


## Embedding the Protective Factors in FSC Programming

Presented By: Cari Burke & Niureca Louis




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## About Building a Workshop

Write down the 3 top ingredients to building a workshop.  
Keep this paper.





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## Protective Factors

Protective factors, when present, can increase the health & wellbeing of children & families. Shields vulnerable families even under stress.

U.S. Dept. of Health & Human Services

### Three Frameworks

1. Center for the Study of Social Policy
  - a. 5 factors
  - b. Internal & External Supports of the Family
2. ACYF
  - a. Ind., Relationship & Community
  - b. Internal qualities (sense of purpose & relational skills)
  - c. Environment (Positive Peers & positive community involvement)
3. CDC
  - a. Ind., Family & Community
  - b. Supports in the environment
  - c. Skills ( household rules) Assets
  - \_\_\_\_\_ (employment, housing) of the family

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## Name That Protective Factor




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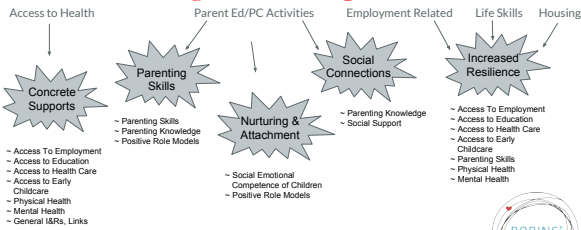


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## About Building a Workshop




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70% of parents report increased nurturing and attachment in relationships with their children



## Nurturing & Attachment

Developing a pattern of positive interactions with your child.

- Showing affection
- Listening/Responding
- Spending time together
- Establishing trust (that their physical and emotional needs will be met)
- Fostering a sense of security
- Being consistent




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70% of participants increase social connections



## Social Connections

Friends, family members, neighbors and community members offering support

- Assisting with childcare
- Offering advice
- Sharing joys and challenges
- Sharing resources
- Seeing other parents in action
- Venting frustrations




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70% of participants demonstrate increased resilience.



## Increased Resilience

The ability to handle and recover from difficult life circumstances. Parents are more likely to achieve healthy, favorable outcomes if they are resilient.

- Problem solving
- Recognizing challenges
- Coping strategies
- Belief system
- Acknowledging feelings
- Taking action
- Making good choices




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70% of parents demonstrate improved parenting skills



## Parenting Skills

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

- Non-punitive disciplinary techniques
- Modeling positive behavior
- Addressing developmental challenges
- Keeping children safe
- Proving appropriate Healthcare
- Knowledge and utilization of community resources




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70% of families improve/linkages/informal supports



### Concrete Supports

Ensuring the basic needs are being met (food, clothing, shelter) and services are available to parents and youth to services when needed

- Seeking and receiving support for basic needs
- Knowing what the services are and how to access them
- Having adequate financial stability/security
- Advocating effectively for self and family to receive necessary help




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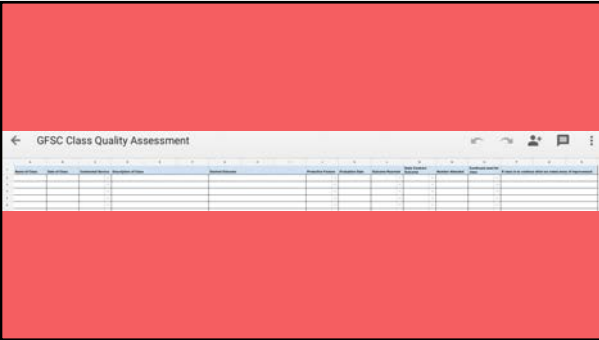
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### Protective Factors: Breaking It Down

- Access to Health care
- Access to Early care
- Access to Education
- Access to Employment
- Parenting Knowledge
- Parenting Skills
- Social Support
- Positive Role Models
- Physical Health
- Mental Health
- Social- Emotional Comp of children

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## Group work: Create a Class

### Contracted Services

- Health
- PC Activity/Parent Edu
- Employment
- Housing
- Life Skills

### State Outcome/Protective Factor

- Increased Resilience
- Parenting Skills
- Nurturing & Attachment
- Social Connection
- Concrete Supports

### Protective Factors subcategories

- Access to health care
- Access to early care
- Access to education
- Access to employment
- Parenting Knowledge
- Parenting Skills
- Social Support
- Positive Role models
- Physical health
- Mental Health
- Social-Emotional Comp of children

### Directions

Now that we have discussed the components in detail, please get into groups and create 1 class using the given format.

You will be asked about how this class incorporates each of the three components.



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## How are the PFs observable & measurable in the class you created

### Quantifying your work

- Behaviors Observed
- Frequency
- Intensity
- Performed between whom
- Performed by whom
- Received by whom
- Vocalized Knowledge acquisition (not parrot)
- Vocalized Opinion Shift
- Pre/Post test scores

### Preparation

In your groups, select one of your classes and explain how they are observable and measurable by referencing the list on the left.



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## About Building a Workshop-Reflection

Now that we have completed this training, please write down the 3 top ingredients to building a workshop.

Compare your answers from your previous response. Let's discuss some differences.



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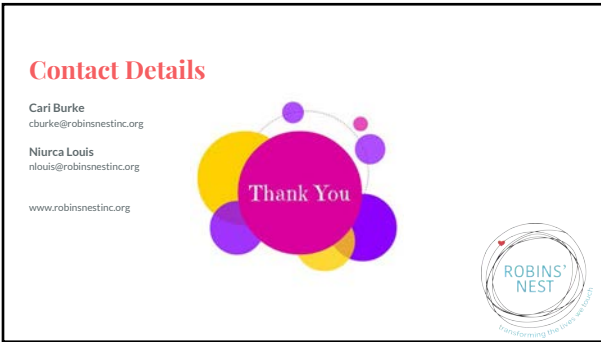
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