

Strengthening Families

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FAMILIES

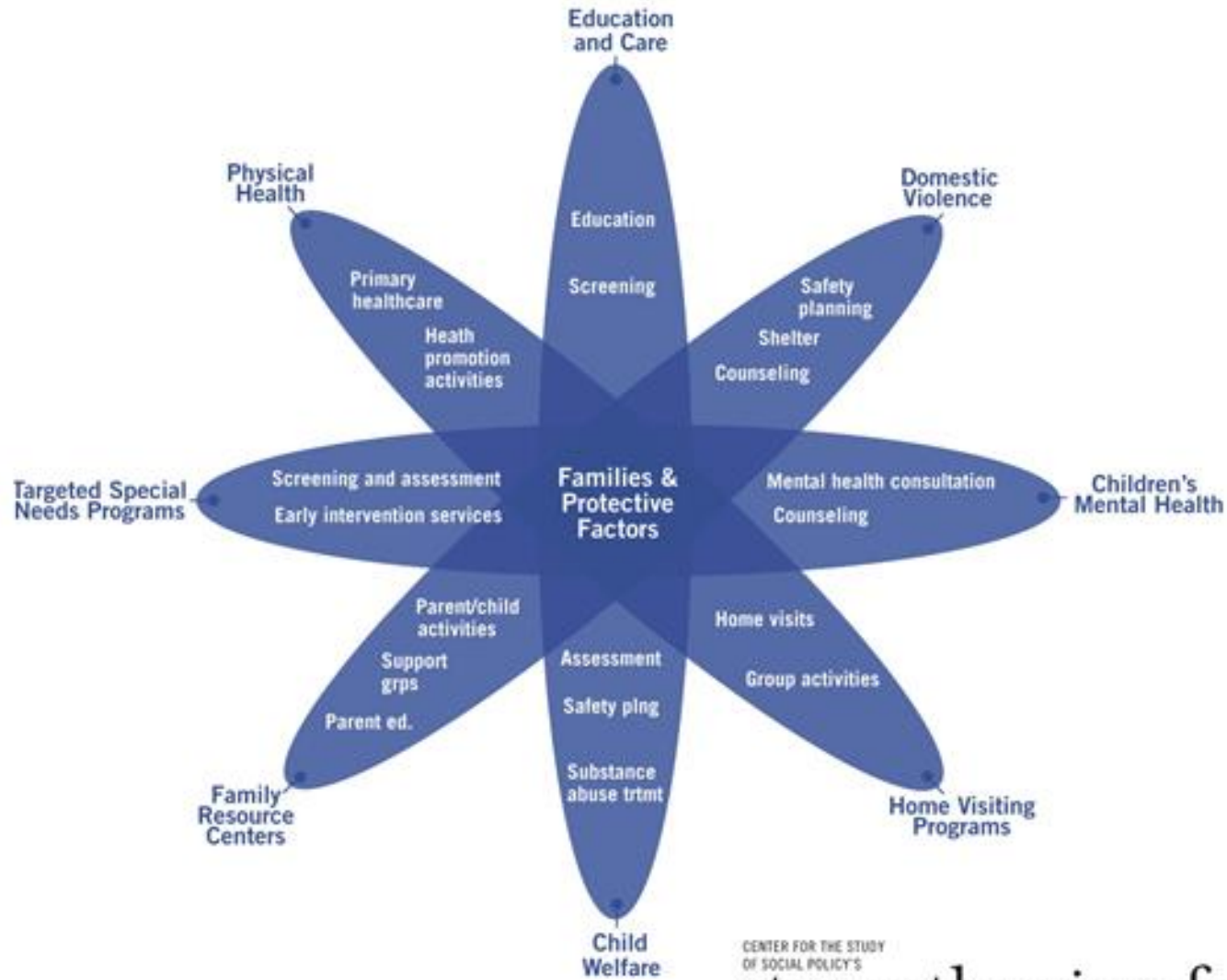
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The Strengthening Families Framework

- Strengthening Families is a 2-Generation Approach developed by the Center for the Study of Social Policy
- The Framework is evidence-informed and supports strategies that integrate the approach into ongoing policies and practices. It enhances, rather than replaces existing work
- Strengthening Families is **not a single setting or program**. It is a approach that is most impactful when implemented and practiced across sectors, policies, initiatives, agencies, and programs.
- The approach is rooted in developing “**Protective Factors**” in families and communities to build the strength and resilience of parents and support optimal development of children

The History and Science Behind the Framework

- Developed in 2001 by the Center for the Study of Social Policy after studying the role that early care and learning programs nationwide can play in preventing abuse and neglect
- Strengthening Families is an approach that aims to:
 - Change programs, initiatives and services' relationship with parents, recognizing and building on their strengths and resiliency
 - Align practice with developmental science to drive better outcomes for young children and families
 - Build protective and promotive factors to develop strong families, which in turn reduces and mitigates the toxic stressors that impeded development and lead to poor outcomes



The Power of the Framework and the Protective Factors Across Sectors

Examples of Vermont Strengthening Families Implementation Across Sectors

- **CIS and Vermont's Home Visiting Continuum**
- **Strengthening Families ECL Programs**
- **Bright Futures and Help Me Grow**
- **Promise Community Road Maps (Rutland et al)**
- **Flourishing Communities**
- **Regional Building Bright Futures Councils**
- **Vermont STARS**

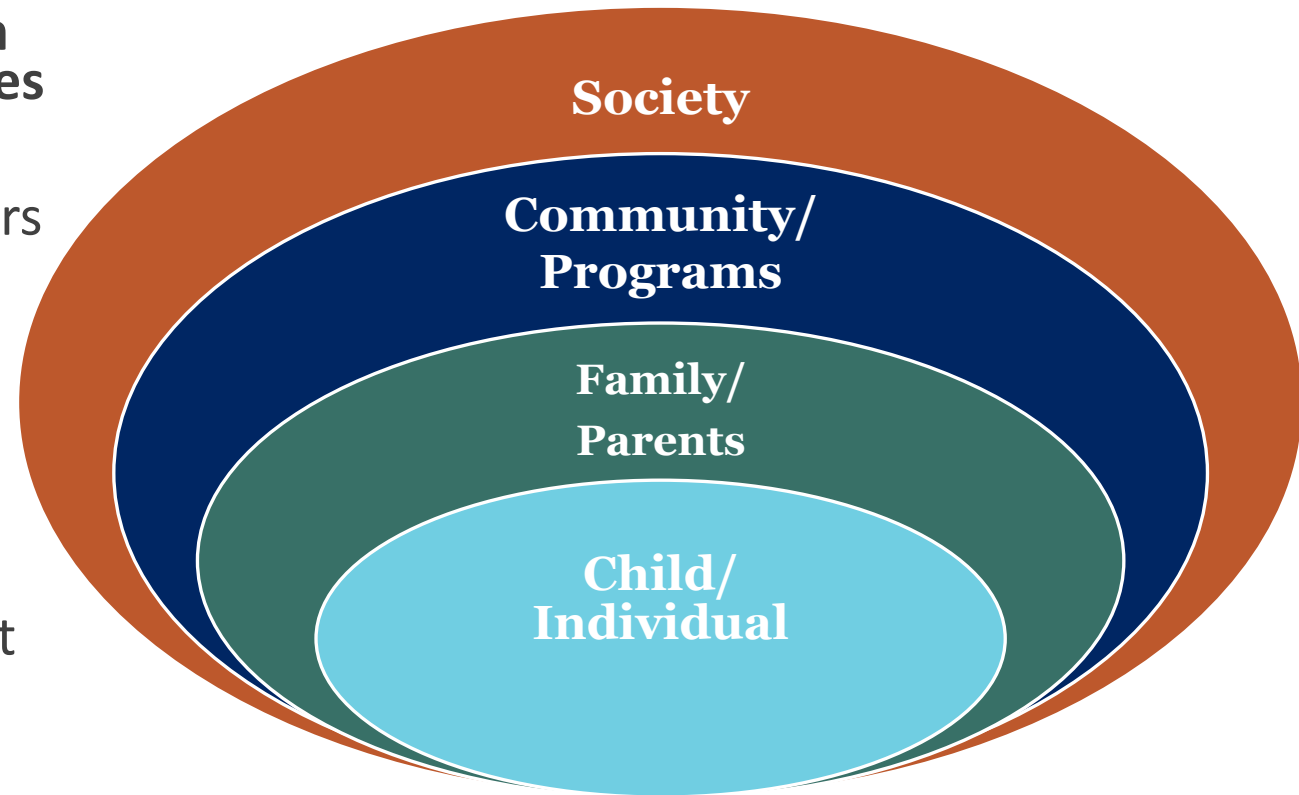
The Framework and the Five Protective Factors

- Parent Resilience
- Social Connections
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Social and Emotional Competence of Children

The Power of the Framework and the Protective Factors in Changing Practice

Through effective training, coaching, mentoring and small day-to-day shifts in practice, the Framework can help families and children:

- Lead the way in building protective factors that serve as the single best buffers to toxic stressors and trauma
- Promote the strength of themselves as parents, and better understand and support the healthy development and social emotional competence of children
- Find a bridge to a variety of services, that otherwise may have been unavailable or inaccessible



Expanding Strengthening Families to Family Child Care Pilot

Providing “just in time” parenting education

Express
Empathy

Ask Good
Questions

Provide
Information
and
Perspective

Develop
Strategies

Coach,
Model and
Mentor

Lift up
Successes



Early Care and Learning Settings & The Strengthening Families Framework

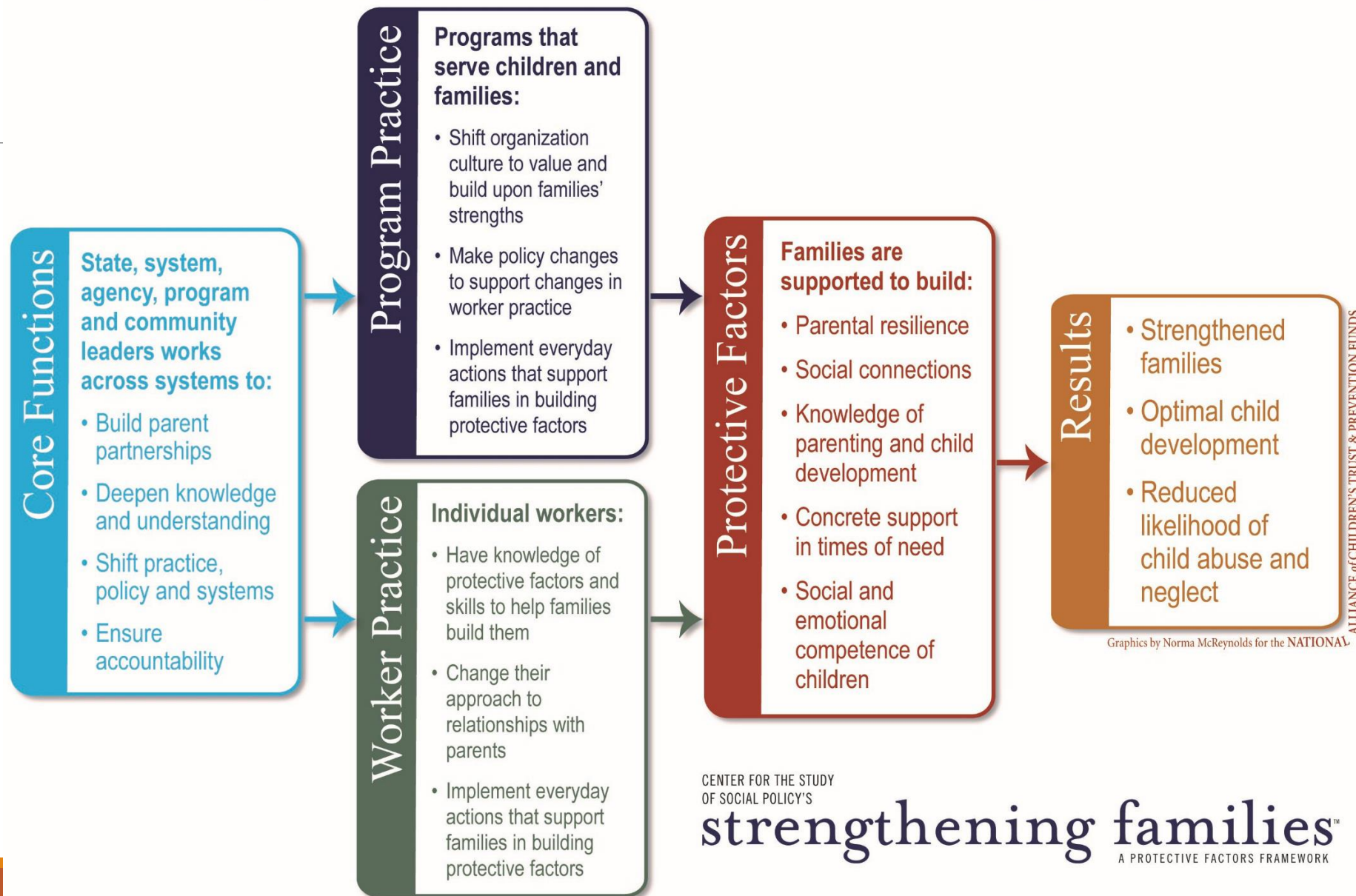
- Child Care and ECL Programs and Early Educators are often some of the most consistent parts of families' routines
- ECL Programs can be an important part in implementing the framework within a community
- From 2014-2017 CDD, VB5 and other partners leveraged grant funds to train, mentor and coach over 50 Family Child Care Providers in the Strengthening Families Framework

Home Child Care Provider SF Pilots

- The Framework works hand-in-hand with ECL programs working to enhance their quality
 - At the beginning of the pilot, 29% of the participating programs were at 4 or 5 STARS, by the end 67% had reached this level of quality.
- In St. Albans a Pilot with Nine Family Child Care Providers serving 56 families, including 44 children eligible for 100% CCCFAP assistance significant progress was made:
 - Support of Flex Funds and Strengthening Families Family Resource Coach
 - Child Care Providers enabled to serve as a bridge to other forms of support

The Pathway to Improved Outcomes for Children and Families

Strengthening Families™ Protective Factors Framework Logic Model



Population Outcome Impacts



- ❖ Reduced child abuse and neglect
- ❖ Strong resilient families
- ❖ Optimal child development
- increased health, school readiness and future success



More information is available on line at

<https://cssp.org/our-work/project/strengthening-families/>

Questions?

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