



Families Thrive

Protective and Promotive Factors to Enhance THRIVING for All Children, Youth, and Families

Presented by

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Things to Know About Me

- ★ I've been working with youth for over 20 years
- ★ That work has been done in a variety of settings, including local schools
- ★ I've spent the last 3 years very involved with the CA Afterschool Network and I've taken on a leadership role
- ★ I love growing as a person and seek out training. I've taken leadership training (quite a few), trauma informed practice trainings (a lot of these as well), implicit bias awareness trainings, diversity trainings, and positive behavior trainings.
 - ★ M.S. - Child Development
 - ★ Certified Families Thrive Trainer

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*The original Families Thrive curriculum includes elements from CSSP's **Strengthen Families**[™] and **Youth Thrive**[™] curricula combined into an integrated approach to building protective and promotive factors across childhood into emerging adulthood.*

Youth in Focus received permission to create the *virtual* adaptation.

Future use of these virtual materials must include credit to both CSSP and Youth in Focus.



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



Youth in Focus
LEARNING THAT TRANSFORMS

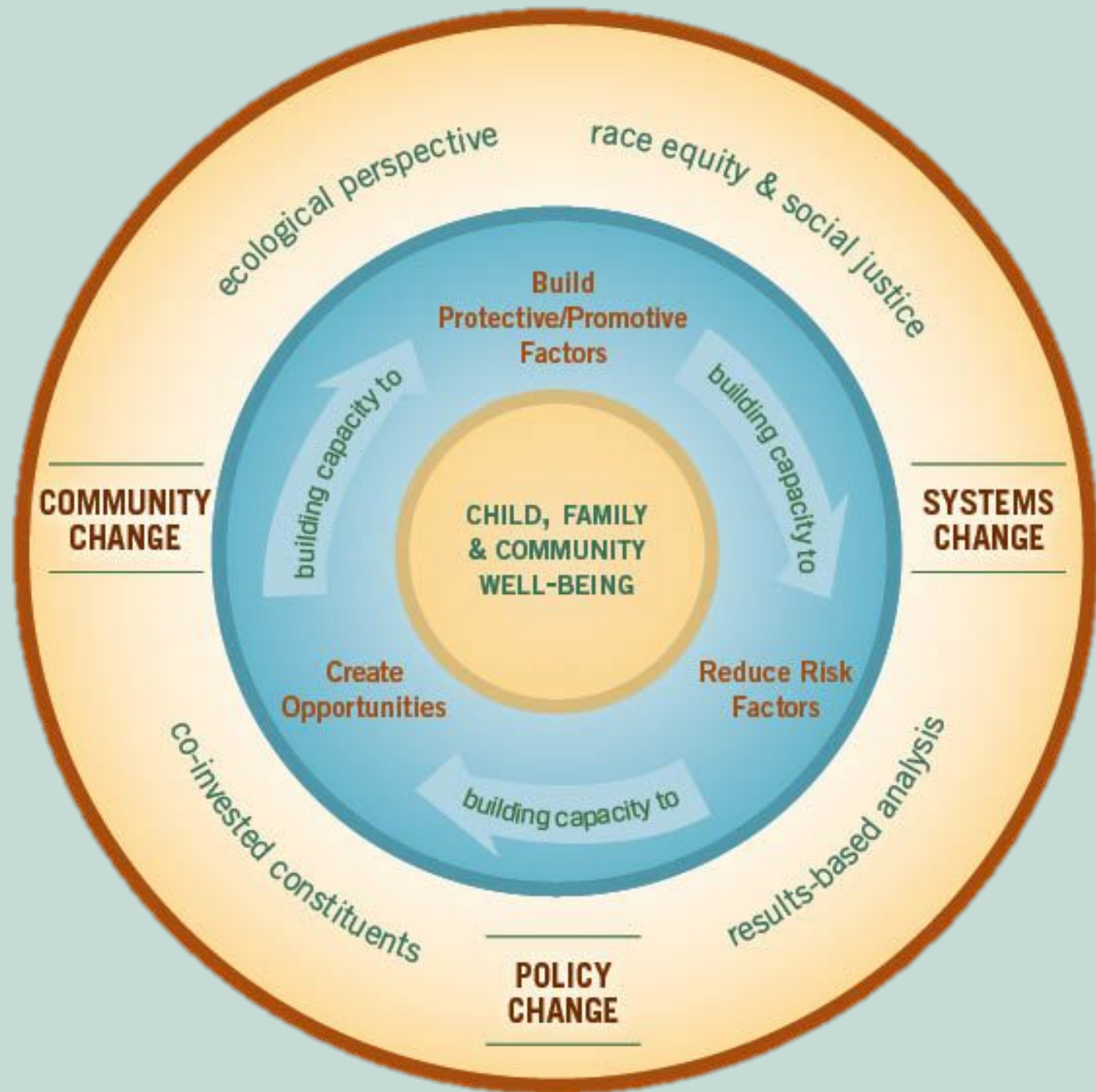
Building Adult Capacities to Improve Child Outcomes



Video Link:

https://www.youtube.com/watch?v=urU-a_FsS5Y

CSSP Theory of Change



Families Thrive Development



2003

Review Research on programs preventing child maltreatment



2008

Launch Strengthening Families Network



2011

Researched Protective & Promotive Factors for Youth



2014

Youth Thrive Training Launched



2016

Youth Thrive National Network Launched



2017

Families Thrive Launched



A comprehensive approach is the next step

Families Thrive:

- Focuses on what young people need at any age to THRIVE as productive and healthy citizens
- Describes the impact of Toxic Stress (Risk Factors) on development including drug abuse, mental illness, abuse & neglect, violence, poverty and lack of access.
- Highlights the importance of building Cognitive & Social-Emotional Competencies
- Describes the need for Concrete Supports at developmentally critical times
- Uses advances in Brain and Developmental Science to inform interventions and approaches
- Focuses on Skill Building for Caregivers, Professionals, and supportive adults.
- Informs discussions of reducing toxic stress and developmental mismatches at the Community and Policy Levels.

When children are young, the family environment is very important. That's why Strengthening Families emphasizes parents' protective factors as a pathway to children's well-being.



STRENGTHENING FAMILIES PROTECTIVE FACTORS

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

PROTECTIVE FACTORS strengthening families
A PROTECTIVE FACTORS FRAMEWORK

FAMILIES THRIVE

A Protective/ Promotive Factors Framework Across Development

YOUTH THRIVE PROTECTIVE & PROMOTIVE FACTORS

- Youth Resilience
- Social Connections
- Knowledge of Adolescent Development
- Concrete Support in Times of Need
- Cognitive and Social-Emotional Competence in Youth



As children grow, their own sense of self and experiences in family, peer, school and community contexts are very important. Youth Thrive emphasizes protective and promotive factors as a pathway to well-being during adolescence and in the transition to adulthood.



YOUTH THRIVE
PROTECTIVE & PROMOTIVE FACTORS FOR HEALTHY DEVELOPMENT AND WELL-BEING



An Approach, Not a Model

- Research-based and evidence-informed
- Implemented through small but significant changes
- Not parallel to, but integrated into existing practice
- Applied in any setting
- Cross-sector implementation as core to the approach



Alignment with Developmental Science

- Paying attention to what the research tells us:
 - Critical periods of development
 - Importance of nurturing relationships
 - Effects of trauma on development, behavior and outcomes
- Providing tools and guidance to align practice with development





What we know:

Families gain what they need to be successful when key protective and promotive factors are robust in their lives and communities

Protective and Promotive Factors

**Child & Adolescent
Development**

Social Connections

**Cognitive &
Social-Emotional
Competencies**

**Concrete Supports in
Times of Need**

**Youth & Care Giver
Resilience**

Guiding Premises

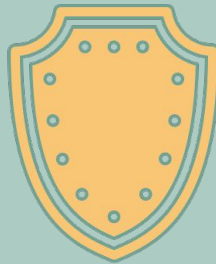
A Protective & Promotive Factors Approach

- **Protective Factors:**

conditions or attributes that mitigate or eliminate risk

- **Promotive Factors:**

conditions or attributes that actively enhance well-being

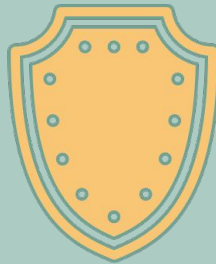


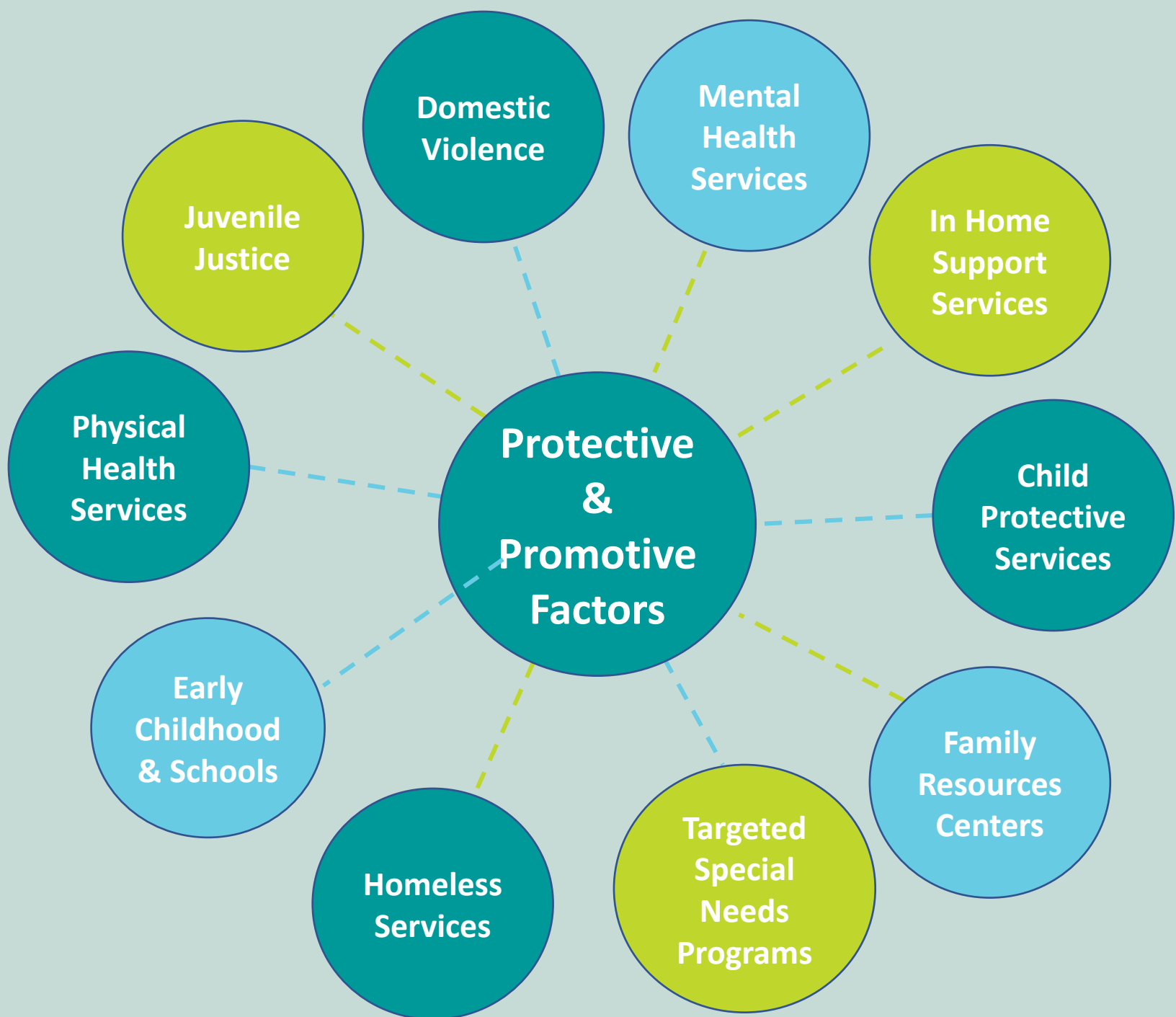
5 Protective Factors

1. Knowledge of Child and Adolescent Development
2. Social Connections
3. Cognitive and Social-Emotional Competencies
4. Concrete Supports in Times of Need
5. Resilience

A Protective & Promotive Factors Approach

- **Protective Factors:**
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Guiding Premises

1. Children, youth and caregivers are best supported by people who understand and recognize the importance of **self-awareness** and **self-care** in their own professional practice.





Guiding Premises

2. Children, youth and families are best supported by people who are **aware of the impact of traumatic stress and understand the need to use trauma informed practice methods.** Trauma informed practice is a paradigm shift that focuses on trauma resolution through building resiliency. It is most concerned with what has *happened* to the person and the subsequent impact to development rather than on their behavior.

~ Bloom, 1997, Bloom, Farragher, 2013

Guiding Premises

3. Children, youth and caregivers are best served by people who **focus on assets and use strengths-based approaches** with an awareness of current research regarding **neuroscience and child and adolescent development.**



Guiding Premises



4. Children, youth and caregivers are best supported by people who understand that **attachments, connections, and relationships are a primary source of growth and learning.** It is in relationships and through our use of relationships that we experience ourselves, learn, practice new skills, receive feedback, and grow as humans.

Guiding Premises

5. Children, youth and caregivers are best supported by people who **understand the role of race, racism and bias**, and the ways in which race, other identities, privilege, and power shape their life, as well as the practitioner's own life.





Guiding Premises

6. Children, youth and caregivers are best supported by people who **understand and provide culturally responsive services**. Being culturally responsive means we take into account our culture, the culture of those individuals and families we serve, the culture of the larger community, and the culture that is created within our programs and organizations.



A Changed Relationship with Caregivers

- Supporting parents' ability to parent
- Involving parents/caregivers
- Engaging parents through programs
- Engaging parents directly in mutually supportive relationships that build protective & promotive factors
- Partnering with parents to help design systems and policies that work

Families Thrive is:

- A 24+ hour modular curriculum.
- Delivered in a 4-day format or sub-divided into smaller units. (We are working on making it smaller, depending on who the training is focused on).
- Presented by Instructors authorized by CSSP who have completed the Training for Trainers program.
- Participants receive a Participant Manual.
- Has been adapted so it can be delivered virtually
- The group I trained with is throwing around the idea of (and some have started working on) self-guided online modules so that the in-person part isn't so long

Questions?

