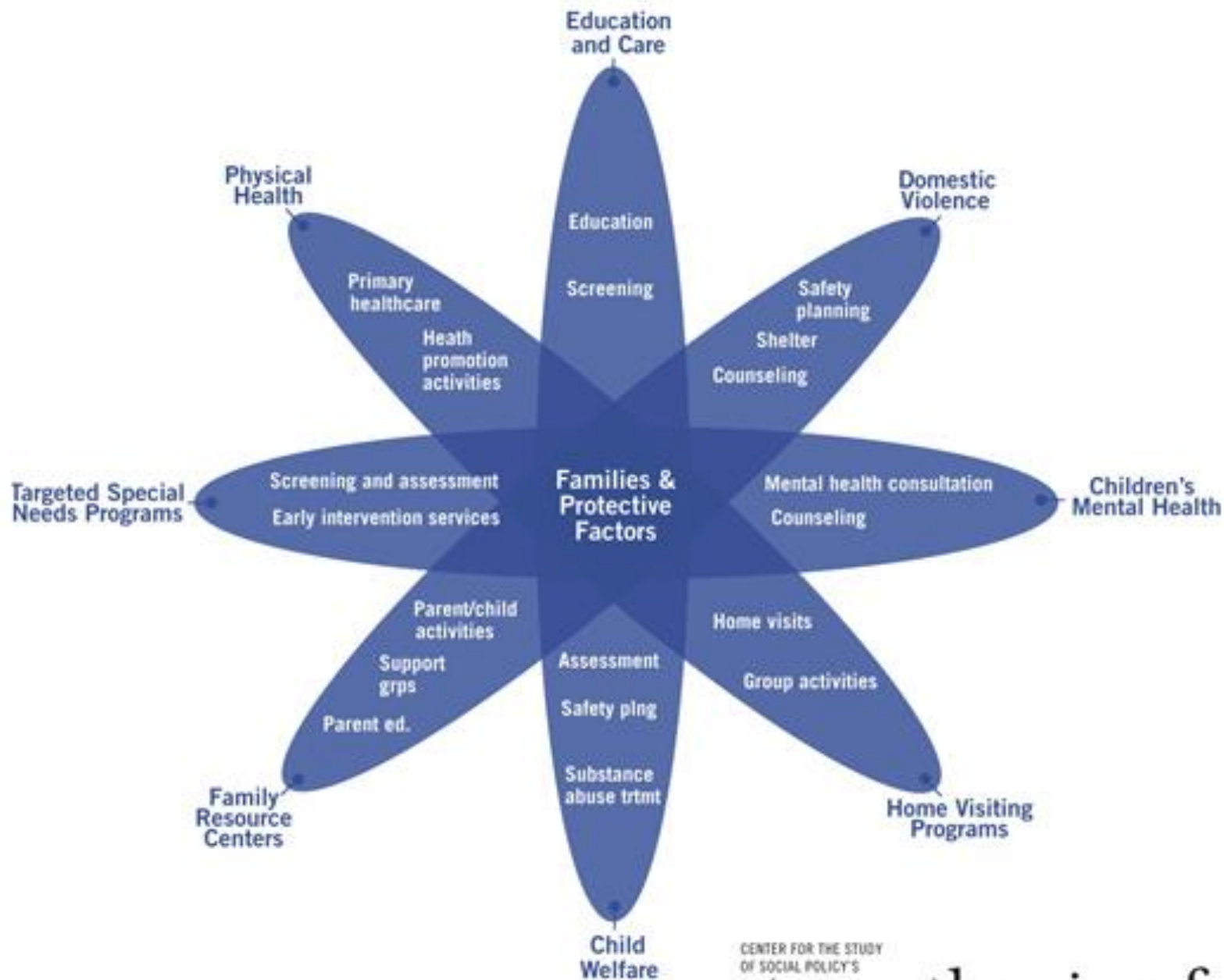


Graphics by Norma McReynolds for the NATIONAL ALLIANCE

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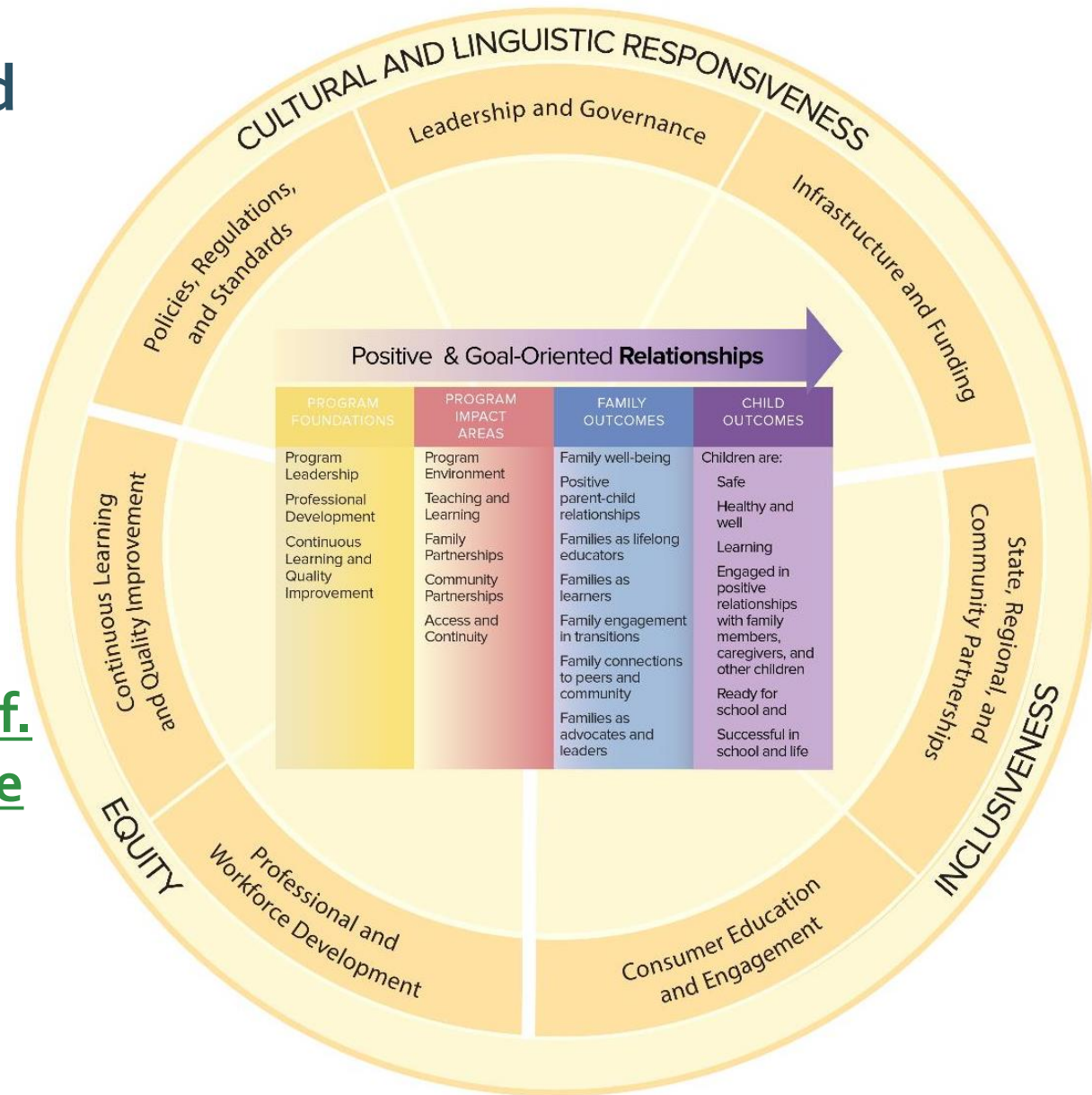


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# Parent, Family and Community Engagement Framework for Early Childhood Systems

<https://childcareta.acf.hhs.gov/resource/parent-family-and-community-engagement-framework-early-childhood-systems>



# The Strengthening Families Self-Assessments for Child- and Family- Serving Programs

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# About the Self-Assessments

- Key implementation tool for programs adopting a Strengthening Families approach
- Helps programs identify “small but significant changes” that enhance their ability to build protective factors
- Based on a national study of exemplary practice
- Designed to be used flexibly and to lead you to a concrete action plan
- Helps programs identify strengths & areas to focus
- Not an evaluation tool but a tool for continuous improvement

# Four versions for different programs



STRENGTHENING FAMILIES™ SELF-ASSESSMENT TOOL FOR  
**CENTER-BASED** EARLY CARE AND EDUCATION PROGRAMS



STRENGTHENING FAMILIES™ SELF-ASSESSMENT TOOL FOR  
**FAMILY CHILD CARE** PROGRAMS



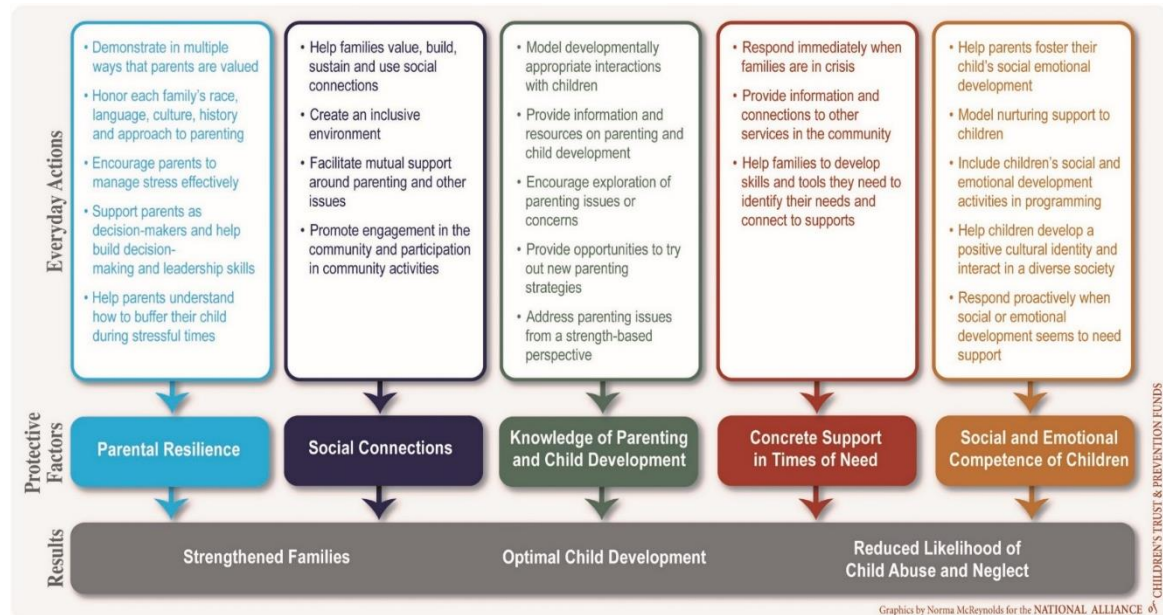
STRENGTHENING FAMILIES™ SELF-ASSESSMENT TOOL  
FOR **HOME VISITING** PROGRAMS



STRENGTHENING FAMILIES™ SELF-ASSESSMENT TOOL  
FOR **COMMUNITY-BASED** PROGRAMS



# Organized around protective factors and the everyday actions that help families build them



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## Five Protective Factor Sections

+

## “Special Circumstances” Sections

# Online Strengthening Families Data System



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# Strengthening Families Evaluation Portal

<http://www.strengtheningfamiliesevaluation.com>

- Registration
- Self-Assessments
- Action Planning
- Parent & Staff  
Surveys
- Reports



# Parent and Staff Surveys

## **PARENT SURVEY**

(Protective Factors Survey)

- Measures changes in parental protective factors
- Developed by the FRIENDS National Resource Center and the University of Kansas
- Four national field tests to establish reliability and validity

## **STAFF SURVEY**

- Looks at changes in staff attitudes, behaviors and skills
- Developed by a collaborative team from 7 states—with review and input from evaluators in 3 states
- Has not been extensively tested

# Tools to Measure Protective Factors

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# Parents' Assessment of Protective Factors

- Individualized, strengths-based measure to assess the presence, strength and growth of parents' self-reported beliefs, feelings and behaviors that are regarded as indicators of the Strengthening Families protective factors
- 36 statements; parent indicates the degree to which the statement is like the parent or what the parent believes
- Intended for parents of young children from birth to 8 years old
- Developed through the Quality Improvement Center on Early Childhood; released by CSSP in 2014

# Parents' Assessment of Protective Factors

The Parents' Assessment of Protective Factors yields valid and reliable results that can be used to:

- a) prompt specific shared conversations with a parent about building or reinforcing their protective factors;
- b) engage a parent as a partner in developing and implementing a service plan; and
- c) mobilize a parent's resources to meet their unique, individualized needs in order to strengthen the parent's capabilities and provide a family environment that promotes optimal child development and reduces the likelihood of negative child and family outcomes.

# The Protective Factors Survey (PFS)



An evidence-based, (reliability and validity tested) 20-item caregiver-completed tool used to help measure changes in family protective factors.

Provides feedback to agencies for continuous improvement and evaluation purposes. It is not intended for individual assessment, placement or diagnostic purposes. Agencies should rely on other instruments for clinical use.

Developed through a partnership with FRIENDS and The University of Kansas with input from multiple experts in the field, parent leaders, prevention workers and hundreds of families.

Being widely used in states across the country.

<http://friendsnrc.org/protective-factors-survey>

## When PFS scores were high...



### Positive correlations

- Effective coping was high
- Physical and emotional health was good
- Positive emotions were high
- Optimism was high

### Negative Correlations

- Child abuse and neglect potential was low
- Stress was low
- Depression was low
- Negative emotions were low
- Pessimism was low

# Online Training



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# Bringing the Protective Factors Framework to Life in Your Work



- Online training to support implementation of the Strengthening Families™ Protective Factors Framework in multiple settings
- Systems may use for awarding CEUs, credit
- Free of charge
- 7 courses, each about 2 hours in length
  - Introduction to the Framework (also useful as a stand-alone orientation)
  - A course on each of the 5 Protective Factors
  - A wrap-up course that moves users from knowledge to action



Find at [www.ctfalliance.org/onlinetraining](http://www.ctfalliance.org/onlinetraining)

Contact [onlinetraining@ctfalliance.org](mailto:onlinetraining@ctfalliance.org)

# Café Conversations

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# Taking a Parent-to-Parent Approach: Parent Café and Community Café

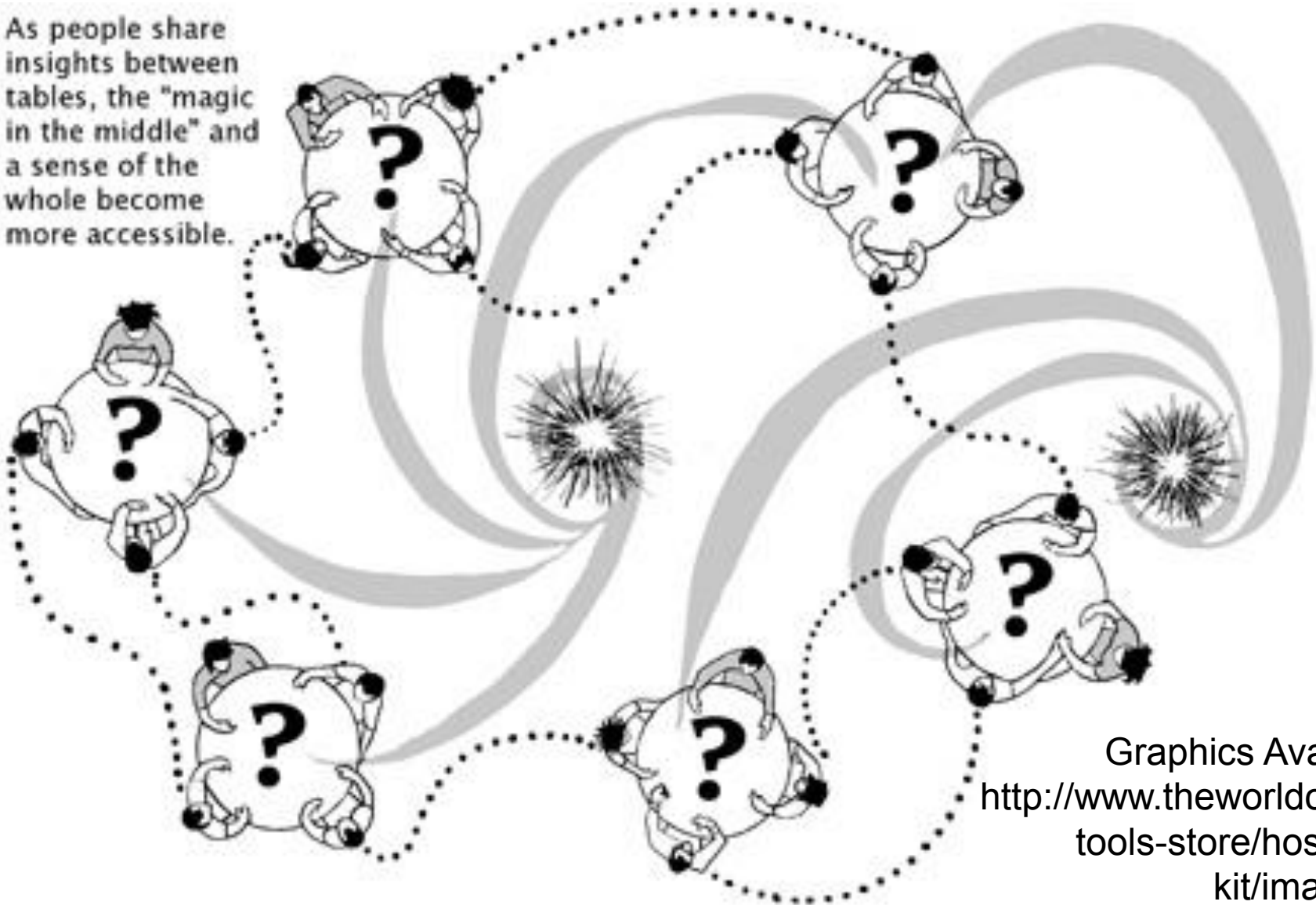
- Reframing protective factors using parent friendly language
- Using a World Café Approach to build a comfortable, parent-led space
- Tying to a larger parent leadership and engagement infrastructure
- Harvesting to inform systems and structures

# The basis: World Café

- A method for “engaging people in conversations that matter”
- Includes a set of design principles and a basic strategy for engaging people in small-group conversations
- Cafés designed for parents to build protective factors are just one of many ways the World Café method has been adapted and used around the world
- For more: <http://www.theworldcafe.com/about.html>

# The Café Process – Guided Conversation

As people share insights between tables, the "magic in the middle" and a sense of the whole become more accessible.



Graphics Available at:  
[http://www.theworldcafe.com/  
tools-store/hosting-tool-  
kit/image-bank/](http://www.theworldcafe.com/tools-store/hosting-tool-kit/image-bank/)



# World Café Guidelines



Graphic by: Sonja Niederhumer

Available at:

<http://www.theworldcafe.com/tools-store/hosting-tool-kit/image-bank/>

# Café overview and fidelity checklist

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### USING CAFÉ CONVERSATIONS TO BUILD PROTECTIVE FACTORS AND PARENT LEADERSHIP

A key element in many states' and communities' implementation of Strengthening Families has been the use of café-style conversations among parents and caregivers. Cafés are a method of facilitating meaningful, reflective conversations that promote leadership and collaboration. These gatherings, derived from the World Café model, bring community members together for a series of structured conversations that directly or indirectly address protective factors. Through participation in cafés, parents and caregivers build leadership and relationships as well as the protective factors that help to strengthen their families.

Cafés are characterized by:

- An informal, safe and inviting atmosphere with small tables arranged to mimic a café
- Very small groups (3 to 5 individuals) engaged in peer-based conversations focused around specific questions
- A structure that allows participants to move among café tables and converse with others through multiple rounds of conversations
- A peer host who has participated in an earlier café series and has received training or orientation in creating an inclusive café conversation—and in the case of cafés being used to support Strengthening Families work, is also familiar with the Strengthening Families Protective Factors Framework

The goal is to create an intimate environment where parents, caregivers and community members can share and support each other as a strategy for strengthening families.

Around the country, cafés designed to build parent leadership and protective factors have been held in a wide variety of settings. Early care and education centers, community centers, faith communities, agencies and schools are typical hosts of cafés. Cafés may be open to the general public in a city or neighborhood, or targeted to those who are affiliated with the hosting school, place of worship or community program.

Cafés may be used to strengthen existing relationships among members of a group, or to help community members form new relationships and cultivate a sense of community that may not already be in place. Cafés are generally offered in a series so that participants have a chance to get to know each other and explore issues in greater depth. (Café experts recommend holding a series of at least three connected cafés to have an effect on protective factors and parent leadership.)

Parents and caregivers participate in cafés in a variety of ways. Many parents first participate in one café series, then seek support or training to start hosting or co-hosting another series—and eventually step into roles of organizing cafés and/or training other parents. Café participation can be a gateway to greater leadership opportunities and the development of skills that parents then use in their communities, in their caregiving roles and in their paid work.

#### Strengthening Families

Strengthening Families™ is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs and communities in building five protective factors:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Using the Strengthening Families framework, more than 30 states are shifting policy and practice to help families working with children and families focus on protective factors. States apply the Strengthening Families approach in early childhood, child welfare, child abuse prevention and other child and family serving systems.

For more information, visit  
[www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)

## strengthening families™ A PROTECTIVE FACTORS FRAMEWORK

### USING CAFÉS TO BUILD PROTECTIVE FACTORS AND PARENT LEADERSHIP: CORE ELEMENTS

Some aspects of café implementation will differ according to the model used and the needs of the community. However, there are common elements that must be in place for a café that is intended to help parents build their protective factors and leadership.

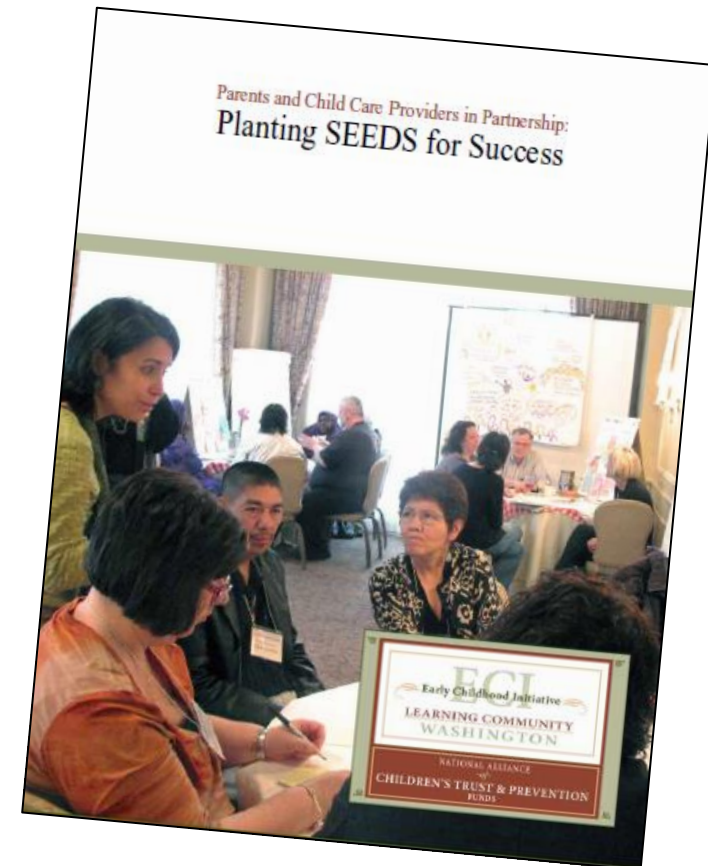
The following core elements and fidelity indicators were developed by a group of café implementers convened by the Center for the Study of Social Policy in 2013. Anyone implementing cafés with the goal of helping parents build leadership and protective factors should ensure that their cafés meet these criteria for greatest likelihood of success.

CORE ELEMENT	WHAT IT LOOKS LIKE
Cafés bring parents/caregivers and others together to build positive relationships with each other and to strengthen families and communities	<input type="checkbox"/> Parents and caregivers are the primary participants in Cafés <input type="checkbox"/> The Café and the majority of Café tables are hosted by parent leaders <input type="checkbox"/> Cafés are primarily organized in communities, by and for parents and caregivers, with service provider staff assisting as partners and allies
Café themes and questions are relevant, generative, thought-provoking and appropriate to the prospective guests (participants)	Individual Café Questions: <ul style="list-style-type: none"> <li><input type="checkbox"/> Are strengths-based</li> <li><input type="checkbox"/> Are open-ended</li> <li><input type="checkbox"/> Have no right or wrong answer</li> <li><input type="checkbox"/> Are developed and/or chosen by a local planning group which includes potential participants</li> </ul>
Cafés are scheduled and structured to allow the space	<input type="checkbox"/> Cafés are held in series of at least 3 connected Cafés <input type="checkbox"/> Each Café lasts at least 90 minutes, with at least 15 minutes for

<http://www.cssp.org/reform/strengtheningfamilies/practice/body/CAFE-OVERVIEW-2015.pdf>



# The Café Approach in Action: Washington State



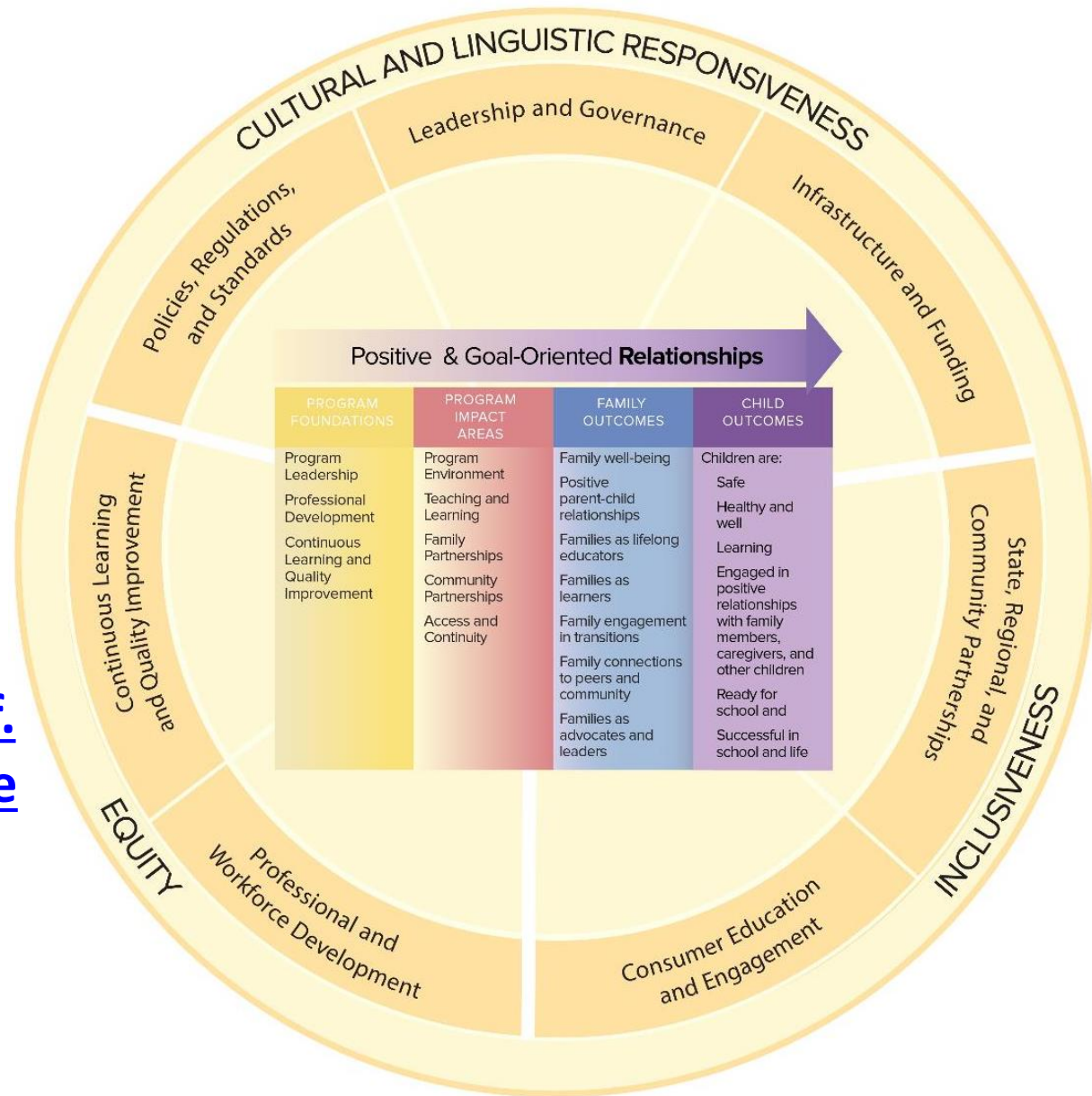
<http://ctfalliance.org/washington.htm#waseeds>

# Tools from the National Center on Parent, Family and Community



# Parent, Family and Community Engagement Framework for Early Childhood Systems

<https://childcareta.acf.hhs.gov/resource/parent-family-and-community-engagement-framework-early-childhood-systems>



## Relationship-Based Competencies to Support Family Engagement

Overview for Early Childhood Professionals



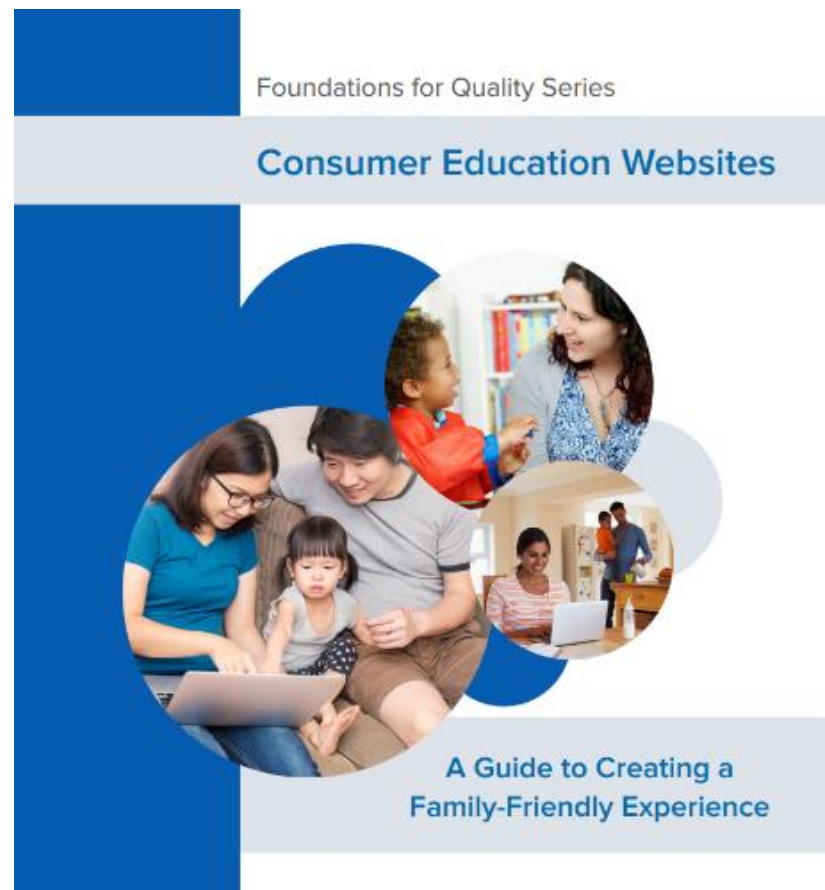
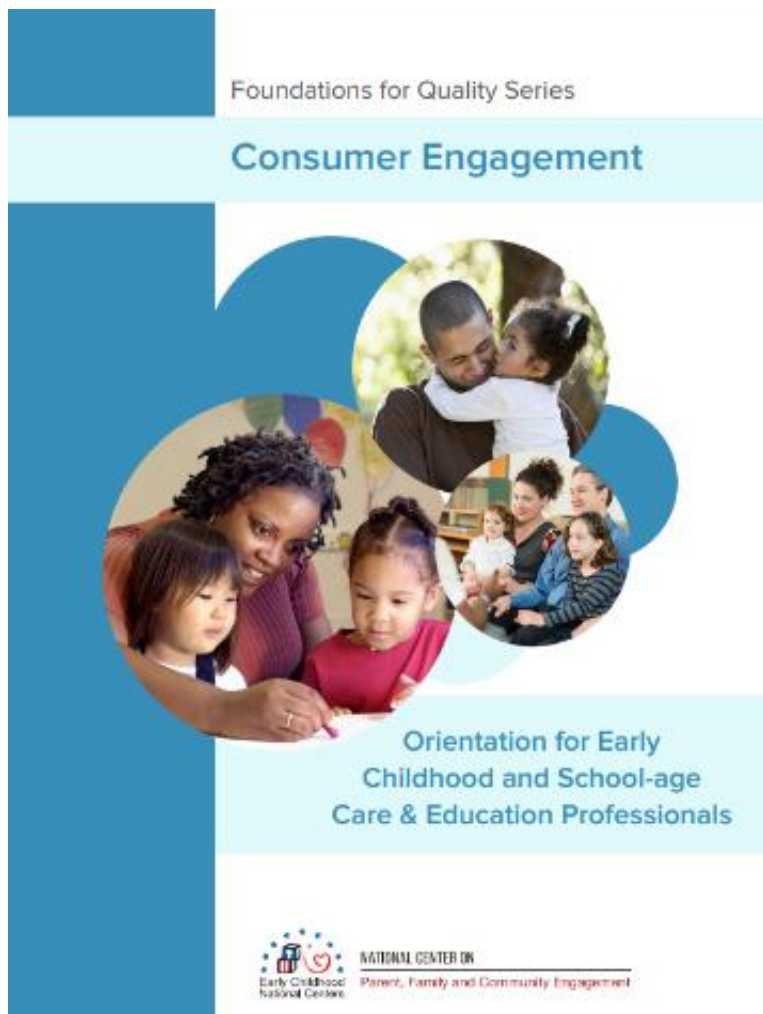
NATIONAL CENTER ON  
Parent, Family and Community Engagement

- Competency overview document
- Self-Assessment and Competencies for teachers and child care providers
- Self-Assessment and Competencies for family service professionals
- Self-Assessment and Competencies for home visitors

<https://eclkc.ohs.acf.hhs.gov/family-engagement/article/relationship-based-competencies-support-family-engagement>

*National Center on Parent, Family and Community Engagement*





<https://childcareta.acf.hhs.gov/>

*National Center on Parent, Family and Community Engagement*





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[www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)

