

Building Resilient Families

Child Abuse PREVENTION Conference

Wednesday, July 20, 2016
9:15am – 10:45am



*Arizona
Department of Child Safety*

Presenters:

- Sue Smith, DCS
- Mark Klym, DCS

Learning Objectives



Understand:

- 1) The Characteristics of a Low Risk Family
- 2) Some Protective Factor resources that help prevent child abuse
- 3) Some “lessons learned” from the implementation of evidence based programming

Origins of Building Resilient Families (BRF)



- Fills a gap for low risk families
- DCS Investigation completed, kids safe, case approved for closure
- Based on evidence-based practices
- Trial in Maricopa County only
- 1 year, initially. Extended for 2nd year

Origins of BRF



- 7 contracted agencies provide:
- Focus on Protective Factors
- Home Visits, Parent Aide Services
- Parenting Education
- Help parents engage in Community Resources
- Up to 55 hours of service within 120 days

DCS Assesses Risk

- DCS Investigation determines:
 - High Risk
 - Moderate Risk
 - Low Risk, kids safe, case approved for closure = BRF is an option



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Characteristics of Low Risk Families

- Child Vulnerability/Self Protection
- Child Special Needs
- Parenting Skills
- Empathy, Nurturance, Bonding
- Parental Substance Abuse

Characteristics of Low Risk Families

- Mental and Emotional Limitations
- History of Violence
- Protection of Child
- Parent's History of Abuse/Neglect as a Child

Characteristics of Low Risk Families

- Recognition of Problem/Motivation
- Economic Resources
- Family/Social Supports
- Family Stress

Understanding Characteristics of Low Risk Families

- Group Exercise



DCS Referral

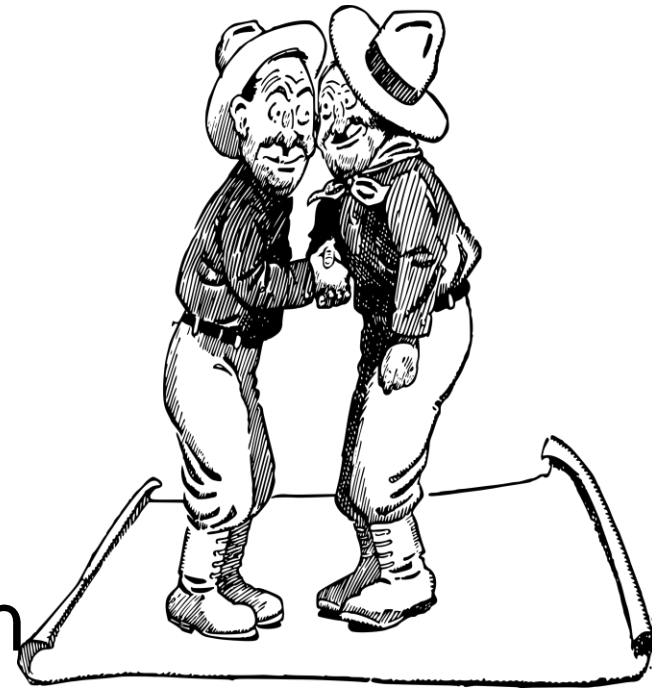


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- DCS offers BRF to eligible low risk families
- Family has risk they want to address
- BRF is voluntary
- DCS suggests up to 4 services/resources
- DCS may offer day care & bus passes

BRF Provider Outreach

- Initial contact visit attempt within 2 business days
 - Needs to be face to face
 - Prefer in home visit
- Make up to 4 attempts within 1 week



BRF Provider Outreach



- Use family centered engagement skills
 - Service is Voluntary
 - Motivational Interviewing is good
 - Inform family of benefits of program
 - DCS investigation is closed, or soon will be closed

Family Data Collection Form (FDCF)



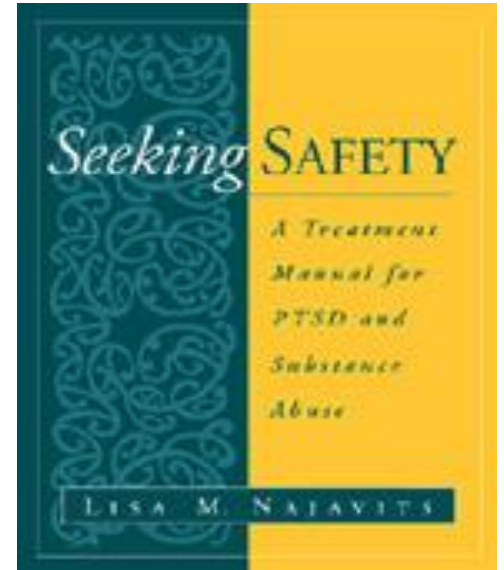
- Provider completes needs assessment with family
- Identify up to 4 presenting issues
- Rate each issue at beginning and end
- Track services
- Track reasons for closure

Service Length



- Max 120 days, 55 hours total
- Max 20 hours in 1st month
- Max 15 hours in 2nd month
- Max 10 hours in 3rd and 4th months

Service Provision within Provider Agency



- Parent Aide Services
- Address, for example: hygiene, budgeting, meal planning, home safety, organization, peer mentoring
- [Seeking Safety](#) is good evidence-based practice

Service Provision within Provider Agency

- Parenting education
- Communication skills
- Nutrition information
- Resilience building life skills, etc.



Service Provision within Provider Agency



- Use evidence-based program with manual
- [Nurturing Parenting](#) is good example
- Go to www.cebc4cw.org for others

Service Provision out of Provider Agency

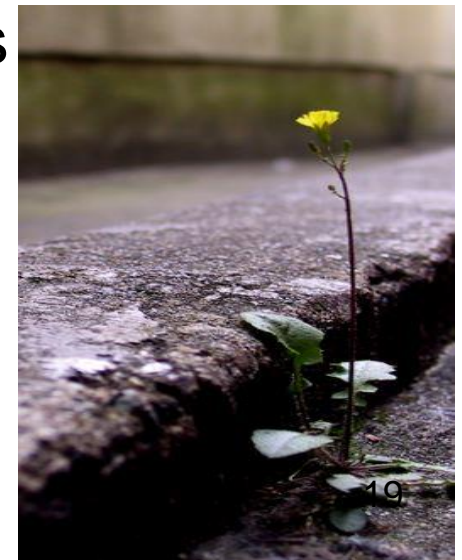


- Help families engage in community resources:
 - Housing
 - Child Care
 - Respite
 - Transportation
 - Food
 - Counseling
 - AHCCCS
 - TANF
 - Support Groups
 - etc.

Protective Factors

Research commissioned by FRIENDS National Research Center found the following factors help protect a child from abuse or neglect:

1) **Family Functioning and Resiliency** – Having the adaptive skills and strategies to persevere in times of crisis, being able to openly share positive and negative experiences, and mobilize to solve problems



Protective Factors

- 2) **Social Emotional Support** – Perceived informal support (from family, friends, and neighbors) that helps provide for emotional needs
- 3) **Concrete Supports** – Perceived access to tangible goods and services to help families cope with stress, particularly in times of crisis or intensified need



Protective Factors

- 4) Knowledge of Child/Youth Development and Parenting – Understanding and utilizing effective child management techniques and having age-appropriate expectations for children’s abilities
- 5) Nurturing and Attachment – The emotional tie along with a pattern of positive interaction between the parent and child that develops over time



Protective Factors

- 6) Social and Emotional Competence of Children - The ability of young *children* to manage their *emotions* and behaviors....
emotional regulation, problem-solving, school readiness, social *competence*.



Protective Factors

- More Resources
- www.friendsnrc.org
- www.cssp.org
- Google Parent Café



strong communities raise strong kids

Understanding some Protective Factor Resources

- Group Exercise



Community Resource Councils

- Network, know local resources, quarterly
- May join together or with existing councils
- Update resource guides
- [Basecamp](#)



Lessons Learned

- Using the right evidence-based programs
- Getting referrals right (quantity and low risk)
- Engagement time and allocation of hours

Summary



- 1) The Characteristics of a Low Risk Family
- 2) Some Protective Factor resources that help prevent child abuse
- 3) Some “lessons learned” from the implementation of evidence based programing

Presenters

- Sue Smith, SusanSmith@azdes.gov
- Mark Klym, mklym@azdes.gov



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