

CFSA 2.0 COMMUNITY OF PRACTICE MINUTES

Date: 5/25/21

Librarian: Teri Haymond

Community Coordinator(s): Patty Velasquez

Community Members Present:

Tamatha Coatney, Tara Bay, Virginia Howey, Tadesse. G Edesa, Allyson Warner Orozco, Sarai Ortiz, Paul Espinoza, Melissa Ruiz, Leslie Echavarria, Kim W, Kim Tate-Graen, Kathy Vega Munoz Bri Martinez-Gordon, Holly Allen, Felicia Folsom, Rosalba, Amanda Cooper, Carolyn Guymon, Alaine Smith, Kymberli Taylor, Tiffany Post, Sarita Estrada, David, Crystal Drake, Abril Torres, Kimberlina Lira.

Agenda:

Reviewed Purpose and Goals of Community

Reviewed Meeting Format (Identifying Hot Topics and Sharing Your Stories)

La Puente Team and Catholic Charities Pueblo Shared a Story (see below)

Shared Stories:

Hot Topic: How to utilize MI skills to more fully/effectively use Part B to support families and build protective factors.

Action toward Solution: A few community members frame the five protective factors using visual prompts (their hand, handouts) before introducing Part B. Specific skills used are Open Ended Questions to clarify responses, Reflections around the responses, and Summarization of the overall responses. Suggestion to think about how the different domains tie to the specific factors (i.e. housing might relate to Concrete Support in Times of Need).

Resources Produced: Shared visual prompt resources, attached. As a way to help participants follow along when administering via phone, members created a Docusign document or texted a picture of the survey. When administering via online meeting platform, screen sharing of the survey was helpful.

Application of Resources: Resources are provided to participants.

Measurable Outcomes: Framing and resources resulted in participant's better understanding of protective factors, participant's feeling safe to answer without judgement, and higher number of surveys more fully completed.

Next Meeting

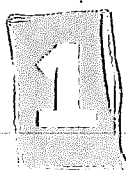
6/22/2021 | Noon-1:00PM (MST)

<https://zoom.us/j/93055714905>

Join us as we discuss **developing the actual goal plan.**

Proven Ways for Parents

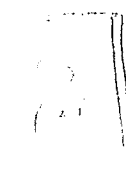
to Help Kids Grow and Maintain Strong Families.



Be Strong in the Face of Stress

Resilience is managing stress and dealing with your life even when things get difficult.

- **Take care of yourself** and ask for help when you need it.
- **Stop stress from getting in the way** of providing loving care for your child.
- **Enjoy time with your child** and celebrate what you like about being a parent.



Nurture Caring Friendships

Having a network of friends and family helps us feel secure, confident and empowered.

- **Accept** help from others and look for opportunities to help them back.
- **Build your skills** in reaching out to others, communicating and resolving conflict.
- **Focus on relationships** where you feel respected and appreciated.



Grow Your Knowledge of Parenting and Child Development

There is no perfect parent, but knowing what to expect does make the job easier.

- **Discover what to expect** as your child grows.
- **Try new skills** and tips to help your child progress and thrive.
- **Respond in a positive way** when your child misbehaves.



Ask for Support When You Need It

Some problems are too big to solve alone. Knowing where to get help in the community can make life easier.

- **Know** what help is available.
- **Reach out** and ask for help when needed.
- **Share information** on resources with others.



Help Your Child Manage Feelings and Relationships

Help children develop skills so they can manage their emotions and build healthy relationships with their peers and adults.

- **Respond warmly** and consistently to your child.
- **Allow** your child to express his/her emotions.
- **Model** how to be kind and interact positively with others.

To learn more or to get help, visit www.CO4Kids.org



COLORADO
Department of Human Services

You Dial the Number. We'll Make the Call.

1-844-CO-4-KIDS
(1-844-264-5437)

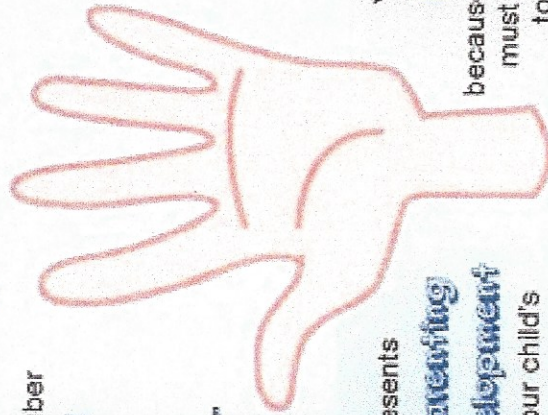
How to remember the 5 PROTECTIVE FACTORS that make your family strong.

Use your Thumb to remember



**Social & Emotional
Competence of
Children**

because a "thumbs up"
is one of the first ways
we learn to communicate
our emotions.



Your Pinky Finger signifies

**Concrete Support
in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Index Finger represents

**Knowledge of Parenting
and Child Development**

because you are your child's
1st teacher!



Your Ring Finger stands for

Parental Resilience

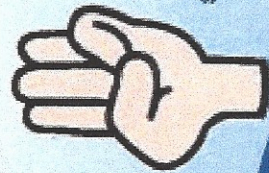
because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember

Social Connections

because it should never
stand alone! We all need a
positive social network.



strengthening families

What are the Five Protective Factors?

The Five Protective Factors are the foundation of the Strengthening Families approach. Extensive evidence supports the common sense notion that when these Protective Factors are present and robust in a family, the likelihood of abuse and neglect diminish. Research also shows that these are the factors that create healthy environments for the optimal development of all children.

1. Parent Resilience

No one can eliminate stress from parenting, but building parental resilience can affect how a parent deals with stress. Parental resilience is the ability to constructively cope with and bounce back from all types of challenges. It is about creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed.

2. Knowledge of Parenting and Child Development

Having accurate information about raising young children and appropriate expectations for their behavior help parents better understand and care for children. It is important that information is available when parents need it, that is, when it is relevant to their life and their child. Parents whose own families used harsh discipline techniques or parents of children with developmental or behavior problems or special needs require extra support in building this Protective Factor.

3. Social and Emotional Competence of Children

A child's ability to interact positively with others, to self-regulate, and to effectively communicate his or her emotions has a great impact on the parent-child relationship. Children with challenging behaviors are more likely to be abused, so early identification and working with them helps keep their development on track and keeps them safe. Also, children who have experienced or witness violence need a safe environment that offers opportunities to develop normally.

4. Social Connections

Friends, family members, neighbors, and other members of a community provide emotional support and concrete assistance to parents. Social connections help parents build networks of support that serve multiple purposes: they can help parents develop and reinforce community norms around childrearing, provide assistance in times of need, and serve as a resource for parenting information or help solving problems. Because isolation is a common risk factor for abuse and neglect, parents who are isolated need support in building positive friendships.

5. Concrete Support in Times of Need

Parents need access to the types of concrete supports and services that can minimize the stress of difficult situations, such as a family crisis, a condition such as substance abuse, or stress associated with lack of resources. Building this Protective Factor is about helping to ensure the basic needs of a family, such as food, clothing, and shelter, are met and connecting parents and children to services, especially those that have a stigma associated with them, like domestic violence shelter or substance abuse counseling, in times of crisis.

Information provided by: Strengthening Families, a project of the Center for the Study of Social Policy:
www.strengtheningfamilies.net

US Department of Health and Human Services Administration for Children and Families/Strengthening Families and Communities 2009 Resource Guide: www.acf.hhs.gov/programs/cb