

# strengthening families

A L A S K A

*supporting family strengths and resiliency*

Strengthening Families:  
a proven, cost-effective  
approach to building  
Protective Factors around  
children by supporting  
family strengths and  
resiliency.

FY 2012 Report Summary





# STRENGTHENING FAMILIES

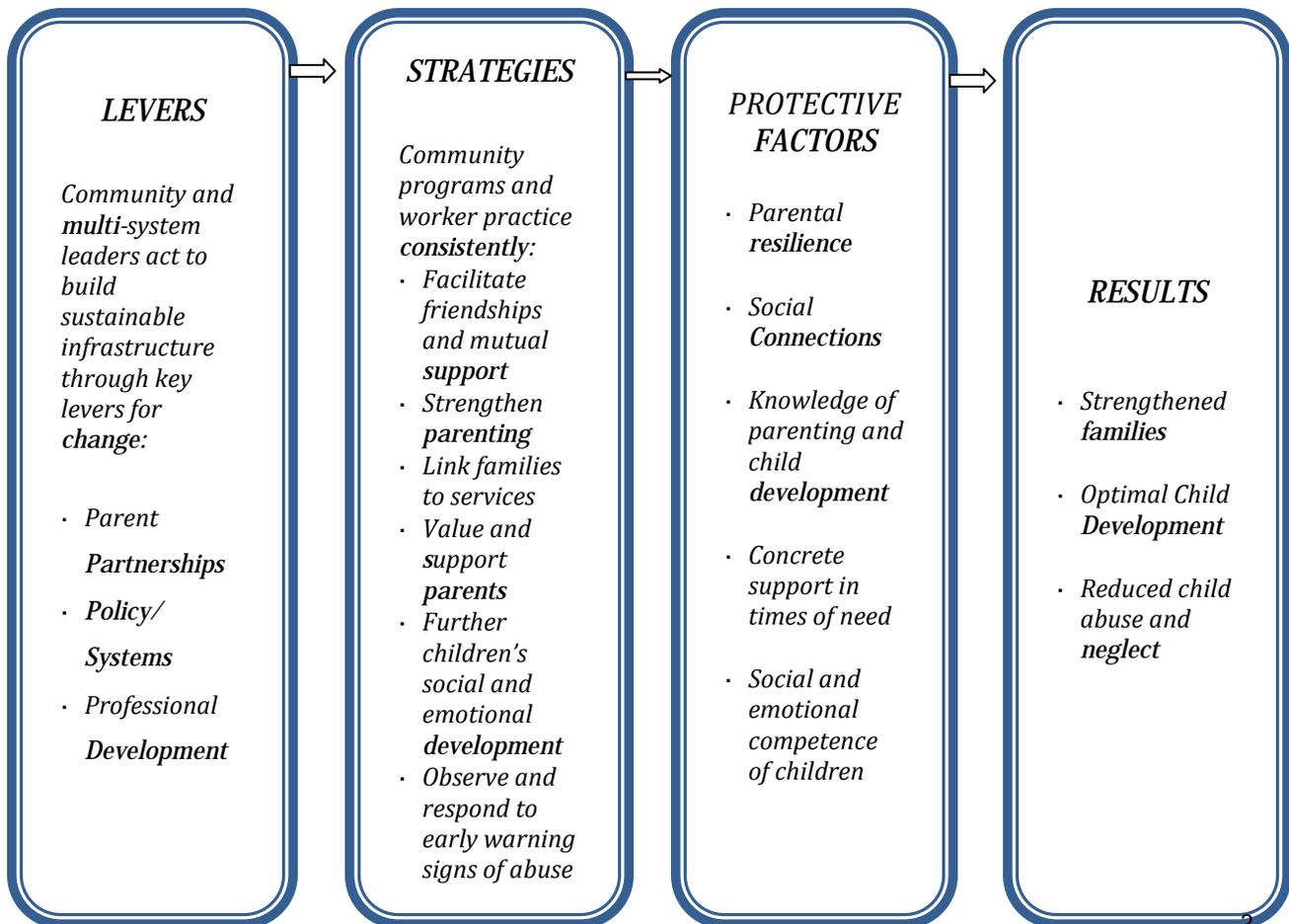
## FY 12 Project Summary

### What is Strengthening Families Alaska?

Strengthening Families is a proven, cost-effective approach to building Protective Factors around children by supporting family strengths and resiliency. Research by the Center for the Study for Social Policy (CSSP) revealed that proven, positive results take place when family programs work to strengthen five protective factors known to be correlated with child abuse and neglect.

### The Strengthening Families approach:

- Benefits ALL families
- Builds on family strengths, buffers risk, and promotes better outcomes
- Can be implemented through small but significant changes in everyday actions
- Builds on and can become a part of existing programs, strategies, systems and community opportunities
- Is grounded in research, practice and implementation knowledge



## **FY12 CHIP BONUS FUNDING:**

The Strengthening Families program applied for and received \$497,190 in CHIP Bonus Funding in FY12.

This purpose of this funding was to:

- § Recruit and support early childhood programs in implementing the Strengthening Families Protective Factors Framework
- § Recruit and support early childhood classrooms within those centers to promote social and emotional competency in the children they serve
- § Provide training in hub communities for OCS staff and community partners in the Strengthening Families Protective Factors Framework, CAPTA requirements (Child Abuse Prevention and Treatment Act), and best practices for young children in child protective services
- § Facilitate stakeholder meetings in those locations to enhance collaboration and partnership in serving these children using best practices and the SF protective factors framework.
- § Develop Strengthening Families materials, a *facebook* page, and improved website
- § Facilitate the work of the Strengthening Families Leadership Team

## **IMPLEMENTATION**

Through RSAs to the UAA Child Welfare Academy and the Child Care Program Office, this project involved several paths of implementation:

- 1) Early Care and Learning Programs
- 2) Child Care Resource & Referral Agencies
- 3) Early Childhood Partnerships
- 4) Best Beginnings
- 5) Child Protection Services, Infant Learning Programs & Community Partners

### ***Early Care and Learning Programs:***

9 early care and learning programs (in 12 locations) were recruited through a formal process in partnership with thread, the Child Care Resource and Referral Network offices in Juneau, Fairbanks, and Anchorage. Each program selected was required to identify a Leadership Team to facilitate and champion the work in their program. Leadership Teams were provided leadership training and met on a regular basis. Programs were required to complete the Strengthening Families Self-Assessment and develop an Implementation Plan for embedding the Strengthening Families framework in their work. They were asked to identify one classroom to implement the Pyramid Model for Promoting Social Emotional Competencies in young children.

A minimum of 16 hours of SF training was provided for program staff and Pyramid Model training was provided to selected staff. Weekly coaching was implemented throughout the project. Programs were given “mini-grants” to support their activities. Programs included:

- Gold Creek Child Development Center, Juneau
- Peace Health Child Development, Ketchikan
- TLS Child Care/Babes in the Woods, Juneau
- Rock of Ages Daycare and Learning, Wasilla
- South Central Employee Family Center (Bright Horizons), Anchorage
- Campfire Council: Chinook, Lake Otis, Airport Heights, Anchorage
- Dee’s Child-o-Rama, Anchorage
- Early Start Child Care, Anchorage
- Vanessa’s Playhouse, Anchorage

A cadre of trainers and coaches was required to support the early care and learning programs. This group participated in a “train the trainers” workshop on the Strengthening Families curriculum “Stronger Together”, the Alaska Pyramid Partnership curriculum “Promoting Social and Emotional Competencies, and the coaching model. Monthly teleconferences were facilitated by mentor coaches for this group and detailed records were collected on coaching activities. The “train-coach-train” model was found to be a very effective approach to implementation.

Early care and learning programs embraced the Strengthening Families approach and implemented a creative array of approaches and activities to step up their support of families. For example, from Camp Fire Alaska Council:

“Chinook has added a Family page to their monthly newsletter including information about resources, age appropriate activity ideas for families to try at home, information about parenting issues, etc. They have been working on having either a morning breakfast or family night once a month in order to reach all of the families in the program. Attendance increased with each event and their final family night had between 50-60 families in attendance with 21 of those being children in their program. They have been working with their AmeriCorps Member to develop a resource binder and finding ways to get families to use it on a regular basis. One of the ideas is to have a section that will have a monthly activity, recipe or other item of interest to keep families coming back to the binder.”

## The results:

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The greatest measure of parent support and connection was demonstrated through their levels of comfort with the programs with which they engaged. The following are percentages of the parents who felt comfortable going to staff:

- |     |   |
|-----|---|
| 96% | To share parenting ideas that have worked for me.                               |
| 95% | When I need to seek resources in the community.                                 |
| 95% | When I am worried about my child’s development and/or behavior.                 |
| 94% | To help plan and participate in activities that build friendships for my child. |

In general, parents found that their child care program helped strengthen them in various ways. Of the families responding, they reported that NOW they:

- 94% Have more ways to respond to their children's skill, needs and behaviors.
- 83% Know more parents they can connect with.
- 86% Know where they can find contact information when they need help.
- 86% Know they can talk more about feelings with their children.
- 95% Understand the importance of their child knowing they are loved, feel they belong and being able to get along with others.

The change in staff behavior was also evaluated. Some of the practices showing significant increases included:

- Ø Helping parents understand their child's social and emotional development.
- Ø Providing tips to parents on how to handle a specific concern about a child.
- Ø Helping parents locate services and resources in the community that can help them achieve their family goals.
- Ø Following up with parents to see whether services and resources are helping them achieve their family goals.
- Ø Reaching out to try to help families when they are in crisis.
- Ø Following up when a change in parent/child behavior is concerning.

*(For complete evaluation data, see the Appendix A)*

### ***Child Care Resource & Referral Agencies:***

Mini-grants were provided to the Child Care Resource & Referral Agencies in Fairbanks and Juneau. The purpose of the mini-grants was to support the development of infrastructure and capacity. These agencies are now prepared to provide ongoing Strengthening Families and Alaska Pyramid Partnership training and support to early care and learning programs. They were required to complete the Strengthening Families Self-Assessment, develop an Implementation Plan, as well as participate in training and on-going coaching. Those programs were:

- **ThriveALASKA, Fairbanks**
- **Association for the Education of Young Children (AEYC) , Juneau**
- 

From AEYC:

The (AEYC) van is the conduit to families in neighborhoods that are hard to reach and villages that are hard to access. Stocked with Strengthening Families materials, literacy materials and parent/child social emotional support materials and activities, we will be "parking" the vehicle in strategic neighborhoods and villages. A highly-qualified provider will work the van and be the "driver" of the activities, information and visible fun for all families and children in Southeast Alaska.

## ***Early Childhood Partnerships:***

Two Early Childhood Community Partnerships were recruited in collaboration with Best Beginnings. These multi-agency partnerships developed Implementation Plans for community projects, participated in Strengthening Families training and received on-going coaching to assist in the project. The Early Childhood Partnerships were:

- Families First Early Childhood Partnership, Homer
- Ketchikan Early Childhood Leadership Team, Ketchikan

The Families First Early Childhood Partnership in Homer provided playgroups to 796 participants; 47 weeks of developmental education, screening and parent supports; trained 2 staff members in *Conscious Discipline*; and created a new website for parents.

From the Ketchikan Early Childhood Leadership Team:

“One of the most powerful achievements of our leadership team has been achieved through our Strengthening Families grant that we were awarded last fall. Through this grant we were able to host two trainings that together engaged nearly one hundred community members and provided an invaluable opportunity for shared learning and networking. The trainings have also proven to be a means of engaging more community members in our partnership activities.

The first training was a Strengthening Families training with Lee Lesser and Shirley Pittz. This provided participants with an overview of the five protective factors and how they might be applied in our own community. It also allowed us another opportunity to talk about Best Beginnings and our local partnerships work. The second training was a Safe Babies Court Team Training that was presented by staff from Zero to Three. This training was attended by all of our judges, two pediatricians, all of the staff from our local Office of Children’s Services, staff from our two mental health organizations as well as Ketchikan Indian Community, Women in Safe Homes, Community Connections and three out of town participants who hope to implement teams in their own communities. The training provided an overview of infant brain development and the importance of early relationships and gave our community a framework for supporting families and young children in the child welfare system.

This project has the potential to create powerful change for children and families by providing parents, foster parents and children with the supports and resources they need to be successful and ultimately “making the first placement the last.”

## ***Best Beginnings:***

Best Beginnings was awarded a mini-grant to develop a marketing campaign around the Strengthening Families Protective Factors. This “Five Factors” campaign was kicked off during the Week of the Young Child and highlighted a different protective factor each day of the week. A daily campaign of stories and announcements was shared with the statewide community through events, radio spots, press releases, websites, and social media including *Facebook*. The

network of Early Childhood Partnerships held more than 40 community events during this week. Best Beginnings has embedded the Strengthening Families approach in their Partnership Grants for the upcoming year.

One of the public service radio spots on the protective factor Social Connections read:

“In strong families, parents have friends they can call on to let off steam, share problems and seek advice. Let’s face it. Few parents breeze easily through the typical stresses of family life – tantrums, crazy schedules and competing needs. Parenting is a tough job and every parent needs a strong support network of friends and relatives. Building strong social connections is one of the five factors that strengthen families.”

### ***Child Protection, Infant Learning Programs, Community Partners:***

The Child Welfare Academy developed a 2-day curriculum and provided training to approximately 114 community providers and 104 OCS staff in 11 hub communities across the state.

Day One: The first day of training was designed for Infant Learning Programs and other community providers. The training concentrated on the Strengthening Families framework and the OCS Practice Model.

Day Two: The second day targeted OCS staff. The training focused on the Strengthening Families framework, early childhood best practices, and federal requirements for referring children birth to three with substantiated reports of harm to Infant Learning Programs as required in CAPTA (Child Abuse Prevention and Treatment Act).

Day Three: The third day consisted of a half day meeting with ILP Providers and OCS staff to initiate the development of working agreements.

Trainings/meeting facilitation was provided in the following locations:

Anchorage	Bethel	Fairbanks
Juneau	Nome	Dillingham
Kenai	Kodiak	Barrow
Wasilla	Ketchikan	

The Infant Learning Programs participating included:

- Alaska Center for Children and Adults, Fairbanks
- Bristol Bay Area Health Corporation, Dillingham
- Center for Community Early Learning program, Sitka
- Community Connections, Ketchikan
- Family Outreach Center for Understanding special Needs, Inc., Eagle River, JBER
- Frontier Community Services, Soldotna

- Sprout Family Services, Homer
- Kodiak Area Native Association, Kodiak
- Mat-Su Services for Children & Adults, Mat-Su Valley
- Northwest Arctic Borough School District, Kotzebue
- Norton Sound Health Corporation, Nome
- Programs for Infants & Children, Anchorage
- REACH, Inc., Juneau
- Southeast Regional Resource Center (SERRC)
- SeaView Community Services, Seward
- Tanana Chiefs Conference, Fairbanks
- Yukon Kuskokwim Health Corporation, Bethel

Other Community Partners included:

- Centerpoint Counseling, Anchorage
- Alaska Center for Resource Families, Anchorage
- Kids Corp Head Start and Early Head Start, Anchorage
- Tanana Chiefs Conference, Fairbanks
- NW Resource Center, Fairbanks
- Early Head Start, Fairbanks
- Resource Center for Parents and Children, Fairbanks
- Thrive Alaska, Fairbanks
- ONC Tribe, Bethel
- Central Council of Tlingit & Haida Indian Tribes of Alaska, Juneau
- Kawerak Head Start, Nome
- Nome Community Center, Nome
- Nome Eskimo community Family Services, Nome

Here is a sample of the trainee responses to the question,  
**“What is one new idea that you would like to try out?”**

**From Providers-**

- § Modifying the protective factors survey to use as an information gathering/processing tool for unpacking the experience of a family in crisis.
- § Developing a more collaborative relationship with OCS in supporting families.
- § Look at pre-post SF assessments over time with risk and protective factors/variable- what makes a difference?
- § Request from OCS: initial reports; where we are on the flowchart; to be invited to team meetings.
- § To call OCS more often to share their information and involve me in plans to better support families.
- § Protective factors and family survey.
- § Protective factors survey as a tool with all families, not just children, but seniors.
- § Help new parents/families build friendships and other connections.
- § Increase social/emotional information for young parents – through “play date” activities for parents with young children – developing models.

§ ILP & OCS (&CYS) partnering on child & family assessments.

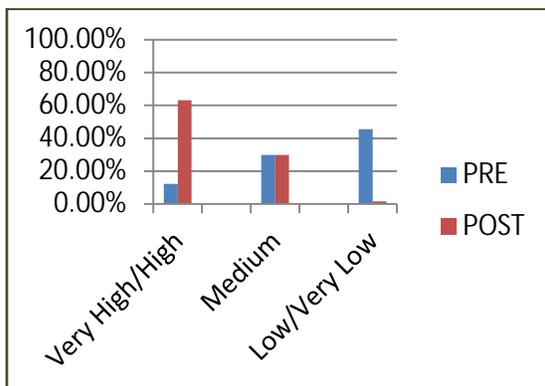
**From OCS-**

- § Encourage myself and other workers to use the protective factors language in our statements made in the six questions- Q3, 4, 5 & 6 and in the safety threats threshold explanation and the case plan concerns.
- § Incorporate the protective factors when assessing families –for example, when you need help, where do you go? Who do ask? This will give me a better understanding of family needs.
- § Focus on prevention and not wait till it’s too late – make more referrals.
- § Focus more on parental resilience. I usually focus on the child’s resiliency but I will try harder to focus on this with parents.
- § Attend an ILP screening or evaluation for a child on my caseload. Giver foster parents more information on the EPSDT so they know how to ask for it from a physician.
- § Applying the 5 strategies at intake.
- § Adding community efforts & knowledge of the program to assist families in my community.
- § Round table discussions on SF in rural communities.
- § Networking with community agencies to help facilitate more person to person contact to promote support/communication and help with participation and engagement for all in the community.
- § Reminding foster parents to be more open with biological parents.
- § Focusing on service providers and families toward reunification – as opposed to focus on legal system and requirements.
- § Ask the family what they need to help them succeed in getting their children back.
- § Utilizing assessment tool (from early learning) into my initial assessment.

**PROVIDER DAY**

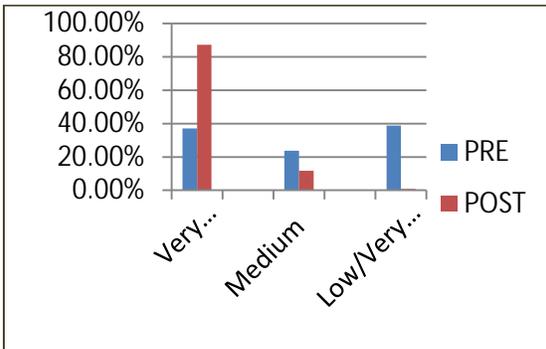
**N=114**

**My knowledge of the OCS Practice Model is:**



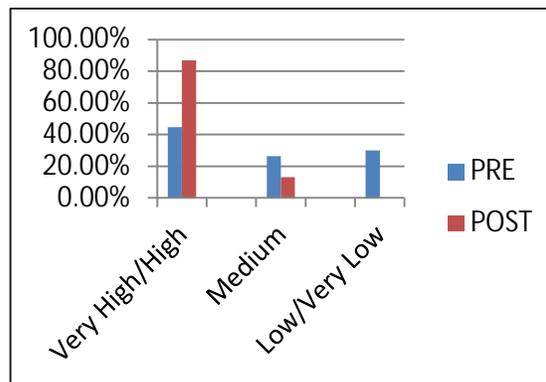
	PRE	POST
Very High/High	12.20%	63.10%
Med	29.8%	29.8%
Low/Very Low	45.60%	1.7%

### My knowledge of Strengthening Families is:



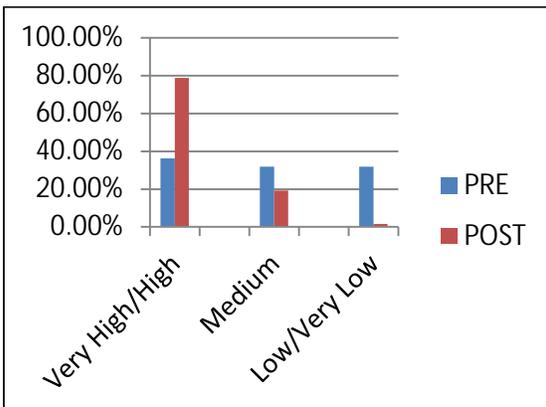
	PRE	POST
Very High/High	37.10%	87.20%
Med	23.80%	11.70%
Low/Very Low	38.8%	.90%

### My knowledge of the Protective Factors is:



	PRE	POST
Very High/High	44.70%	86.80%
Med	26.30%	13.10%
Low/Very Low	29.90%	0%

### My understanding of my role in supporting families using the Strengthening Families and protective factors concept is:

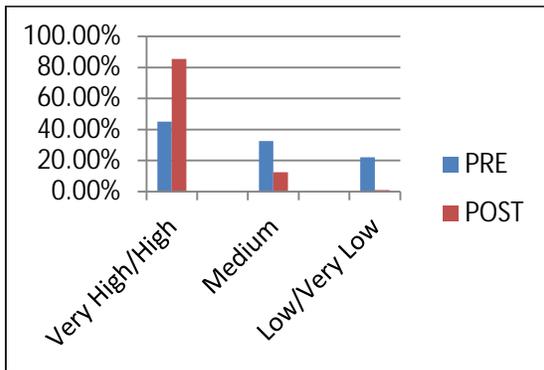


	PRE	POST
Very High/High	36.20%	78.90%
Med	31.80%	19.20%
Low/Very Low	31.80%	1.60%

# OCS DAY

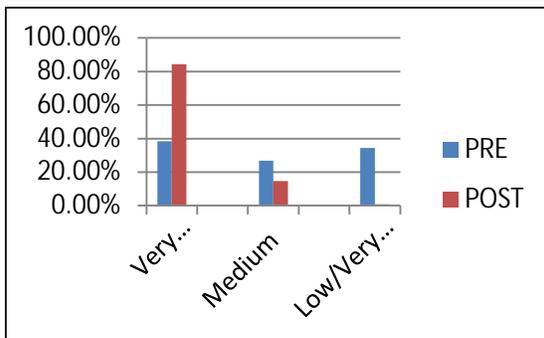
## N=104

### My knowledge of the protective factors is:



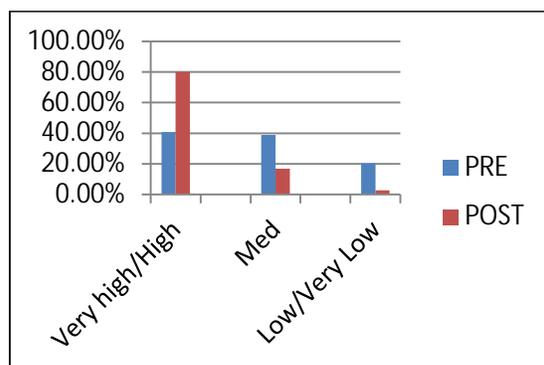
	PRE	POST
Very High/High	45.10%	85.50%
Med	32.60%	12.40%
Low/Very Low	22.10%	0.90%

### My knowledge of Strengthening Families is:



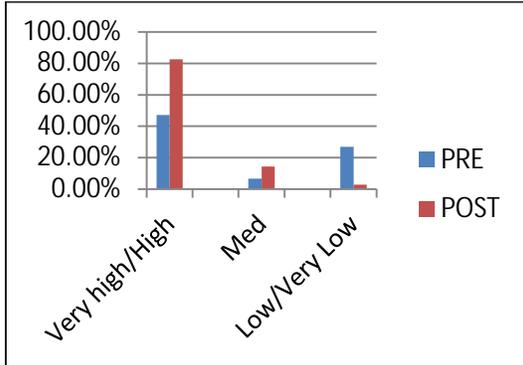
	PRE	POST
Very High/High	38.40%	84.30%
Med	26.90%	14.60%
Low/Very Low	34.50%	0.90%

### My understanding of the Alaska Infant Learning Program and other providers that service infant and toddlers is:



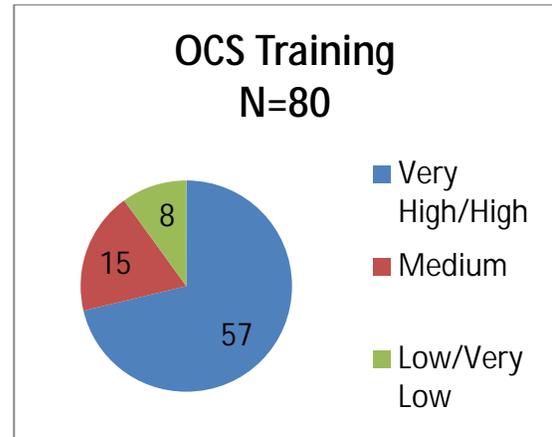
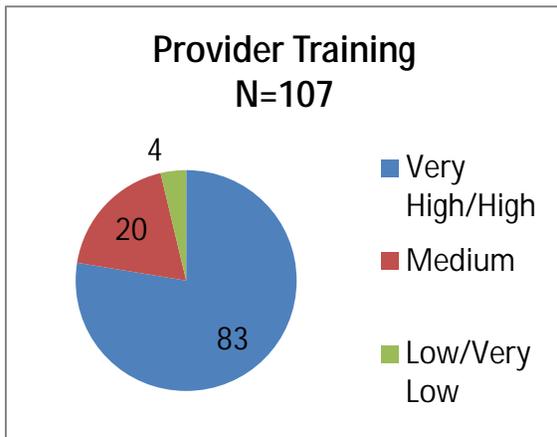
	PRE	POST
Very High/High	40.70%	80.10%
Med	38.80%	16.90%
Low/Very Low	20.30%	2.70%

**My understanding of my role in supporting families using the Strengthening Families and Protective Factors concept is:**



	PRE	POST
Very High/High	47.10%	82.60%
Med	6.70%	14.00%
Low/Very Low	26.80%	2.80%

**My satisfaction with this training is:**



The UAA Child Welfare Academy also worked to enhance the Strengthening Families Website, initiated a Strengthening Families *facebook* page, assisted in the development of resource materials, and managed the logistics for meetings of the Strengthening Families Leadership Team.

***Additional Strengthening Families Activities:***

- In cooperation with the Governor’s Choose Respect Campaign, a “Toolkit for Hosting Community Cafes” was developed and included in a packet of Strengthening Families materials sent to 125 communities around the state. Six teleconferences were scheduled to provide technical assistance on the use of the Toolkit.

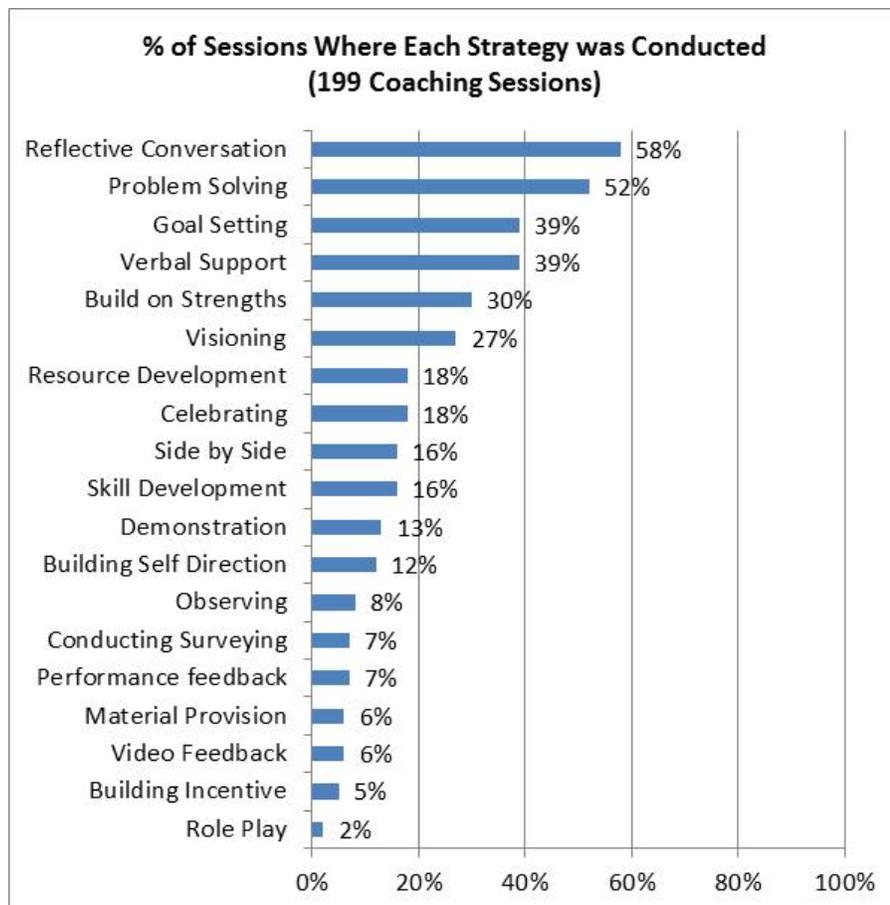
## APPENDIX A

### Strengthening Families Data Summary

Fall 2011 – Spring 2012

199 coaching sessions with a total of 452 hours  
(averaged 2.3 hours per session)

Coach	Hours
Bev	84
Charlie	180
Christa	17
Jessica	52
Laurie	24
Linda	41
Monica	17
Sheila	39
<i>Total</i>	<i>452</i>



## Strengthening Families Alaska Family Feedback Survey

April 2012

84 Surveys Completed

Program	Number of Surveys
Gold Creek Child Development Center	3
Peace Health Child Development Ketchikan	21
TLC Child Care / Babes in the Woods	12
Rock of Ages Daycare and Learning Center	10
South Central Employee Family Center (Bright Horizons)	23
Camp Fire: Chinook	2
Camp Fire: Lake Otis	2
Camp Fire: Airport Heights	5
Dee's Child-o-Rama	6
Vanessa's Playhouse	0
<i>Total</i>	<b>84</b>

My child has attended this child care program for:

Answer Options	Response Percent	Response Count
Less than 6 months	13.1%	11
6-12 months	22.6%	19
More than 12 months	64.3%	54
<i>answered question</i>		<b>84</b>

I have received information about Strengthening Families Alaska from my child care provider.

Answer Options	Response Percent	Response Count
Yes	84.5%	71
No	15.5%	13
<i>answered question</i>		<b>84</b>

Family Survey  
In the past six months:

Answer Options	Strongly Agree	Agree	Disagree	Strongly Disagree	N/A	% Agree
I have gained a better understanding of how my child care program can support my family and skills as a parent.	30	40	1	1	7	97%
I have been referred to a new service in the community OR have been offered opportunities to connect to community resources.	24	27	5	2	21	88%

I have had conversations with staff about my child's progress, and staff has shared suggestions about handling specific concerns about my child.	43	28	1	1	6	97%
I have participated in activities with my family at the child care center. Please list the activities you liked best in the "favorite activities" box below.	39	26	7	0	7	90%
I have discovered something new about my child's feelings or emotions.	30	32	7	2	7	87%
<i>79 answered question</i>						

**Family Survey  
Favorite activities**

Happy Hoppers Family Evening  
 I have gone to family night and my son's Harvest party. The ROA staff is very detail oriented and puts activities together wonderfully for the kids and parents.  
 Family connect, Happy Hoppers and dinners  
 Mother's day tea party  
 Loved when Santa came in and all the kids had so much fun!  
 I came to watch Santa come to visit the children as well as participate in the children trick or treating throughout Peace Health Medical Center  
 Walks, boating, fishing, hikes, cooking, watching movies, playing games.  
 Family Wellness Cafe  
 crafts  
 breakfast with parents. family night  
 family night  
 community cafe  
 family birthday party - awesome!  
 breakfast, birthday party, play day  
 family dinner night  
 games  
 Game night and potluck  
 Pot lucks. Mrs. Dee also takes the children on educational; field trips. She provide informative news letters every month. I, as a parent, always know what my child is doing while in her care.  
 Holiday gatherings/potlucks  
 potlucks. Mrs Dee always informs me of my child'd progress  
 Thanksgiving potluck, Christmas party  
 Game night, field trips  
 Valentines Day dance/jrc  
 Toddler book club  
 Sweetheart dance  
 Egg walk  
 Easter festivities  
 The Valentine's dance and Easter egg event was a lot of fun!  
 Janice dance class  
 friday hikes with kids, sweetheart dinner dance  
 Parent Night, Holiday Parties, Birthday Parties, Volunteering and Fundraising Group Activities  
 Family gathering night.

Parent leadership team, daily recap of day with instructors, Babies movie  
 Family Cafe, Bike Parade, family dinners, Holiday lunches. Any opportunity to be with my daughter during school hours, it helps build a better relationship with my daughter and the staff.  
 planting things and the walks they take  
 Favorite activities I enjoy seeing from my son's, infant classroom, are: there is a lot of reading, painting done there, and a lot of social activities done with the teacher and their little classmates!  
 Barbeques, book parade, mothers day breakfast, lunch time visits  
 babys movie Premier  
 family gathering  
 Lunch with my son  
 Bike Day :)  
 Wellness Cafe  
 Any and all the activities are great: Walks, story time, craft time, snack/lunch, playing outside, music, dancing, costumes, and helping the little ones.  
 puzzles  
 we did the 5k walk/run as "team little feet" with our "day care friends". it was so fun!  
 Fun Run  
 movie premier, Family Wellness Gathering,  
 Having lunch with my child in his classroom.  
 Art show, Limo tour, Dance show and dinner  
 It was a wonderful experience and opened up the ability to talk with my provider outside of the hustle and bustle of pick up and drop off time. A genuine treat!

<b>Family Survey</b>						
<b>I feel comfortable going to staff:</b>						
<b>Answer Options</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>N/A</b>	<b>% Agree</b>
To share parenting ideas that have worked for me.	32	38	1	2	3	96%
To help plan and participate in activities that build friendships for my child.	33	34	3	1	5	94%
To help plan and participate in activities that help parents connect with each other.	31	32	5	1	6	91%
When I need to seek resources in the community.	31	28	3	0	14	95%
When I am worried about my child's development and/or behavior.	42	28	2	2	2	95%
<i>76 answered question</i>						

<b>Family Survey</b>						
<b>My child care program has helped me so that:</b>						
<b>Answer Options</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>N/A</b>	<b>% Agree</b>
I have more ways to respond to my child's skills, needs and behaviors.	32	35	3	1	4	94%
I know more parents I can connect with.	22	36	11	1	6	83%
I know where I can find contact information when I need help.	33	28	10	0	4	86%
My child and I talk more about feelings.	30	25	8	1	11	86%
I Understand the importance of my child knowing they are loved, feeling they belong and being able to get along with others.	44	25	3	1	2	95%
<i>76 answered question</i>						

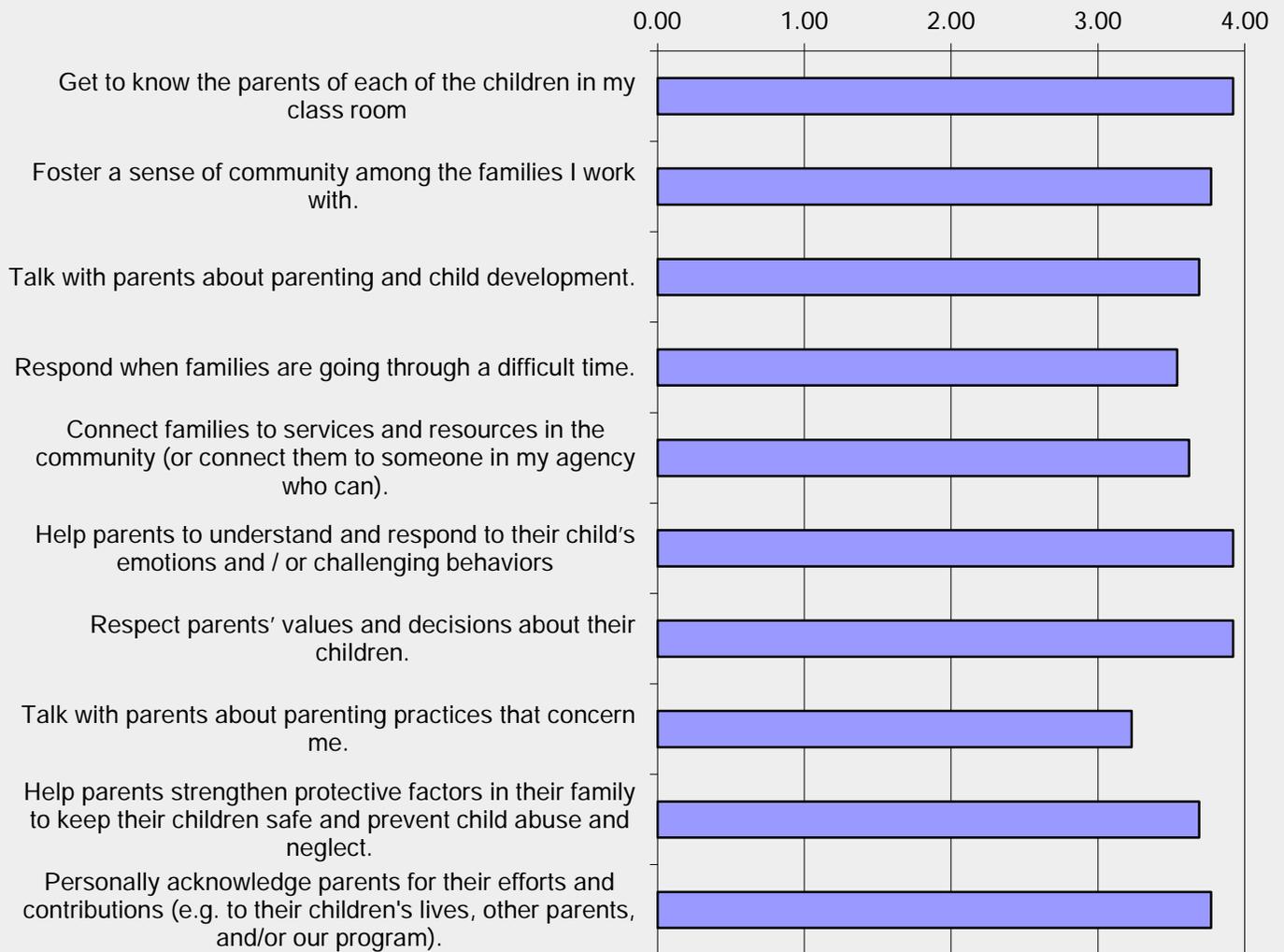
<b>Family Survey</b>						
<b>My child care program helps me feel:</b>						
<b>Answer Options</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>N/A</b>	<b>% Agree</b>
That I make good choices about family schedules and activities to reduce family stress.	36	29	3	1	8	94%
Like I'm a part of a community.	37	34	2	1	3	96%
That I have an important relationship with my child.	50	23	0	0	4	100%
That staff value and support me as a parent.	49	26	1	1	0	97%
That my efforts to be a part of the child care program are acknowledged by staff.	44	26	1	1	5	97%
Confident in knowing how to connect to community resources when I need them.	32	33	3	0	9	96%
<i>77 answered question</i>						

**Strengthening Families Alaska Staff Survey**  
**April 2012**  
**13 Surveys Completed**

Program	Number of Surveys
Gold Creek Child Development Center	1
Peace Health Child Development Ketchikan	0
TLC Child Care / Babes in the Woods	4
Rock of Ages Daycare and Learning Center	2
South Central Employee Family Center (Bright Horizons)	2
Camp Fire: Chinook	0
Camp Fire: Lake Otis	1
Camp Fire: Airport Heights	2
Dee's Child-o-Rama	0
Vanessa's Playhouse	1
<i>Total</i>	<b>13</b>

<b>Staff Survey</b>					
<b>I felt/feel that it was important to my job to:</b>					
Answer Options	Strongly Disagree	Disagree	Agree	Strongly Agree	Rating Average
Get to know the parents of each of the children in my class room	0	0	1	12	3.92
Foster a sense of community among the families I work with.	0	0	3	10	3.77
Talk with parents about parenting and child development.	0	0	4	9	3.69
Respond when families are going through a difficult time.	0	1	4	8	3.54
Connect families to services and resources in the community (or connect them to someone in my agency who can).	0	0	5	8	3.62
Help parents to understand and respond to their child's emotions and / or challenging behaviors	0	0	1	12	3.92
Respect parents' values and decisions about their children.	0	0	1	12	3.92
Talk with parents about parenting practices that concern me.	0	3	4	6	3.23
Help parents strengthen protective factors in their family to keep their children safe and prevent child abuse and neglect.	0	0	4	9	3.69
Personally acknowledge parents for their efforts and contributions (e.g. to their children's lives, other parents, and/or our program).	0	0	3	10	3.77
<i>13 answered question</i>					

**Staff Survey**  
**Rating Average (Strongly Agree = 4, Agree = 3, Disagree = 2, Strongly Disagree = 1)**  
**I felt/feel that it was important to my job to:**  
**(n=13)**



**Staff Survey**

**Compare your work before and since your center participated in Strengthening Families Alaska**

**n=13**

	Average Response (Never = 0, Rarely = 1, Usually = 2, Always = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
I make efforts to connect parents with similar interests and circumstances.	1.83	2.50	0.67
I reach out to parents who are hard to engage.	1.83	2.75	0.92
I build supportive, positive relationships with parents of those children I work with.	2.50	2.92	0.42
I ask families about their hopes, goals, and dreams.	1.58	2.50	0.92
I help parents understand their child and his or her development.	2.08	2.83	0.75
I help parents understand their child's social and emotional development	1.92	2.58	0.67
I provide tips to parents on how to handle a specific concern about their child.	1.92	2.58	0.67
I take the time to talk with families about what they need.	1.58	2.25	0.67
I help parents locate services and resources in the community that can help them achieve their family goals.	1.58	2.25	0.67
I follow up with parents to see whether services and resources are helping them achieve their family goals.	1.67	2.50	0.83
I reach out to and try to help families of children in my classroom when I know they are in crisis.	1.55	2.55	1.00
I follow-up when a change in parent/child behavior concerns me.	1.67	2.67	1.00
I notice each child's emotional state.	2.50	3.00	0.50
I attend parent / family activities at our program.	2.25	2.83	0.58

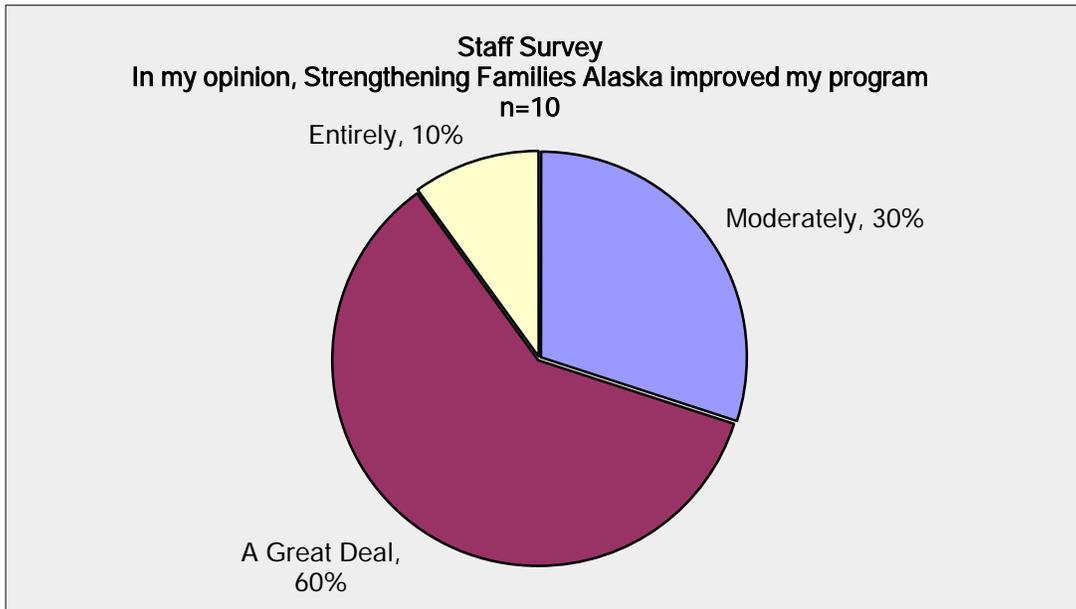
**Staff Survey**

**Rate your comfort level with each item before and since your center participated in Strengthening Families Alaska**

**n=13**

	Average Response (Never = 0, Rarely = 1, Usually = 2, Always = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Address children's challenging behaviors in the classroom	2.42	2.92	0.50
Reach out to parents who are hard to engage.	1.33	2.58	1.25
Involve fathers in my classroom and / or activities at our center	2.09	2.73	0.64
Connect with parents who have different lifestyle, culture, attitudes and values than mine.	2.17	2.75	0.58
Talk with families about what they need.	1.75	2.58	0.83
Successfully connect families to the help or resources they need.	1.64	2.27	0.64
Follow my program's protocol in making a child welfare report and understand how the child welfare system works.	2.20	2.60	0.40

Partner with parents around their child's challenging behaviors at home and in the classroom	1.83	2.50	0.67
Talk with families about parenting practices or behavior changes that concern me.	1.83	2.58	0.75
How to convey information on parenting and child development.	1.83	2.58	0.75
Recognize signs of stress in children and adults.	1.92	2.58	0.67



**Staff Survey**  
Rate each item before and since your center participated in Strengthening Families Alaska  
n=13

**Average Response**  
(Poor = 0, Could use work = 1, Good = 2, Excellent = 3)

	Before Strengthening Families	Since Strengthening Families	Increase
Staff Morale and Culture	2.18	2.82	0.64
Father-involvement in the program	1.64	2.33	0.70
Number of activities/events for parents and families	1.92	2.67	0.75
Ability of program to address children's social/ emotional and/or developmental issues	2.42	2.92	0.50
Attendance at program activities and events by parents and/or families	1.64	2.36	0.73
Opportunities for parent feedback	1.92	2.58	0.67
Parent input on programs and policies	1.50	2.11	0.61
Events/activities organized by parents	0.64	1.64	1.00

**Staff Survey**  
**What made the greatest impact on building the social emotional environment**  
**of your classroom - training, coaching, or both training and coaching?**  
**(n==9)**



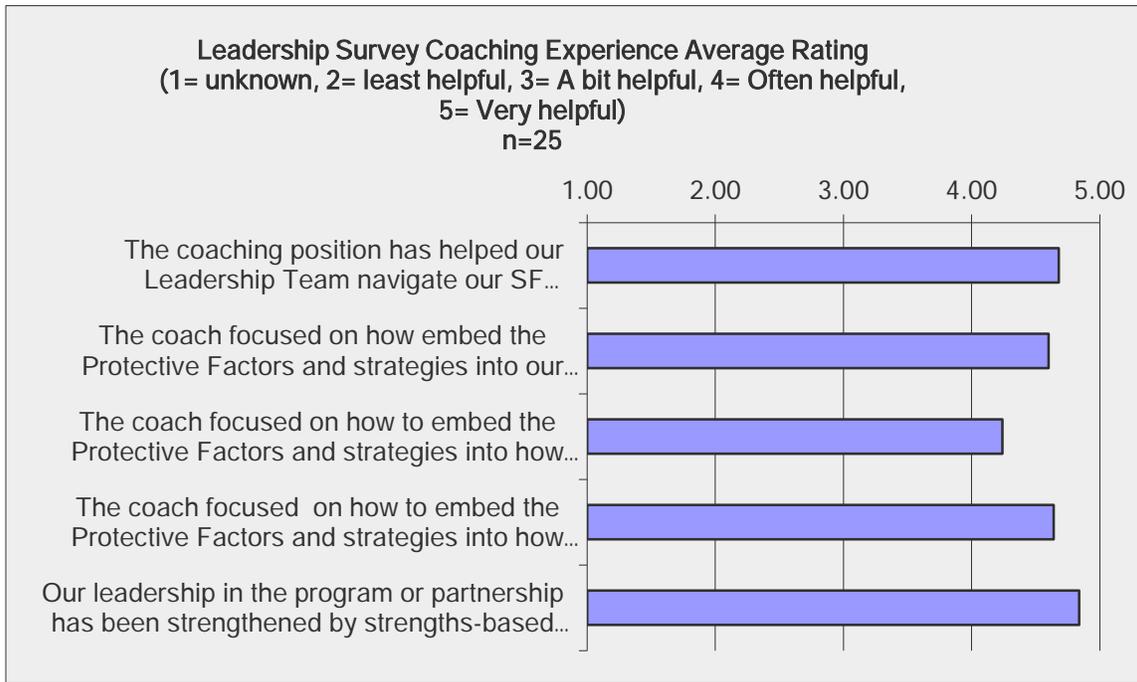
**Staff Survey**  
**Because of the coaching/training I have received, I am a \_\_\_\_% better teacher or**  
**provider. (n=9)**

Answer Options	Response Percent	Response Count
10%	0.0%	0
25%	11.1%	1
50%	11.1%	1
75%	44.4%	4
100%	33.3%	3

**Strengthening Families Alaska Leadership Team Survey  
April 2012**

<b>Program</b>	<b>Number of Surveys</b>
Gold Creek Child Development Center	2
Peace Health Child Development	1
TLC Child Care / Babes in the Woods	3
Rock of Ages Daycare and Learning Center	3
South Central Employee Family Center (Bright Horizons)	3
Camp Fire: Chinook	1
Camp Fire: Lake Otis	2
Camp Fire: Airport Heights	2
Dee's Child-o-Rama	1
Vanessa's Playhouse	1
Homer Partnership	2
Ketchikan Partnership	4
<i>Total</i>	<b>25</b>

<b>Leadership Survey Rating of Coach Experience</b>						
<b>Answer Options</b>	<b>Unknown</b>	<b>Least helpful</b>	<b>A bit helpful</b>	<b>Often helpful</b>	<b>Very helpful</b>	<b>Rating Average</b>
The coaching position has helped our Leadership Team navigate our SF Implementation Plan.	0	0	0	8	17	4.68
The coach focused on how embed the Protective Factors and strategies into our Policies and Systems.	0	0	2	6	17	4.60
The coach focused on how to embed the Protective Factors and strategies into how we provide professional development to staff.	2	0	0	11	12	4.24
The coach focused on how to embed the Protective Factors and strategies into how we nurture parent partnerships.	0	0	0	9	16	4.64
Our leadership in the program or partnership has been strengthened by strengths-based coaching	0	0	0	4	21	4.84
<i>25 answered question</i>						



**Leadership Team Survey**  
**Percentage of Strengthening Families Alaska goals accomplished**

Answer Options	Response Percent	Response Count
10%	0.0%	0
25%	4.2%	1
50%	20.8%	5
75%	54.2%	13
100%	20.8%	5
<i>answered question</i>		<b>24</b>

**Rate each item regarding how much information you had before and after your program/partnership participated in Strengthening Families Alaska**  
 n=25

	Average Response (No info = 0, Very little = 1, Some = 2, A lot = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Program or partnership connects parents to resources that help them explore different approaches to parenting and facilitates supports for parents (peer groups, classes)	1.88	2.86	0.98
Program or partnership provides opportunities for families to socialize and foster a sense of community (i.e. community Cafes)	1.60	2.86	1.26
Program or partnership conducts outreach efforts to connect isolated families	1.25	2.73	1.48

**Leadership Survey**

Rate each item regarding how much information you had before and after your program/partnership participated in Strengthening Families Alaska

N=25

	Average Response (No info = 0, Very little = 1, Some = 2, A lot = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Program or partnership helps parents to recognize their children's growth and development patterns through various techniques	1.79	2.74	0.95
Program or partnership provides opportunities for parents to observe social skills and developmentally appropriate emotional behavior in their children	1.88	2.70	0.82
Program or partnership offers workshops and suggest activities parents/caregiver can use at home and within the community	1.60	2.76	1.16
Staff provide information on age-appropriate discipline and reasonable expectations.	1.84	2.78	0.94
Program or partnership provides opportunities for parents and staff to dialogue regarding forms of discipline at the Center, in the Family Child Care, in the home and community.	1.68	2.58	0.90
Program explains why physical discipline is not allowed	1.88	2.71	0.83
Program and staff act and support proactively when they are concerned about parenting techniques or behavior	1.71	2.65	0.94
Staff acknowledge young children's challenging behavior and recognize parents' efforts	1.88	2.78	0.90

**Leadership Survey**

Rate each item regarding how much information you had before and after your program/partnership participated in Strengthening Families Alaska

N=25

	Average Response (No info = 0, Very little = 1, Some = 2, A lot = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Staff are prepared to state their concerns about the children or about the parents' parenting practices	1.80	2.56	0.76
Program or partnership has received training in recognizing potential crises situations.	1.88	2.48	0.60
Program or partnership knows how to respond appropriately to families in crises.	2.00	2.88	0.88
Staff have received training to talk to families about difficult issues.	1.44	2.29	0.85
Staff know resources or can access updated resource lists and make referrals for families experiencing.	1.76	2.64	0.88
Resources for families are kept current, are accessible, and are promoted with families.	1.60	2.73	1.13
Opportunities for families to share these resources and experiences with other families is promoted	1.44	2.38	0.94

**Leadership Survey**

Rate each item regarding how much information you had before and after your program/partnership participated in Strengthening Families Alaska

n=25

	Average Response (No info = 0, Very little = 1, Some = 2, A lot = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Staff connect parents to resources and supports that may help to address the parenting issues	1.76	2.58	0.82
Program or partnership helps parents address barriers to utilizing services, such as lack of transportation or childcare, language difficulties, or fees	1.68	2.43	0.75
Program or partnership follows up with support to families when referrals are made to ensure that parents were satisfied with the services they received	1.64	2.42	0.78

**Leadership Survey**

Rate each item regarding how much information you had before and after your program/partnership participated in Strengthening Families Alaska

n=25

	Average Response (No info = 0, Very little = 1, Some = 2, A lot = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Program or partnership provides parents with opportunities to observe their children interacting with other children and /or with an adult.	2.04	2.64	0.60
Program or partnership provides coaching to parents to support their child's social and emotional development	1.54	2.58	1.04
Staff have received training and regularly assess children's social and emotional development.	1.80	2.48	0.68
Program or partnership has resources to refer parents for assessment and other resources	1.80	2.50	0.70
Program or partnership uses the Pyramid Model strategies for social emotional development	1.24	2.71	1.47
Program or partnership received preschool Pyramid module training	0.96	2.18	1.23
Program or partnership received infant/toddler Pyramid module training	0.95	1.73	0.77

**Leadership Survey**

Rate each item regarding how much information you had before and after your program/partnership participated in Strengthening Families Alaska

n=25

	Average Response (No info = 0, Very little = 1, Some = 2, A lot = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Program or partnership and staff are given training to monitor signs that a family may be under stress that puts a child at risk.	1.32	2.08	0.76
Staff are prepared to work with a family experiencing extreme difficulties when there is no sign of imminent harm to the child or other family members.	1.56	2.20	0.64
Staff facilitates the connection of the family to resources that can help address the issue, including such intensive services as respite care, shelters, or emergency crisis services	1.48	2.67	1.19
Staff are trained to follow the state's requirements for reporting child abuse and neglect and staff are also trained in the center's protocols for reporting.	2.40	2.73	0.33

**Leadership Survey**

Rate each item regarding how much information you had before and after your program/partnership participated in Strengthening Families Alaska

n=25

	Average Response (No info = 0, Very little = 1, Some = 2, A lot = 3)		
	Before Strengthening Families	Since Strengthening Families	Increase
Program or partnership consistently elicits parent input on their children's learning goals (e.g. parent- child care provider conference, individual plans, implementation plans).	1.52	2.32	0.80
Program or partnership has revised their policies and procedures so that families are a valuable asset to the program.	1.54	2.63	1.08
Program or partnership provides parents opportunities for personal growth or growth in parenting skills.	1.68	2.63	0.95

**Leadership Survey:**

**What practices have changed since you embedded Strengthening Families Alaska into your program or partnership?**

Seeing our role differently has changed our entire approach! Love this adventure! Thank you! Too many to list but all center on the precept that we are a link, or resource, for parents to be able to get the necessary assistance.

Putting parent's needs into more consideration, Bonding with families on a different level because of family nights, Out environment is meeting the children's needs way better, Staff received quality training that actually is used and applied in the classroom.
Have incorporated more activities to get families involved and opportunities for them to get to know each other. We are also working to expand and update our parent resource library.
Teachers approach parents easily. Use parents first names. Team approach to child care. Parent Cafe done.
The protective factors have given us a clear purpose and frameworks for the activities we choose to engage in. We will continue to use this framework beyond the conclusion of this grant as they have been very helpful for us as we work together to design new projects and processes or improve upon our current work in support of families. We have also appreciated the funding that has allowed us to move forward with projects that we would otherwise be unable to complete.
Family newsletters/family section. Calling families that haven't been to program in a while. Family nights, family breakfast, parent playdays. Staff knowing parent and sibling names. Staff having intentional and relational daily consultations with families. Supporting times of need - death in family, transitions, etc.
I am focused on more training to fathers in my child care program. Specific education and training for providers and fathers.
My program and how I respond to my families have changed. I am now more aware of how I can relate to the parents as well as the children. I have come to realize that providing support to the parents is just as important as caring for the child. SF has enabled me to be more mindful of parents needs. The conversations that I have with the parents are more opened and inviting. Knowing and understanding the protective factors has given me new ideas for supporting the families.
was able to expand upon practices that were already in place and was able to use TACSEI training with new staff
Looking at the whole family, strength based vs. just looking at the problems. Meeting as a group regularly to keep updated on what's happening with our partners and community.
TACSEI practices have been implemented at site. A more comprehensive book of resources has been made available at site. Parents are asked for input on programming. Site hosts a monthly breakfast or family night event, which the parents help plan.
Families have attended family night which is family and child oriented and there is usually a parent training during the month that parents attend. Parents have learned more about their rights in the schools and clinics and the importance of being an active advocate for their child.
I try to support family's beliefs about what's important to them as a family. Each one is different, so I try to stay aware of those differences.
This survey was difficult to complete because it's difficult at times to differentiate what we did directly through the Partnership and what might have been an influence on our program from our participation in the SF Partnership Team. I scored some items 0-0 because they were covered through the SF Ketchikan Child Care grant. Also, some of our goals are still in progress and I believe they will have a significant and positive influence after completion (for example, the Safe Babies training that is scheduled in June and was only made available to us through this grant). So, overall, since being involved in SFA via this Partnership Team, our ELP program has put more deliberate thought into some of the services we provide and how we deliver them. Parents have always been important to our program, but I believe we are reaching out to them in ways that may be more meaningful for them and in ways that are not always typical for our program. However, since I was directly involved in both SF grants in Ketchikan, I am not as objective as I'd like to be. It will be interesting to see how other members of each grant team respond. Thank you very much for this grant... it has brought a world of good to our community, and it just keeps on giving. Having a local child care that was also involved in SF was another huge factor... the child care worked hard to get the word out to the community and was most certainly a partner, and became a direct member of our Partnership Team. I guess the lines got blurry about who gets the "Credit" for some of the positive change in our community, but I also think that's the point of this grant~ build relationships, share resources, blur the lines. Thanks again!
We are saying good morning and good evening to all the parents, trying to say their first names, not just recognizing that the child is a school, but the family. We have has a parent cafe, for parents to talk about their child, parents were able to listen to other parents about their children and get ideas to do different things.
We haven't yet incorporated Strengthening Families Alaska into our Domestic Violence Shelter. However, small changes have been made: added a changing table and toys into the waiting area to be

more young family friendly, have build stronger connections with local Infant Learning Program, look to strengths of family first, instead of constantly assessing weaknesses. We have more work to do but working with the partnership is helping tremendously.

STAFF TRAINING, POSITIVE BEHAVIOR SUPPORTS, ONE ON ONE POSITIVE BEHAVIOR SUPPORTS WITH FAMILIES, PROGRSSIVE AND ACTIVE LANGUAGE IN DOCUMENTAION, RESOURCE REFERRAL

More family-focused events. We are having parent breakfasts once a month to have parent get together and exchange ideas and engage in conversations. We had our first family night with a parent-only component, a community cafe, and plan on doing another in the fall.

We strive to accept people where they are; to withhold judgments and to participate as a team or partnership with parents in strengthening each family. Before we adopted the model, I think we may have thought we were already imbedding Protective Factors with each interaction, but when we consciously did so, everything changed. We found that we were actually having trouble identifying families as decision makers in their own lives that it was hard to allow our judgments to turn off. This thoughtful identification of how we were working with families has allowed us in Homer to build relationships that are genuine and proactive, rather than reactive.

We have encouraged parent participation in our program. This is done by asking what activities/themes they would like to see, allowing parents to put together and run a family night, and encouraging parents to stay and start or finish an activity with the kids. We have started monthly family events and have seen great results with parents involved in conversation with each other and discussing parenting challenges.

WE HAVE PUT TOGETHER MORE FAMILY GATHERINGS WERE FAMILIES CAN DO MORE NETWORKING AND COMMUNICATION. WE HAVE DONE MORE SELF MONITORING AS WE TEACH AND USING IT AS A TEACHING TOOL FOR STAFF AND PARENTS.

I wouldn't say that a lot of practices have changed and would really like to take this survey after a long period of time. We have developed and held our first staff cafe to address and strengthen open mindedness around diversity. We have also developed and hosted our first parent cafe to encourage community and give us a chance to discuss and help parents get resources around parenting. We plan to host cafes four times a year. We are also on board to make some changes over parent communication and parenting classes but have only just began developing the ideas. I think the idea of strengthening families and being family based versus child bases is phenomenal! We in leadership have a much better understanding of what that entitles and therefore can help our staff embrace the change. I do not however feel that we have made a huge jump overall. I do have confidence that with our training and coaching we now have the skills to do better and build on our strenghtens!